

OCASI

Mood Walks Collaboration to Promote Mental Health

Sajedah Zahraei, PhD, MSW, RSW

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Presentation Overview

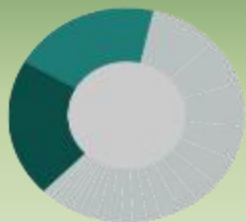
- About OCASI
- OCASI Resources & Initiatives
- Social Determinants of Mental Health
- Role of Mood Walks

About OCASI

- Founded in 1978 to act as a collective voice for the immigrant refugee sector
- **Mission:** The Mission of OCASI is to achieve equality, access and full participation for immigrants and refugees in every aspect of Canadian life.

OCASI Membership

Type of Agencies



30% Multi Service Organizations

20% Ethno-Specific Organizations

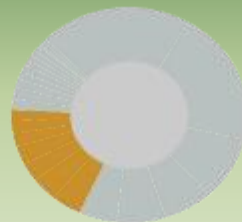


9% Employment Organizations

8% Women's Organizations

7% Francophone Organizations

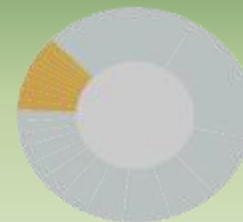
5% Multicultural Associations/
Councils



8% Community Health

4% Social Justice

2% Refugee Services



7%

- Other Services
- Community Legal Clinics
- Faith Based
- Disability-focused
- Translation & Interpretation
- Arts and Culture
- Community Information
- Environmental
- Research

Our Member Agencies represent a diversity of expertise

Settlement.Org

INFORMATION NEWCOMERS CAN TRUST

[My First Days](#)



[Find Services Near Me](#)



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Settlement AtWork.Org

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WELCOME TO SETTLEMENTATWORK!

The Knowledge Hub for the Settlement Sector in Ontario

What are you
sharing today?:



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SEARCH

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Search



SHARE AND ACCESS
RESOURCES

The [Settlement At Work](#)
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and share settlement-
related resources and
information.

Access information about:

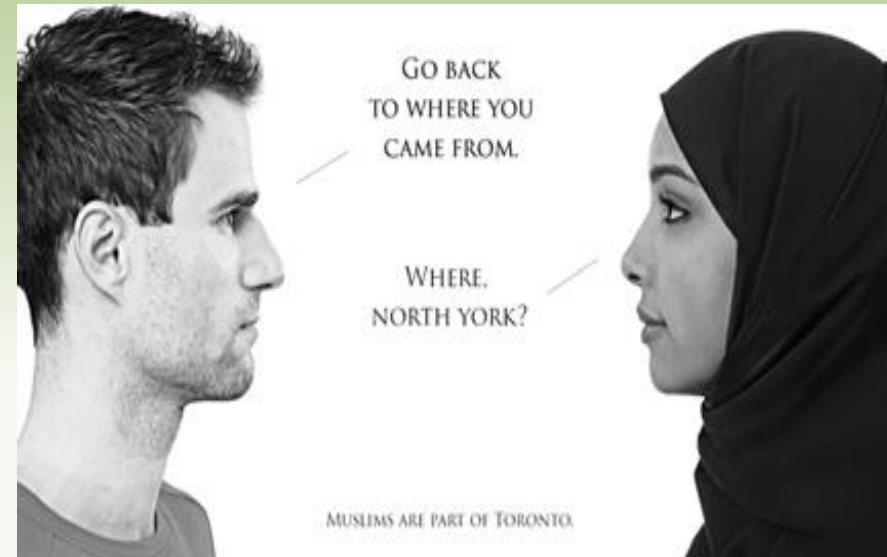
Policy

Initiatives + Campaigns

- Colour of Poverty - Colour of Change
- OHIP For All
- Status regularization
- Safe Third Country Agreement
- School for Social Justice

TORONTO FOR ALL CAMPAIGN

Islamophobia Ads



Anti-Black Racism



Sector Capacity Development

Professional Development Activities for the Sector

Our Goal

- To provide professional development and training opportunities, covering a wide range of activities and applying diverse approaches

Areas of Training

- Access & Equity (Accessibility, Positive Spaces Initiative)
- Gender-Based Violence
- Sexual Violence
- Mental Health
- Employment
- Supporting Newcomer Youth

Newyouth.ca

The screenshot shows a web browser window displaying the Newyouth.ca website. The page title is "Where can I get mental health help?". The website has a navigation menu with links for HOME, DAILY LIFE, SCHOOL, IMMIGRATION, WORK, LAW, and HEALTH. There are also buttons for "MY ACCOUNT" and "LOG OUT". The main content area features a section titled "Where can I get mental health help?" with a "View" button and an "Edit" button. Below this, there is a paragraph explaining that finding mental health help can be difficult for young people and that it's important to find treatment that works for you. A list of treatment options is provided, including Therapy, Support Groups, and Medication. To the right of the main content, there is a yellow box with the text "STILL HAVE QUESTIONS? join the conversation." and a blue "ASK US!" button. Below that is a dark grey box with a white arrow icon and the text "Find your city". The Windows taskbar is visible at the bottom of the browser window.

Where can I get mental health help?

View Edit

Finding mental health help can be hard if you are young, mostly because youth-friendly mental health services are hard to find. First, figure out what kind of help you need, then try to find a way to get it.

What kind of help do I need?

Depending on what kind of things you are experiencing, you will need different kinds of help. Depression is treated differently than anxiety, for example. **It's important to find treatment that works for you.** Here are some forms of treatment for mental health issues:

- **Therapy** – a therapist is someone who listens to your problems. They work with you to find solutions that work for you based on your own specific issues.
- **Support Groups** – can be a good way to talk about your problems and get support from a group of people who are experiencing similar issues.
- **Medication** – can include natural homeopathic medicine or acupuncture, but can also include anti-depressants or anti-anxiety medication.

Where Can I Go For Help?

STILL HAVE QUESTIONS?
join the conversation.
ASK US!

Find your city

Social Determinants of Immigrant Refugee Mental Health

- Racism & Discrimination as determinants of health
- Precarious Immigration Status
- Education & Language Ability
- Precarious Employment, Under/Unemployment
- Persistent Poverty & Earning Differentials
- Adequate, Affordable Housing
- Loss of Social Networks & Social Supports
- Gender, Gender Identity
- Age
- Sexual Orientation
- Access to Health/Mental Health Care
- Pre-migration History, Migration Journey, Post-Migration Context

Role of Mood Walks

- Promote Health & Mental Health
- Enhance Social Support
- Reduce Social Isolation
- Enhance Community Integration
- Promotes Partnerships & Collaboration