

: Mental Health in Second Generation Asian Canadians

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Background

Second-generation Asian immigrant youth aged 14-25 in the Greater Vancouver region experience unique mental health challenges imposed by acculturation

Stigma and shame

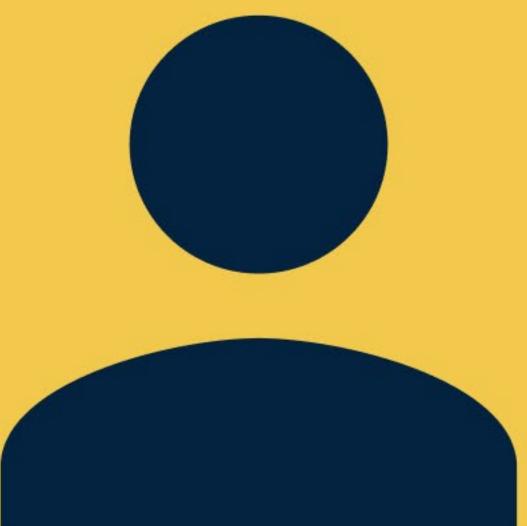
associated with mental health challenges in Asian cultures results in a lack of dialogue between immigrant parents and their children.



Leading to burnout symptoms in 2nd generation immigrant youth.



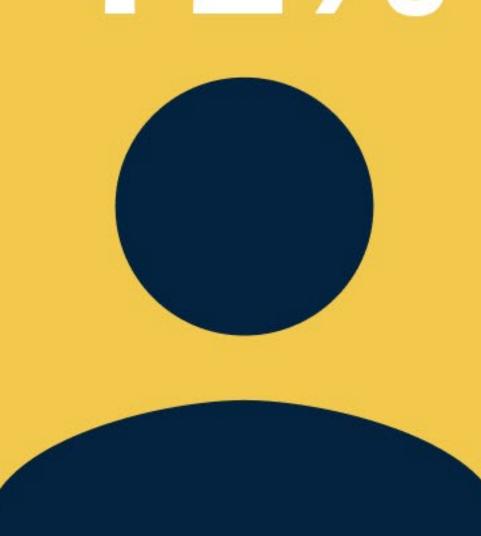
85%



...felt they could have benefitted from services but felt they would burden the system



...wanted to avoid creating stressors for their families by avoiding conversations about mental health



... practiced unhealthy coping mechanisms when confronted with personal mental health struggles

"Mental health doesn't exist to my parents"

Users and experts told us...

"[The system has] tended to neglect the importance of culture and diversity in experiences with mental illness and approaches to treatment and care."

> Dr. Jill Murphy, PhD, MA, **UBC Department of Psychiatry**

"[Bad mental health] is due to a bad relationship with God"

& Solution Landscapes











Problem

Lack of provision and funds allocated for services given demand

2nd generation youth mental health is **not a priority** for community-based services

and burden between family and individual leads to type of coping mechanism

Differences in

understanding, control,

Existing policy focus on refugee and "young" immigrant settlement. Continued neglect for culturally sensitive programs for "older" immigrants

Existing services focus on **refugee** and immigrant settlement. Continued neglect

Individuals use unhealthy coping mechanisms, and connect with friends on issues.

Families are left out of conversations on mental health

Solution

Gaps & Action Items

health services

Gaps	Policy		Community & Services	Families	Individuals	
	How might we tailor and design mental health services to address the different cultural needs of Asian families?	How might we tailor and design mental health services to work with this lack of discourse around mental health in Asian families?	How might we shift the focus towards mental health in 2nd generation immigrant youth while maintaining great services for newer immigrants and refugees?	How might we introduce a healthy understanding and discourse of mental health within Asian families?	How might we teach and ensure the practice of healthier coping mechanisms in 2nd generation immigrants?	How might we encourage a healthie discourse around mental health among 2nd generation immigrants and their friends?
Action Items	Culturally Competient Health Care Community Health Centers Redesign of mental	Research and Innovation	Increase Mental Health Services Provincial Strategy	Family Education	Social Media Schools	Community Spaces Youth Advocacy