
Tri-Cities Wraparound Model for Mental Health in Immigrant Families

Abigail Cameron



S.U.C.C.E.S.S.

Project Overview

- Funded by Public Health Agency of Canada (PHAC)
- Project length: August 2022- March 31, 2024
- Collaboration between Tri-Cities Local Immigration Partnership, S.U.C.C.E.S.S. and Social Research and Demonstration Corporation (SRDC)



Goals & Objectives

To improve immigrant families' access to culturally appropriate mental health supports and services

1. Enhance service provider capacity to promote MH in service delivery

2. Raise awareness of importance of mental health in culturally appropriate ways

3. Increase accessibility of mental health supports & services for immigrant families (Wrap around model)

4. Mobilize knowledge through Knowledge Hub & Community of Practice



Engagement Strategies

Project Steering Committee

- Health authority
- Early Years Service Providers
- Division of Family Practice
- Douglas College- Faculty of Health Sciences

Immigrant Panelists

- Intergenerational
- Cantonese, Farsi, Korean, Mandarin
- Interracial/ diverse partnerships
- Diverse lived experiences in birth giving & immigration
- Age range/living arrangements/ single parents/economic situation



Innovation

Tri-Cities Family Challenge Booklet

Livret défi familial en Tri-Cities / 三聯市家庭挑戰小冊子 / 三聯市家庭挑戰小冊子
세도시 가족이 함께 도전해 보아요 책자 / جزوه چالشی خانوادہ برای - سیدنی



SEPTEMBER Every Child Matters

Chaque enfant compte / 每個孩子都很重要 / 每个孩子都很重要

September marks the National Day for Truth & Reconciliation. This is an important time to honour Indigenous cultures and traditions. Visit the house posts carved by First Nations artists, as part of the In the Presence of Ancestors Project, along the Port Moody Shoreline Trail. Share a drawing, story or photo of what it felt like for your family to be in the presence of the amazing house posts.

Septembre marque le jour national pour la vérité et la réconciliation. C'est un moment important pour honorer les cultures et les traditions autochtones. Visitez les poteaux de maison sculptés par des artistes des Premières Nations, dans le cadre du projet In the Presence of Ancestors, le long du Port Moody Shoreline Trail. Partagez un dessin, une histoire ou une photo de ce que votre famille a ressenti en présence des incroyables poteaux de la maison.

九月是「全國真相與和解日」。這是一個重要的時刻，讓我們向原住民的文化與傳統致敬。參觀由原住民藝術家所雕刻的小屋屋柱 Presence of Ancestors Project，沿著士嘉堡海岸線的小徑 Moody Shoreline Trail。分享你的繪圖、故事或照片，描述你與家人在這些令人驚嘆的圖騰柱子前的感受！

九月是「全國真相與和解日」。這是一個重要的時刻，讓我們向原住民的文化與傳統致敬。參觀由原住民藝術家所雕刻的小屋屋柱 Presence of Ancestors Project，沿著士嘉堡海岸線的小徑 Moody Shoreline Trail。分享你的繪圖、故事或照片，描述你與家人在這些令人驚嘆的圖騰柱子前的感受！

September marks the National Day for Truth & Reconciliation. This is an important time to honour Indigenous cultures and traditions. Visit the house posts carved by First Nations artists, as part of the In the Presence of Ancestors Project, along the Port Moody Shoreline Trail. Share a drawing, story or photo of what it felt like for your family to be in the presence of the amazing house posts.

Septembre marque le jour national pour la vérité et la réconciliation. C'est un moment important pour honorer les cultures et les traditions autochtones. Visitez les poteaux de maison sculptés par des artistes des Premières Nations, dans le cadre du projet In the Presence of Ancestors, le long du Port Moody Shoreline Trail. Partagez un dessin, une histoire ou une photo de ce que votre famille a ressenti en présence des incroyables poteaux de la maison.

九月是「全國真相與和解日」。這是一個重要的時刻，讓我們向原住民的文化與傳統致敬。參觀由原住民藝術家所雕刻的小屋屋柱 Presence of Ancestors Project，沿著士嘉堡海岸線的小徑 Moody Shoreline Trail。分享你的繪圖、故事或照片，描述你與家人在這些令人驚嘆的圖騰柱子前的感受！

九月是「全國真相與和解日」。這是一個重要的時刻，讓我們向原住民的文化與傳統致敬。參觀由原住民藝術家所雕刻的小屋屋柱 Presence of Ancestors Project，沿著士嘉堡海岸線的小徑 Moody Shoreline Trail。分享你的繪圖、故事或照片，描述你與家人在這些令人驚嘆的圖騰柱子前的感受！

九月是「全國真相與和解日」。這是一個重要的時刻，讓我們向原住民的文化與傳統致敬。參觀由原住民藝術家所雕刻的小屋屋柱 Presence of Ancestors Project，沿著士嘉堡海岸線的小徑 Moody Shoreline Trail。分享你的繪圖、故事或照片，描述你與家人在這些令人驚嘆的圖騰柱子前的感受！



HOW ARE YOU FEELING? 你感覺如何? / 你感觉如何?



HAPPY
快樂 / 快乐



EXCITED
興奮 / 兴奋



SAD
傷心 / 伤心



ANGRY
憤怒 / 愤怒



CONFIDENT
自信 / 自信



SCARED
害怕 / 害怕



DISAPPOINTED
失望 / 失望



SHY
害羞 / 害羞



TIRED
疲累 / 疲累



HURT
受傷 / 受伤



FRUSTRATED
沮喪 / 沮丧



SURPRISED
驚訝 / 惊讶



NERVOUS
緊張 / 紧张



CALM
平靜 / 平静



BORED
苦悶 / 苦闷



WORRIED
擔心 / 担心



LET'S START THE CONVERSATION!

About the Artists

Babysnakes
Métis Artist & Facilitator | babysnakeslu

This photo was taken at the Coquitlam River. The river has a meaningful connection to the artist being a place of peace.

Christine M.
Indigenous Artist,
Facilitator & Keynote Speaker | sneakyart

Food

The design shows salmon moving up the river to start the process of giving new life and important nutrition to the next generation. The Coquitlam River supports wildlife, plants and salmon year-round and has created a nourishing environment for them to grow. Salmon has such a deep tie to many cultures including how we eat them, gather them and celebrate with traditional dishes. We all have a connection to the land and to the food that comes from it. We need to remember that our actions affect



Tell us about a dish/food that brings you comfort when you're not feeling well.
Tell us about the last time you had that dish.



S.U.C.C.E.S.S.

Other Innovative Approaches

- Evaluation approaches: journey mapping & PhotoVoice
- Capacity building on evaluation for service providers
- Service providers involved in tool development
- Wraparound approach: referral pathways, more impactful



Outcomes

Improved service provider capacity on mental health literacy

Increased tools to support mental health promotion

Strengthened connections between service providers & mental health professionals =
Stronger referral pathways

Enhanced community capacity in culturally appropriate perinatal education

Increased mental health literacy among immigrant families

Increased social connections between immigrant families

Improved access to community resources

Empowered communities to advocate for their needs





Photo & Quote from Early Years Service Provider

“Rainbows are...a reminder that even after dark and challenging times, there’s always joy, light and beauty on the other side. There’s always a new beginning. I really feel that through our programs and services, we have empowered families to make changes, try new things, explore different opportunities, strengthen family relationships, which is going to provide this whole beauty and joy into their lives. Hopefully, clients will see themselves as more complete and more whole and overcoming their challenges.”



S.U.C.C.E.S.S.