



Canadian
Collaborative
Mental Health
Initiative

Initiative
canadienne de
collaboration en
santé mentale

Canadian Collaborative Mental Health Initiative

**National Conference on Shared Mental Health Care
Calgary, Alberta
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Ethno-Cultural Tool Kit

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The following persons or organizations were contacted during the consultation process:

- ❖ AIDS/HIV Educator BC Multicultural Health Service
- ❖ Alberta Health and Wellness
- ❖ Association of Multicultural Societies and Service Agencies of BC
- ❖ Barbara Tully MD (primary care physician)
- ❖ BC Multicultural Health Services Society
- ❖ BC Nurses Association
- ❖ British Columbia Cancer Society
- ❖ Centre Hospitalier Universitaire de Quebec
- ❖ Cross-Cultural Psychiatry Department of Vancouver General Hospital
- ❖ Ecole de Nursing, Universite de Montreal
- ❖ Fraser Health Authority
- ❖ Hamilton School of Nursing
- ❖ Healthcare Interpretation Network
- ❖ Hong Fook Mental Health Association
- ❖ Immigrant Services Society (BC)
- ❖ Les Centres Jeunesse de Montreal
- ❖ Metropolitan Immigrant Settlement Association
- ❖ Michael Rachlis Consulting
- ❖ Nova Scotia Department of Health
- ❖ Ontario College of Family Physicians
- ❖ Ontario Family Practice Nurses
- ❖ ResoSante Colombie Britannique
- ❖ Somerset West Community Health Center
- ❖ Task Force on Newcomer Access to Health Care in Nova Scotia
- ❖ The Bridge Community Health Clinic (Vancouver)
- ❖ Toronto Public Health
- ❖ Universite du Quebec en Outasouais
- ❖ University of Toronto
- ❖ Vancouver Association for Survivors of Torture
- ❖ Vancouver Coastal Health Authority
- ❖ Winnipeg Regional Health Authority
- ❖ Yellowknife Health and Social Services Authority



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Websites of Interest:

- ❖ <http://amssa.org/>
- ❖ (Association of Multicultural Societies and Service Agencies of BC)

- ❖ <http://ercomer.org/wwwvl/>
- ❖ (The world wide web virtual library migration and ethnic relations)

- ❖ <http://www.edchange.org/multicultural/>
- ❖ (The Multicultural Pavillion)

- ❖ <http://integration-net.cic.gc.ca/>
- ❖ (Integration Net Government of Canada)

- ❖ <http://www.ocasi.org/index.asp>
- ❖ (Ontario Council of Agencies Serving Immigrants)



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Key Lessons From The Literature

- ❖ Primary needs first (food, clothing, shelter, job) met prior to meeting Mental Health needs
- ❖ Safety and Trust
- ❖ Cultural competence of service providers
- ❖ Role of interpreters
- ❖ Lack of awareness of services by consumers and service providers
- ❖ Role of informal Mental Health system
- ❖ Population at risk = elderly, youth, single parent, victim of torture



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Services Barriers

- ❖ “Ethno Cultural individuals are not in essence a special population but rather a population at risk because of poor accessibility”
 - » Jill Mahoney, Globe and Mail, Visible Minority by 2017

- ❖ “The Canadian identity can not be changed by increasing diversity because that’s what the Canadian identity is”
 - » Jeffery Reitz

- ❖ Frequent misdiagnosis
- ❖ Inappropriate use of interpreters and paraprofessionals
- ❖ Culturally inappropriate treatment methods



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Important Factors in Planning Collaborative Primary/Mental Health Services for Ethnocultural Population

- ❖ Appropriate interpretation services
- ❖ Ongoing training for organizations and front-line staff
- ❖ Role of community for Immigrant settlement services
- ❖ Development of cultural competency training curriculum in professional training programs at academic centers
- ❖ Inclusion of Immigrant agencies in Federal, Provincial and Municipal as partners in service delivery system
- ❖ Explore role of diversity coordinator in community health centers
- ❖ No “cook book” model
- ❖ “bottom up research” and collaborative research should be encouraged