

Mental Health Toolkit for Frontline Staff and Leadership

Farah Kotadia, Co-Manager, Vancouver Local Immigration Partnership and
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PARTNERSHIP



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Land Acknowledgement

Surrey & Vancouver Local Immigration Partnership

recognizes that our work takes place on the ancestral, traditional, and unceded territories of the SEMYOME (Semiahmoo), q̓ic̓áy̓ (Katzie), kwikwə́ləm (Kwikwetlem), q̓wɑ:ńláń (Kwantlen), qiqéyt (Qayqayt), x̣ẉməθḳẉə́ỵəm (Musqueam) sc̣əwɑθən məsteyəx̣ẉ (Tsawwassen) First Nations and the Coast Salish territories.



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- ❑ About Surrey Local Immigration Partnership
- ❑ Project Overview
- ❑ Research and Methodology
- ❑ Research Summary
- ❑ Learning Outcomes
- ❑ Community Engagement





MENTAL HEALTH RESOURCE & TOOLKIT



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Key Challenges faced by Newcomers – Mental Health Information & Resources

78%
lack of
awareness of
services
available

70%
stigma in
newcomer
communities
about MH
issues

70%
Lack of
multilingual MH
support for
newcomers



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Mental Health Needs for Immigrant and Refugee Newcomers

Depression 72%

Trauma 68%

Anxiety 66%

Mental Illness 60%

Family/ Gender-based violence/conflict 60%



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MENTAL HEALTH RESOURCE & TOOLKIT INFORMATION SESSION & TRAINING



DO YOU SUPPORT IMMIGRANT MENTAL HEALTH?

Surrey Local Immigration Partnership invites front-line workers, community stakeholders and mental health professionals who work with and support newcomer immigrants and refugees for a Mental Health Resource Guide and Toolkit – Information Session & Training.

This Mental Health Resource Guide, Toolkit and E-Learning Course aims to mitigate barriers to accessing culturally appropriate mental health care services.

THIS SESSION WILL:

- Introduce the Mental Health Resource Guide, Toolkit and E-Learning Course
- Show how to use the Mental Health Resource Guide, Toolkit and E-Learning Course
- Discuss how each tool can support you in your work
- Engage in discussion about best practices to support newcomer immigrant and refugee populations

Dates and Times

- ✓ Session 1 : May 29, 2023, 10–11 am PST
- ✓ Session 2 : May 30, 2023, 10–11 am PST
- ✓ Session 3 : May 29, 2023, 11:30 am – 12:30 pm PST

Virtual
session

Want to attend? Please register by emailing our trainers and lead consultants:

Bahar Taheri – bahar@blue-tree.ca or

Mona Hassannia – mona@niacounselling.com

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Project Outline

Conduct a thorough needs assessment and gap analysis

Engage community stakeholders through a consultation process

Development of a mental health toolkit that is tailored to our context in Surrey, British Columbia

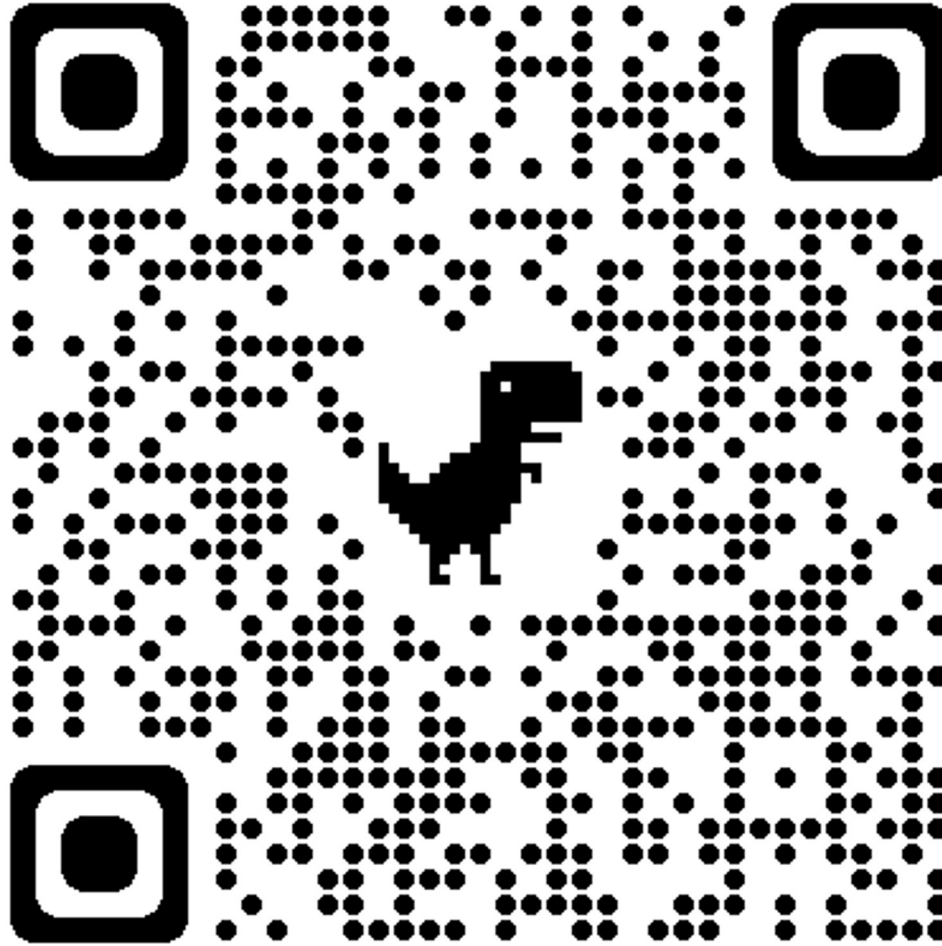
Develop a toolkit that includes information, resources, and best practices

Design and facilitate training for Surrey-based settlement and social organizations

Delivery of 4 train-the-trainer sessions and workshops

Design and develop an online self-paced course with modules

QR Code for the Mental Health Toolkit



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Tools & Strategies

CULTURAL COMPETENCY

TRAUMA-INFORMED CARE

ADDRESSING STIGMA

DE-ESCALATION

SELF-CARE

THANKYOU

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