

Enhancing the Well-Being of Newcomer Students

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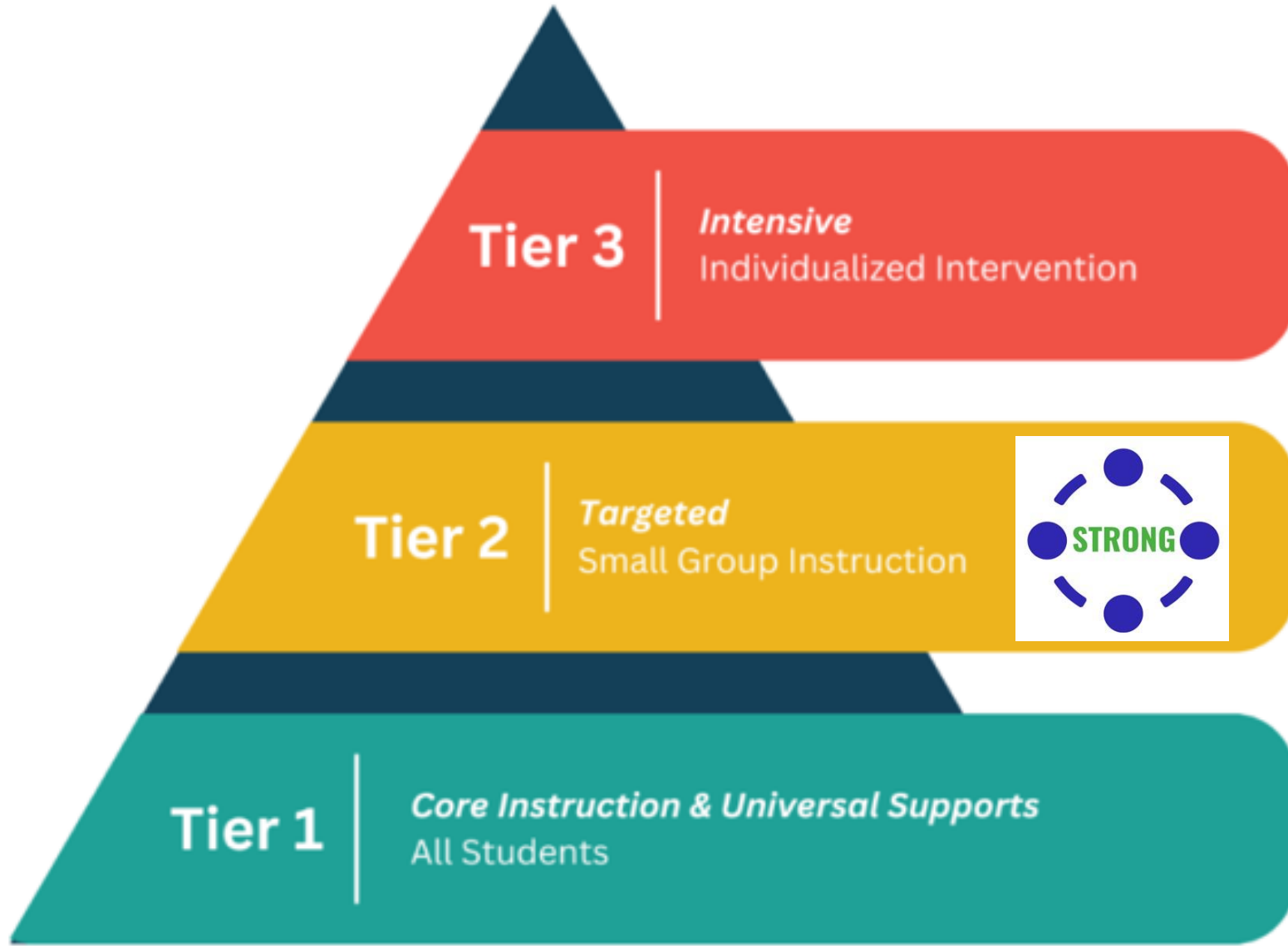
Supporting Transition Resilience of Newcomer Groups (STRONG)



What is STRONG?

- A program created to increase the resilience of newcomer children
- Help newcomer children develop skills to ease their transition in their new surroundings
- STRONG aims to promote unique strengths, teaches skills to make positive choices, and promotes a sense of belonging





Cognitive
Behavioural
Therapy (CBT)

Strength-Based

Trauma-Informed



STRONG Structure



The program has 10 sessions. Each session is one hour. Each session focuses on different topics to help participants build new skills.



The group is facilitated by mental health professionals (i.e., social workers or psychologists) and/or facilitators with mental health backgrounds.



Each participant will also have an individual session with the STRONG program facilitator. During this session, the participant identifies their strengths and supports during their migration journey to Canada.

Intended Outcomes

- Increase resilience
- Learn important coping and problem-solving skills
- Build connections and strengthen relationships



Youth Impacts



- High level of enjoyment
- Advocacy for STRONG in school
- Recommendations for program improvement



- Gained coping skills
- Increased self-confidence and trust
- Increased peer connectedness and sense of belonging
- Sharing and exchanging stories with peers
- Increased knowledge of the Canadian context

Benefits for Clinicians

Perceived increased in their capacity to:

- Support newcomer students in school settings
- Support youth who have experienced adverse or stressful events



Thank You

<https://www.csmh.uwo.ca/research/strong.html>

