

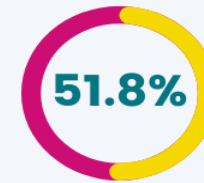
# **Newcomer Young Adult Mental Wellness: Bridging Sectors for Improved Supports**

**Pathways to Prosperity Conference, Nov 22, 2023  
Shriya Seksaria, Peel newcomer Strategy Group (Peel LIP)**

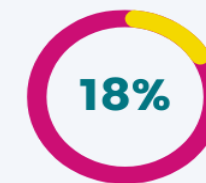
# Peel Region



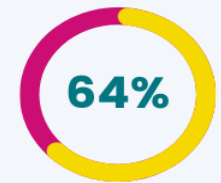
## Peel has the highest proportion of immigrants in Ontario



Immigrants comprise 51.8% of Peel's population.

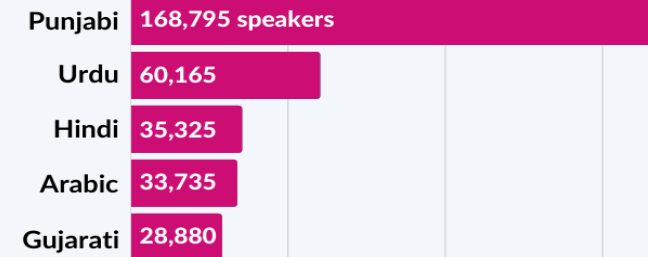


18% of Ontario's immigrant population lives in Peel.



64% of Peel's immigrant population was born in Asia.

## Top 5 non-official languages spoken at home in Peel



### Sources

- Statistics Canada, Census Data of 2021
- Peel census data 2021
- Ethnic Diversity and Religion, Peel Data Centre: <https://census-regionofpeel.hub.arcgis.com/pages/ethnic-diversity-and-religion-2021>

# Mental Health needs

- Peel has historically been underfunded for mental health and addictions services and these services continue to be a high need priority for Peel residents.
- Only 1 in 3 residents will receive the treatment that they need
- Unmet demand has resulted in long wait times
- Peel had one of the longest wait times for child and youth mental health services at 737 days.

**Source:**

<https://www.peelregion.ca/community-safety-wellbeing-plan/media/cswb-plan.pdf>

# PNSG's work on Mental Health

- Mental is one of our Strategic priorities for 2020-2025.
- In June 2023, PNSG released a report titled “**Newcomer Mental Health & Wellness Through a Settlement Sector Lens**”.
- Purpose of report
  - To outline the role of the immigrant and refugee-serving settlement sector in supporting mental health,
  - Identify key issues related to settlement service delivery and the MH needs
  - Highlight cross-sector initiatives in mental health services pertinent to newcomers
  - Recommend strategies to improve access to MH supports for newcomers

**1** Increase collaboration between Ontario Health Teams, mental health service providers and settlement providers to create culturally-responsive programs and services.

**2** Clearly delineate the short-term counsellor role in relation to other adjacent positions across IRCC-funded agencies to ensure role consistency and provide tailored training.

**3** Improve staff mental health by providing staff with adequate supports for their own self-care needs to prevent and mitigate burnout, compassion fatigue and stress.

**4** Detect mental health challenges early in the settlement process to ensure fast referrals to appropriate services.

**5** Create and adequately resource more emergency mental health services for immigrants and refugees needing urgent care.

**6** Foster partnerships with local faith groups to promote mental health, support referrals and reduce stigma.

**7** Explore a family-centred approach to mental health care, with particular attention to newcomer children, youth and seniors.

## Recommendations

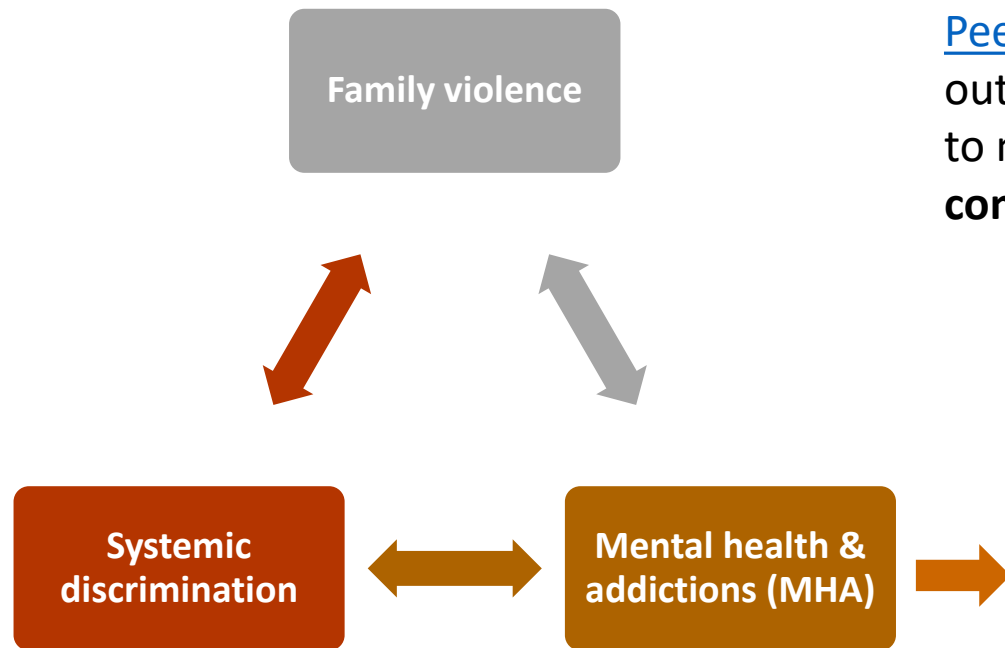
- **Increase collaboration** between Ontario Health Teams, mental health service providers and settlement providers to **create culturally-responsive** programs and services.
- Explore a **family-centred approach** to mental health care, with particular attention to newcomer children, youth and seniors

# Finding bridges to improve mental health services

- 1. Settlement and mental health service providers, virtual (Feb 2023):** To find bridges to improve mental health supports for newcomers; get feedback on report.
- 2. Senior leaders forum, in- person (May 2023):** To advance advocacy and explore opportunities for more culturally-responsive mental health care in Peel region
- 3. Community Safety and Well Being funded project (Nov 2023-Dec 2024):** Increasing cultural competency to support youth mental health

# Region of Peel's: Community Safety & Well being (CSWB) Plan

[Peel's Community Safety and Well-being Plan \(2020-2024\)](#) sets out how **partners across different sectors** can work together to make Peel a safer, **more inclusive, and connected community** where all residents thrive.



Improve access to mental health and addictions services for youth by simplifying pathways to care and coordinating efforts

**School boards**

**Healthcare**

**Post secondary institutions**

**Child and youth mental health providers**

**Settlement agencies in Peel**

# Project partners

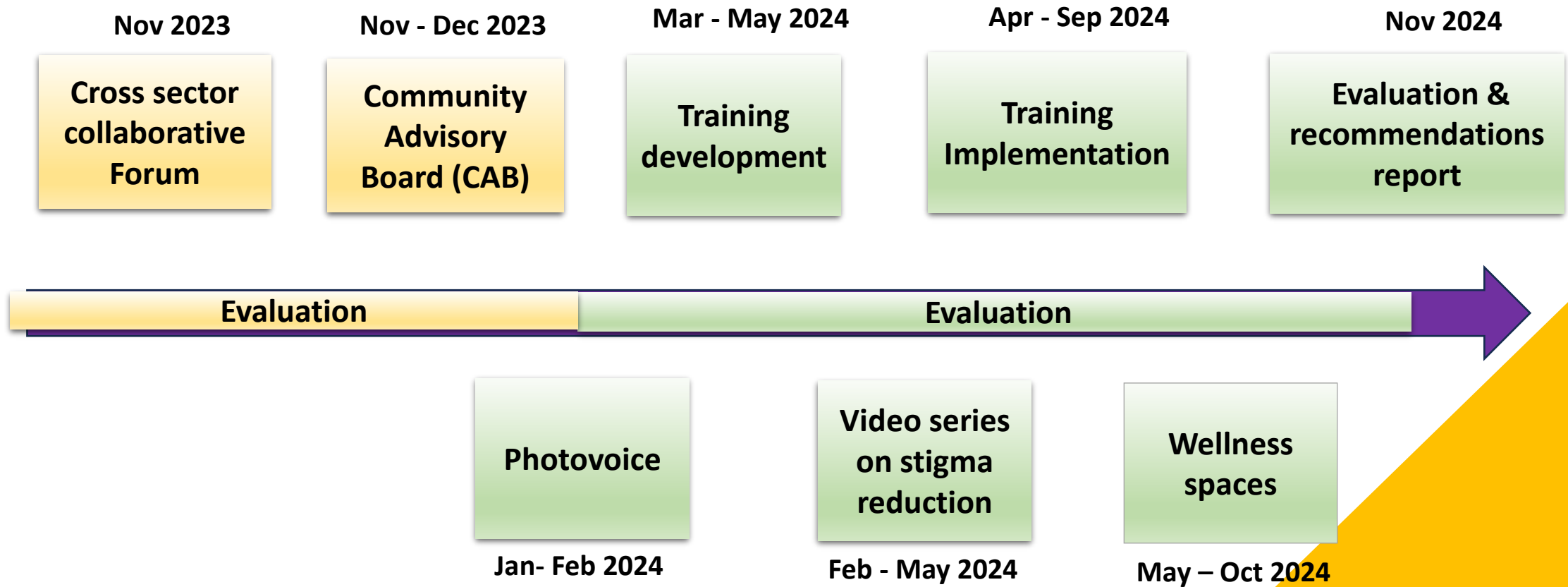


# Project goals

1. Increased provider connections
2. Peer learning opportunities
3. Improved culturally-responsive services
4. More accessible family-centred communication



# Project activities



Thank you