

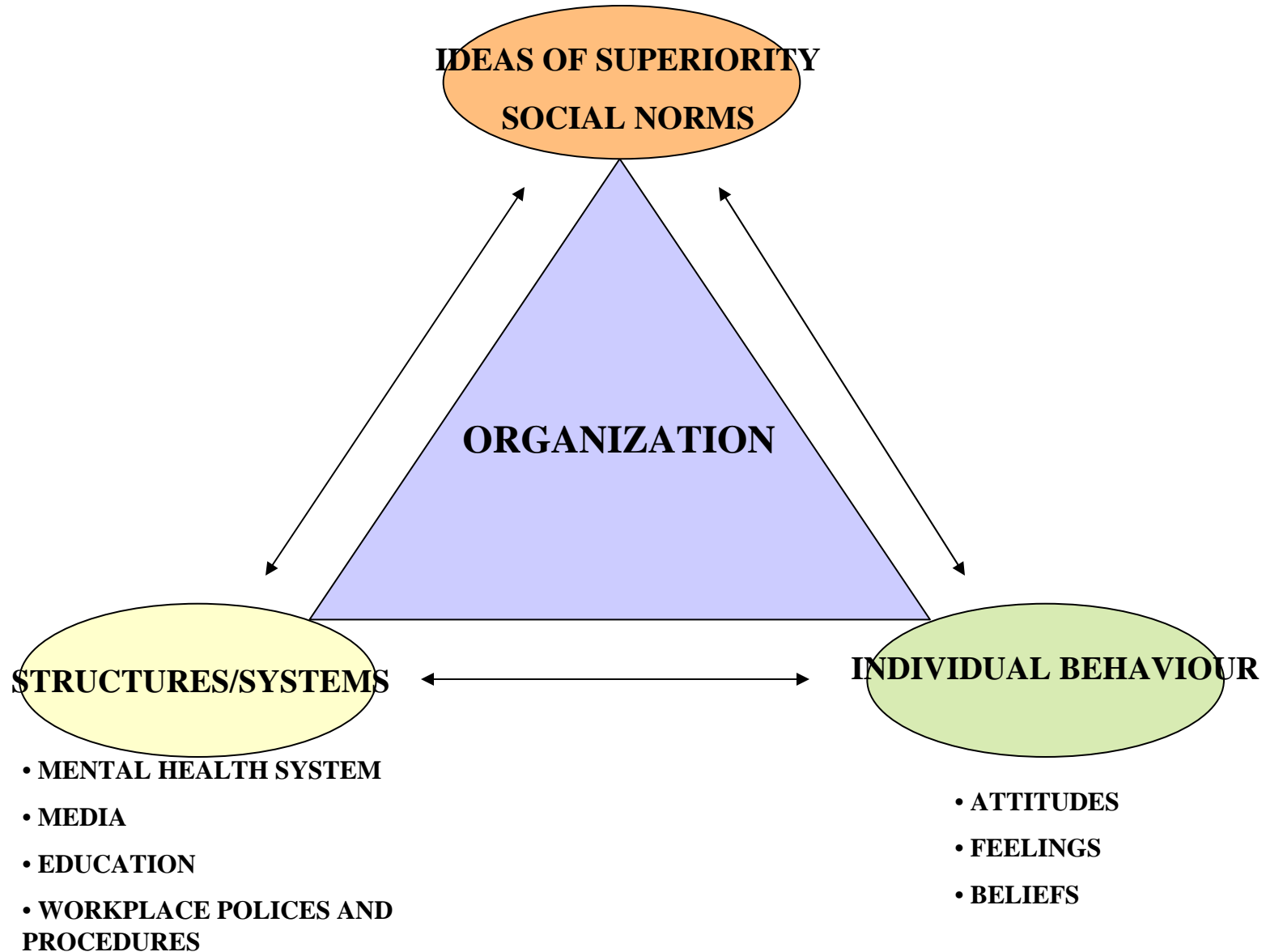
Across Boundaries

Martha Ocampo, Executive Director

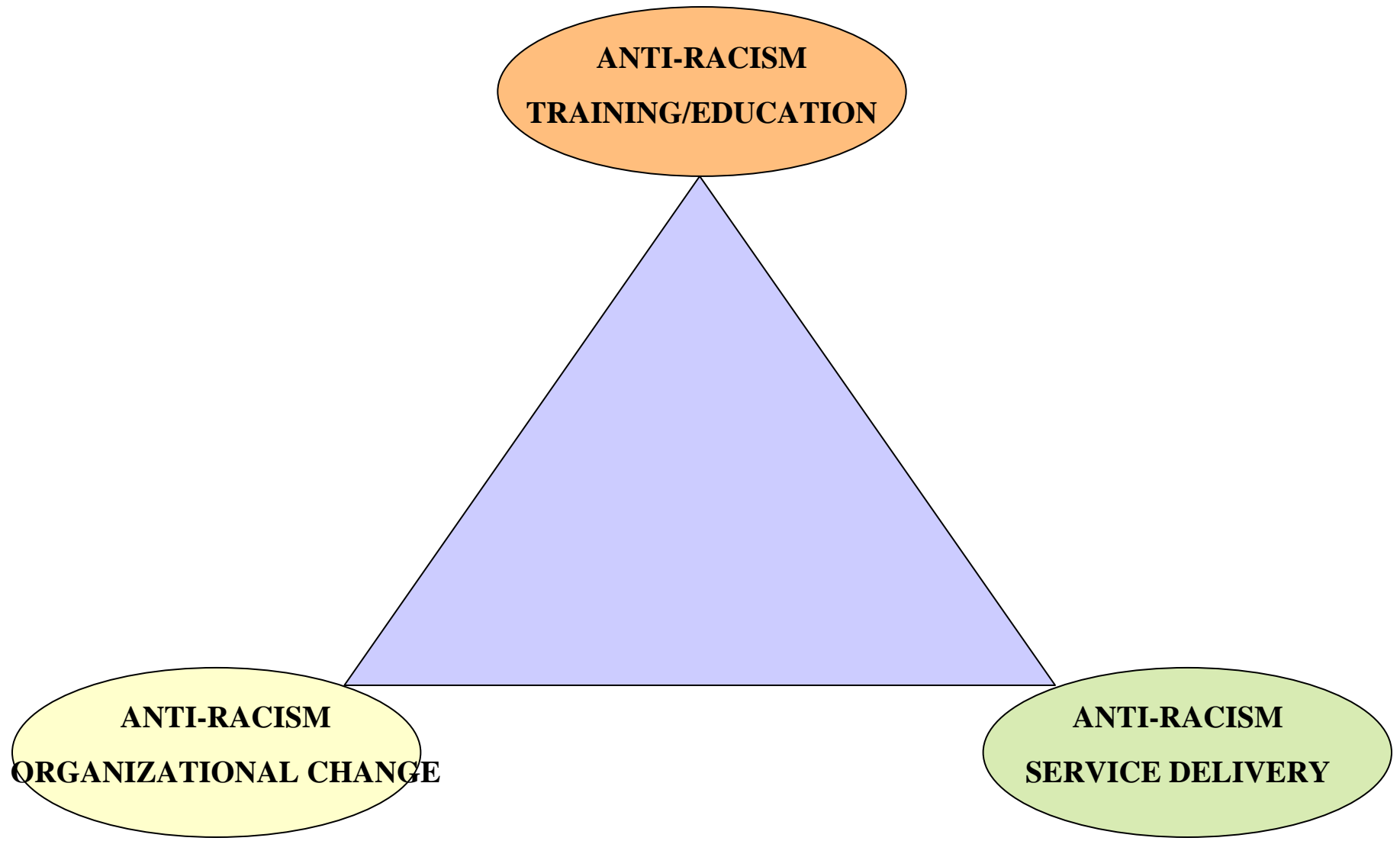
www.acrossboundaries.ca

Racism and Mental Health, January 25th, 2007

UNDERSTANDING RACISM IN THE MENTAL HEALTH SYSTEM



WHAT IS AN ANTI-RACISM FRAMEWORK?



ACROSS BOUNDARIES
An Ethno-racial Mental Health Centre

Anti-Racism Framework

Anti-racism Education, Training and Research

• **Anti-Racism Education**

Community education

Mental health promotion and prevention

Anti-Stigma

Development of educational resources (articles, manual, video, Power Point presentations)

• **Anti-Racism Training**

Level 1 and Level 2 Training

Workshop Manual

List of Articles and Resources

• **Community Based Research**

Healing Journey Phase 1, 2, and 3

Community partnership (e.g. Access Alliance, Ethno-racial Coalition)

ACROSS BOUNDARIES
An Ethno-racial Mental Health Centre

Anti-Racism Framework

Anti-Racism Organizational Change

- Governance, structures
- Policies and procedures
- Community involvement in program planning, development and evaluation
- Model of Partnerships
- Media
- Educational Institutions (curriculum, standards)

ACROSS BOUNDARIES
An Ethno-racial Mental Health Centre

Anti-Racism Framework

Anti-Racism Service Delivery – A Holistic Approach to Care

Across Boundaries provides a holistic approach to dealing with mental problems. We recognize the interdependence of the spiritual, mental, physical, emotional, psychological, social, cultural, linguistic, economic as well as the broader environmental factors that affect the well being of People of Color.

- Intake and Referral
- Assessment and Evaluation
- Case Management
- Alternative/Complementary Approaches:
 - Traditional Chinese Medicine
 - Ayurveda
 - Yoga
- Skills Development (Life Skills, Community Kitchen, ESL/Literacy, Computer, Photography)
- Spiritual (Art Therapy, Creative Expressions, Religious Practices)

Continued....

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An Ethno-racial Mental Health Centre

Anti-Racism Framework

Anti-Racism Service Delivery – A Holistic Approach to Care (Continuation)

- Group Therapy
- Peer Support
- Socialization (Drop-In, Special Events, Games, Picnics)
- Ethno-specific Life Skills and Support Group (Persian, Caribbean, Tamil)
- Community Outreach Programs (Afghan, Somali Women)
- Critical Thinking (Current Events Group)
- Family Support