# Refugee Mental Health Symposium:
## Responding to current needs through strengthened collaboration

**Wednesday, February 10, 2016, 8:30 AM to 4:30 PM - YWCA Elm Centre, 87 Elm Street, Toronto**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15-9:00</td>
<td>Registration</td>
<td></td>
</tr>
<tr>
<td>9:00-9:10</td>
<td>Welcome remarks</td>
<td><strong>Sophia Ikura</strong>, Toronto Central LHIN</td>
</tr>
<tr>
<td>9:10-9:30</td>
<td>Keynote address</td>
<td><strong>Dr. Kwame McKenzie</strong>, CAMH and Wellesley Institute</td>
</tr>
</tbody>
</table>
| 9:30-9:50     | **Keynote speaker**                              | **Dr. Ghayda Hassan**, Université du Québec à Montréal (UQAM)  
*Risk and protective pre-migration factors for refugee mental health, including considerations for Syrian refugees* |
| 9:50-10:50    | **Panel Presentations**                          | **Dr. Michaela Hynie**, York Institute of Health Research  
*Overview of post-migration protective factors*  
**Dr. Marlinda Freire**, Canadian Centre for Victims of Torture (CCVT)  
*Risk & protective factors for refugee children and youth: Emphasis on linguistic factors*  
**Aamna Ashraf**, Peel Newcomer Strategy Group  
*The role of a Local Immigration Partnership (LIP) in mobilizing cross-sector support for refugees*  
**Yasmine Dossal**, COSTI Immigrant Services  
*The role of the RAP & CSS programs in strengthening protective factors for refugee mental health* |
| 10:50-11:00   | Break                                            |                                                                                                                                         |
| 11:00-11:30   | **Panel Discussion**                             | All presenters. **Moderator:** Vince Pietropaolo                                                                                         |
| 11:30-12:30   | Lunch                                            |                                                                                                                                         |
| 12:30-12:50   | **Keynote speaker**                              | **Dr. Michael Ungar**, Resilience Research Centre, Dalhousie University  
*Building social inclusion and community engagement: Young people’s pathways to resilience* |
| 12:50-1:35    | **Panel Presentations**                          | **Dr. Lisa Andermann**, Mount Sinai Hospital  
*Cultural considerations in refugee resilience. What can we learn from cross-cultural psychiatry about promoting refugee resilience?*  
**Dr. Teresa Dremetsikas**, Canadian Centre for Victims of Torture (CCVT)  
*Mental health services for survivors of torture: Learnings from CCVT’s specialized programming*  
**Dr. Yogendra Shakya**, Access Alliance Multicultural Health and Community Services  
*Building transformative resilience and leadership among refugee communities* |
| 1:35-2:05     | **Panel Discussion**                             | All presenters. **Moderator:** Vince Pietropaolo                                                                                         |
| 2:05-2:15     | Break                                            |                                                                                                                                         |
| 2:15-2:35     | **Keynote speaker**                              | **Dr. Branka Agic**, Centre for Addiction and Mental Health (CAMH)  
*Effective treatment and support for refugee mental health*  |
| 2:35-3:35     | **Panel Presentations**                          | **Dr. Clare Pain**, Mount Sinai Hospital  
*Reactions to war and systemic violence: Differentiating distress from mental illness. Is psychiatric treatment ever required?*  
**Dr. Mob Rashid**, The Crossroads Clinic  
*The role of primary care in supporting refugee mental health*  
**Dr. Debra Stein & Dr. Priya Raju**, Hincks-Dellcrest Centre  
*Supporting refugee children, youth and families*  
**Vince Pietropaolo**, COSTI Immigrant Services  
*The role of settlement and community-based organizations in providing psychosocial supports for refugees* |
| 3:35-4:05     | **Panel Discussion**                             | All presenters. **Moderator:** Vince Pietropaolo                                                                                         |
| 4:05-4:15     | Closing remarks                                  |                                                                                                                                         |
Symposium Presenters

Sophia Ikura, MPA

Sophia joined the Toronto Central LHIN (Local Health Integration Network) after a decade and a half in public administration with the Government of Ontario. There she held a series of operational and leadership positions in the civil service and acted as a health policy advisor for three Ontario health ministers and a provincial premier.

Sophia is currently on maternity leave with her second child, but has maintained the Health Equity file. When not on maternity leave, Sophia is the Senior Director of the community engagement team to inform population health planning and is responsible for the design and execution of the LHIN’s strategic planning processes and communications. She is also accountable for programs that improve the quality of care and experience for Aboriginal people and Francophones within the TC LHIN.

Kwame McKenzie, MD, FRCPsych

Kwame McKenzie is Medical Director of Underserved Populations at CAMH. As a Senior Scientist, he specializes in Systems and Health Equity Research at CAMH. Additionally, Dr. McKenzie is a full Professor and the Co-Director of the Division of Equity, Gender and Population in the Department of Psychiatry, University of Toronto.

Dr. McKenzie is also CEO of the Wellesley Institute and a member of the Mental Health and Addictions Leadership Advisory Council of the Minister of Health. He sits on the Board of the United Way Toronto and the Ontario Hospitals Association.

Dr. McKenzie is an international expert on the social causes of mental illness, suicide and the development of effective, equitable health systems. As a physician, psychiatrist, researcher and policy advisor, Dr. McKenzie has worked to identify the causes of mental illness, particularly in cross-cultural health, for over two decades. He is an active, funded researcher of social, community, clinical and policy issues and has 200 academic publications including four books.
Dr. Ghayda Hassan is a clinical psychologist and professor of clinical psychology at UQAM University in Montreal and has several research, clinical and community-based national and international affiliations. Her systematic reviews, research and clinical activities are centred around four main areas of clinical cultural psychology: 1) Intervention in family violence & cultural diversity; 2) Identity, belonging and mental health of children and adolescents from ethnic/religious minorities; 3) Cohabitation, intercommunity relations and violent extremism; and 4) Working with vulnerable immigrants and refugees.

Her clinical and research activities focus on the interplay of culture, identity, mental health and violence among the specific studied groups. Often what determines working with a given group stems from the social realities at hand and particularly, the needs of clinical and community milieux with whom she works closely.

Dr. Hynie is a cultural psychologist who is currently an Associate Professor in the Department of Psychology at York University, and the founder and Director of the York Institute of Health Research’s Program Evaluation Unit. Dr. Hynie is interested in engaged scholarship; working in partnership with students, communities and organizations, both locally and internationally, on research addressing complex social issues. Her work centres on the relationship between different kinds of social connections (interpersonal relationships, social networks) and resilience in situations of social conflict and displacement, and interventions that can strengthen these relationships in different cultural, political and physical environments. This includes work on culture, migration and health inequities; climate change adaptation and environmental displacement; and social integration of refugees. Dr. Hynie’s work has been funded by the Social Sciences and Humanities Research Council, Grand Challenges Canada, the Canadian Institutes of Health Research, the Lupina Foundation, and a range of health and human services agencies.
Marlinda B. Freire, MD, FRCPC

Dr. Freire, a Chilean psychiatrist (background in pediatrics), entered Canada as a refugee in 1974. She is an Adjunct Assistant Professor at the University of Toronto, on staff at the Hospital for Sick Children and a member of the Medical Network at the Canadian Centre for Victims of Torture where she also served on their Board of Directors (2007-2010). Dr. Freire was the Chief of Psychiatric Services at the Toronto District School Board (1987-2003); a Research Associate at the Centre for Refugee Studies (1998-2000); Associate Fellow at CERLAC (Centre for Research on Latin-America and the Caribbean, 1999-2007), both at York University and member of the Mental Health Advisory Committee of the UNHCR, Toronto (2008-2012). She did field work in Croatia (1994). Dr. Freire has guest-lecture on refugee issues and human rights violations at York University, Ontario Institute for Studies in Education, Addis Ababa University in Ethiopia and Mothercraft College (Toronto). She works closely with the Refugee Legal Community and has offered workshops and consultations to the Immigration and Refugee Board.

Aamna Ashraf, MEd

Aamna Ashraf is an experienced community engagement and diversity advocate who has worked in the not for profit sector for over 20 years. Aamna has a Master’s Degree in Education (Counselling Psychology) from the University of Ottawa, with extensive work experience with newcomers, immigrants, refugees and racialized communities in the areas of mental health, settlement, employment, housing, abuse and family crisis.

Aamna is currently the Director of Peel Newcomer Strategy Group (PNSG) the Local Immigration Partnership (LIP) in Peel. PNSG is a community collaborative designed to enhance the social and economic inclusion of immigrants to the Peel Community. In her role, Aamna has driven conversations around collective impact, data sharing, health equity and service integration. Aamna is responsible for furthering the mission of PNSG, which is to engage broader sectors in the conversation around the issues of newcomers, immigrants and refugees including the implications of policy changes that can have an effect on the community.
Yasmine Dossal, MA

Yasmine Dossal is the Director of Social Services at COSTI Immigrant Services. Yasmine joined COSTI in her present position in 2002. With a Masters in Psychology and teacher training certification from England, Yasmine came to Canada from Pakistan in 1999, following a twenty-five year career in teaching and educational administration in both Iran and Pakistan, where she was also responsible for educational program development. Prior to leaving Pakistan, Yasmine was the Regional Director for the largest private network of schools in South Asia. She has supervised a number of educational projects funded by the World Bank, IMF, CIDA and the Aga Khan Foundation.

Yasmine presently serves as Chair of the Investment and Fundraising Committee of the Canadian Council for Refugees (CCR) and also co-chairs the Immigration and Settlement Working Group of the CCR. She is a member of the Board of the Social Planning Council of York Region as well as being a member of the Social Inclusion Working Group which is part of the Central Planning Table of the Peel Newcomer Strategy Group. In the past, Yasmine served as Co-Chair of the South Asian Community Services Network - York Region, member of the Woman Abuse Council, and Treasurer of the Board of the Council of Agencies Serving South Asians (CASSA).

Michael Ungar, PhD

Dr. Michael Ungar is the Canada Research Chair in Child, Family and Community Resilience at Dalhousie University, and among the best known writers and researchers on the topic of resilience in the world. He is both a family therapist and professor of Social Work, and has authored 14 books and more than 135 scientific papers. Dr. Ungar’s immense influence comes from his ability to adapt ideas from his research and clinical practice into best-selling works like Too Safe For Their Own Good: How Risk and Responsibility Help Teens Thrive and I Still Love You: Nine Things Troubled Kids Need from their Parents. His blog Nurturing Resilience appears on Psychology Today’s website.

Dr. Ungar is also the founder and Director of the Resilience Research Centre where he coordinates research in more than a dozen countries. He is the former Chair of the Nova Scotia Mental Health and Addictions Strategy, executive board member of the American Family
Therapy Academy, and a family therapist who works with mental health services for individuals and families at risk. In 2012 Dr. Ungar was the recipient of the Canadian Association of Social Workers National Distinguished Service Award for his outstanding contribution to clinical work with families and communities.

Lisa Andermann, MPhil, MD, FRCPC

Lisa Andermann is an Associate Professor in the Department of Psychiatry at the University of Toronto and psychiatrist at Mount Sinai Hospital where she works in the Psychological Trauma Clinic as well as the Ethnocultural Assertive Community Treatment Team. Dr. Andermann is a consultant psychiatrist and former Board Member for the Canadian Centre for Victims of Torture, and is active on their Health Committee. She recently co-edited a volume entitled *Refuge and Resilience: Promoting Resilience and Mental Health among Resettled Refugees and Forced Migrants*, International Perspective on Migration Series, Springer, 2014.

Her research and teaching interests focus on cultural psychiatry. She has been involved in an educational initiative to enhance the cultural competence of the postgraduate psychiatry residency curriculum, leading a faculty development initiative on culturally competent supervision and teaching which won the 2008 Ivan L. Silver Award for Excellence in Continuing Mental Health Education. She was co-recipient of the 2015 Social Responsibility Award from the Faculty of Medicine for her work with the Department of Psychiatry's Strategic Plan. Lisa has been part of the Toronto-Addis Ababa Psychiatry Program (TAAPP) since its inception in 2003, assisting in the development of the first psychiatry residency training program in Ethiopia. She has an undergraduate degree in Anthropology from McGill University, where she completed her medical studies, and a graduate degree in Social Anthropology from Cambridge University.
Teresa Dremetsikas, MD

Teresa Dremetsikas is a medical doctor from Mexico who has been working for the Canadian Centre for Victims of Torture (CCVT) for several years in the areas of: assessment, counselling, crisis intervention, development and facilitation of group therapy sessions, coordination of the settlement and volunteer program. She is currently the Program Manager at CCVT with overall responsibility for program design, implementation and evaluation.

She is very active in public education delivering several training sessions on the issues of torture, assessment of survivors and development of supportive strategies for different institutions and for several organizations including CCVT staff, medical students, health/mental health professionals, social workers, educators, refugee and immigrant service agencies across Canada, Citizen and Immigration Canada officers, Immigration and Refugee Board members, Pre Removal Risk Assessment Officers and newly assigned Canadian Consular officers. She has made numerous presentations on the issue of torture locally, nationally and internationally.

Yogendra B. Shakya, PhD

Dr. Yogendra B. Shakya works as the Senior Research Scientist at Access Alliance Multicultural Health and Community Services and is an Assistant Professor (Adjunct) at the Dalla Lana School of Public Health. His research interests include migration and health, social determinants of health for immigrant and racialized groups, refugee mental health, and access to healthcare. Dr. Shakya is a leader in community-based research (CBR) practices and has developed proven toolkits and training materials for planning and implementing research using CBR framework. When he is not doing research and advocacy work, he is busy composing children’s songs for his two young kids.
Branka Agic, MD, PhD

Dr. Branka Agic is the Manager of Health Equity at the Centre for Addiction and Mental Health (CAMH) and an Assistant Professor in the Department of Clinical Public Health at the University of Toronto Dalla Lana School of Public Health. Branka holds a PhD in Health and Behavioral Sciences and a MHSc in Health Promotion with the Collaborative Program in Addiction Studies (CoPAS) from the University of Toronto, along with a Medical Degree from the University of Sarajevo, Bosnia and Herzegovina.

Branka has extensive experience in counselling, research and service development with immigrants and refugees. Her primary research interest is in the area of mental health and substance use among immigrants, refugees, ethno-cultural and racialized groups. Branka is currently the Principal Investigator (PI) on the Citizenship and Immigration Canada-funded Refugee Mental Health Project and a Co-PI on the Mental Health Commission of Canada-funded The Case for Diversity project. Branka has worked on key initiatives focusing on immigrant and refugee populations including the Health Promotion Guidelines for Immigrants and Refugees, the Health Equity Impact Assessment (HEAI) tool and its Immigrant Populations Supplement, and Language Services Toronto. She currently serves on the Board of Directors of the Canadian Centre for Victims of Torture (CCVT) and is a member of the UNHCR Regional Beyond Detention Strategy Working Group.

Clare Pain, MD, FRCPC, D.Sc (Hons)

Dr. Clare Pain is an Associate Professor at the Department of Psychiatry, University of Toronto; Director of the Psychological Trauma Program at Mount Sinai Hospital, Toronto; Consultant at the Canadian Center for Victims of Torture (CCVT); Co-project director of the Toronto Addis Ababa Psychiatry Project (TAAPP) (www.utoronto.ca/ethiopia); and Coordinator of the University of Toronto-Addis Ababa Collaboration Program (TAAAC) (www.taaac.ca). She received an honorary PhD from Addis Ababa University in 2014 for her work in mental health.

Dr. Pain’s clinical focus is on the assessment and treatment of patients, including refugees, who continue to suffer from the effects of psychological trauma. She has lectured and taught on various aspects of psychological trauma including trans-cultural aspects and global mental
health. She has published a number of articles including two books: "Trauma and the Body: a Sensorimotor Approach to Psychotherapy" with Pat Ogden and Kekuni Minton (Norton 2006); and “The Impact of Early Life Trauma on Health and Disease: The Hidden Epidemic” an edited book with Eric Vermetten and Ruth Lanius (Cambridge University Press 2010).

**Meb Rashid, MD**

Dr. Rashid is the Medical Director of The Crossroads Clinic, a medical clinic that serves newly arrived refugees in Toronto. He is a co-founder of the Canadian Doctors for Refugee Care, an organization founded to advocate for refugees to access health insurance. He was on the steering committee of the CCIRH, a group that developed evidence based guidelines for the assessment of newly arrived immigrants and refugees. He also co-founded the Christie Refugee Health Clinic, a health clinic located in a refugee shelter. He is on the steering committee of the Canadian Refugee Health Conference. He has brought together clinicians across Canada with an interest in refugee health through a web based project called the Canadian Refugee Health Network and through a group called the Refugee Health Network of Southern Ontario. He is on staff at Women’s College Hospital in Toronto.

**Debra Stein, MD, FRCPC**

Dr. Debra Stein is a child and adolescent psychiatrist at the Hincks-Dellcrest Centre, where she co-leads the Migration Consultation Team, a teaching unit with expertise in issues of resettlement and acculturation. Dr. Stein has over 15 years of experience working alongside settlement counsellors at the Canadian Centre for Victims of Torture, providing consultation and treatment to clients of all ages, with an emphasis on children, youth and families. She has lectured on various aspects of refugee mental health, including skills-based workshops for front-line workers, psychological trauma and parent-child attachment, and the special needs of refugee youth.
**Priyadarshani Raju, MD, FRCPC**

Dr. Priyadarshani Raju is a child and adult psychiatrist who works with marginalized (inner-city, newcomer and Aboriginal) populations in hospital and community settings across downtown Toronto. At the Hincks-Dellcrest Centre, she and Dr. Debra Stein lead the Migration Consultation Team, a teaching unit with expertise in issues of resettlement and acculturation. As a Lecturer at the University of Toronto, she contributes to multiple academic initiatives related to culture, power and other equity issues in psychiatry.

**Vince Pietropaolo, MA**

Vince Pietropaolo is the General Manager of COSTI Family and Mental Health Services. In his current position he works with ethnocultural communities in program design, development and implementation in the areas of mental health, domestic violence and problem gambling. Vince currently sits on the York Region Violence Against Women Coordinating Committee, the CAMH Problem Gambling Advisory Committee and the Ontario Resource Group on Gambling, Ethnicity and Culture and the North York Specialized Courts Advisory Committee.

Vince has presented on the issue of Domestic Violence, Men’s Violence and Problem Gambling at conferences in the United States and Canada. He has guest lectured at York University and Ryerson University.