

# Evaluation of a mental health literacy program for refugees: “Not OK?”



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## Identified Problem: Mental Health

### Mental Health in Immigrants

- Mental illness is a growing issue in Canada's immigrant population as **cultural and social stigma prevent sufficient and timely access** to health resources [1].

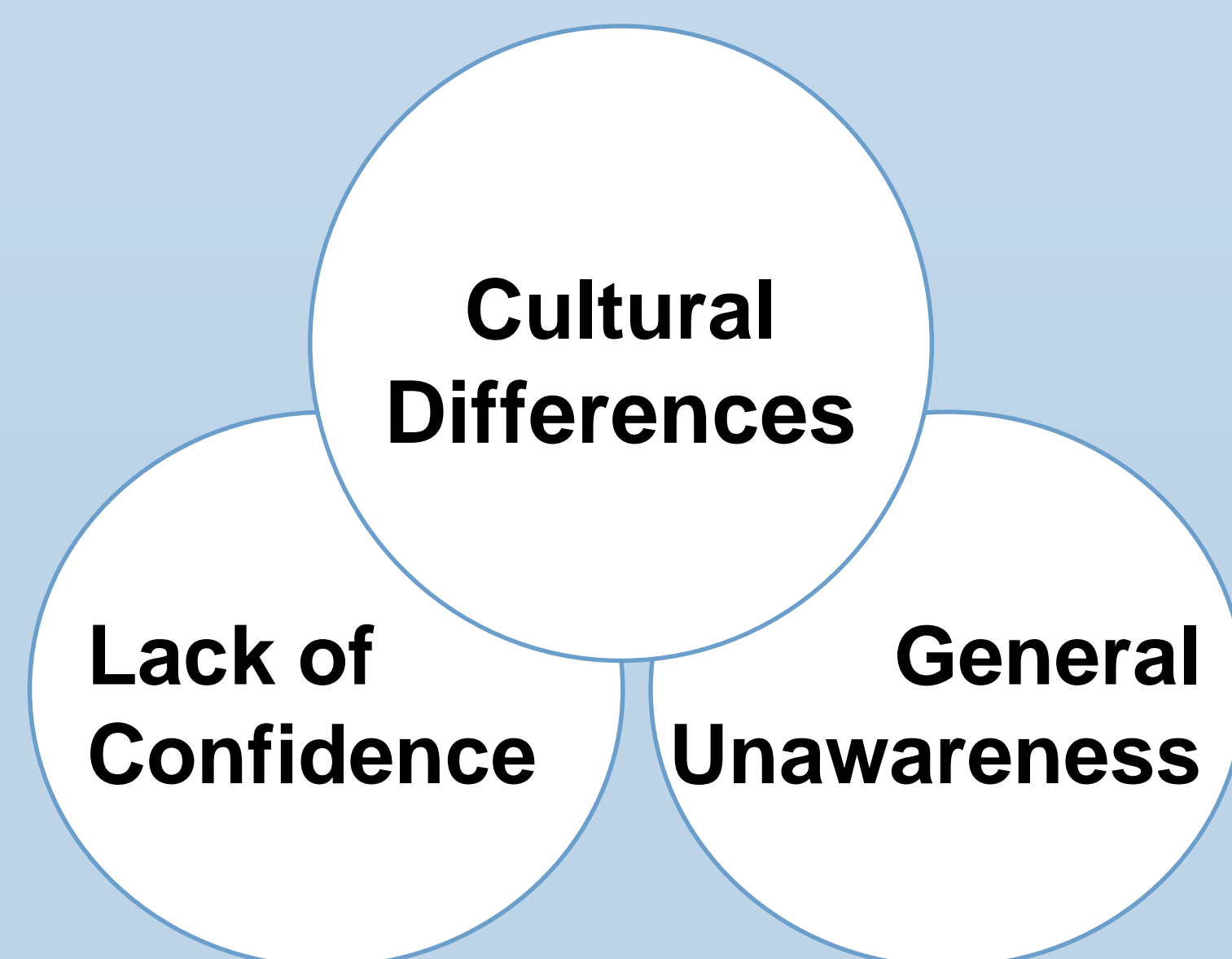
### Mental Health in Refugees

- Refugees often face **depression and anxiety due to stresses of immigration** [2].

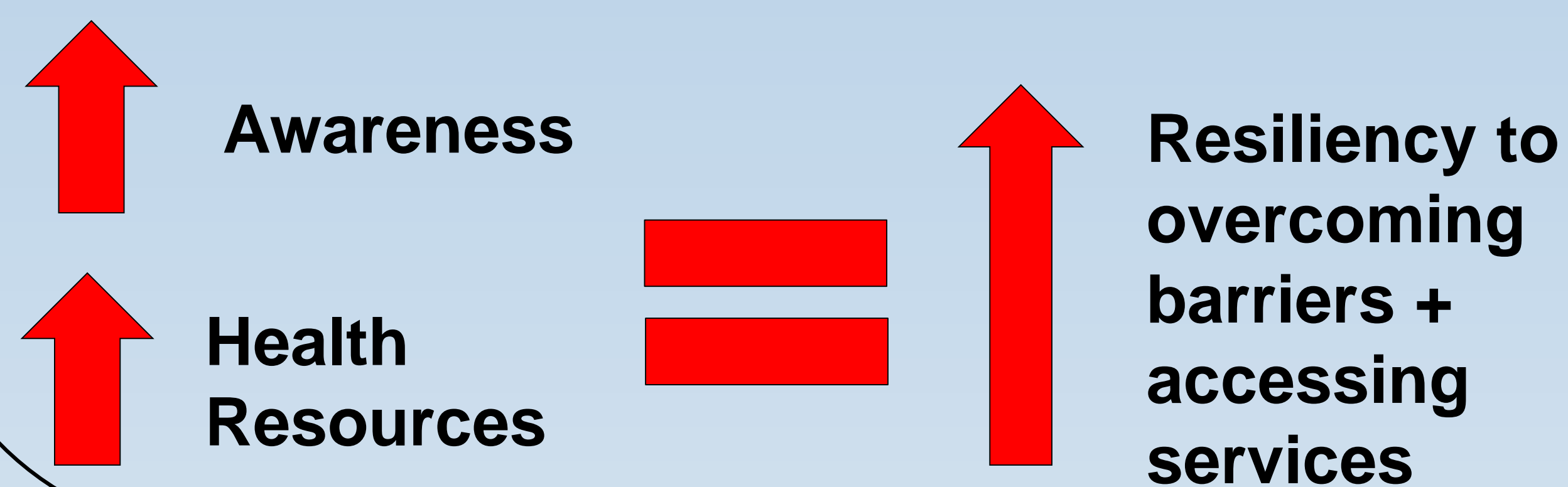


## Barriers to Access

- Canada's healthcare system has been shown to be a **significant obstacle course** for immigrants nationwide [3].
- Three specific barriers cause **inadequate healthcare access for those new to the country** [4, 5, 6]:



## What We Can Do: **Educate**



## Method

- We are creating a 2-session workshop called “**Not OK?**” run once a week for two weeks.
- Sessions will run 2.5 hours long and consist of **lectures, group discussions, and group activities**.
- Content covers various aspects of the Canadian mental healthcare system such as **defining mental health, common mental illnesses, types of mental health professionals, and resources**.



## Session Topics

Session 1	Session 2
1. What is Mental Health?	1. Talking to Family Members about Mental Illness
2. Signs of Mental Illness	2. Stigma and Mental Illness
3. Anxiety, Depression, PTSD	3. Talking to Health Care Professionals about Mental Health
4. Other Common Mental Illnesses in Immigrants	4. Your Rights and Confidentiality
5. Mental Health Challenges Due to Migration and Forced Dislocation	5. Cultural needs and Mental Illness
	6. Community Resources

## Purpose of Study

- With Not OK?, we want to educate newcomers on the Canadian mental healthcare system to **overcome barriers and improve confidence in healthcare access**
- The **purpose of our study is to test the efficacy of the Not OK program in educating immigrants** to improve **knowledge in recognizing mental illness and accessing mental healthcare services**



## Measures

- Health Education Impact Questionnaire (heiQ)** [7] by Osborne et al. 2007 to **measure participants' perceived efficacy of the program**
- Confidence in Health Access** by the research team to **measure weekly learning**

## Implications

- Should the program be **reliably successful** in accomplishing this goal, Not OK? will have the potential to be **distributed for nationwide education**

## References

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