



Health and Mental Health Working Group

Meeting Minutes

November 16th, 2021

10 am – 11:30 am

Zoom

Attendance: Craig Carter-Edwards- LACC and Welcome Home TO, Rosa Ribeiro- Parkdale Community Health Centre, Cathy Kurelek- Access Alliance, Barbora Gomezova –Culturelink, , Nadjib Alamyar- Woodgreen Community Services, Teresa Dremetsikas –CCVT, Danny Anckle- Cecil Community Centre, Domine Rutayisire- CCVT

*Note: Nadjib sitting in for Tharnya who has left her role

TSLIP: Nadia Umadat

AGENDA

1. Land Acknowledgement
2. Welcome & Introductions
3. Strategic Plan- Update on strategic directions and selection of projects
4. Agency and program updates
5. Closing

1. Land Acknowledgement

TSLIP staff read Land Acknowledgement

2. Welcome and introductions

Each member was welcomed by LIP staff, members were thanked for attending the meeting. Members provided introductions.

3. Strategic Plan- Update on strategic directions and selection of projects

- Provided update on end of Frontline Staff Support Network and Mental Health First Aid for Language Instructors for 2021, group was asked to consider if they would like to continue these projects into new work plan
- TSLIP has been able to identify strategic directions, purposely kept at high level to allow for flexibility. Three directions selected are policy and research, newcomer success and supporting the sector.
- Health and Mental Health Working Group will fall under the second direction of supporting newcomer success, however there is room for work in all three directions
- Group examined project list from previous meeting as well as added a few new ideas

Potential Ideas from Brainstorming Exercise

- Mental health support for staff assisting new arrivals in vulnerable states
- Trauma informed communications, for communities/ journalists, anyone with direct interaction, services providers, direct staff, hotels addressing emotional safety
- Implementing well- being in employment programs for employee/employers including Cultural competency/humility training for employers. Employees/employers (knowing and respecting cultures)
- App development similar to something as ex. iamsick.ca as to locate services through data collection, available resources housing, health care etc.
- Anti-black racism, anti-Asian racism, backlash against refugees agency wide trainings
- Frontline staff stress/ mental health survey/ discovering strategy for gaps in services best practices- health Possible data collection simple feedback mechanism pre existing vs. developing tool, short questionnaire, where are they at.
- Human trafficking awareness, counter human trafficking network ie. Trauma, signs, effects on integration
- Information sessions warning of Fraud, scams and how it impacts of wellness self esteem, mood
- Youth mental health -how to service community, awareness of services including cultural competency capacity for YOWs. Also address trauma, depression, self esteem, self confidence, identity challenges 13-24 sometimes up to 29, possible capacity building series.
- Relationship building between groups- cross cultural communication, opening dialogue for cross cultural communication
- **Support group for black staff frontline workers**
- Understanding the social determinants of health

- Black Frontline Staff Support Network is both timely and the easiest to adapt
- Curated list of projects will be sent to working group members for their feedback

4. Agency or Program Updates

- CCVT announced they are hosting a forum on Anti-Human Trafficking for November 16th. The Trauma Informed certificate course will also begin on the same day with the first presenter being Dr. Claire Pain on Trauma Stress and Resilience on Refugee Populations. CCVT is still accepting applications until December. Will re- send the package again should any members still be interested.
- Cecil Community Centre has run barrier free vaccine clinics on site, and has an interest in learning what other organizations are doing to ensure uptake for newcomers. TSLIP will forward cluster and city information to working groups on vaccine engagement
- TSLIP has released a resource listing of Dari and Pashto Speaking Service providers

5. Closing

Next meeting will be in December, date will be sent out shortly.