

# Strategies to Improve Mental Health for Racialized Youth

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# Outline

- Introductions
- Evidence based practice
- Practice based evidence
- Gursharan Virdee – Centre for Addiction & Mental Health
- Serena Nudel – Access Alliance
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# Introductions

# Evidence-based practice

- Conduct problems, substance use problems, depression, anxiety and trauma
- Culturally adapted interventions
  - Cognitive Behavioural Therapy
  - Multidimensional Family Therapy
  - Multi-systems Family Therapy
- Culturally adapted assessments

# Cultural Formulation Interview (APA, 2013)

## Cultural Formulation Interview (CFI)

Supplementary modules used to expand each CFI subtopic are noted in parentheses.

### GUIDE TO INTERVIEWER

INSTRUCTIONS TO THE INTERVIEWER ARE *ITALICIZED*.

*The following questions aim to clarify key aspects of the presenting clinical problem from the point of view of the individual and other members of the individual's social network (i.e., family, friends, or others involved in current problem). This includes the problem's meaning, potential sources of help, and expectations for services.*

### *INTRODUCTION FOR THE INDIVIDUAL:*

I would like to understand the problems that bring you here so that I can help you more effectively. I want to know about **your** experience and ideas. I will ask some questions about what is going on and how you are dealing with it. Please remember there are no right or wrong answers.

### CULTURAL DEFINITION OF THE PROBLEM

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(Explanatory Model, Level of Functioning)

# What are the common adaptations?

- Race, ethnicity and culture
- Role of family
- Spirituality
- Storytelling
- Social Determinants of Health

# Practice-based evidence

- Community driven approach – the grass roots
- Holistic approach
  - Integrating faith communities e.g. Naseeha Youth Helpline
- Inclusion of diverse people with lived experience

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# The Roshni Project

- Art based approaches
- Relation: <https://youtu.be/ZLYrFoG9Yjk>
- Realisation : [https://youtu.be/UITpQFvf\\_Fw](https://youtu.be/UITpQFvf_Fw)



**Access Alliance**  
Multicultural Health and Community Services

# ACCESS ALLIANCE MULTICULTURAL HEALTH AND COMMUNITY SERVICES

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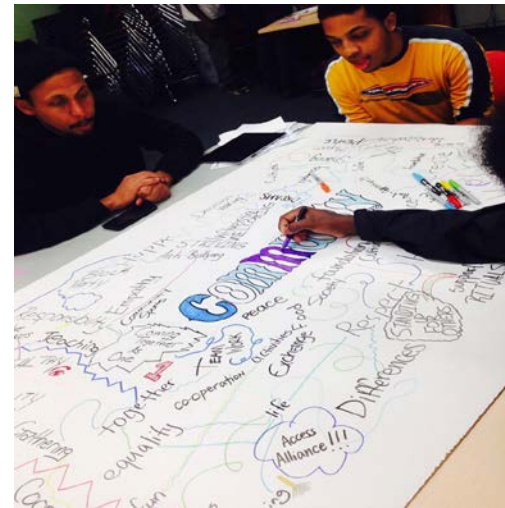
The background features a detailed illustration of multiple hands in various skin tones and patterns, actively weaving a large, intricate basket. The basket is composed of many layers of woven material, creating a complex, textured pattern. The overall color palette is warm, dominated by shades of orange, yellow, and brown.

# **Social Determinants of Mental Health Approach**

- **Newcomer Youth are Culturally Diverse**
- **They are impacted by immigration status**
- **Newcomer Youth are connected to their families**
- **They experience social isolation**

# Strategies for Newcomer Youth Engagement

- Provide leadership opportunities
- Staff should reflect the population they serve
- Anti-oppressive and SDOH approach
- Creation of a safe space



# Strategies for Newcomer Youth Engagement

- Make programming accessible
- Get youth out of their neighbourhoods
- Be conscious of mental health stigma
- Include families in planning



# Resources

Access Alliance (2010)

Determinants of Mental Health for Newcomer Youth: Policy and Service Implications Yogendra B. Shakya, Nazilla Khanlou, Tahira Gonsalves

Mental Health Commission (2016)

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

Health Nexus, Health Equity Council (2017)

Addressing Health Inequities for Racialized Communities: A Resource Guide

# Omar Goodgame

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Peel Children's Centre

Thank you  
Questions??