



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Recovery-oriented Practice and Immigrant and Refugee Populations

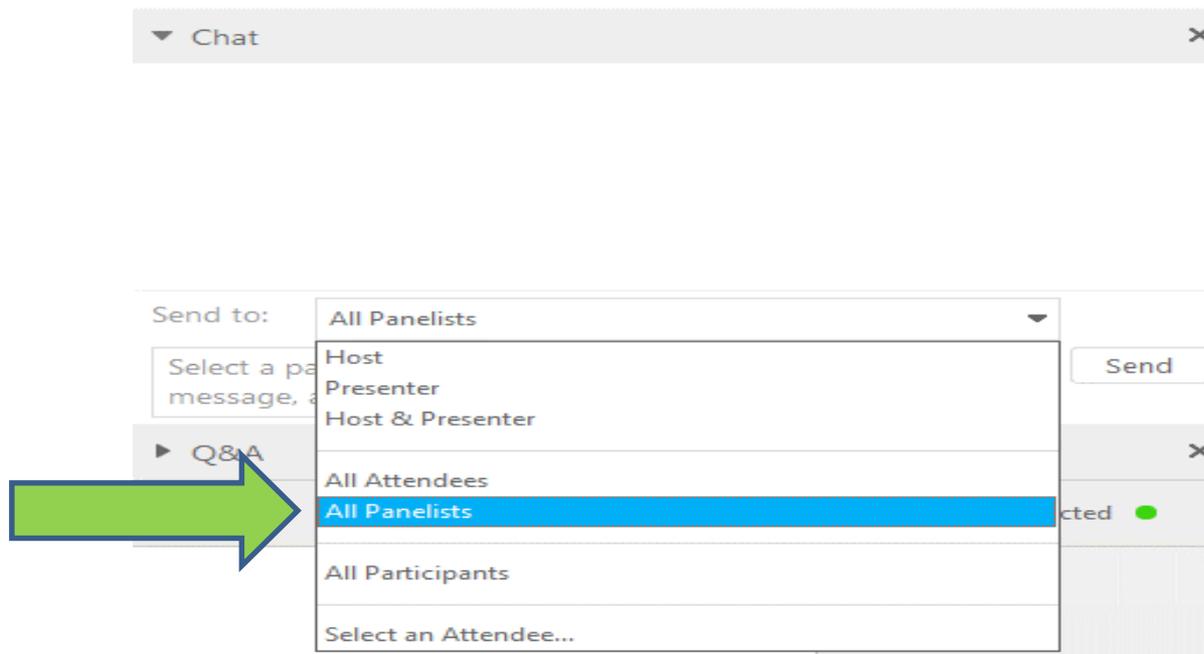
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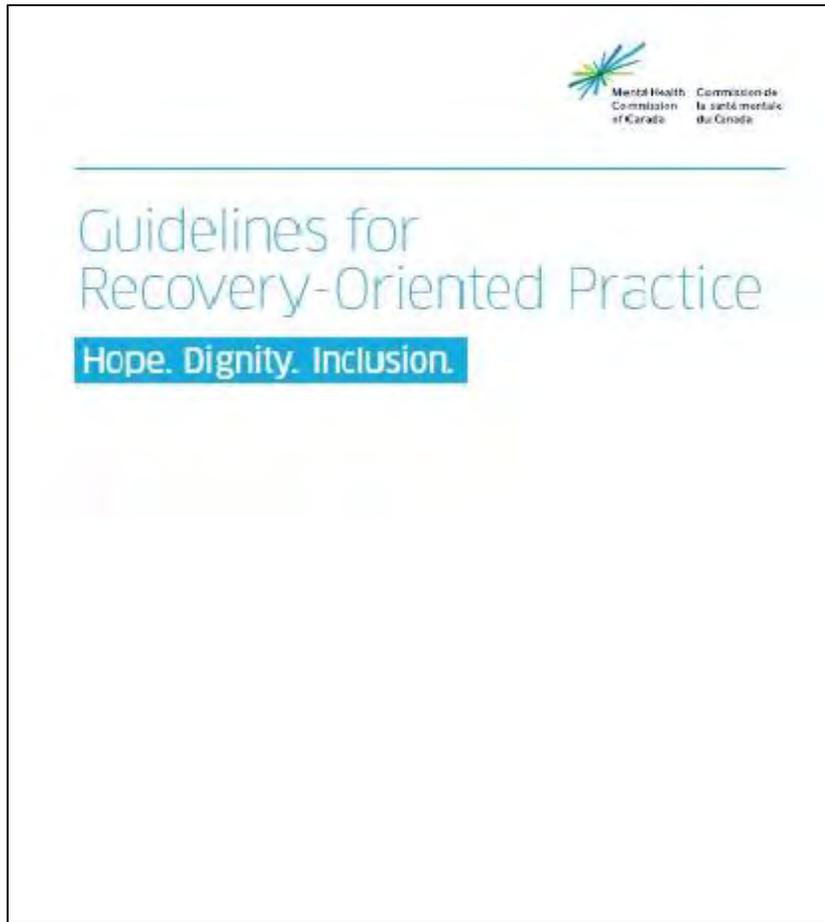
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April 20th, 2017

Important! Send questions/comments to
'All Panelists'



Guidelines for Recovery-Oriented Practice



The *Guidelines* were released in June 2015 to provide a comprehensive document to understand recovery practice and promote a consistent application of recovery principles across Canada

Six Dimensions of Recovery-Oriented Practice

1. Creating a Culture and Language of Hope
2. Recovery is Personal
3. Recovery Occurs in the Context of One's Life
4. Responding to the Diverse Needs of Everyone Living in Canada
5. Working with First Nations, Inuit, Métis
6. Recovery is about Transforming Services and Systems

MHCC on Diversity



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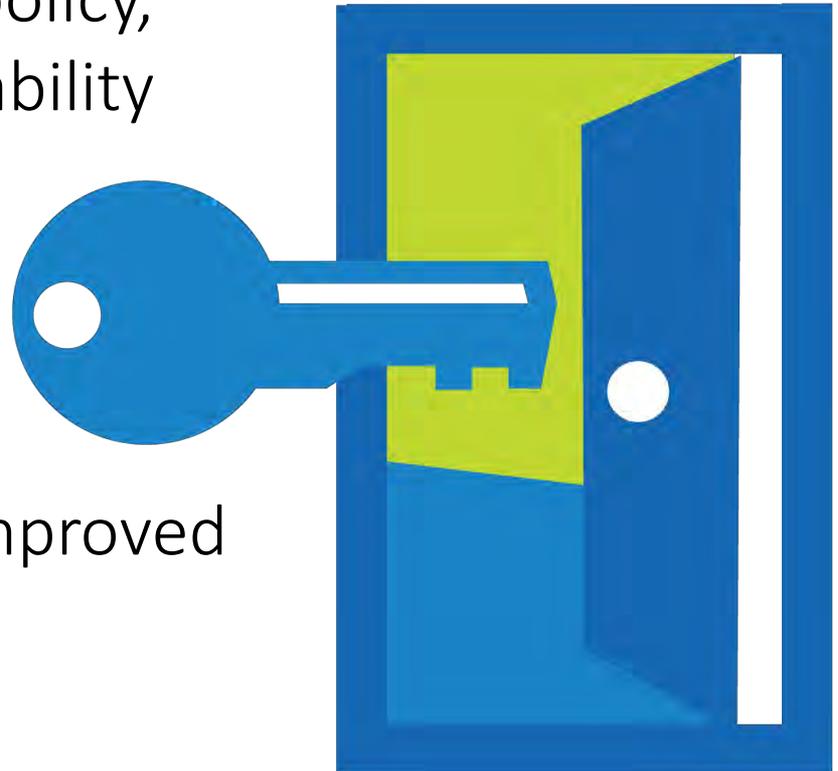
Building the case through research Key Documents:



Issues and Options

3 Pillars, 16 Recommendations

- Better co-ordination of policy, knowledge and accountability
- Involvement of communities, families and people with lived experience
- More appropriate and improved services



The Case for Diversity

Building the Case to Improve
Mental Health Services for
Immigrant, Refugee, Ethno-cultural
and Racialized Populations

REPORT TO THE
MENTAL HEALTH COMMISSION OF CANADA

Dr. Kwame McKenzie
Dr. Branka Agic
Andrew Tuck
Michael Antwi

First Edition October 2016



The benefits of investing in culturally and linguistically appropriate mental health services.

Research included:
Literature review
Scan of promising practices
Regional consultations
Data and economic analysis



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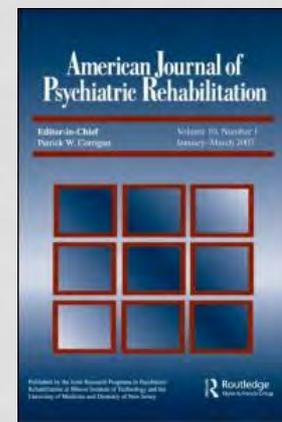
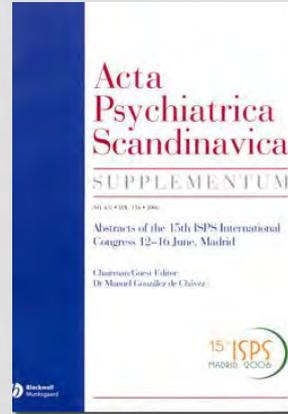
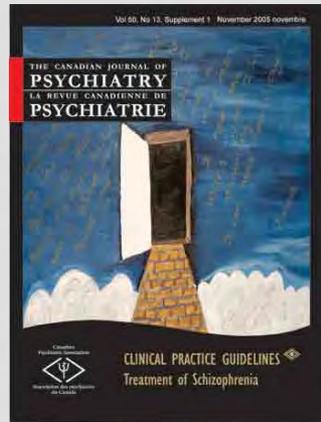
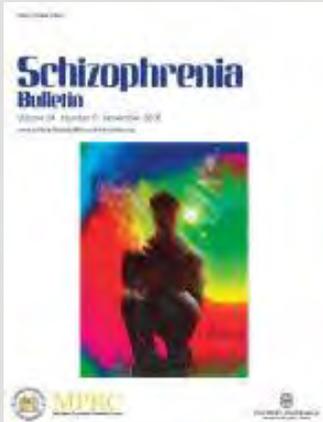
Presenters



Dr. Robert Whitley,
Principal Investigator and Associate
Professor, McGill University, Department of
Transcultural Psychiatry



Janet McAllister,
Equity and Engagement Lead, Centre for
Addiction and Mental Health



RECOVERY AMONGST IMMIGRANTS

ROB WHITLEY
MCGILL UNIVERSITY



McGill

INTRODUCTION

In recent decades, the consumer/ survivor movement and progressive clinicians/ researchers have forcefully promoted the renewed concept of 'recovery'

In this session, I will discuss my research investigating recovery among immigrants to Canada

RECOVERY AROUND THE WORLD

Governments around the world (particularly the English speaking world) have embraced this new notion of 'recovery' in mental health policy and action plans

RECOVERY IN CANADA

- The Mental Health Commission of Canada was created in 2007 and tasked with developing the first mental health strategy for Canada, stating that...
- “Recovery involves a process of growth and transformation as the person moves beyond the acute distress often associated with a mental health problem or illness and develops new found strengths and ways of being”. (MHCC 2009a; p28).
- “Mental health service providers must work with users of the system to examine what changes are needed...that foster recovery” (MHCC 2012; p12).

THE MENTAL HEALTH STRATEGY FOR CANADA STATES THAT...

- Immigrants "face significant barriers to their seeking or obtaining help...health organizations need to be attuned to differences...and take into account cultural diversity"

MY RECENT RESEARCH QUESTIONS

- Do immigrants have higher or lower rates of mental illness?
- Do they have higher or lower rates of service utilization?
- Do they have different definitions of recovery?
- Do they have different self defined barriers and facilitators to recovery?

RATES OF MENTAL ILLNESS/ HEALTH

Immigrants had:

- Lower rates of psychological distress
- Lower rates of depression
- Lower rates of alcohol problems
- Higher rates of well-being
- Higher rates of satisfaction with daily life and personal relationships.

HEALTH SERVICE UTILIZATION

- Immigrants had lower rates of health service use in comparison to people born in Canada.
- Immigrants who do use mental health services had higher rates of satisfaction than the Canadian-born.
- This was especially so for immigrants born in Asia or Africa.

DEFINITIONS OF RECOVERY

- These were similar between immigrants and non-immigrants

BARRIERS

- Both immigrants and non-immigrants alike stated that stigma was the biggest barrier towards recovery. There were no common specific barriers stated by immigrants in my study.

FACILITATORS

- Facilitators were similar between immigrants and non-immigrants with one exception....
- This was religion/ spirituality, which was considered a much greater facilitator by immigrants.

THANK YOU

robert.whitley@mcgill.ca

Outline:

History

Engagement

Strategic Plan

Products

Results and some good practices

Janet McAllister

Centre for Addiction and Mental Health and Chair of Networking for an Inclusive Community



Co-chair of Seeds of Change

History

- **Networking for an Inclusive Community, London-Middlesex Local Immigration Partnership and War Trauma Group- London, Middlesex all had a need for mental health & addiction supports for refugees & immigrants**
- **Developed a steering committee with varied representation**

- **Grass roots project that engages and involves all groups that will benefit from it; in the development of the plan, product content and design, training and evaluation.**
- **Pilot that would be able to share learnings and resources with other communities**

Engagement

- **Meetings with Cultural Leaders and Service Providers**
- **Kick off: Community Forum with all groups mixed & MT Space Theatre group**
 - ↳ **Focused discussion on mental health and addiction issues that need to be addressed:**
 - ↳ **Opportunities to speak English and jobs that were appropriate to their education and skill, opportunities to mix with Canadian born people;**
 - ↳ **Stigma, terminology, need for more opportunities to talk in safety, learn from each other re services, needs from services and that we needed to include Faith Leaders, Settlement Workers and Teachers**

- **Mixed conversation circles determined that refugees and immigrants wanted conversation circles about mental health, illness and substance use and addictions- mixed cultures and with service providers**
- **Printed and electronic materials -developed through conversation circles**



Strategic Plan

Strategic Plan

5 OBJECTIVES:

Reduce stigma
and discrimination

Increase knowledge
and awareness

Enhance Cultural
sensitivity

Foster
supportive
environments

Foster supportive
service response

TARGET POP'S:

Refugees and
Immigrants

Addictions & Mental
Health Service Providers

Informal Community:
ESL Teachers, Faith Leaders,
Settlement Workers.

STRATEGIC GOALS:

Community
Engagement

Resource
Development

Training
Products

Evaluation
Plan

Sustainability Plan

Products

Products



How do you feel today? 



Assisting immigrants and refugees to learn more about mental health, mental illness and addiction

Seeds of Change

ARABIC VERSION

SPANISH VERSION

FRENCH VERSION


كيف تشعر اليوم


¿Cómo se siente usted hoy?

Comment vous sentez-vous aujourd'hui? 

Dissemination: To service providers, those who gave input and through presentations by mentees

Mentees: Trained and paid to take the pamphlets out and speak about the content and where to find help

Products

**Advisory Committee of
5 professionals who have
immigrated to Canada,
one coordinator and chair**

Steering Committee

Seeds OF Change
at Family Service Thames Valley

NYC Networking for an
Inclusive Community
London & Middlesex
Local Immigration Partnership
Ontario Trillium
Foundation

How can you help?



A toolkit about mental health and addiction for teachers, faith leaders, and settlement workers helping immigrants and refugees.



RESOURCES:

Pamphlets and booklets in English, French, Spanish, Arabic, and Nepali

Toolkit for target populations in order to support immigrants and refugees struggling with mental health and addiction issues.

Five training modules: a) The meaning of culture; b) Health, Mental Health, Addiction and Well-Being; c) Mental Health and Addictions through Cultural Lenses; d) Risks and Protective Factors; and e) Tools and Strategies to Help.

Social Media presence



Train the Trainer workshop

Mentoring Program for immigrants and refugees

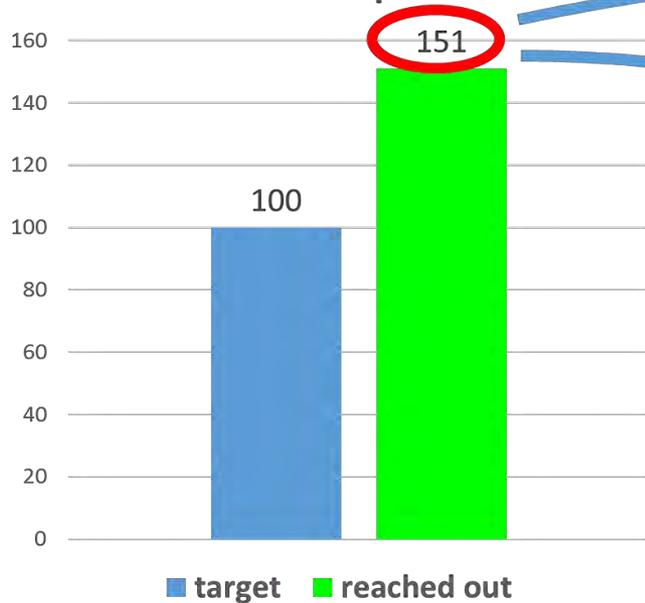
Volunteers and Students involvement

Impact Evaluation Plan

Products

OUTPUTS:

Total workshop attendees



Plus 300+ immigrants and refugees reached through the Mentoring Program.



“ I enjoyed the diversity of this group so much. I loved hearing the stories and experiences of other colleagues from other sectors and also the stories of newcomers. ”

Results and good practices

Considerations:

- **Pay for ongoing contributions by immigrants and refugees: reviewing material, mentees, translation;**
- **Physical location and time;**
- **Paid transportation;**
- **Child care;**
- **Interpretation when possible;**
- **Sustainable engagement;**
- **Coordinators' experience and communication**

Seeds of Change and Recovery Oriented Practice:

Values and Attitudes:

- ✓ **Personal Reflection and how our identity affects relationships – Forum exercise, Training**
- ✓ **Open to other's perspectives, continuous learning about each other, assumptions- Conversation Circles and Advisory Committee, “ How Can You Help?”**

Seeds of Change and Recovery Oriented:

Knowledge:

- ✓ Understand responsiveness- Conversation Circles
- ✓ Social Determinants of Health -considered throughout project
- ✓ Premigration, Migration Trauma- Conversation Circles and “How Can You Help?”
- ✓ Cultural Differences: “How Do You Feel?” , “How Can You Help?”
- ✓ Mindful of barriers to access, discrimination, racism

Seeds of Change and Recovery Oriented:

Skills and Behaviours:

- ✓ ***Compassion***
- ✓ ***Exploration of understanding mental health, illness, trauma and recovery***
- ✓ ***Utilization of interpreters, cultural brokers, settlement workers and faith leaders***
- ✓ ***Orientation to services***
- ✓ ***Provide written information about mental health care in easy to read language***
- ✓ ***Engage with people in context of families/relationships***

Seeds of Change material: <http://nicconnections.ca/node/83>

Thank you!

Janet.McAllister@camh.ca

(Thanks to Michele Manocchi for developing the slides)

“Very timely and pertinent information. It is important to understand that having good intentions is not enough to provide clients with the care and support that will help them to heal and to proceed.”



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Questions?





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Next Recovery-Oriented Practice Webinar

Thursday, June 1st, 2017 at 1:00pm to 2:30pm ET
(In French)

To rewatch or share this webinar visit:
www.mentalhealthcommission.ca/English/recovery





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How did we do?

Please fill out the survey
that opens **after** you leave
the webinar





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Thank you!

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Dr. Robert Whitley, Principal Investigator and Associate Professor, McGill University, Department of Transcultural Psychiatry

Janet McAllister, Equity and Engagement Lead, Centre for Addiction and Mental Health

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