

Panel A: Health Promotion & Anti-Stigma

Senate & Board Chambers (10:30-12:00)

All three projects presented in Panel A are CURA demonstration projects. They all focus on mental health promotion and anti-stigma.

1. **Newcomer Youth Theatre**

led by the Cambridge-Kitchener-Waterloo YMCA

Presented by **Tara Smith & Valentin Angardi**

The focus of this presentation is on an initiative of the Cambridge-Kitchener-Waterloo YMCA, implemented in collaboration with MT Space. It is centred on building self-confidence, self-awareness and empowerment through theatre and creative expression for newcomer youth from diverse backgrounds. Situated in a local high school, the intended goal of the project is to encourage these students to voice their experiences and challenges through theatre, and to build an atmosphere of understanding, support and openness to diversity within the high school community.

For more information: thaworth@ckwymca.ca

2. **Leaders Mobilizing Change**

led by Centre for Community Based Research (CCBR)

Presented by **Tanya Darisi & Patricia Syms Sutherland**

This presentation will describe the planning phase for a project that will offer a full day workshop to communities across Ontario in early 2009. *Leaders Mobilizing Change* is meant to provoke discussions about culturally effective mental health practice among practitioners, settlement workers, and cultural-linguistic community members. The workshop is founded on CURA research findings and uses theatre presentation to INSPIRE participants to look at the mental health system through the eyes of marginalized cultural communities. It also aims to EDUCATE participants on how the mental health system and cultural communities can come together to strengthen mental health services and to EQUIP participants with take-home tools for improving practice in order to affect institutional change through the elimination of systemic barriers in the mental health service system across Ontario.

For more information: tanya@communitybasedresearch.ca

3. **Older Adult Conversation Circle**

led by Cambridge-Kitchener-Waterloo YMCA

Presented by **Heidi Ingold, Barbara Lehto & Linda Bender**

In the spirit of collaboration, three presenters will share their perspectives on this project which has gained popularity among participants since it began. The Cambridge K-W YMCA Host Older Adult Conversation Circle holds monthly dialogues about mental health, offering health promotion for newcomer and Canadian older adults. The project aims to create increased awareness about mental health issues and services available in Waterloo Region, and decrease stigma and isolation through open dialogue.

For more information: hingold@ckwymca.ca



Panel B: Early Intervention

Paul Martin Centre (10:30-12:00)

Two of the following panel presentations are examples of innovative mental health initiatives not related to the CURA. A third presentation highlights a proposed CURA demonstration project that was not funded. These projects are all examples of work being done in early intervention.

1. **Everybody Counts: A Program for Children & Youth**

led by K-W Counselling Services

Presented by **Brigitte Huber & Hany Ibrahim**

Participants will learn about *Everybody Counts*, a group program for children ages 8 to 14 with a preventative focus developed to assist children and youth to build healthy, egalitarian relationships. Completed in 2009, this project was modified from the original proposal in response to the needs identified primarily by members of various cultural communities, as well as parents and participants. The program was developed by K-W Counselling Services in consultation with the Waterloo Region Sexual Assault Centre, through funding from the Ontario Women's Directorate.

For more information: brigitte@kwcounselling.com

2. **Somali Settlement & Mental Health**

led by Dejinta Beesha

Presented by **Osman Ali & Rich Janzen**

Six out of twelve CURA demonstration project proposals were not funded. This presentation will offer insights about some of the roadblocks in the way of funding innovative projects that have a combined focus on mental health and cultural diversity. If funded, this project would have responded to the need for service-bridging, solution-focused counselling and referrals to relevant community services for people with Somali backgrounds living in Toronto.

For more information: zabdulle@dejinta.org or osman.ali@bell.ca

3. **Counselling Services for Refugees**

led by Mosaic Family Counselling Centre (MFCC) & Reception House Waterloo Region

Presented by **Lynne Griffiths-Fulton & Gillian Wells**

This presentation focuses on a unique collaboration that has developed between Mosaic Family Counselling and KW Reception Centre based on a recognition of the need for services to respond to the needs of refugees. On a weekly basis, a therapist from Mosaic meets with newly arrived government assisted refugees who are experiencing mental health struggles. Presenters will share about additional benefits that have resulted from the partnership, including a new committee that looks at the mental health needs of refugees in the Kitchener-Waterloo region.

For more information: lynne@kwrcentre.ca or gwells@cfcc.ca



Panel C: Access to Support and Treatment Services

Senate & Board Chambers (1:00 – 2:15)

The afternoon panel will put a spotlight on insights and lessons learned in the implementation of two larger-scale CURA demonstration projects, one in Waterloo Region and one in Toronto. Both of these projects are multi-faceted in their approaches toward improving access to supports and services.

1. **Strengthening Mental Health in Cultural-Linguistic Communities**

led by Kitchener Downtown Community Health Centre

Presented by **Ruby Chung & Don Roth**

This presentation describes a unique two year project of The Kitchener Downtown Community Health Centre. The purpose of this demonstration project is to promote mental health education and leadership training for cultural linguistic minority communities in the Waterloo Region. The aim is for this project to create a synergistic effect, creating change at three levels: cultural linguistic communities, mental health practitioners and system policy/planning. Key to this initiative is the role of the Navigators who have been hired from seven cultural communities: Afghani, Chinese (Mandarin), Latin American (Spanish), Polish, Sikh-Punjabi, Somali and Sudanese.

For more information: alida@communitybasedresearch.ca

2. **Mental Health Case Management, Outreach, and Support Services Program for the Punjabi Community**

led by Punjabi Community Health Services

Presented by **Baldev Mutta & Geoff Nelson**

Punjabi Community Health Services will be featured in this presentation. Located in Peel region, this growing organization takes a holistic approach to provide culturally appropriate case management, outreach, and support services to the Punjabi community in the areas of mental health and addictions. Participants will learn about the perseverance that has resulted in a thriving organization. Their aim is to de-stigmatize mental illness and addictions so that people in need of services can seek help in a manner that is most appropriate and relevant to their situation and circumstances.

For more information: www.punjabiservices.com

