



# Creating Informed Connections –

Responding to the needs of newcomers with mental health and substance use issues

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# Overview

- About CMHA
- Needs of Newcomers
  - Mental Health
  - Substance Use
  - Housing
- CMHA Partnerships to Scale



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# Brief Overview of CMHA





# Developed as a Response to Deinstitutionalization

Promotion of  
Community-Based Supports  
for those in need



**THE CANADIAN MENTAL HEALTH**  
*Association*  
**CANADIENNE POUR LA SANTE MENTALE**  
RESEARCH · SERVICES TO SICK SOCIAL ACTION · INFORMATION



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# CMHA Today

We identify and respond to Canada's most pressing mental health priorities. At the national level, we push for nationwide system and policy change. At the community level, millions of people in Canada rely on CMHA's extensive grassroots presence.



**1**  
National  
Office

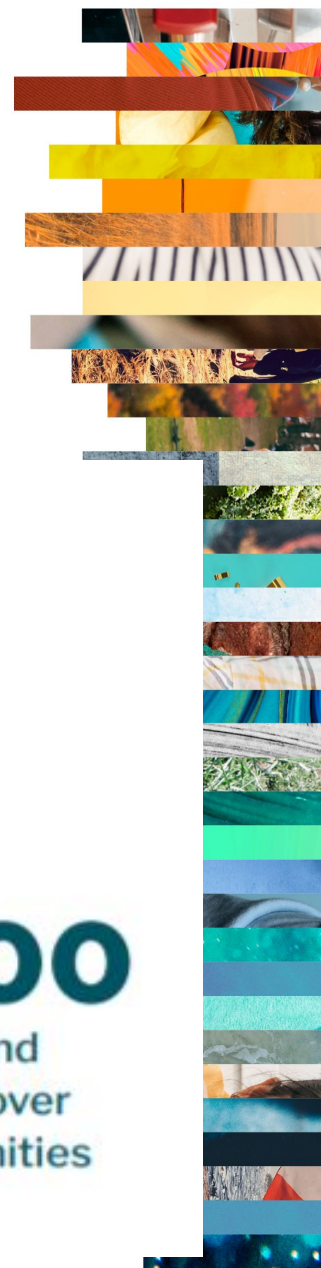
**11**  
Provincial/  
territorial  
divisions

**75**  
Local  
branches/  
regions



**5,000**  
Staff

**11,000**  
Volunteers and  
members in over  
330 communities







# Selected Needs of Newcomers



# Mental Health

- Trauma
  - Post-Traumatic Stress Disorder, Complex PTSD
  - Traumatic Reactions
- Other Mental Health Issues
- Mental Health Literacy
- Stigma
- Mental Wellness



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# Substance Use

- Conceptualizations of use, abuse, dependence
- Issues of legality
- Substance use literacy
- Stigma
- Harm Reduction



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# Trauma Informed Care

- Evidence based approaches and considerations
- Promotion of safety (and how it is defined)
- Trauma Informed care literacy
- Cultural awareness or competence and its limits



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# Housing

- Housing on entry to Canada?
- The intersection of Homelessness
- What is a home?
- The costs of unstable housing
- Housing as a social determinant of health



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# CMHA Partnerships to Scale



# National CMHA Responses

- Individual and Group Counselling
- Education and Outreach
- Mental Health Promotion
- Case Management



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# Opportunities

- Expanded Partnerships
- Multi-sectoral Advocacy
  - Awareness
  - Funding
  - Policy Change
  - Practice Change
- Evaluation and Research



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**Thank You! Merci!**

