

# Nightingale News

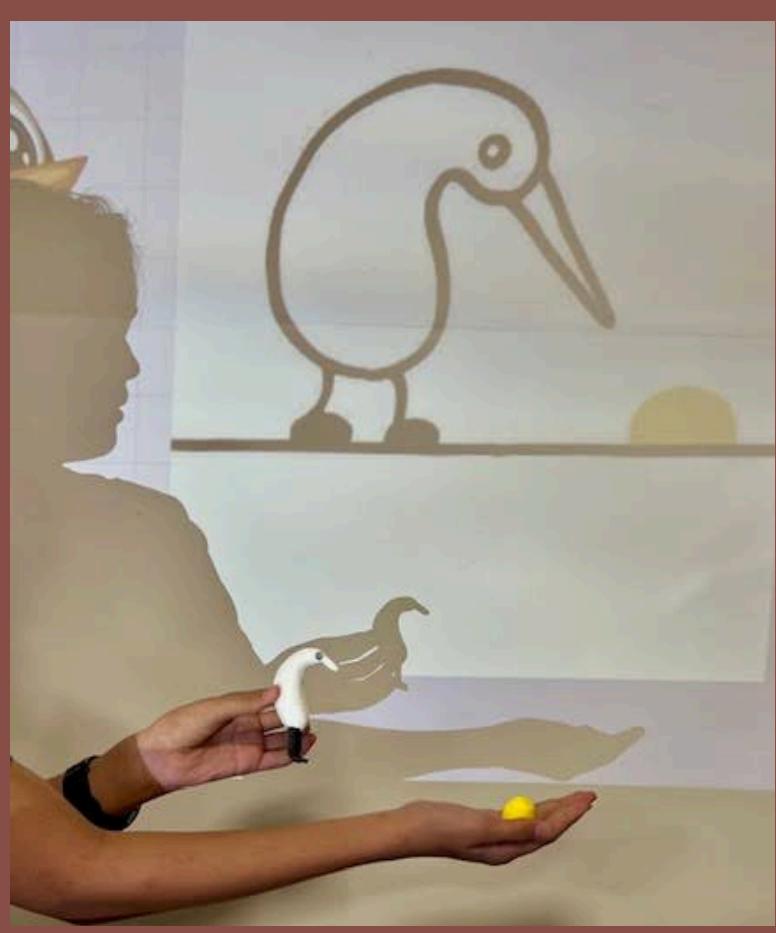
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## PART I - The Face Of Addiction: Challenging Perceptions

On Tuesday, August 13th, our Educate Before You Medicate (EBYM) team conducted a **bilingual workshop on Opioid Use Disorder (OUD)** for Afghan refugee children and parents. You may be thinking - why are we teaching children about opioids? Well, opioid use disorder is not a disease that is confined to one age group or type of individual; we are actually seeing rates of opioid use among the younger population rising.



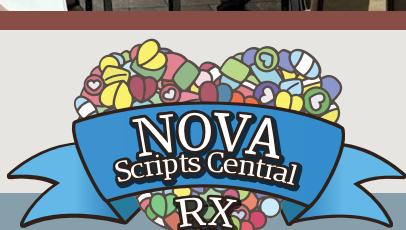
Pictured: An Afghan teen refugee holding a clay replica of a kiwi bird from a popular video about Addiction shown during the presentation.

It is important to address this issue earlier on and educate them about what opioids are, what addiction looks like, and the long-term effects from using. This topic, which carries significant sensitivity and stigma in the Afghan community, was addressed with great care. Extensive time was taken to consider the cultural context when delivering the presentation, as mental health issues in this population are often surrounded by stigma and not talked about.

The session, hosted by our esteemed community partners, the **Ethiopian Community Development Council (ECDC)**, saw a remarkable turnout of children ranging from elementary through high school and their parents. The interactive workshop provided comprehensive information on OUD, including its prevalence, available support, and other critical details.



Pictured: The NSC Team presenting on Opioid Use Disorder to recent Afghan Refugee Families.



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**Many parents in the audience expressed surprise at learning that Opioid Use Disorder is not confined to low-income or humanitarian crises countries like Afghanistan, but actually a widespread issue affecting individuals everywhere regardless of age or ethnicity.**



Pictured: Dr. Se-Han, Population Health Pharmacist, holding a clay replica of our mascot, Nova the nightingale, created by one of our attendees.

The presentation was delivered in both Dari and English, and as a result, we saw notable engagement from both parents and children. Participants were eager to understand how to protect themselves and sought further resources for naloxone training.

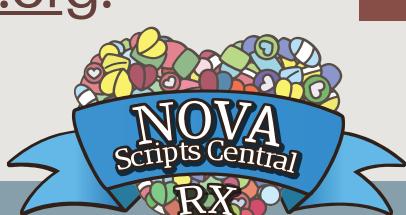
**Overall, the event was highly successful, and we are enthusiastic about future collaborations with ECDC.**

## PART II - Prevent the Brain Drain: Sleep Hygiene Tips for Back-To-School

On Friday, August 16th, the NOVA Scripts team embarked on a mission to equip Afghan refugee children with essential sleep hygiene tips and energize them for the upcoming school year. We had the privilege of participating in **Second Story's Back-to-School Event for Refugees**. Second Story is a remarkable non-profit dedicated to transforming the lives of children, youth, and their families by offering safe havens and opportunities for growth and success. To discover more about their impactful work, visit their website at [second-story.org](http://second-story.org).



Take a glance: NOVA ScriptsCentral's infographic on Sleep Hygiene to teach children and families about the importance of sleep



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Pictured: Dr. Neha Dhavalikar, Safety-Net Health Equity Fellow with NSC and APhA, teaching Afghan children about sleep hygiene.

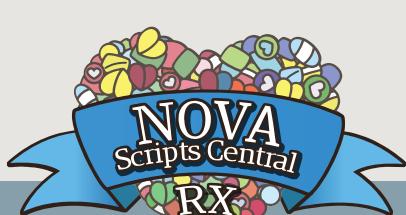
In today's world, children are constantly surrounded by screens, which can impact their engagement and energy levels at school. To address this, we developed interactive handouts designed to help children and parents understand the crucial role of sleep in academic performance. By using a phone battery analogy, we taught the children that their bed is like a charging station, essential for recharging their energy to stay powered up throughout the school day.

The kids were highly engaged, and their excitement peaked during a session of sleep hygiene trivia, where they eagerly demonstrated their knowledge to win prizes.



Pictured: Dr. Neha Dhavalikar, Dr. Se-a Han, and Dr. Shabnum Anwari educating Afghan Refugee children on the importance of sleep hygiene.

***We hope to continue enhancing children's health literacy through learning opportunities like these through further collaboration with Second Story and the communities they serve.***



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## Who am I?



Dr. Neha Dhavalikar, PharmD is a graduate of The University of Pittsburgh School of Pharmacy where she earned her Doctorate in Pharmacy with an area of concentration in PharmacoAnalytics. She is currently completing a 1-year Safety-Net Health Equity fellowship with NOVA ScriptsCentral and the American Pharmacists Association (APhA). As part of the fellowship, she is working with communities in Northern Virginia and learning population health strategies to improve access and affordability for underserved patients.

**THANK YOU FOR READING!**



**Stay tuned for more Nightingale News as I continue my journey as a Safety-Net Health Equity Fellowship with NOVA ScriptsCentral and the American Pharmacists Association...**

