



# Getting and Staying Well for Congolese Refugees

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## A Video Series

User's guide to promote Congolese refugee health

## Introduction

This guide provides an overview of the online video series *Getting and Staying Well for Congolese Refugees* and recommendations for sharing the videos. This guide is intended for community organizations, refugee service providers, health educators, and other professionals or stakeholders who work with Congolese refugees in the United States or abroad.

## Target Audience

The content of the video series is designed for Congolese refugees. Congolese refugees pending resettlement as well as new arrivals may benefit from watching *An Introduction to Healthcare in the U.S.* Congolese women may want to watch the *Your Body Before, During and After Pregnancy* videos to learn about their bodies and reproductive health issues. They may find hope in the *Women Speak* videos after surviving gender-based violence. The *Men Speak* video is intended for Congolese men to help them and the women in their lives move towards a path of healing.

## About the Video Series

The Office of Refugee Resettlement (ORR) developed the video series in collaboration with Congolese health experts, women's health advocates, and Congolese refugee community organizations. The video series consists of four topics. Two of the topics have two parts for a total of six videos.

| Topic                                     | Format               | Content   | Title  |
|---|----------------------|---|--|
| Orientation to healthcare                 | Instructive          | Primary and preventive care, health insurance, communication                    | <i>An Introduction to Healthcare in the U.S.</i>             |
| Women's health                            | Instructive dialogue | Reproductive system, prenatal care, changes in the body during pregnancy        | <i>Your Body Before, During and After Pregnancy (Part 1)</i> |
| Women's health                            | Instructive dialogue | Giving birth, postpartum period, family planning                                | <i>Your Body Before, During and After Pregnancy (Part 2)</i> |
| Gender-based violence: Messages for men   | Dramatic skit        | Men trying to heal in the aftermath of their wives surviving sexual violence    | <i>Men Speak: Helping Women Heal</i>                         |
| Gender-based violence: Messages for women | Dramatic skit        | Women discussing post-traumatic stress after sexual violence, overcoming stigma | <i>Women Speak: Finding Wellness After War (Part 1)</i>      |
| Gender-based violence: Messages for women | Dramatic skit        | Women navigating marital relations after sexual violence, finding strength      | <i>Women Speak: Finding Wellness After War (Part 2)</i>      |

The audio for the video series is in Kiswahili with optional English subtitles.

**View the *Getting and Staying Well for Congolese Refugees* video series:**

- ORR's website: <http://www.acf.hhs.gov/programs/orr/programs/refugee-health>
- usgovACF's YouTube's playlist: <https://www.youtube.com/playlist?list=PLypiJrod4Dehhj8E8Wxp-g1muiMEa9z1Y>

## How to Use the Video Series

The video series can be shared with Congolese refugees in person or online to help educate them about important health issues. The videos are intended for viewing by refugees in their homes and communities. Anyone who works with Congolese refugees, including case managers, health educators, cultural orientation providers, counselors, community health workers, or members of ethnic community-based or faith-based organizations can also find the videos useful. Below are some ways to use the video series.

### Option 1: Show the video series as part of cultural or health orientation

Play *An Introduction to Healthcare in the U.S.* for Congolese refugees as part of their domestic or overseas health orientation and education. Cultural orientation providers or health educators can include the videos as part of their teaching materials.

Arrange a health education class for Congolese women and show the *Your Body Before, During and After Pregnancy* videos as part of the curriculum.

### Option 2: Host a group screening or share with a small group

Organize a video screening for the Congolese refugee women community or a small group, either at an organization's center, in a community meeting place, or in someone's home. Show the *Women Speak* videos, and then have an open discussion about what was learned in each part. Begin the conversation about how to advocate for women's health in your community.

Watch the *Men Speak* video in a men's group. Discuss how to grow a healthy marriage. Discover resources to overcome stigma and support the women in their lives.

### Option 3: Share the video series online

Share the video series with Congolese refugees or service providers working with this population via existing communication networks. These may include social media (e.g., Facebook, Twitter), blogs, eNewsletters, email listservs, or an organization's website.