



Newcomer Young Adult Mental Wellness: Bridging Sectors for Improved Supports

Pathways to Prosperity Conference, Nov 26, 2024

Shriya Seksaria, Peel newcomer Strategy Group (Peel LIP)

Peel Region



Peel has the highest proportion of immigrants in Ontario



Immigrants comprise 51.8% of Peel's population.

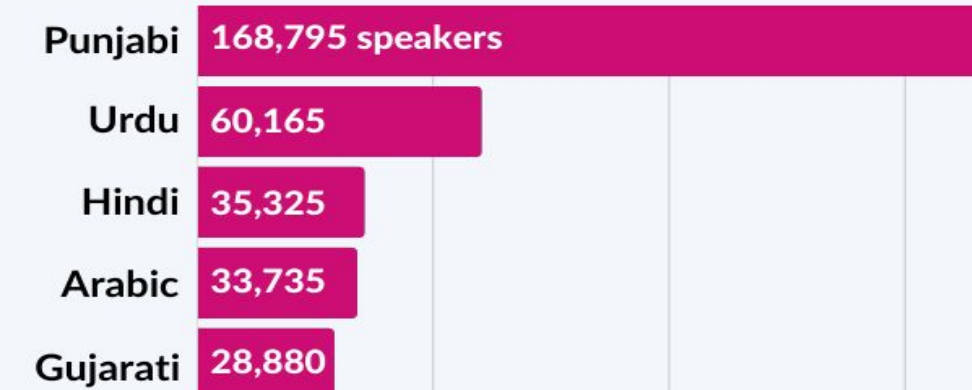


18% of Ontario's immigrant population lives in Peel.



64% of Peel's immigrant population was born in Asia.

Top 5 non-official languages spoken at home in Peel



Sources

- Statistics Canada, Census Data of 2021
- Peel census data 2021
- Ethnic Diversity and Religion, Peel Data Centre: <https://census-regionofpeel.hub.arcgis.com/pages/ethnic-diversity-and-religion-2021>



Mental health needs in Peel

- Peel has historically been underfunded for mental health and addictions services and these services continue to be a high need priority for Peel residents.
- Only 1 in 3 residents will receive the treatment that they need
- Unmet demand has resulted in long wait times
- Peel had one of the longest wait times for child and youth mental health services at 737 days.

Source: https://www.peelregion.ca/community-safety-wellbeing-plan/_media/cswb-plan.pdf





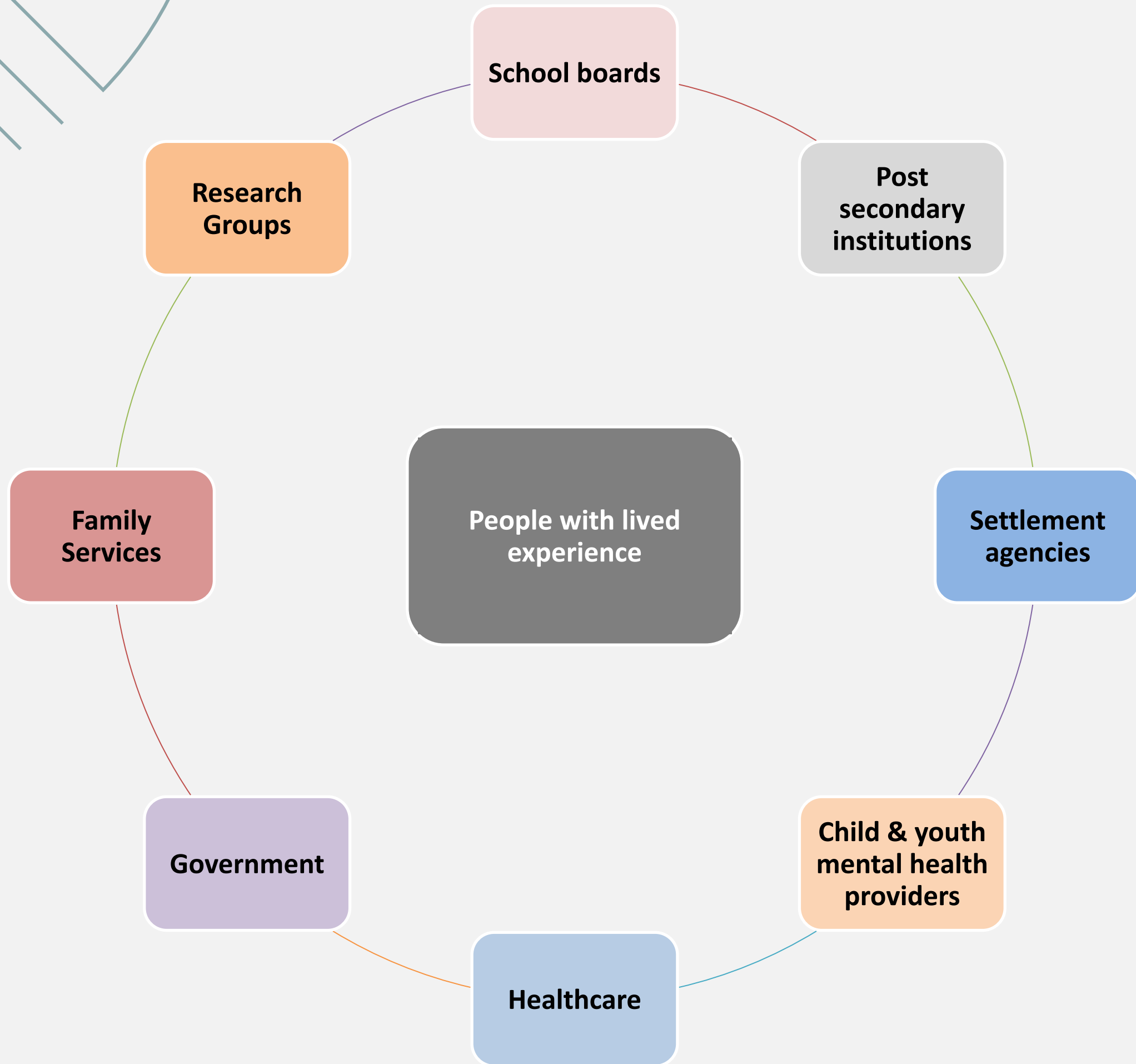
PNSG's work on mental health

- Mental was one of our Strategic priorities for 2020-2025.
- In June 2023, PNSG released a report titled “**Newcomer Mental Health & Wellness Through a Settlement Sector Lens**”.

Recommendations

1. **Increase collaboration** between different sectors supporting mental health of newcomers to **create culturally-responsive** programs and services.
2. Explore a **family-centered approach** to mental health care, with particular attention to newcomer children and youth.





**Project: Newcomer Young Adult
Mental Wellness: Bridging
Sectors for Improved Supports
(Started Oct 2023)**



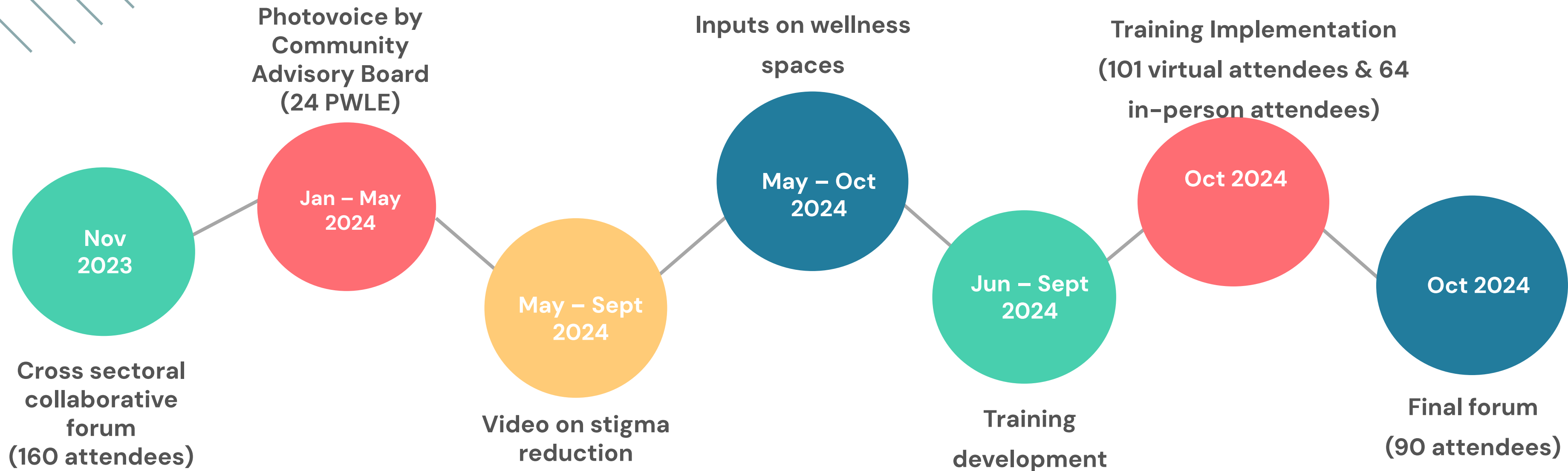


Project goals

1. Enhancing **understanding of newcomer youth perspectives** among sector staff in education, mental health services, and settlement, while **fostering collaboration** across these sectors
2. Creating opportunities for youth to engage in **shared learning experiences** through participation in the photovoice process
3. **Improving culturally-responsive** services for newcomer youth / international students needing mental health supports
4. Promoting accessible, **family-centered communication** by developing multilingual videos to provide families with clear, accessible pathways to learn about mental wellness and available care options.



Project timeline

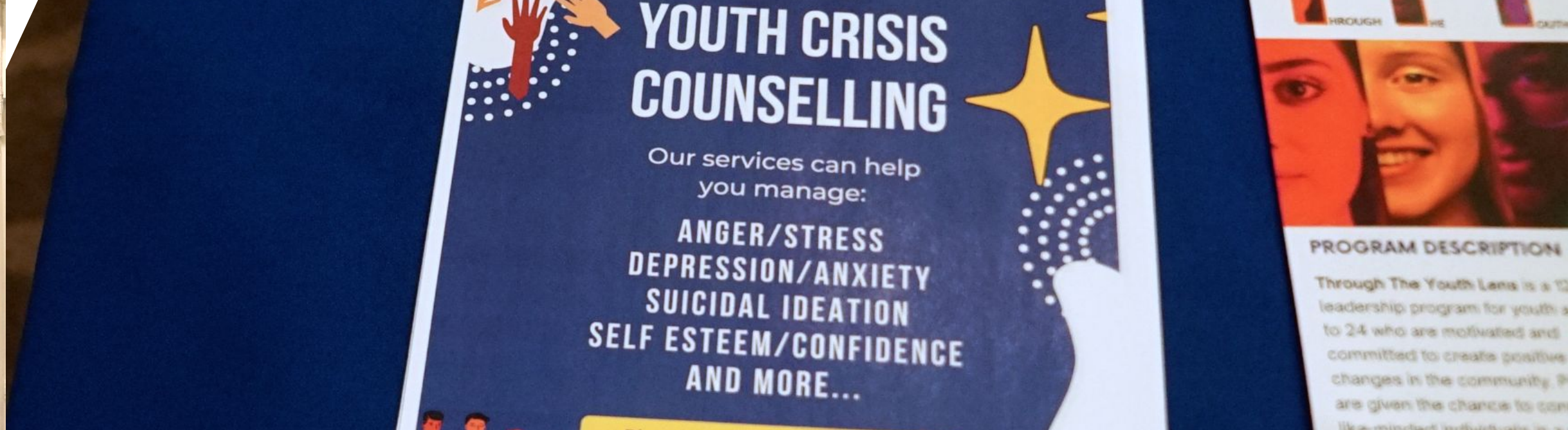
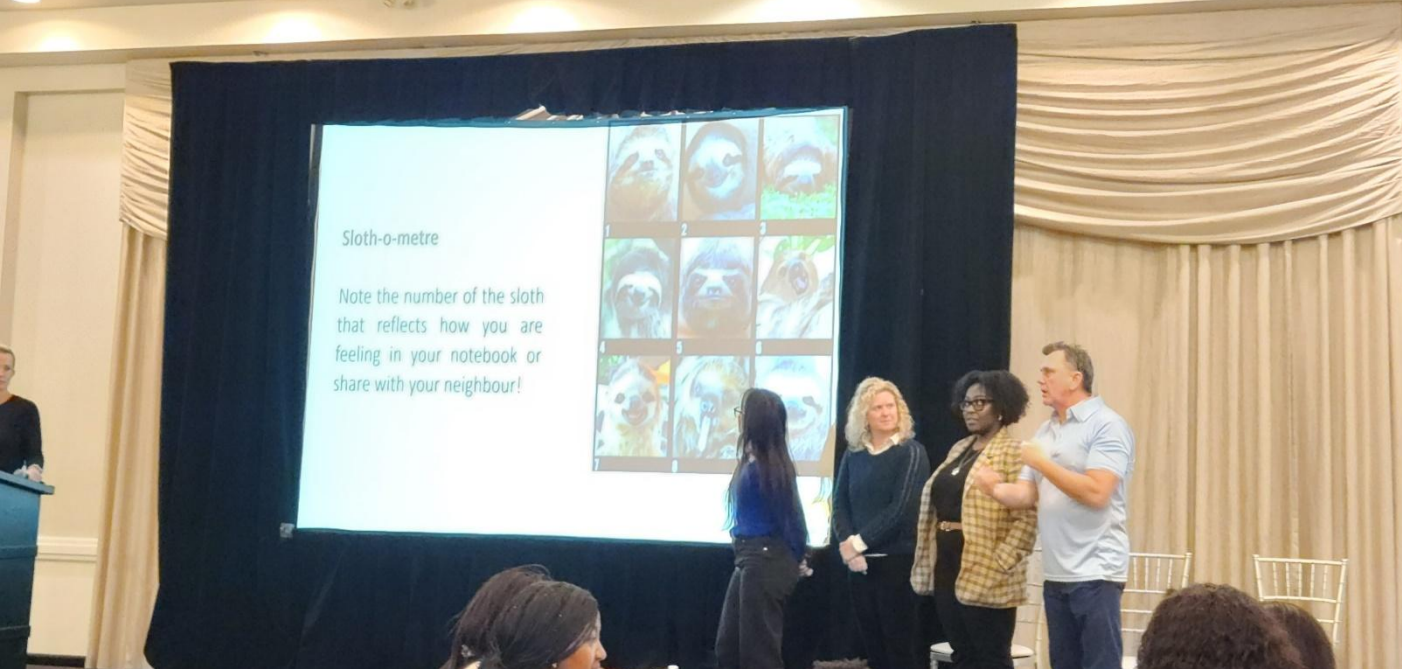




Cross sectoral collaborative forum, Nov 2023

- **Purpose:** To identify cross-sectoral connections to help build a network of mental health and wellness support for newcomer youth, young adults, and international students (ages 16-29).
- **Attendees:** 160 participants from different sectors and 15 booths of available services.
- **Evaluation results:**
 1. Helped build connections among providers across sectors in Peel
 2. Learned about cultural competency and areas of interest for future training
 3. Learned about different services and programs available





Cross sectoral collaborative forum, Nov 2023





Community Advisory Board (CAB)

- **2 Community Advisory Boards** : Newcomer young adult CAB and international student CAB. (16 – 29 years)
- **Activities involved:** Photovoice; inputs on wellness spaces, development of trainings; video on stigma reduction ; Oct 2024 forum planning; presentation at P2P conference
- **Evaluation:**
 1. Network building
 2. Learning about available services
 3. Sense of connection and inclusion
 4. Sense of belonging and giving back to community
 5. Some felt the time was limited and felt disconnected at times.





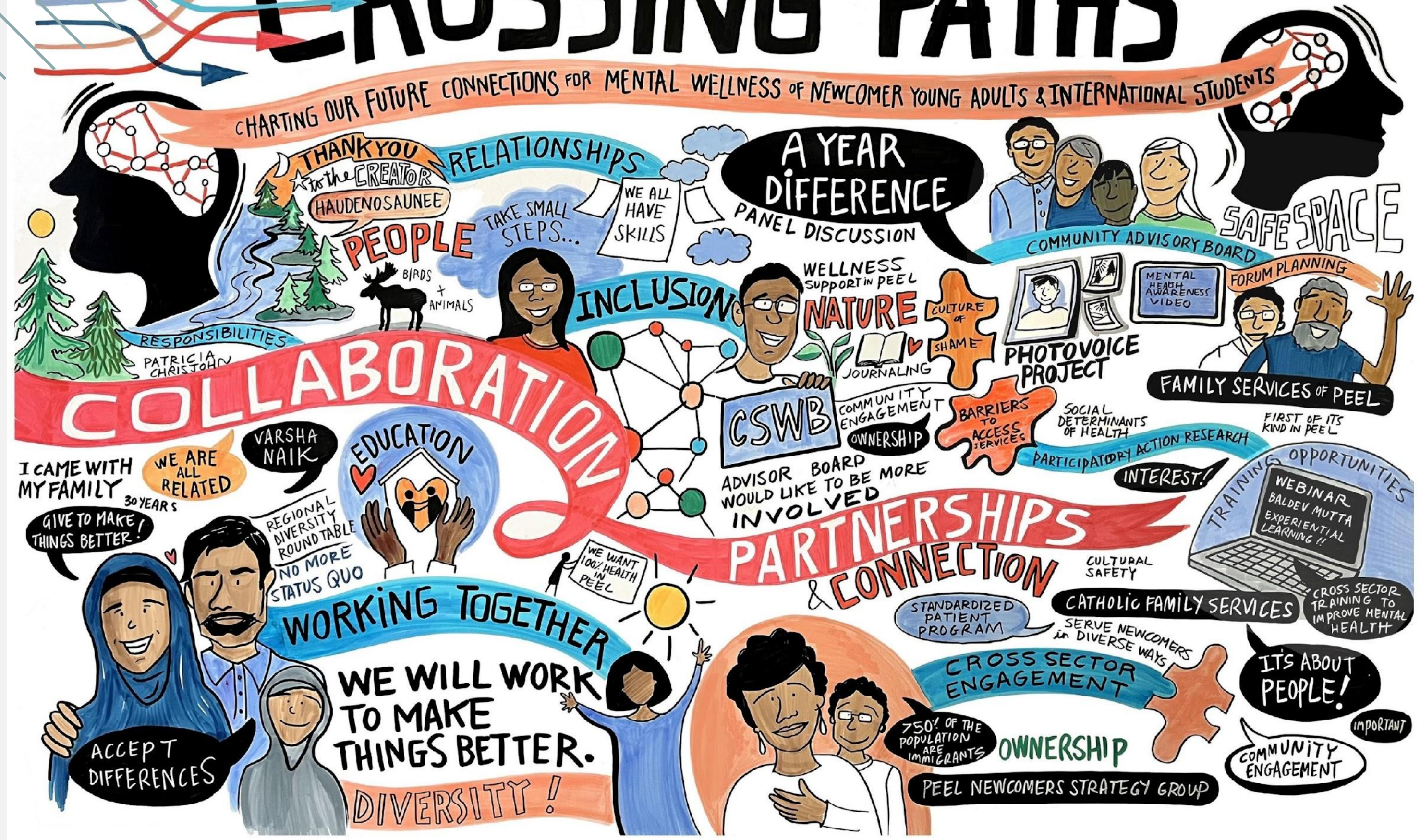
Training opportunities

- **Webinar on cultural competency: March 2024**
- **Webinar and in-person training for *Fostering Culturally Safe First Interactions*.**
- **In- person training with standardized patients**



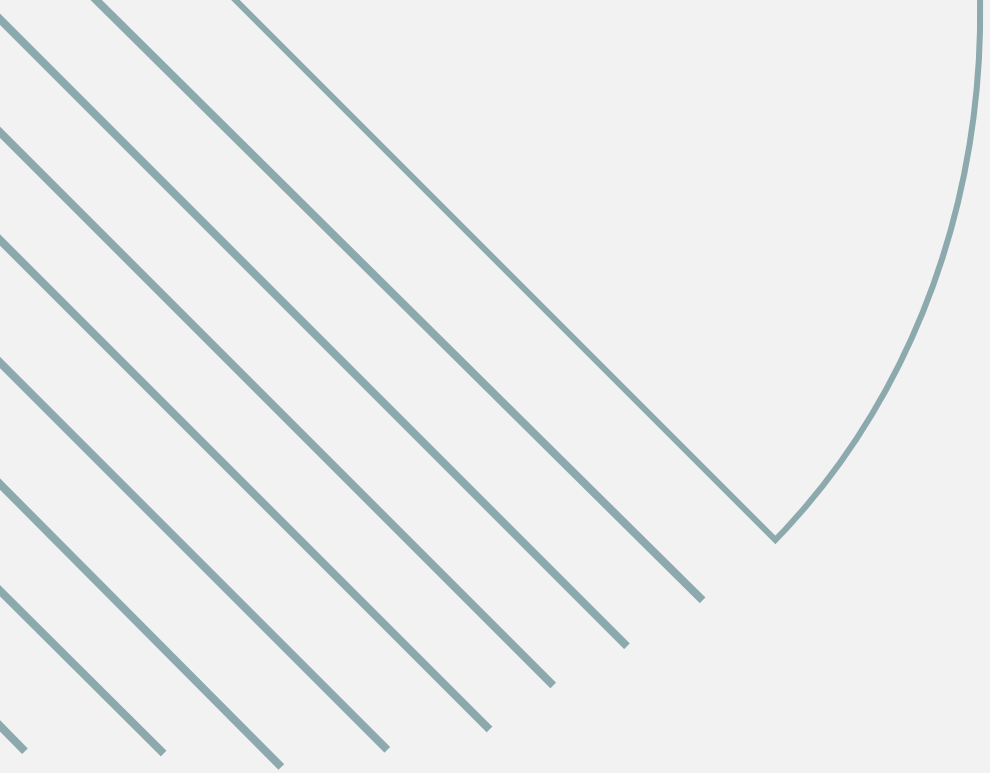
CROSSING PATHS

CHARTING OUR FUTURE CONNECTIONS FOR MENTAL WELLNESS OF NEWCOMER YOUNG ADULTS & INTERNATIONAL STUDENTS

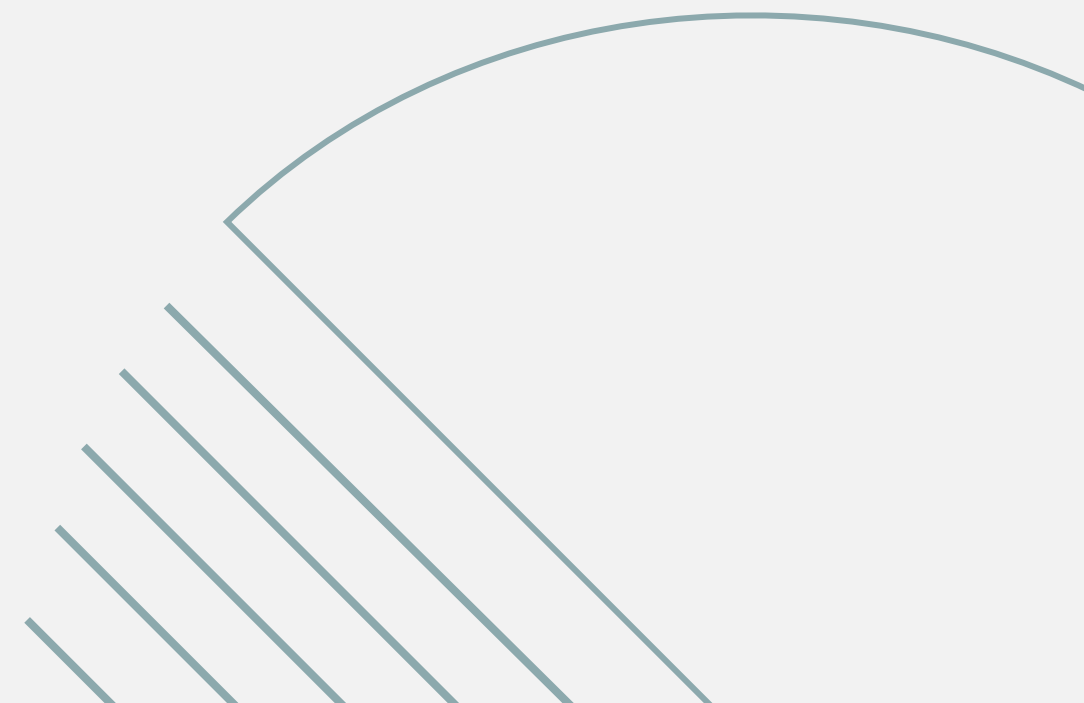


Final forum
Oct 2024





Presentation by PCHS





Project recommendations

Advocacy Engaging decisionmakers and funders

Awareness & Outreach Reduce stigmas & barriers

Service navigation Central access point

Community of practice Provider connections and ongoing trainings

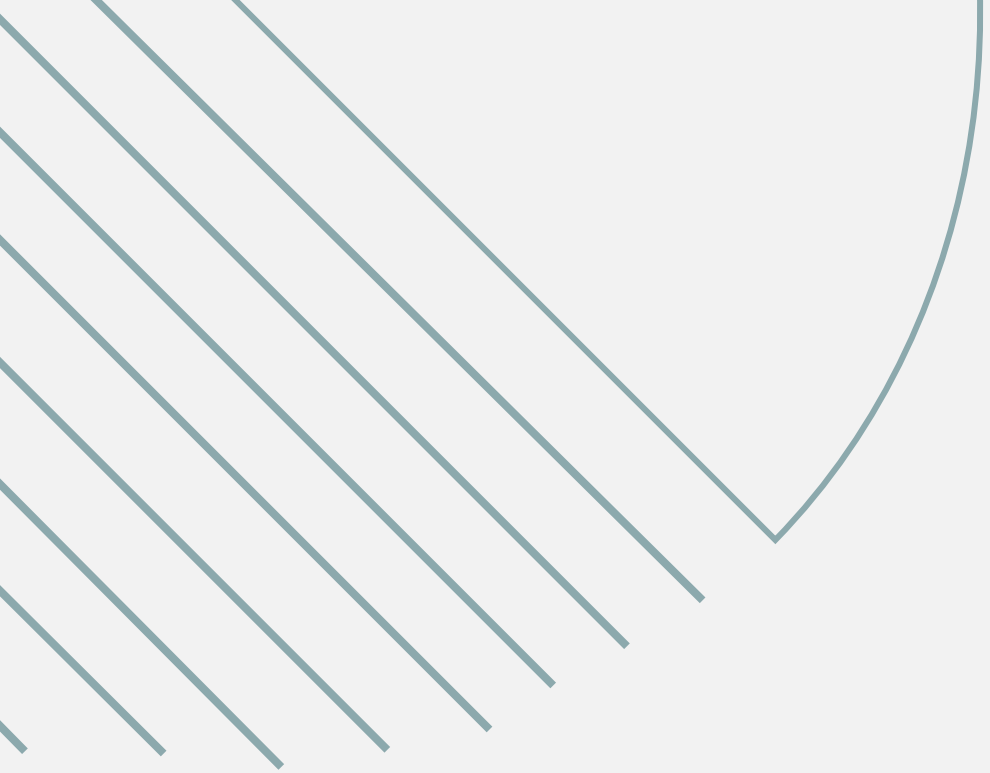
Research Include People with lived experience



Next steps and project sustainability as a LIP

1. Ongoing training for Staff
2. Resource sharing within the sector
3. Research work
4. Resource sharing with service users
5. Building partnerships and supporting additional initiatives
6. Seek funding





ROP

