

**TNLIP Health & Wellbeing Work Group**

**Wednesday, November 09, 2022 at 9:30 – 11:00 am**

**Minutes**

**Attendees:** Tin Man Cheung (CICS), Fatemeh Moghimi (LDATD), Robbie Shifman (Credit Counselling Services of Canada), Zarine Dordi (WWCC), Esther Guzha (Hassle Free Clinic), Ayesha Firdouz (Thorncliffe Park), Ruthe Swern (Trauma Practice for Healthy Communities), Leticia Esquivel (MNLCT), Elena Krishchuk (Youth Assisting Youth), Devi Raghunauth (TNO), Elaine Berry (TPL, Don Mills Branch), Hafiz Khan (TNO), Catharine Chan (FaithHopeLove), Rola El Moubadder (CARE), Marissa Wu (EKNPLC)

**Facilitated by TNLIP team**: Misha Hossain (TNO), Kaitlin Murray (JVS), Katharine Neale (JVS), Srna Stambuk (JVS), Astha Priya (WWC)

**Regrets:** Amina Sultani (AWO), Neil Stephens (FHC), Amra Acimovic (TPH), Maria Lo (Hong Fook), Shasanji Lingaratnam (Madison), Nkeiruka Osagie (ACT), Noushin Khavarian (IWOO), Judy Fantham (New Circles), Ming E. (Bhodi Meditation), Andrea Chang (People’s Church)

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| **Agenda Item** | **Presented by** | **Discussion** |
| **Land Acknowledgement & Introduction** | Misha Hossain  (Health & Wellbeing Coordinator) | * Misha Hossain presented the Land Acknowledgements * Members introduced themselves and participated in a brief ice breaker activity (which influential person would you be?) * New members introduced: Devi Raghunauth and Ruthe Swern |
| **Trauma Practice for Healthy Communities Presentation** | Ruthe Swern, Executive Director | **Ruthe Swern of Trauma Practice for Healthy Communities** presented organization’s services. Trauma Practice is a non-profit organization offering trauma informed psychotherapy services to community members through 4 main programs:   1. Resiliency and recovery – foundational program with stress reduction focus 2. Lean in for Connection – building community and learning to navigate difficult interactions 3. Meditation – Personal medication practice that is accessible and tailored to personal needs 4. Anger Regulations – dealing with strong emotions   Groups are 13-15 participants; volunteer led by clinicians, and offered 4 times per year  TPHC has partnerships with SMART Recovery program (addictions), also offers as self-paced Trauma Recovery Program (participants receive an email with a link to follow every month).  Interested community members can self-refer by completing the online registration form at [www.traumapractice.org](http://www.traumapractice.org)  Members can email Ruthe at [director@traumapractice.org](mailto:director@traumapractice.org) for more information. |
| **Recent Health Research & Demographics in Canada**   * Toronto Public Health Updates * Canada Demographics and Statistics Canada Updates | Misha Hossain,  Everyone | **Misha provided updates from Toronto Public Health:**   * The Bivalent vaccine available for everyone over 18 and targets the original strain of Covid19 and the Omicron variant. Recommended interval between doses is 6 months. * Toronto has experienced an outbreak of meningococcal disease; 3 people have died. * Individuals between 20 to 36 years of age are advised to check their immunization record to confirm they have received a dose of meningococcal vaccine. If not, please contact your healthcare provider or book an appointment at a City-run clinic * Newcomers are most at risk * Monkey pox is on the decline; 27000 doses of vaccine administered * Amra from TPH is part of the workgroup and is able to answer questions related to these updates. |
| **Misha shared relevant information from 2021 Census:**   * Canada’s population was estimated at 38,929,902 on July 1, 2022, and increase of 284,982 from April 1, 2022 * Growth in the second quarters of 2022 was the highest in any quarter number wise since the addition of Newfoundland to Confederation in 1949. Over 94% of this growth was due to international migration, including the people who to Canada following the Russian invasion of Ukraine. * According to the 2011 census, Canada has the highest number of immigrants from the following countries: India (18.6%), Philippines (11.4%), and China (8.9%). * 23% of population of Canada identify as newcomers; 4.2 million newcomers in Ontario. * According to the Immigration level plan of 2023-2025 by IRCC released a week ago, Canada aims to welcome 465,000 new permanent residents in 2023, 485,000 in 2024 and 500,000 in 2025   **Misha asked: How do you see these rapidly changing numbers in newcomer population impacting health care needs and newcomer health?**   * Concerned about whether the system is ready to receive them and serve them with respect to housing and health care needs (200 families currently waiting for primary care and using the ER/hospital system in absence of primary care) * Advocacy should start early rather than waiting for the government to invite us to problem solve. Interprovincial mobility is important for newcomers to be able to pursue opportunities * Many are coming from war torn countries and their health care needs are going to have a ripple effect on the system partly because of lack of knowledge about how to utilize the health care system in a most effective manner * There is a high number of people without status who are not included into any statistics (uninsured/migrant workers) and at some point it will be important to advocate for them; CARE is in conversation with their funder about how they can support internationally educated nurses even those without status in order to support the healthcare system staffing needs * Concerns about upcoming recession, current housing crisis, and affordability crisis for people who are already here (people cannot afford rent); should not forget about those who are here and already suffering   **Misha asked: What emerging trends and challenges are you seeing among the newcomer clients in the last few months that we should have more conversations about?**   * There has been an exponential and dramatic increase in the need for mental health care; we also know that immigrant health declines after arrival to Canada. * Connection between mental health and challenges in securing commensurate employment – disappointment in the experience on the labour market. It seems like this experience is not shared during the immigration process and the immigrants are all surprised and suffer mental health challenges as a result such as anxiety, depression... LDATD had to add another component to their program to help deal with the mental health issues related to immigration and job search for their clients (up to 10 counselling sessions per client are available through the program). * There are also potentially taboos around mental health in the newcomer population or just lack of awareness of symptoms; isolation and stress experienced by newcomers causes flare ups of existing illnesses as well as new ones * Many newcomers are having to move outside of Toronto because they can’t afford the rent * An increase in youth experiencing social anxiety and bullying (getting demand for services from parents who are worried about their children) * Financial health is related to mental health as well; learning the banking system is difficult, how credit score is calculated, and how credit cards work, etc. A misstep can lead to serious financial consequences. Newcomers are being sold financial services which are leading to debt and mental health. * Elena from Youth Supporting Youth asked for resources that would help youth deal with social anxiety |
| **Health & Wellbeing Work Group Updates from the Quarter** | Misha Hossain | * 80% of members have had 1:1 in-person meetings with Coordinator in the quarter, Misha will reach out soon to the remaining members to set up in-person meetings. * Members participated in 1:1 brainstorming sessions with Coordinator and small group brainstorming sessions for mental health and social determinant of health in July. * Small group of members participated in housing consultations regarding the refugee specific shelter for north York in August. * Members agencies from Health & Wellbeing participated in 2 Community Health Information Fairs in August in partnership with NYTHP. * TNLIP Health & Wellbeing hosted Combatting Anti-Asian Racism event with partner Maria Lo (Hong Fook) in September. 95%+ positive feedback according to evaluations.   **Misha shared the breakdown of Task groups and the members list for each Task Group:**   * Mental Health Task Group * Healthy Homes (food security and housing issues in relation to health) Task Group * Young People’s Adverse Childhood Experiences Task Group   Please reach out to Misha if you have not signed up yet or if you want to join more than one task group. First task group meetings will be in December. |
| **Discussion & Live Poll** | Misha Hossain  Everyone | **Live poll for members on the following questions:**   1. What type of Health & Wellbeing information sharing would you like to see more of? 2. How often would you like to receive email information shares? 3. Would you be open to in-person Work Group meetings from the new year? 4. Would you be open to in-person Task Group meetings in smaller groups? |
| **Member Updates** | Everyone | **Elena Krishchuk from Youth Assisting Youth (YAY):**  YAY grows the leaders of tomorrow through peer mentorship of newcomer kids.  Eligibility for the Mentorship Program: Age 6-15, living in Toronto or York Region, availability 3 hours a week for at least 1 year to spend with a mentor 1-to-1 in-person and/or virtually  Extra support! All kids in our Mentorship Program can request a caring tutor to help them 1-to-1 virtually with homework, English, Math and other subjects.  Workers or parents/guardians can refer kids here <https://docs.google.com/forms/d/e/1FAIpQLSfvqLkzTx8LboHWo3ldli9hY1usXqdRIo2r-yuFOHl_M0zZjg/viewform?usp=sf_link>:  **Robbie Shifman – Consolidated Credit:** If you have questions you can email me at [rshifman@consolidatedcredit.ca](mailto:rshifman@consolidatedcredit.ca). Here's the remaining schedule:  After Credit Comes Debt: Find a Solution for You- November 10 <https://bit.ly/3TZVMb5>  Adjust Your Money Mindset: Save Yourself from Debt November 15 & 16 <https://bit.ly/3f834uL>  All About Credit and Borrowing November 22 & 24 <https://bit.ly/3W5T4CJ>  Approach Cautiously: Navigating the Financial Marketplace November 29 <https://bit.ly/3TZu3r5>  **Tin Man Cheung – Centre for Immigrant & Community Services:**  Break The Stigma Online Workshop about what is stigma, living in a stigma free society, personal stories about experiencing a mental health condition. REGISTRATIONLINK[**https://forms.office.com/r/FkJufm15Su**](https://forms.office.com/r/FkJufm15Su)  For more information email tinman.cheung@cicscanada.com |
| **Closing Remarks and Next Meeting** | Misha Hossain | Next meeting will be in the new year following the Partnership Council meeting on January 10, 2022. |