

A Community Collaborative Model Of Supporting Immigrants/Migrants Mental Health & Wellbeing

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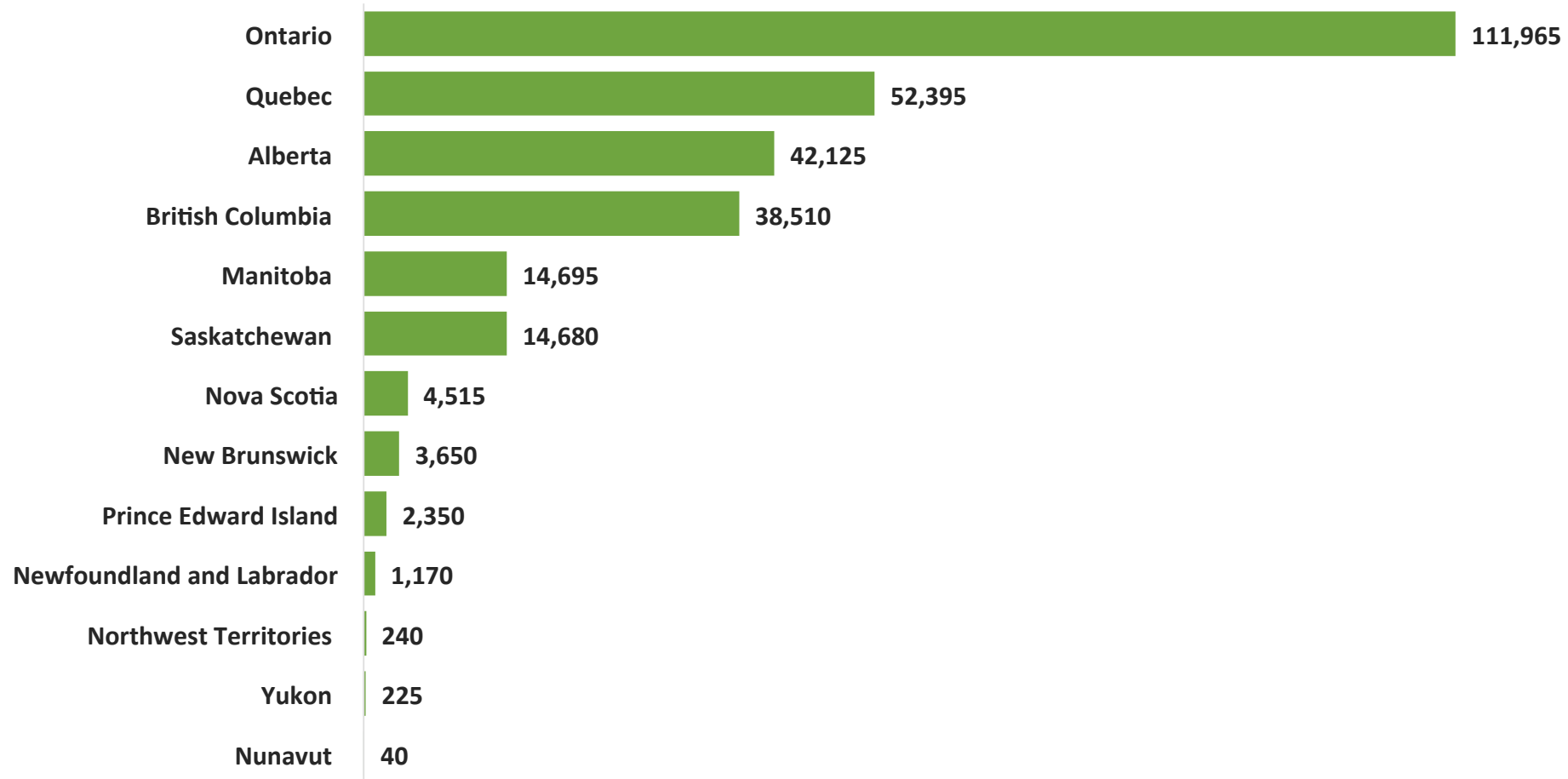
Vision and Mission

A community where all can belong and grow

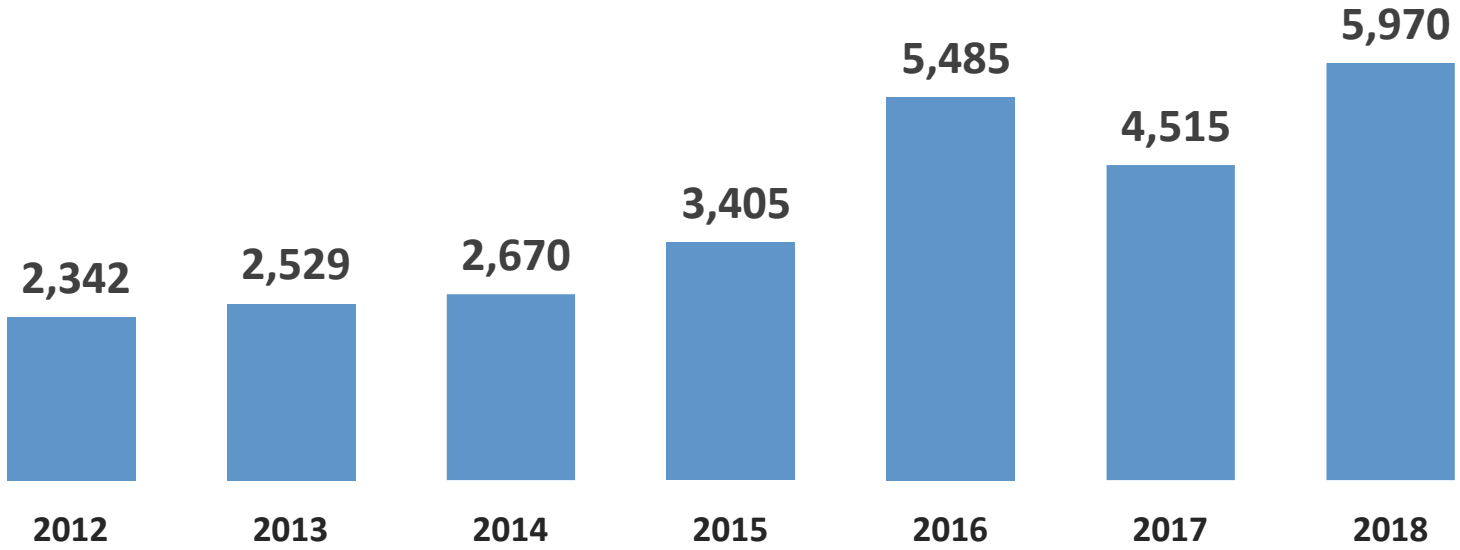
Helping immigrants build a future in Nova Scotia



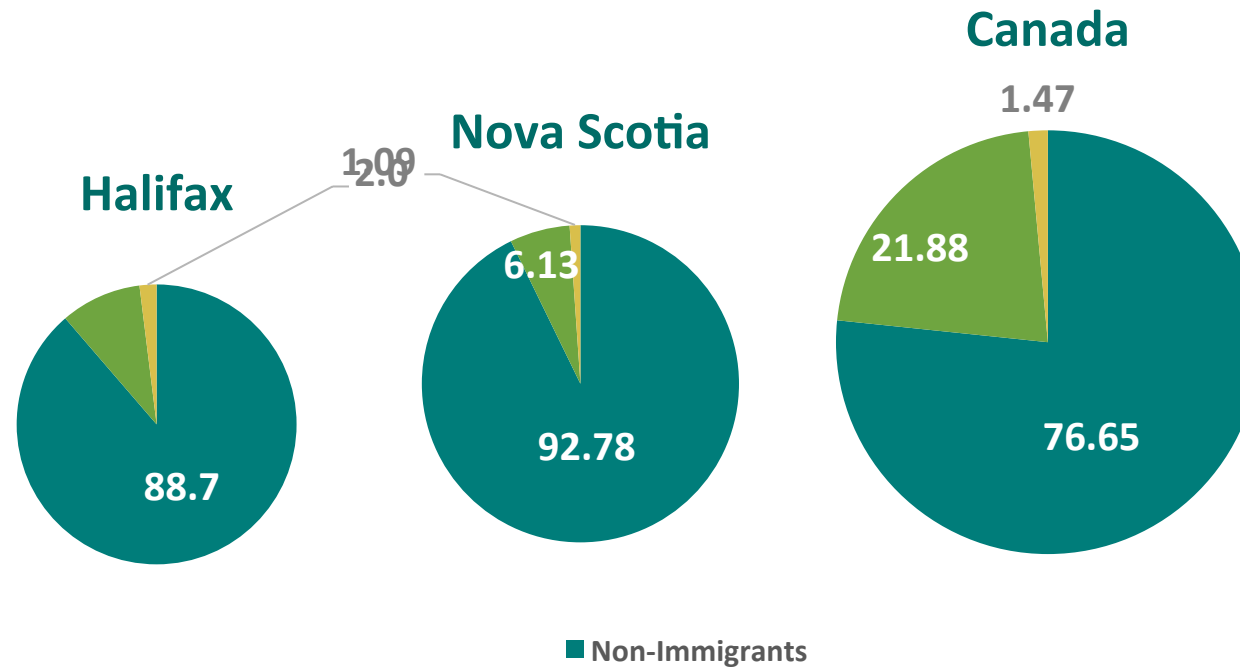
In 2017, Nova Scotia received 1.58% of all Immigrants to Canada



Nova Scotia Permanent Residents (2012- 2017)



93% of Nova Scotians were born in Canada (Census 2016)

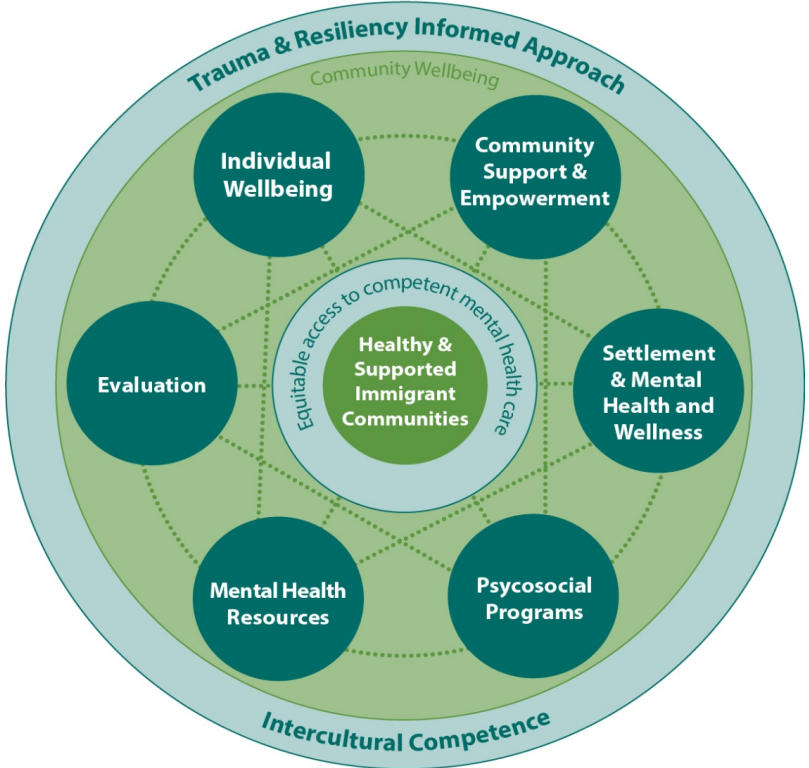


Source: Statistics Canada

The model

It is a framework to guide actions in six interconnected targets of intervention that, based on principles from the Trauma Informed Approach and Intercultural Competence, together build a welcoming community that supports the wellbeing of immigrants.

Community Collaborative Model of Supporting Im/migrants Mental Health & Wellbeing



Supporting newcomers to growth after trauma

Developing a trauma Informed and Resilience Framework for Settlement agencies

- Settlement organizations across Canada

- Collaboration with local health and social services

- Settlement staff training

- Interpreters training

- Evaluation and revision of settlement procedures

- Supporting settlement staff resilience

Supporting newcomers growth after trauma

Implementing programs to enhance newcomers resilience

Including mental health supports within language programs

Wellness support programs: holistic approach to mental health

Trauma stabilization strategies: targeted groups, tailoring strategies according with context and needs

Psychoeducational activities with specific mental health objectives

Natural helpers training (LSW)

Supporting newcomers to growth after trauma

Network of private practitioners

Inventory of private mental health practitioners (multilingual, trauma trained)

Training on: Intercultural competency, refugee and immigrant experience, working with interpreters

Regular knowledge exchange sessions

Newcomer Community Wellness Project

Newcomer Community Mental Health Assessment

https://www.isans.ca/wp-content/uploads/2014/10/MentalHealth_FullReport_2014_final.pdf

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Mental Health & Wellbeing

https://www.isans.ca/wp-content/uploads/2010/06/MentalHealth_CommunityModel_2016.pdf

Questions?

Comments?

Thank You