



# REFUGEE'S MENTAL HEALTH

By: Gurneet, Hannah, Karma, Taylor



# LAND ACKNOWLEDGEMENT

Thompson Rivers University campuses are on the traditional lands of the Tk'emlúps te Secwépemc (Kamloops campus) and the T'exelc (Williams Lake campus) within Secwépemc'ulucw, the traditional and unceded territory of the Secwépemc. Our region also extends into the territories of the St'át'imc, Nlaka'pamux, Nuxalk, Tâilhqot'in, Dakelh, and Syilx peoples, on whose on whose traditional territories we are privileged to live, work, and play.

# OUR POPULATION

Individuals who have been forced outside of their home country for fear of being victims to or continuing to be victims of devastating human rights abuse (1),( 2).

- political views
- social group
- race
- religion
- nationality
- (3)



<https://www.youtube.com/watch?v=IoEDPcs4TPU>

(4)

A world map in a light blue and grey color scheme serves as the background. The map shows continents and oceans with labels in a serif font. A white rounded rectangle is centered over the map, containing the text.

# THE ISSUE AT HAND

Our problem is refugees  
face systemic barriers that  
complicate receiving  
mental health supports in  
Canada

# ENVIRONMENTAL SCAN

## AROUND THE GLOBE

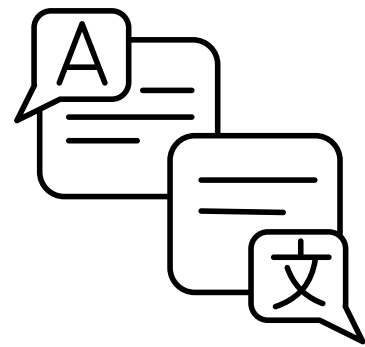
### SCAN 1

13 COUNTRIES

#### USE OF INTERPRETERS

(5)

- address language barriers
- cultural appropriateness
- relationship building



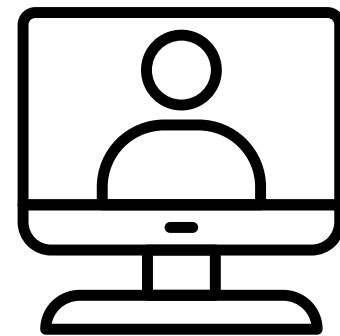
### SCAN 2

SWEDEN

#### INCREASE TRAINED PROFESSIONALS

(6)

- TRT training
- increase services
- online services



### SCAN 3

UNITED STATES

#### INITIAL MENTAL HEALTH SCREENING

(7)

- mental health screening upon arrival
- identify needs sooner



# ENVIRONMENTAL SCAN

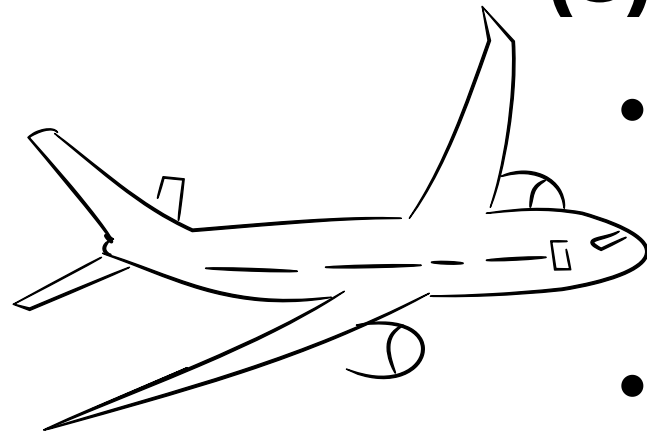
## OUR HOME

### SCAN 4

CANADA

#### INITIAL MENTAL HEALTH SCREENING

(8)

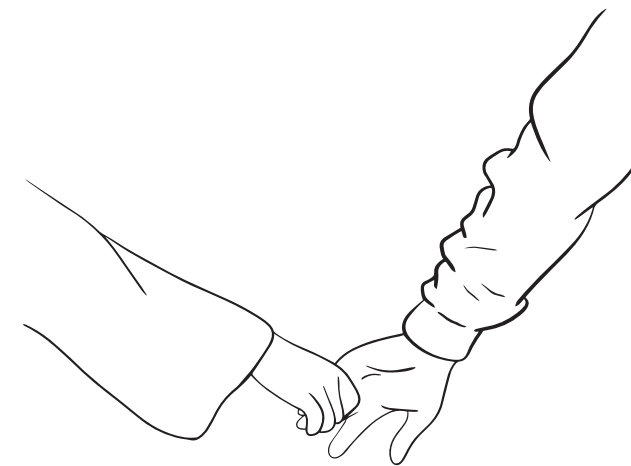


- immigration medical examination
- only done PRIOR to arrival

### SCAN 5

KAMLOOPS, BC

#### IMMIGRATION SERVICES (9)



- support services
- short-term crisis counselling
- english practice services

# SOLUTION #1

## In-person Trained Interpreters

- Focuses on bridging the language gap experienced between mental health care practitioners and refugees (5).
- Interpreters are deemed necessary in mental health care as it relies on communication (5)
- Research shows that interpreters have been implemented in 13 countries including Canada (5).
- Kamloops does not currently have this available to our population (9)



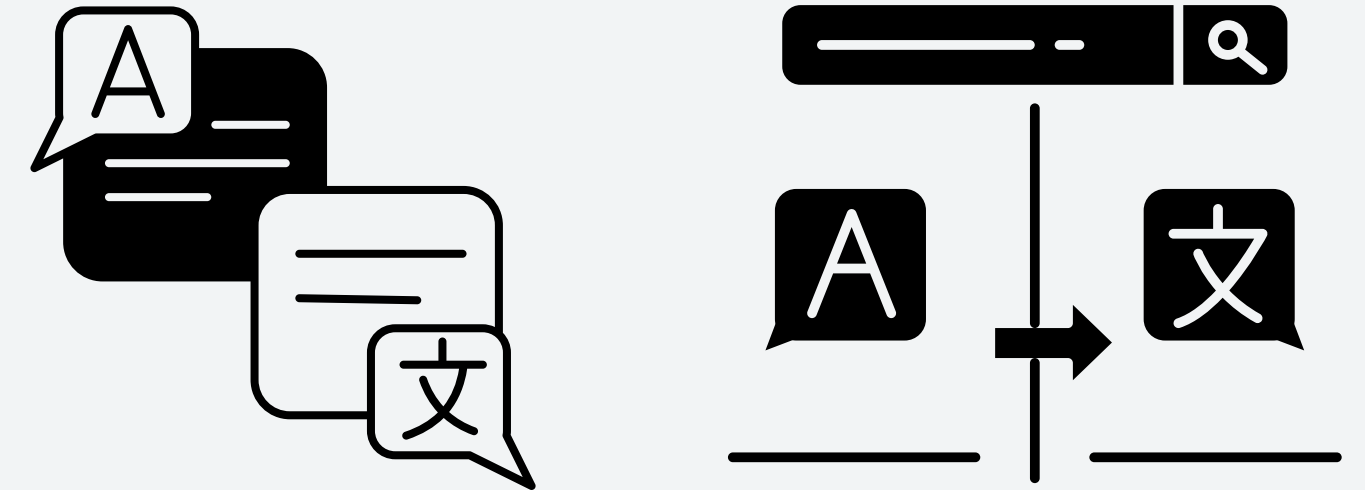
# OUR ADAPTIONS

## Strengths

- Increased reporting of symptoms by the client refugee (5).
- Interpreters allowed the clients to feel culturally safe and support a trusting relationship (5).

## Challenges

- The emotional impact of interpreting on the interpreter (10).
- Training of Interpreters and mental health care practitioners (5).
- Lack of adequate interpretation as a barrier to care (5).



## Conclusion for implementing in Kamloops:

- Although this is an effective solution for refugees in Kamloops there is not enough funding or appropriate staffing to support it.
- Therefore this is not our priority solution.



# SOLUTION # 2

- In Sweden, a study implemented the intervention TRT (Teaching Recovery Techniques) based on trauma-focused cognitive behavioral therapy (6).
- Developed to enable children from 8 years and above to normalize their reactions to trauma, offer emotional support, and provide them with strategies to cope (6).
- With a 3-day training course professionals can perform TRT (6).
- Done online or in person (6).
- Kamloops currently does not provide this intervention.



# OUR ADAPTIONS

## Benefits

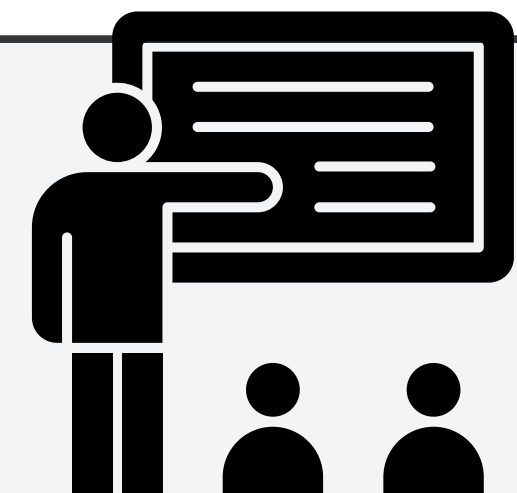
- Emotional Support: TRT provides emotional support to participants.
- Accessibility: Allowing a broader range of professionals to facilitate the intervention (6).
- High Demand: The initial evaluation of TRT indicated a high demand for the intervention, with over 90% of youth screening positive for PTSD symptoms and over 70% of those interested in participating (6).

## Challenges

- Education: Is 3 days enough time to address the complex mental health needs of refugee minors?
- Financial: TRT requires financial aid to train, staff, create, and house the intervention (6).
- Access issue: accessing interpreters to perform TRT (6).

## Conclusion for implementing in Kamloops:

- Although there is the need for low-cost scalable mental health support for refugees the lack of education, interpreters, and finances does not make this feasible.
- Therefore this is not our priority solution.



# SOLUTION #3

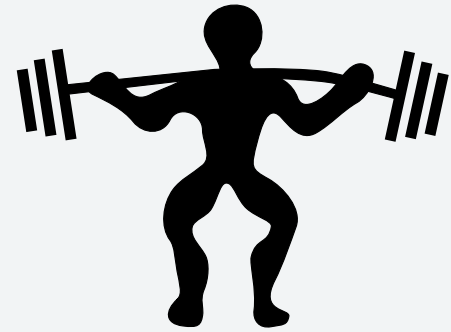
## Refugee Mental Health Screening

- Based on a United States study introducing a mental health questionnaire to refugees upon arrival to the USA (7)
- Developed to address the gap in mental health support and aimed to create the best assessment tool to initiate ways to connect refugees to adequate psychosocial services (7)
- Refugee Health Screener-15 (RHS15) addresses PTSD, anxiety, depression, and other mental health concerns
- Done through interviews in a client's home or an agency office (7).
- Findings:
  - refugees need to be screened soon after arrival to address needs as soon as possible (7)



# OUR ADAPTATIONS /PRIORITY SOLUTION

## Strengths:



- Creates a focus on mental health for vulnerable populations (7).
- The questionnaire will identify the specific needs of each individual (7).

## Weaknesses:



- Could overwhelm our healthcare system (7).
- May not be a culturally appropriate conversation with all refugees (7).

## Conclusion for implementing in Kamloops:

- Done with medical and physical assessments upon arrival.
- Performed by multiple healthcare professionals.
- Offered in the office, at home, or virtually.
- Offered in multiple languages or with a translator.
- Can add to our assessment tools in Interior Health.
- Each individual can have the option to complete it.
- Possibly hire a mental health team specifically for refugees

# OUR PRIORITY SOLUTION

## Refugee Mental Health Screening

- Work to reduce barriers surrounding mental health
- Nothing like this exists in Kamloops specifically for refugees (11).
- Would help to create a sense of connection between refugee and healthcare system



Bering Sea

PACIFIC

ATLANTIC

PACIFIC

