

Chronic Illness



Chronic Mental Health Conditions

Dr. Farah Islam

3rd Annual Health Policy Conference
Programming & Practice: Priority Populations
September 19, 2018


Priority Populations

★ Youth

★ immigrant, refugee, ethno-cultural and racialized (IRER)

- First Nations, Inuit, and Metis
- Older adult





Half of all chronic mental illness begins by age 14; three-quarters by age 24. Despite effective treatment, there are long delays – sometimes decades – between the first appearance of symptoms and when people get help.

- American Medical Association

WELLBEING PLACE



CHANGING DIRECTIONS CHANGING LIVES

The Mental Health Strategy for Canada



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

History/Context

- War/natural disaster
- Trauma
- Socioeconomic and political situation
- Family

Pre-migration stressors

Migration

Trauma

- Loneliness
- Social integration
- Economic integration
- Worrying about friends and family back home

Post-migration stressors

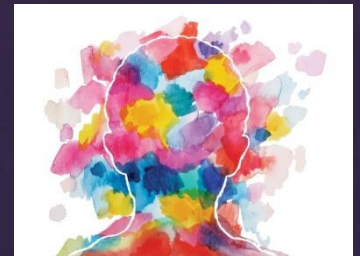
Challenges – IREER populations

- Racism, discrimination
- Difficulty getting a job, housing
- Barriers seeking mental health care
- Lack of culturally safe models of care



Challenges – IREER populations

- Post-Traumatic Stress Disorder (PTSD)
- Psychotic disorders (e.g. schizophrenia)
- Major depressive disorder (MDD)



Opportunities

**Free Services
for
Newcomers**

**Settlement Services | Referrals
Resumes | Interview Skills
Special Events | Resources**

Community Svcs.tdsb.on.ca
(under "Settlement")

416-396-4631



Newcomer Services
Services pour les nouveaux arrivants

Malvern

**Free Services
for Newcomers**

Education & Career Exploration
Community Connections
Mentoring & Networking



Newcomer Services
OFFICE HOURS
July and August
Mon - Fri, 10:00 am - 6:00 pm
September to June
Mon - Fri, 10:00 am - 8:00 pm
For more information,
please call 416.396.4631

**New to Canada?
Looking for information?
We can help!**

**Free Services
for newcomers**

Settlement Services | Referrals
Resumes | Interview Skills
Special Events | Resources

**New
Services**

**New to Canada?
Looking for
information?
We can help!**



QUICK GUIDE

*Mental Health Resources
serving Peel Region and
Dufferin County*



Canadian Mental
Health Association
Peel Dufferin
Mental health for all

Association canadienne
pour la santé mentale
Peel Dufferin
La santé mentale pour tous

QUICK GUIDE

MENTAL HEALTH & ADDICTIONS RESOURCES

SERVING PEEL REGION,
DUFFERIN COUNTY &
SURROUNDING AREAS

“I get really happy when I see a South Asian person on an [mental health] advertisement. Actually put South Asians in the picture.”

-- South Asian youth

Innovations

FAMILY COUNSELLING SERVICES

Professional family and social service counsellor, **Shahnaz Ahmed**, is now serving the ISNA community!

There is no charge for this service. To book an appointment, contact the ISNA Canada office reception.

News · GTA

THE STAR

Syrian women's group fends off trauma of war through therapy

Women share a rare opportunity to speak openly about their feelings and the trauma suffered from the civil war in their homeland.





Perspective: Being Muslim in AA

by Renascent Alumni | Apr 21, 2016 | TGIF | 1 comment

by: Anonymous

I grew up in the Middle East in a Muslim household. Alcohol was never in or around my home and despite my family being devastated by the disease of alcoholism, it was never spoken about or acknowledged. I began my journey in Alcoholics Anonymous just over four years ago. My life up until that point had been a complete mess. I couldn't form honest relationships, I was constantly in pain and completely lost. Those feelings remained with me for a while after I started in the program and only began to disappear once I put both feet in and decided that whether I was an alcoholic was no longer a question.

The first meetings I attended were large meetings in Toronto and amongst the chatter and camaraderie I was able to hide just as I had always done. I hear that some people come to the rooms and at once feel at home – but that was not my experience. I came to the rooms and just found a new way to escape. I felt alone everywhere I went save for a few moments where I was completely engrossed in someone else's story. The rooms of Alcoholics Anonymous were no different, but in the rooms I was always better able to get out of myself.

Rivers of Hope

A Toolkit on Islamophobic Violence
by and for Muslim Women

Featuring true stories
and poetry by Muslim
women in the GTA

riversofhopetoolkit.ca

Snapshot of Research Participants

27 Muslim women survivors of Islamophobic violence were interviewed about their experiences through the research project. This is a snapshot of the research participants' demographics.

- AGE** - The average age of research participants in this study was 39 years old. The youngest participant was 18, the oldest was 58. This matches the data from crime statistics we found in Canada, where "between 2010 and 2015, half of the victims (50%) of violent hate crimes targeting Muslims were 30 years of age or older" (Salem, 2017).
- MOTHERHOOD** - 14/27 of the participants in this study were mothers – most with multiple children and a few more with grandchildren. In some cases, young children were direct witnesses to the targeted violence against their mothers.
- RACE** - 1/27 of the research participants were Black. Each Muslim has a both anti-Black racism and Islamophobia.
 - 4/27 of the research participants were South Asian.
 - 2/27 were Arab.
 - 1/27 participants were of mixed-racial background and
 - 1 participant was Central Asian.
- LEGAL STATUS IN CANADA** - Participants were not asked about their legal status in Canada. However, 2 participants expressed fear in reporting back on registering the incident because of lack of permanent status in Canada.



Rivers of Hope | A Toolkit on Islamophobic Violence

10

Getting Support

"It's not in your head. The emotions that you're experiencing are reactions to that violence in real life. And it's not an over-reaction. It's a human reaction. You want you have those behavioural, and you are allowed to feel those things. You don't need anybody's permission to feel those things. It's not about going through to you, just... (Salem, 2017)

Stephanie

After an incident of Islamophobic violence happens, it is important to know that you are not alone. You can get support by:

- Talking someone you trust, be them a family member, friend, or someone who you can trust with it. It's not you that is the problem, you can still use all of the anonymous helpline listed on Page 22.
- Getting professional support. Check out the resources on Page 22.
- Knowing Your Options for Reporting. You don't have to report, but you can learn about your Reporting Options on page 21.

You get to choose what happens next. It is up to you whether you want to report it, talk about it, find counselling...

No one should pressure you one way or the other.



Rivers of Hope | A Toolkit on Islamophobic Violence

11

Tips on How to Feel Better After an Incident of Islamophobic Violence

These are strategies research participants used to feel better after an incident of Islamophobic violence.

- | | | |
|--|--|---|
|  Talking to friends and family. |  Praying. |  Reading Quran. |
|  Exercise. |  Cooking, baking. |  Writing poetry, short stories, journals. |
|  Listening to music or singing. |  Having their boundaries with people. |  Making and enjoying art, crafts. |
|  "Text yourself" to a nice meal or snack. |  Watch a movie or TV show. |  Relaxation. |

You get to choose what to do next. You are the expert on your recovery.

Rivers of Hope | A Toolkit on Islamophobic Violence

12



Bibliography
 Ahmed, M. H., and Ismail, Z. S. (2001). Muslim women's experiences of Islamophobia, anti-racism, and PTSD symptoms. *Journal of Interpersonal Violence*, 16(2), 201-217.
 Beckford, J. (2006). Between religious intolerance and social fear: Perceptions of "Muslims in the street" in Ontario. *Journal of Muslim World Affairs*, 26(2), 115-131.
 Ibrahim, S., & Islam, Z. (2012). Islamophobia in Canada: Frequency and consequences. *Journal of Muslim World Affairs*, 32(2), 115-131.
 Ibrahim, S. (2015). Islamophobia in Canada: A review. *Journal of Muslim World Affairs*, 35(2), 115-131.
 Ibrahim, S., & Islam, Z. (2016). Islamophobia in Canada: A review. *Journal of Muslim World Affairs*, 36(2), 115-131.

Disclaimer
 Rivers of Hope is a toolkit on Islamophobic violence. It is not a substitute for professional support. It is not a substitute for medical or psychological treatment. It is not a substitute for legal or social services. It is not a substitute for any other form of support. It is a toolkit on Islamophobic violence. It is not a substitute for any other form of support. It is a toolkit on Islamophobic violence. It is not a substitute for any other form of support.





KHALIL CENTER
A ZAKAT FOUNDATION PROJECT

- Social and spiritual community wellness center
- Utilizes faith-based approaches rooted in Islamic theological concepts while integrating the science of psychology towards addressing psychological, spiritual and communal health



KHALIL CENTER

A ZAKAT FOUNDATION PROJECT



Thank you!

Please keep in touch:

{

Farah Islam:

✉ islam.farah@gmail.com

🐦 @FarahFislam

📷 farah.islam.77