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Journey map # 2 - Minnesota

CREATE YOUR OWN EXPERIENCE MAP!

Describe your idea with one concise sentence.

This effort expands a tested, culturally responsive set of skills that strengthens the Somali diaspora's capacity for resilience, allowing these mobile populations to maintain community and family values as a critical buffer from collective traumas, regardless of where their journey takes them.

Draw and describe the ideal user

Name: Imam Sheik

Title Identifying a Problem

Age: 54

Profession: Imam to local Mosque

Any Other Key characteristics: Community trusted influencer. Trained as Imam in E. Africa. Father of 8 children. Lives in MN.

Concisely describe what is happening

Family approaches Imam asking for guidance regarding the care of their daughter. They fear spiritual or mental health issues. Imam asks himself, "How do I help this family in this complicated environment?"



Title Survey of Resources



Concisely describe what is happening

Imam reaches out to other faith and community leaders. He focuses upon those that have made a bridge between faith & western medicine systems. He meets an imam who trains others in Mind Body Medicine & Muslim Chaplaincy skills to help families deal with collective trauma.

Title Receive Training



Concisely describe what is happening

Imam joins Mind Body Medicine training led by a nationally certified trainer who is also an imam. He explores the potential of connecting Islamic faith principles to Western ideas of health & wellness. Finds tools and language to work with families.

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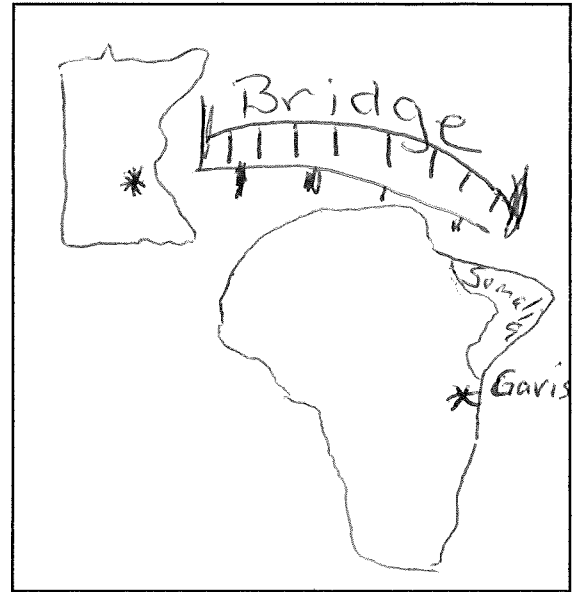
Title Organizes Training



Concisely describe what is happening

Imam uses his own Mosque as environment to train families into Mind Body Medicine skills that help families better understand western health concepts. Gives families confidence that their own values are a strength & resource for care of their families.

Title Sharing a Culturally Responsive Model ~~Must Be Shared~~



Concisely describe what is happening

Having developed a culturally responsive model of Mind Body Medicine that has helped numerous families should be made available through trainings and bridge building between MN & the Garissa Region of Kenya.