

REFUGEE MENTAL HEALTH: INTEGRATED SUPPORT



Integrating mental health services with refugee settlement programs help reduce symptoms of trauma, depression, and anxiety much more effectively.

(Huminuik et al., 2022)

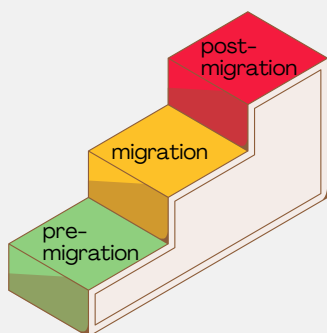
Mental Health



Among Canada's population, refugees have the highest prevalence of mental health disorders and less access to care.



High Prevalence

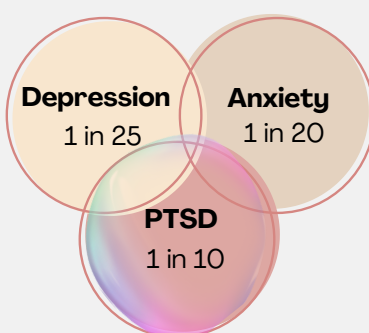


Separate risk factors are associated with every step of the migration experience.

- 1) Pre-migration
- 2) Migration
- 3) Post-migration

(Kirmayer et al., 2011)

Most common disorders



- Post-traumatic stress disorder (PTSD)
- Depression
- Generalized anxiety disorder (GAD)

Less Access



- Language barriers
- Cultural relevance of methods
- Costs
- Stigmatizing beliefs

Refugee Settlement Challenges



- discrimination and racism
- conditions
- social connection
- life trajectory
- social roles
- structure
- daily life



SETTLEMENT-INTEGRATED MODEL

Settlement services

- information
- language instruction
- skills development



Mental health services

- culturally sensitive
- trauma-informed



Integrating mental health services with refugee resettlement programs and extending the coverage up to 5 years of arrival in Canada.

How

Counselling was provided through a settlement agency that was multilingual, culturally responsive and multidisciplinary.

Principles

- trauma-informed
- cultural responsiveness
- human rights

Results

- Symptoms of PTSD, anxiety and depression were significantly reduced
- Clients were satisfied with the treatment

PTSD is a particular concern

20%

Even after the intervention, PTSD symptoms among participants persisted by 20%..

More sessions and comprehensive services may be needed.

References

Huminuik, K., Eslami, M., Sherrell, K., & Friesen, C. (2022). Settlement-integrated refugee mental health. *Canadian Psychology/Psychologie canadienne*, 63(4), 667. <https://doi.org/10.1037/cap0000345>

Kirmayer, L. J., Narasiah, L., Munoz, M., Rashid, M., Ryder, A. G., Guzder, J., ... & Pottie, K. (2011). Common mental health problems in immigrants and refugees: general approach in primary care. *Cmaj*, 183(12), E959-E967.