



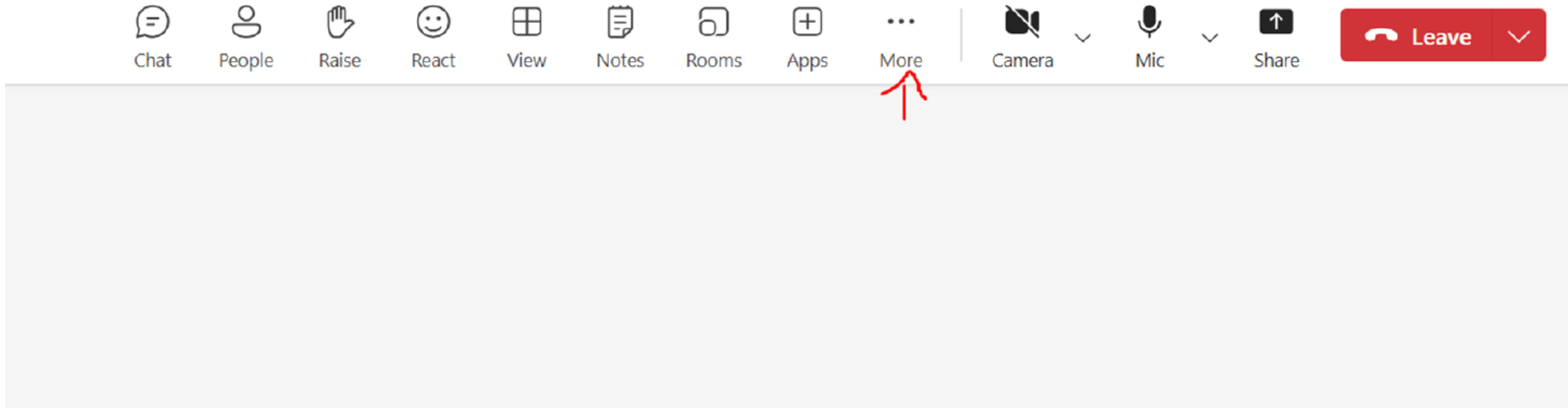
Newcomer Mental Health Information + Support Session

An evidence-based discussion about common challenges newcomers
face and a space to connect & gain support

November 28, 2024 6 PM

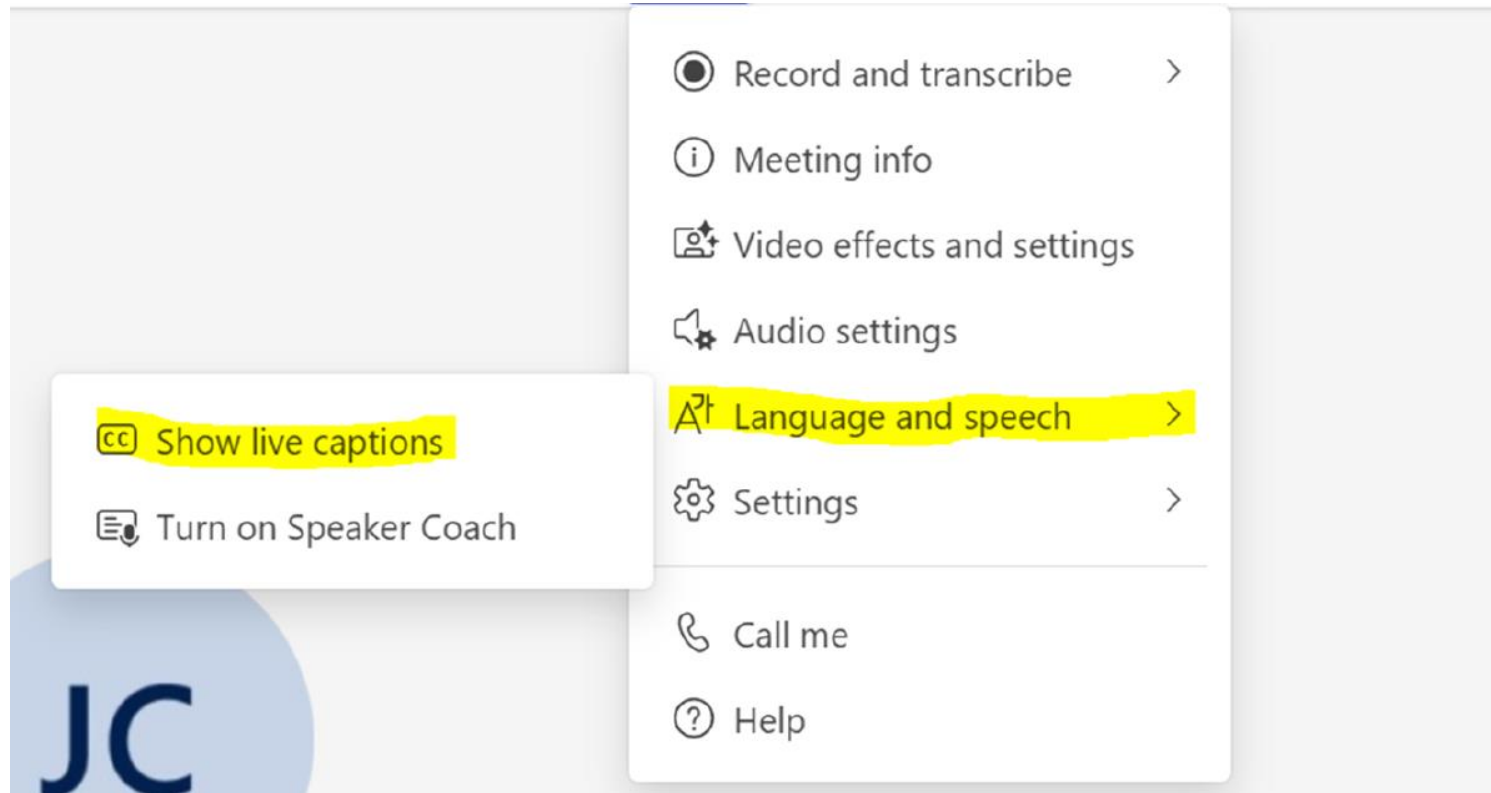
How to Change Language

1. Click on "More" Button on the top of your screen



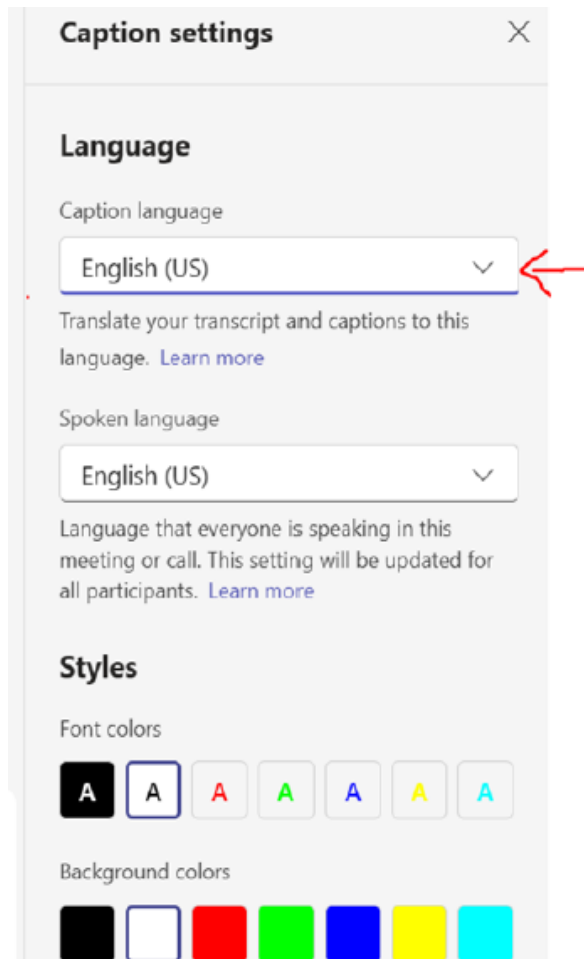
How to Change Language

2. Click on Language and Speech
3. Click “show live captions”



How to Change Language

4. You will see the option “caption language.”
5. Select the language of your choice.



Speaker Introductions

Shriya Agnihotri, MSW RSW

Mental Health Consultant, Urgent Response Services

*Guest

Anagha Sumant

Parent Advocate, Family Advisory Committee, Kinark

Presentation Guidelines

Let's create a welcoming and safe space for everyone

1. There may be content that is sensitive or upsetting- take breaks as needed.
2. Feel free to type your questions on the question answer feature on Microsoft teams.
3. The content shared today is based on research it is not a one size fits all approach.

Agenda

- Welcome and introduction
- Overview of barriers newcomers face
- Culture Shock and Assimilating to a new environment
- Mental Health Challenges
- Healthy Immigrant Effect
- Share settlement community resources

Overview of Barriers Newcomers Face

Types of challenges:

- Language barriers
- Social isolation
- Job challenges/education barriers
- Racial/ethnic discrimination
- Learning Canadian laws Communication patterns
- Food
- Cold weather
- Socializing

(Shakya, Khanlou & Gonsalves, 2018)

Newcomer + child with a disability

Cultural Stigma

Disability is taboo in some cultures and creates a sense of shame. Makes it harder to access services based on experiences back home.

Too many services

Families feel overwhelmed navigating many services and meeting new healthcare providers in addition to language + communication barriers.

Loss of social and emotional support

Immigrants lose close family and social ties they had at their country of origin.

(Khanlou et al., 2014)

Voices of Immigrant Mothers of Children with Disabilities: Availability and Use of Social Support

Interviewed: 30 Immigrant mothers and 27 service providers from the GTA



Another study looked at immigrant fathers of children with disabilities and called it a “double burden.”

- in some cultures, viewed as the decision maker, or “main authority figure in the home”
- more employment and financial stress
- fear of judgement from service providers

Excessive paperwork

Long wait times

High costs for services

Racism and Discrimination

Lack of awareness of client needs by service providers

New school education system

Less social supports

Wanting to preserve culture

Quotes from participants

“Yes, as an immigrant you don’t have close friends from childhood, or the community. You feel isolated. You exaggerate the negative side and not the positive. With help of family members, it gives you a different perspective and it pulls you out.”

"As an immigrant I had no family, I had a few friends, but we moved a lot. However, I made a couple of friends in a parent group, and I am still friends with them.... One of the most important things is to speak to others in the same situation."

Guest Speaker: Anagha Sumant



Advocacy in
autism



Immigration to
Canada



Cultural
differences
and stigma



Resources and
navigating
health care

Culture Shock & Assimilating to a new environment

Definition: Feeling disoriented when you first move into a new environment whose culture you are unfamiliar with.

Due to being away from friends and family, eating new food and adapting to a new language.

(Participate learning, 2018)



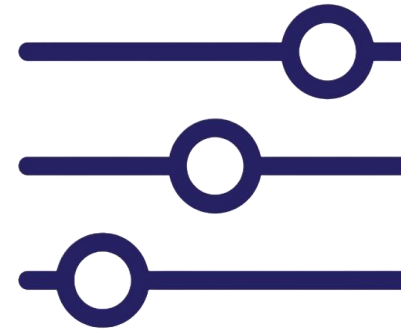
Stages of Culture Shock



Honeymoon
Phase



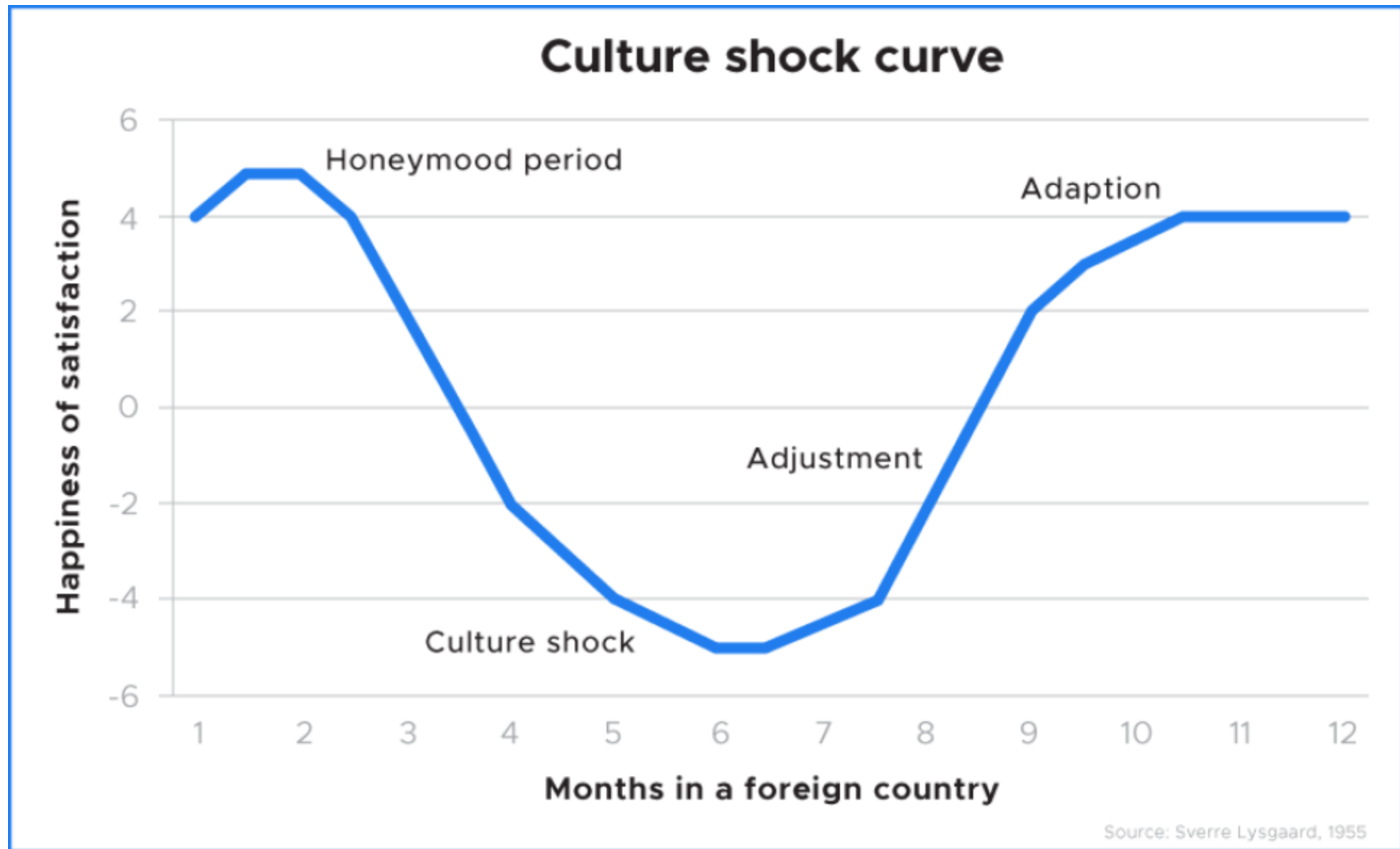
Frustration/
Culture Shock



Adjustment



Acceptance



(Participate learning, 2018)

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BETTER OUTCOMES. TOGETHER.

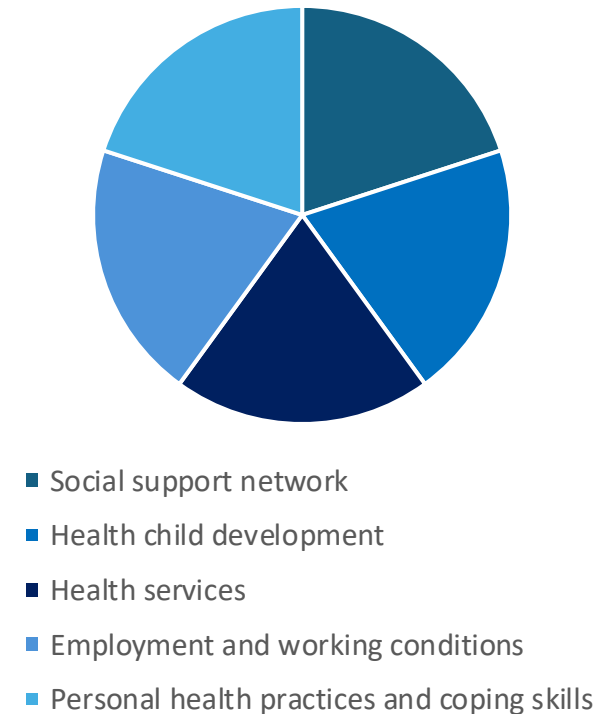
Immigrants and Mental Health

Immigrants make up **23%** of the Canadian population.
In Toronto, immigrants make up **47%** of the population.

- Anxiety
- Depression
- Low self-esteem
- Worry
- Sadness
- Caregiver burnout

(Citizenship and Immigration Canada, 2012)

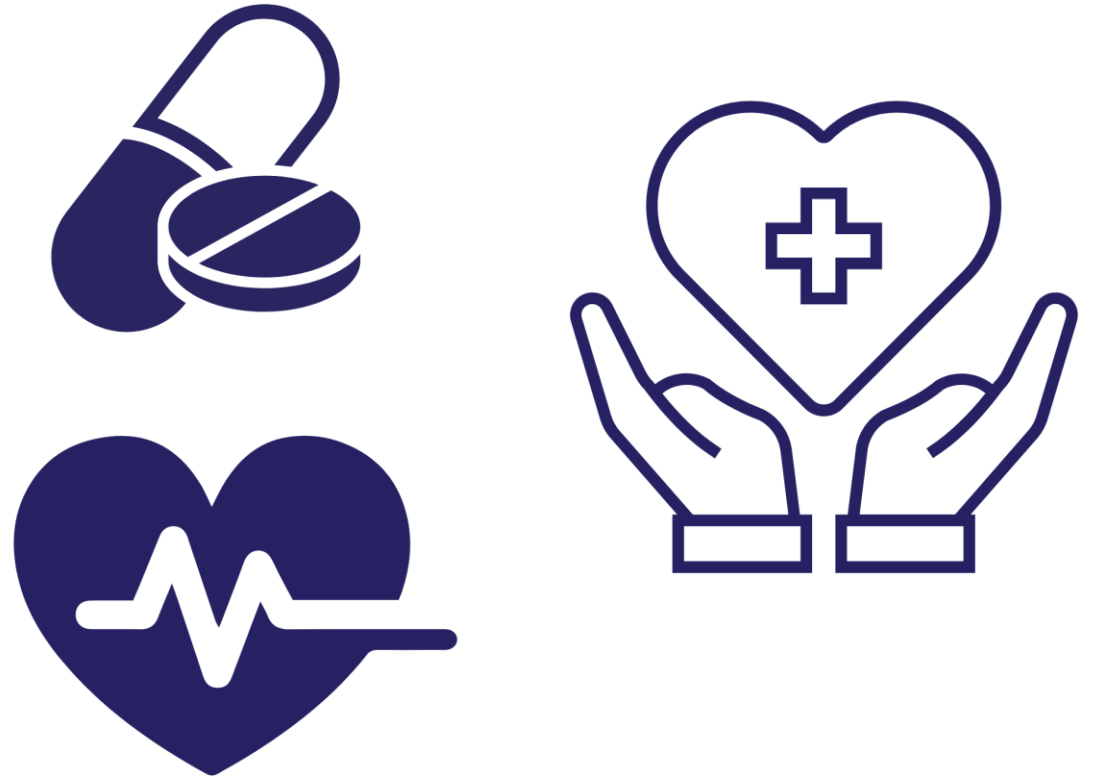
Determinants of Mental Health



Healthy Immigrant Effect

Research reports immigrants are healthier at the time of arrival in Canada (more than Canadians), but within 2 years it decreases.

(Lu & Ng, 2019)





Understanding Autism in the Philippines (PART 1)

<https://www.youtube.com/watch?v=FfmTWXR3PmA&t=2s>

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Resource List



Access Alliance
Multicultural Health and Community Services

ACCESS ALLIANCE

Provides settlement counseling, education workshops, primary care, food programs and resource centre.

Visit: <https://accessalliance.ca>

Call: 416-324-8677



SAAAC
AUTISM
CENTRE

SOUTH ASIAN AUTISM AWARENESS CENTRE

Support for racialized families of children with autism through case management, day programming, caregiver support, visual arts and much more.

Visit: <https://saaac.org/>

Call: 416-289-0100



COSTI

Provides settlement and refugee services, employment support, language training and housing support.

Visit: <http://www.costi.org/>

Call: 416-534-7400



HONG FOOK MENTAL HEALTH ASSOCIATION

Serving Asian communities across the Greater Toronto Area. Aims to strengthen family relationships, raise mental health awareness with culturally-informed resources and programming.

Visit: <https://hongfook.ca/association/>

Call: 416-493-4242



CICS

Settlement support for assistance with applications, interpretation and translation, workshops, social/networking support and mental health needs.

Visit: <https://www.cicscanada.com>

Call: 416-292-7510/416-293-4565



CANADIAN CENTRE
FOR VICTIMS OF TORTURE

CANADIAN CENTRE FOR VICTIMS OF TORTURE

Provides treatment, tools, and support that allow refugees to heal from trauma and become active community members.

Visit: <https://ccvt.org>

Call: 416-363-1066

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Resource List



SMILE

Supporting racialized children and youth with disabilities and their families. Focus area is diverse Muslim communities including refugee and new immigrant families.

Visit: <https://www.smilecan.org/>

Call: 647-952-8135



MONTAGE SUPPORT SERVICES

Services for individuals with disabilities and caregivers.

Visit: <https://montagesupport.ca>

Call: 416-780-9630



TAIBU

Offers Black-identifying clients in Toronto access to primary care, health promotion and disease prevention programs in a culturally affirming environment.

Visit: <https://www.taibuchc.ca>

Call: 416-644-3536



JEWISH IMMIGRANT AID SERVICES

JIAS Toronto is a Jewish agency that upholds Canada's commitment to embracing immigrants and refugees. They provide settlement, community connections, language training and refugee sponsorship support.

Visit: <https://jiastoronto.org>

Call: 416-630-6481



CARRIBEAN AFRICAN CANADIAN SOCIAL SERVICES

Helps African-Canadian children, youth, and families through culturally safe individual and group counselling supports, employment services, and youth outreach programs.

Visit: <https://cafcan.org>

Call: 416-740-1056



PUNJABI COMMUNITY HEALTH SERVICES

Provides health, settlement, and social services to diverse communities in the Greater Toronto Area such as mental health, addictions, domestic violence and COVID-19 support.

Visit: <https://pchs4u.com/>

Call: 905-667-0889

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Resource List



ACROSS BOUNDARIES

Offers mental health support rooted in anti-racist and anti-oppressive frameworks. Case management is offered in over 15 languages.

Visit: <https://www.acrossboundaries.ca/>
Call: 416-787-3007



ONTARIO ELECTRICITY SUPPORT

If you are a customer of an electricity utility, and in a lower-income home, you may qualify for a reduction on your electricity bill.
Visit: <https://ontarioelectricitysupport.ca>



ROGERS CONNECTED FOR SUCCESS

Rogers offers high-speed, low-cost internet across Ontario, New Brunswick, and Newfoundland to subsidized tenants, seniors, families with children, and to individuals receiving disability and income support.
Visit: <https://about.rogers.com/our-impact/connected-for-success>

Websites for more information:

Ontario Autism Program: <https://www.ontario.ca/page/ontario-autism-program>
Easter Seals: <https://www.easterseals.org/services>
Holland Bloorview Parent Support: <https://hollandbloorview.ca/parenting>
Sick Kids Hospital: <https://sickkidscmh.ca/children-families/>
Social Services Directory: <https://211ontario.ca>
Ontario Mental Health Services: www.connexontario.ca
GTA Health Services Directory: www.centralhealthline.ca/
Ontario Caregiver Helpline: <https://ontariocaregiver.ca/> or call 1-833-416-2273

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Q&A



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Thank you for attending this session!