



## Improving Mental Health of Diverse Groups

Can you imagine the stress and strain resulting from a move to a new country? Imagine trying to learn a new language, adapting to a new culture and then trying to navigate a treatment system for mental health and addictions. With so many looming challenges it is difficult for newcomers to Canada to have equal access to health services. Health equity has been described as ensuring equal opportunities for health for all and this goal becomes a challenge for health service providers as Canada becomes more diverse each year.

According to the 2006 census there are 31 million people living in Canada and over 5 million of this population were born outside of Canada. Health equity issues will be discussed from a National and local perspective at the next CAMH in the Community event.

The workshop **'Improving Mental Health of Diverse Groups'** is presented in partnership with the Hamilton Niagara Haldimand Brant LHIN. The upcoming free CAMH in the Community event will be held in Niagara on Tuesday November 23 at the St. Catharines Holiday Inn from 1:30 p.m. to 4:00 p.m. We are pleased to have two informative speakers presenting this topic, Dr. Kwame McKenzie, with CAMH and Martha Mason, Executive Director of the Fort Erie Multicultural Centre.



**Dr. Kwame McKenzie**

Dr. McKenzie is a psychiatrist, researcher, policy advisor and broadcaster from CAMH. Dr. McKenzie has worked in the field of multi-cultural mental health for 20 years and has published over 100 articles and 4 books. His work spans basic science and applied policy research with experience in Europe, the Caribbean, UK and US.

Recently, TVO's The Agenda with Steve Paiken devoted a week to diversity: [Dr. Kwame McKenzie interview series](#)

### Events

CAMH in the Community event **'Improving Mental Health of Diverse Groups'**, on Tuesday Nov. 23, 2010 from 1:30 - 4:00 p.m.

**Location:** St. Catharines Holiday Inn, [For more information and to register>](#)

### Coping with the Wired

**World - Clinical Approaches to Working with Youth & Families with Gaming, Gambling and Internet Problems** Thursday, Nov. 18, 2010, 9:00 a.m. - 4:15 p.m. Waterloo, Ontario.

[To register>](#)

### The release of the Mental Health results of the 2009 Ontario Student Drug Use and Health Survey

(OSDUHS) will be available via the Ontario Telehealth Network (OTN) & Web streaming on Nov. 24, 2010 from 1:30-3:00 pm. [For more information Cheryl Vrkljan](#)

### Cheap Smokes?

Contraband Tobacco in Halton presentation at Sheridan College, Oakville Nov. 2010. [For more information Cathy Thompson](#)

### Asking the Right Questions

**2 - Working with issues of sexual orientation & gender**



### Martha Mason

Martha Mason is the Executive Director of the Fort Erie Multicultural Centre, an organization that provides integration and education services for Newcomers to Canada, and the advancement of social, civic and cultural engagement opportunities for ethnic and racially diverse residents of the community.

She has over 20 years experience in developing and managing community based organizations and has been recognized as a primary shaper of inclusion based management practices.

identity in mental health and addiction settings. Feb. 18th, 2011 in Niagara. *For more information* [Bonnie Polych](#)

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CAMH in the Community event on **Workplace Mental Health** will be held in Hamilton on Feb. 24th, 2011 1-4 pm. *For more information* [Cheryl Vrkljan](#)

## CAMH in the Community Projects

**Brant | Burlington | Haldimand | Hamilton | Niagara | Norfolk**

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Prevention & Health Promotion: [Tobacco Free Sports & Recreation](#) | [Suicide Prevention](#) | [Anti Stigma Young Women and Depression Prevention](#) | [Talking About Mental Illness](#) | [Seniors Medication and Alcohol](#)

[Youth Mental Health Promotion](#) | [Drug Awareness Initiatives](#) | [Prevention Program for Families](#)

System Planning: [Local System Planning](#)

**Waterloo | Wellington**

Professional Development: [Education and Training](#) | [Primary Care](#)

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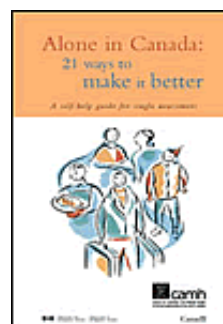
Prevention & Health Promotion: [Drug Strategy](#) | [Strengthening Families](#)

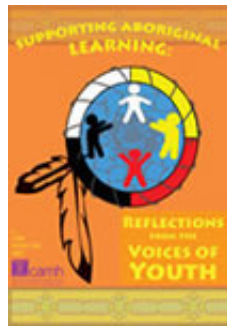
System Planning: [System Planning and Development](#)

## CAMH Resources

The [Multilingual Resources](#) section has been created to provide multi-language information on mental health and addiction to people for whom English is not a first language and professionals who work with clients from culturally and linguistically diverse background.

[Alone in Canada: 21 Ways to Make it Better](#) is a self-help guide for single newcomers developed by a team at CAMH. The guide is designed to help single new immigrants and refugees adjust to living in a new society as quickly and easily as possible.





NEW! [Supporting Aboriginal Learning: Reflections from the Voices of Youth](#) (DVD)  
The purpose of this DVD is to help educators and other professionals working with youth to understand some of the challenges Aboriginal students face during the transition from elementary school to high school.

[Brochure - Information on Posttraumatic Stress Disorder \(PTSD\) for refugees and new immigrants](#)

MHCC and CAMH publication - [Improving mental health services for immigrant, refugee, ethno-cultural and racialized groups](#): Issues and options for service improvement

CAMH KnowledgeX Portal: features a section with a focus on [Diversity, human rights and stigma](#)

[Foundations of a Mental Health Strategy](#): Cultural competence and health equity  
*CAMH Submission to the Select Committee on Mental Health and Addictions*



**Crosscurrents**  
Featured article:  
[Cultural competence: Making a world of difference](#)

## CAMH Health Promotion

[Culture Counts: A Road Map to Health Promotion](#) is a new guide developed by the Centre for Addiction and Mental Health (CAMH), and shows how to create and implement health promotion initiatives that will have an impact in ethnocultural communities.



## Research and Public Policy

The Metropolis Project, in collaboration with the Association for Canadian Studies, has recently published the most recent volume of Canadian Issues/Thèmes canadiens focusing on [refugee and immigrant mental health](#).



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