



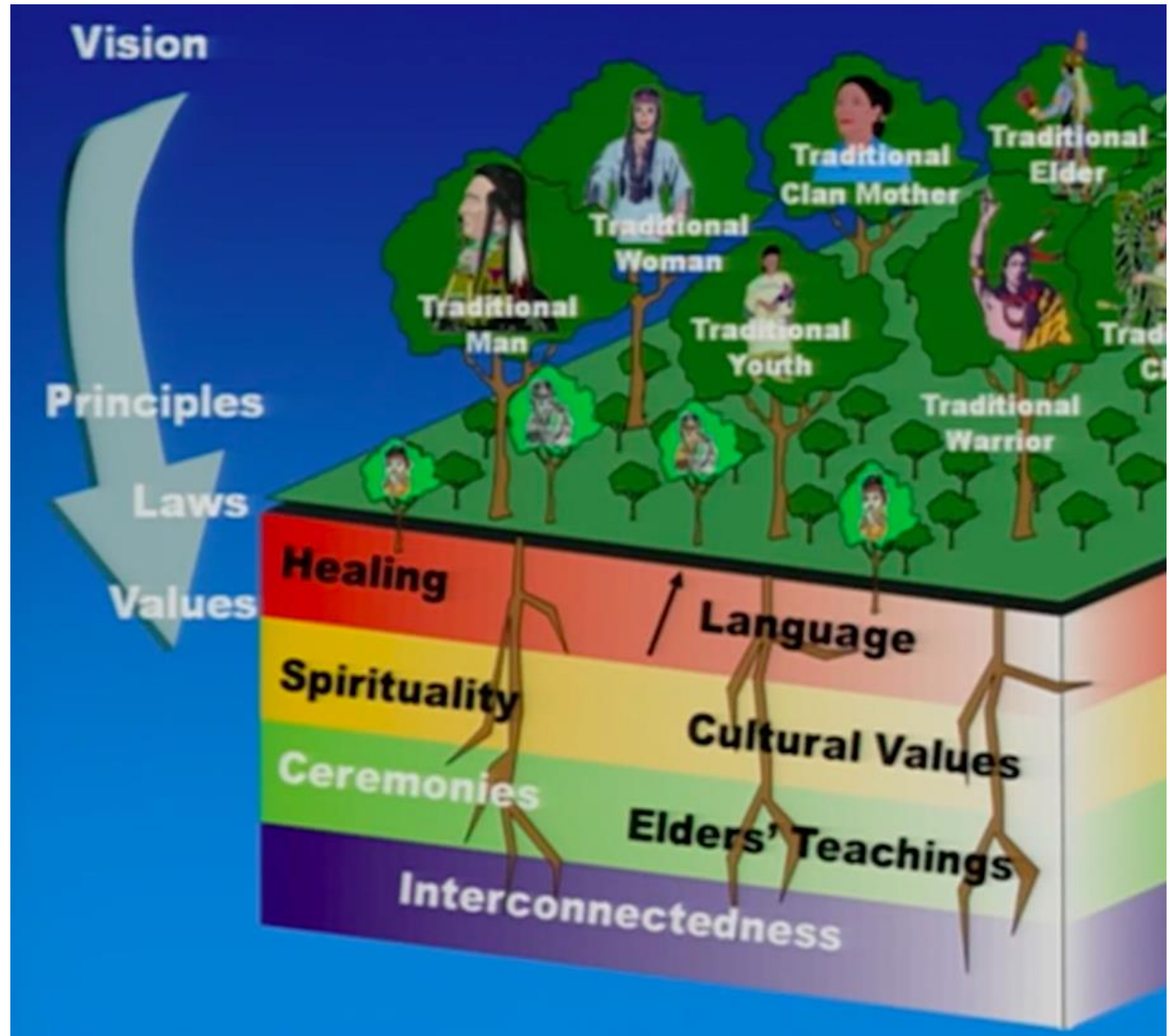
Multicultural Health Brokers Cooperative

**A grassroots community response
to the mental health crisis
in the time of Pandemic.**

Don Coyhis

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“The Brain Story” (AFWI course)





1. Issue is flagged by a member of the community (broker).
2. The issue is brought to me as a therapist (one of the knowledge holders) to explore further.
3. A small group of therapists meet to further explore the issue and we identify relationships as the key ingredient for mental health support
4. We design a participatory workshop to identify the 'magical ingredients' of transformative relationships.
5. The workshop is rolled out in a smaller group of senior cultural brokers. Feedback is incorporated into a 4 hour workshop for all the brokers, three weeks later.
6. Learning and feedback from the workshop informs our mental health strategy moving forward. We begin to re-think our mental health strategy at the co-op (Therapist as mental health support for clients → Brokers and Therapists working more seamlessly to provide mental health support for clients).

Participatory . Responsive . Innovative