

MENTAL HEALTH SERVICES FOR REFUGEES

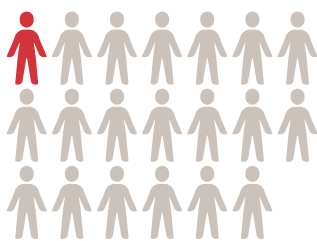
Some Common Mental Health Disorders Among Refugees That Are Not Currently Addressed by Canada's Public Mental Health System Include:

PTSD



1 in 10

Anxiety



1 in 20

Depression



1 in 25

Settlement Issues

- Discrimination
- Cultural Differences
- Poor Living Conditions
- Lack of Social Roles
- Lack of Social Connections



Barriers to Mental Health Services

- Language Barrier
- Can Be Expensive
- Different Cultural Beliefs



Settlement-Integrated Model

- Combines a settlement agency with mental health care
- Agency provides:
 - Settlement workers that speak the same first language as the clients
 - Trauma-informed settlement workers
 - Culturally sensitive mental health workers
 - Language instruction
 - Help with skills development



Results

- Symptoms of PTSD, anxiety and depression were significantly reduced
- Clients reported high satisfaction with their care post treatment
- Particularly enjoyed speaking in their own language with their counsellor as it was easier to convey their feelings and concerns
- Suggests expanding the window of eligibility for government provided mental health coverage for government assisted refugees (GARs) from 1 year to 5 years

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>