

## Sharing What We're Doing

Twelve CURA demonstration project ideas have been submitted for funding, and some of them are already up and running. In this issue of CURA News, we highlight two funded CURA demonstration projects.

### Mental Health and Addictions Punjabi Community Health Services

Punjabi Community Health Services, located in Brampton, Ontario has embarked on an exciting new program. The purpose of this demonstration project is to provide culturally appropriate case management, outreach, and support services to the Punjabi community in the areas of mental health and addictions. This project aims to de-stigmatize mental illness and addictions by offering supports, outreach and awareness-raising so that people who are in need of services can actually seek help in a manner that is most appropriate and relevant to their situation and circumstances. To meet the goals of this project, Punjabi Community Health Services will also establish stronger relations with mainstream organizations in the areas of referrals and working with clients and their families in a holistic manner.

The organization has hired two full time Case Managers to manage the program. The Case Managers will be responsible for the development of an awareness and outreach campaign. Television and radio programs, including Sur Sagar television and Punjab Dee Goonj and Rangla Punjab radio programs will be utilized to reach out to the community.



Members of the Toronto Steering Committee, from left to right: Aseefa Sarang, Zeinab Abdulle, Sarah Marsh, Aamna Ashraf, Sarah Maiter, Baldev Mutta, Temple host, Joanna Ochocka, Nora Jacobson, and Laura Simich visit the Sikh Temple beside Punjabi Community Health Services.

One-to-one and group programs will be developed in which the Case Managers will use "talk therapy" interventions. In addition, they will have the responsibility to make home visits to "reluctant" clients. Case Managers will have the flexibility to drive clients to and from medical appointments and to assist in monitoring clients' progress in treatment.

For more information about this project, please contact:  
**Baldev Mutta**, Executive Director  
Punjabi Community Health Services  
11730 Airport Road Brampton, ON, L6R 0C7  
905-790-0808 x 222 baldev@pchealthcentre.com

### Strengthening Mental Health in Cultural-Linguistic Communities - Kitchener Downtown Community Health Centre (KDCHC)

The Kitchener Downtown Community Health Centre has begun the *Strengthening Mental Health in Cultural-Linguistic Communities* initiative with two purposes in mind:

- To provide mental health education and leadership training for members of cultural linguistic communities in Waterloo Region
- To increase the capacity of mental health organizations to become more inclusive of a culturally diverse population



Gebre Berihun & Alida Abbott

The project will involve the five cultural-linguistic communities participating in the CURA study (Spanish-speaking Latin American, Mandarin-speaking Chinese, Somali, Sikh-Punjabi and Polish) in addition to two others (Afghani and Sudanese).

In June 2008, the KDCHC hired Alida Abbott to coordinate the project. Alida will work out of the Centre for Community Based Research. She will work with the project Steering Committee and cultural-linguistic communities to train, support, mentor and supervise mental health peer navigators, and to network with partner organizations and communities. We all welcome Alida on board. For more information, please contact:  
**Alida Abbott**, Program Coordinator  
519-741-1318 ext. 243 or  
alida@communitybasedresearch.ca.

### **Second Qualitative Research on Mental Health Conference 2008 in Tampere, Finland**

Anne Westhues, from the Faculty of Social Work at Wilfrid Laurier University, presented a paper on the CURA project at the 2nd Qualitative Research on Mental Health Conference in Tampere, Finland. She made some new connections with people involved in work related to Somali immigrants and mental health in Finland.

### **Second International Conference on Community Psychology 2008 in Lisbon, Portugal**

Rich Janzen and Joanna Ochocka of the Centre for Community Based Research represented the CURA project at the International Community Psychology gathering.

### **Community University Exposition 2008 in Victoria, BC**

Joanna Ochocka, Rich Janzen, Sarah Marsh, and Elin Moorlag from the Centre for Community Based Re-

search attended the Community University Exposition held at the University of Victoria, British Columbia. The conference was a great success for providing exposure to the Taking Culture Seriously in Community Mental Health project. We presented two oral papers, one workshop, one roundtable and a poster presentation.

In addition, our CURA was chosen to be showcased in a SSHRC plenary session as one of four outstanding CURAs in Canada (4 out of 100). The panel, chaired by SSHRC president Chad Gaffield, celebrated 10 successful years of the CURA program.



Left to right: Joanna Ochocka, Sarah Marsh, Rich Janzen and Elin Moorlag at CUexpo08

#### *Recent Conference Presentations*

- Janzen, R., Ochocka, J. & Marsh, S. (2008). Knowledge Mobilization through Theatre: Cutting to the heart of research. Presented at the 2<sup>nd</sup> International Conference on Community Psychology. Lisbon, Portugal.
- Janzen, R., Ochocka, J. & Moorlag, E. (2008). Invitation into the taboo: Engaging ethno-racial communities in mental health research. Presented at the Community University Exposition 2008. Victoria, B.C.
- Maiter, S. & Westhues, A. (2008). Taking culture and power seriously in mental health. Presented at Social Work National Conference. Toronto, Ontario.
- Moorlag, E., Ochocka, J., Janzen, R. & Marsh, S. (2008). Seeing the "C" in Community University Partnerships: Pathways between diversity engagement and community research. Presented at the Community University Exposition 2008. Victoria, B.C.
- Ochocka, J. (2008). Impacts and Lessons Learned from Taking Culture Seriously in Community Mental Health. Presented in plenary CURA panel at the Community University Exposition 2008. Victoria, B.C.
- Ochocka, J. & Janzen, R. (2008). Participatory Action Research with Immigrant Populations: Mobilizing Newcomer Communities Toward Social Innovation. Presented at the 2<sup>nd</sup> International Conference on Community Psychology. Lisbon, Portugal.
- Ochocka, J. & Janzen, R. (2008). Social Innovation: The Centre for Community Based Research Celebrates Twenty Five Years. Presented at the Community University Exposition 2008. Victoria, B.C.
- Ochocka, J., Moorlag, E., Marsh, S. & Janzen, R. (2008). Challenges and Solutions in University and Community Partnerships. Presented at the Community University Exposition 2008. Victoria, B.C.
- Westhues, A., Ochocka, J., Jacobson, N., Simich, L., Maiter, S., Janzen, R., & Fleras, A. (2008). Developing theory from complexity: Reflections on a collaborative mixed method participatory action research study. Presented at the 2nd Qualitative Research on Mental Health Conference. Tampere, Finland.
- Westhues, A., Ochocka, J., Jacobson, N., Simich, L., Maiter, S., Janzen, R., & Fleras, A. (2008). Developing theory from complexity: Reflections on a collaborative mixed method participatory action research study. Presented at the Fourth International Congress of Qualitative Inquiry. University of Illinois at Urbana-Champaign, Illinois.

#### *Recent Journal Publication*

- Ochocka, J. (2008). Working with Diverse Communities Towards Social Change: A Community University Partnership in Canada Using a Participatory Action Research Approach. In A. Bokszczanin (Ed). *Social Change in Solidarity: Community Psychology Perspectives and Approaches* (pp.76-83). Opole: University of Opole Press, Poland.