

**TNLIP Health & Wellbeing Work Group**

**Thursday, May 18, 2023 at 11:00 am– 12:30 pm**

**Meeting Minutes**

**Attendees:** Theresa Peng (CICS), Carolann Barr (TNO), Tin Man Cheung (CICS), Andrea Chang (People’s Church), Elena Krishchuk (YAY), Fatemeh Moghimi (LDATD), Hafiz Khan (TNO), Rola El Moubadder (CARE), Holly Best (Care), Marissa (EKNPLC), Azreen Sikder(TEQLIP), Irina Umnova (Placement Student), Mandy (North York Harvest), Robbie Shifman (Consolidated Credit Canada), Elaine Berry (TPL), Kyla Behar (NYTHP/NYGH)

**Facilitated by TNLIP team**: Misha Hossain (TNO), Kaitlin Murray (JVS), Astha Priya (WWC), Rachelle Molto (JVS)

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| **Agenda Item** | **Presented by** | **Discussion**  |
| **Land Acknowledgement & Introduction** | Misha Hossain(Health & Wellbeing Coordinator) | The Land Acknowledgement was read and members were introduced in the chat.Slido Poll was launched for members to participate in the question: What does wellness mean to you in one word? |
| **Mental Health Awareness Month****Introduction****Some Quick Stats** | Misha Hossain, Health and Wellbeing Coordinator | Misha talked about Mental Health Awareness Month in Canada, and importance of this month. Mental Health Awareness Month aims to raise awareness about mental illnesses, fight against stigma, educated the public, and deepen understanding of the diverse ways that mental health impacts millions of individuals, and how the human service sector can extend support and raise advocacy for better mental health policies.Misha discussed the impact of the pandemic on newcomer mental health according to the StatsCanada crowd source survey from July 2020: https://www150.statcan.gc.ca/n1/pub/45-28-0001/2020001/article/00050-eng.htm According to previous studies, newcomers had generally better mental health than the Canadian born population, which declined after 5 years. However, this has changed since the pandemic started as now rates of mental health experienced by recently arrived newcomers are similar to that of established immigrants (6+ years) and Canadian born population. Contributing factors include rising of unemployment rates, social isolation, discrimination/racism, lack of education, longer wait times for health services, longer wait for permits, issues with virtual care/technology, increase in discrimination, food insecurity – the issues are only increasing and impacting people more. Now newcomer rates of mental healthSome data from Stats Can Survey in July 2020: * 91% recent newcomers have reported at least one anxiety symptoms such as easily annoyed, on the edge, nervousness, trouble in relaxing, etc.
* 82% of established immigrants (+ 6 years)
* 86% of foreign population reported the same
* This goes against the “happy immigrant affect” we thought
* Women face moderate or severe anxiety or general anxiety disorder symptoms more often than their male counterpart.
* 21% of newcomers felt this fear of losing job vs 11% of general Canadian population. 24% of these newcomers felt moderate or severe symptoms in regards to developing general anxiety disorder
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| **TNLIP Mental Health Task Group (TMH) Led Breakout**  | TNLIP Mental Health Task Group (TMH) Members | Members discussed what mental health means to them.Members were broken in to break out rooms facilitated by Task Group Members from the The TNLIP Mental Health Task Group to discuss the following questions:1. What is your organization doing on behalf of Mental Health Awareness Month (for newcomers and staff working with newcomers)?
2. How do you think burnout in the settlement sector impacts newcomer clients?
3. What type of supports would help with burnout?
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| **Centre for Immigration and Community Services (CICS) Presentation on Newcomer Youth Mental Health & Discussion** | Tin Man Cheung, Newcomer Youth Mental Health Worker & Theresa Peng, Program Manager | Presentation by CICS given on Mental Health Program for newcomer youth and adults part of the Newcomer Youth Mental Health Program:Please see attached slide deck for presentation/full service list.* Newcomer youth supports given in the community by providing case management workshops for education and support, mental health awareness and info, run programs in community, do a lot of community outreach to reduce stigma
* CICS works holistically with the entire family to support newcomer Youth Mental Health journey

Presenters from CICS discussed how mental health affects newcomer youth:* CICS assesses firstly if Youth developmental needs have been met, in family or social circles:
	+ Identity, autonomy, self esteem, special educational needs
* Post Migration Adjustments in various systems/ social spheres
	+ School/ language or accent barriers/ interpersonal relationships/social isolation
* Effectiveness in family support
	+ Diversified family relationship/ language barriers/ affordability/ knowledge about systems
* Difficulties in system navigation
	+ Lack of understanding about the resources or stigma present or don’t know how to communicate with school system
	+ Don’t want the school to think their kid has ‘a problem’ so hinders them to reaching out to resources present
* All these are intertwining and interlinking with each other, which causes complexities in helping:
	+ Discrepancy between parent and youth needs, need the consent of the youth to help
	+ Engagement difficulties
	+ No diagnosis
	+ Stigma on mental health, school system is inevitable in helping adjustment of youth but parents don’t want school to know
* Challenges
	+ Youth engagement – self determination, supporting parents, need to let youth know about existing services
	+ Case management – in long term, school learning system is needed, service referral
	+ Eligibility – from PR to all status, but depends on capacity

Contact info: Tin Man Cheung (She/her), Newcomer Youth Mental Health Worker at tinman.cheung@cicscanada.com or 416-292-7510 Ext. 1127 |
| **How to Better Support Newcomer Nurses (IEN) Discussion** | Holly Best, CARE Centre for Internationally Educated Nurses | CARE is the only bridging program supporting nurses going back into nursing. Been existing since 2001. They provide hybrid service model, so can service all of OntarioPlease see attached slide deck for presentation/full service list.* They provide all the support and help they need in this process of going back, they answer all the questions in licensing/examinations/jobs/ etc. For this specifically, want to make sur IEN nurses are not lost
* Most clients: takes more than 4-5 years to being IEN and finding job/licensing
* Pre-arrival supports and services funded by IRCC – imperative to IEN process
* Supports, Training, STAR Program – are given **all support needed** for the nursing regulation/ registration process. Step by Step support
* Requirements: 8 big steps to complete from evaluating skills, to licensing exams, to getting registered, filling in gaps, evaluating practical/bed side experience
* Many challenges and barriers IEN face in this complex licensing process (can be time consuming, financially consuming, and draining)
* Most IEN are women – they face mental health struggles and social isolation as well
* They can help citizen, PR, refugees claimants, CUAET, etc.
* Refer clients directly to CARE’s website or reach out to Holly @ HBest@care4nurses.org
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| **TNLIP Health & Wellbeing Updates from the Quarter** | Misha Hossain | **Toronto Newcomer Day****May 25 at 10am – 2pm at Nathan Phillips Square, Toronto** **Please come and join for this fun time! There will be newcomer service providers booths featured** **Upcoming YPA Webinars** * YPA task group members collaboratively organized both webinars! Thank you YPA members!
* *Webinar Part 1 of 2:* Facilitating Conversations with Families in the Context of South Asian and Black Communities on Tuesday, May 30th, 2023 from 10:00 am to 12:00 pm
* Register: [**https://www.eventbrite.ca/e/facilitating-conversations-with-families-of-children-with-disabilities-pt-1-tickets-609907970157**](https://www.eventbrite.ca/e/facilitating-conversations-with-families-of-children-with-disabilities-pt-1-tickets-609907970157)
* Webinar Part 2 of 2: Facilitating Conversations with Families in the Context of East Asian Communities on Date: Tuesday, June 20th, 2023 from 9:30 am to 11:30 am
* Register: [**https://www.eventbrite.ca/e/facilitating-conversations-with-families-of-children-with-disabilities-pt-2-tickets-610003375517**](https://www.eventbrite.ca/e/facilitating-conversations-with-families-of-children-with-disabilities-pt-2-tickets-610003375517)

**Healthy Homes*** Upcoming Food Bank Networking Event taking place in July– Purpose is to invite the leads for newcomer community groups involved with address food insecurity such as food banks, community kitchens, community farms, food security leads, suppliers, etc.
* HHAC Task Group is meeting monthly to plan the event! Thank You for your support!!
* Stay tuned for more info!

**Mental Health Task Group*** TMH members have been collaboratively working on making both of the following activities as success over the past few months! Thank You TMH Members and Volunteers!
* Naloxone Training Updates: 23 participants got certified!
* Upcoming launch: Redesigned North York Community Mental Health resource list
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| **Redesigned North York Mental Health Resource List** | Misha Hossain, working with Fatema Nakhuda, Placement Student from Centennial College | This resource list will be launch on the week of May 22nd at the North York Community Cluster Stakeholder Meeting for Mental Health Awareness Month!Misha showed the list published in June 2022 and the newly updated, redesigned version with members for comparison.The resource list will go out soon and will be shared widely with PCSpecial shout out to placement student Fatema Nakhuda from Centennial College for redesign! |
| **TNLIP Member Updates** | Everyone | Elena Krischuk – YAY * After 3 years of break: The mentors/mentees 3 day camps are back! Youth will get to have fun with the team and make relationships more profound, mentoring by good example
* With support from IRCC, Yay is now accepting and matching newcomer youth up to the age of 18 in the 1:1 Peer Mentoring Program in the City of Toronto (including Scarborough) and York Region!
* This is a one-year pilot project designed to support older newcomer youth with cultural transition and skills development!
* **Please see attached flyer for this and website for registration information to programs:**

Azreen – TEQ LIP * TEQ LIP mental health task group Launched survey for understanding current mental health and disability services provided to newcomers/refugees as well as to better understand how the pandemic has impacted their delivery.
* The survey and info collected will help TEQLIP develop various capacity building sessions for service providers
* Each section has 11 questions, about 15 min to complete. Please fill out and help with this!
* <https://www.surveymonkey.com/r/8SRJLQY> - **TEQ LIP Mental Health and Disabilities Services Survey 2023**
* Contact Azreen Sikder - azreens@wardenwoods.com

Carolann – TNO* East Toronto Health Partners (ETHP) and Youth Wellness Hubs Ontario (YWHO) have launched online services for the Thorncliffe Park Youth Wellness Hub: a new, welcoming virtual space that provides easily accessible health, wellness, employment and other services for youth and young adults in Thorncliffe Park and Flemingdon Park.
* Online services are now available by appointment at ethp.ca/ThorncliffeYWHO
* All services are free and open to everyone aged 12 to 25. Youth and young adults do not need a health card, family doctor or medical referral.
* Services include wellness counselling, peer support, employment services and more. No matter what you might be dealing with, our team can help. In-person services will be available when the hub’s physical space launches this spring.

Robbie – Consolidated Credit * Financial literacy and money management help and programs available, please reach out! Robbie is there to discuss with you.
* rshifman@consolidatedcredit.ca
* Email me if you'd like to connect about financial education workshops and resources. 🙂
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| **Closing Remarks & Next Meeting**  | Misha Hossain | Our next meeting planning will be in September, 2023 |