

• FOUNDRY •

Erase The Shame

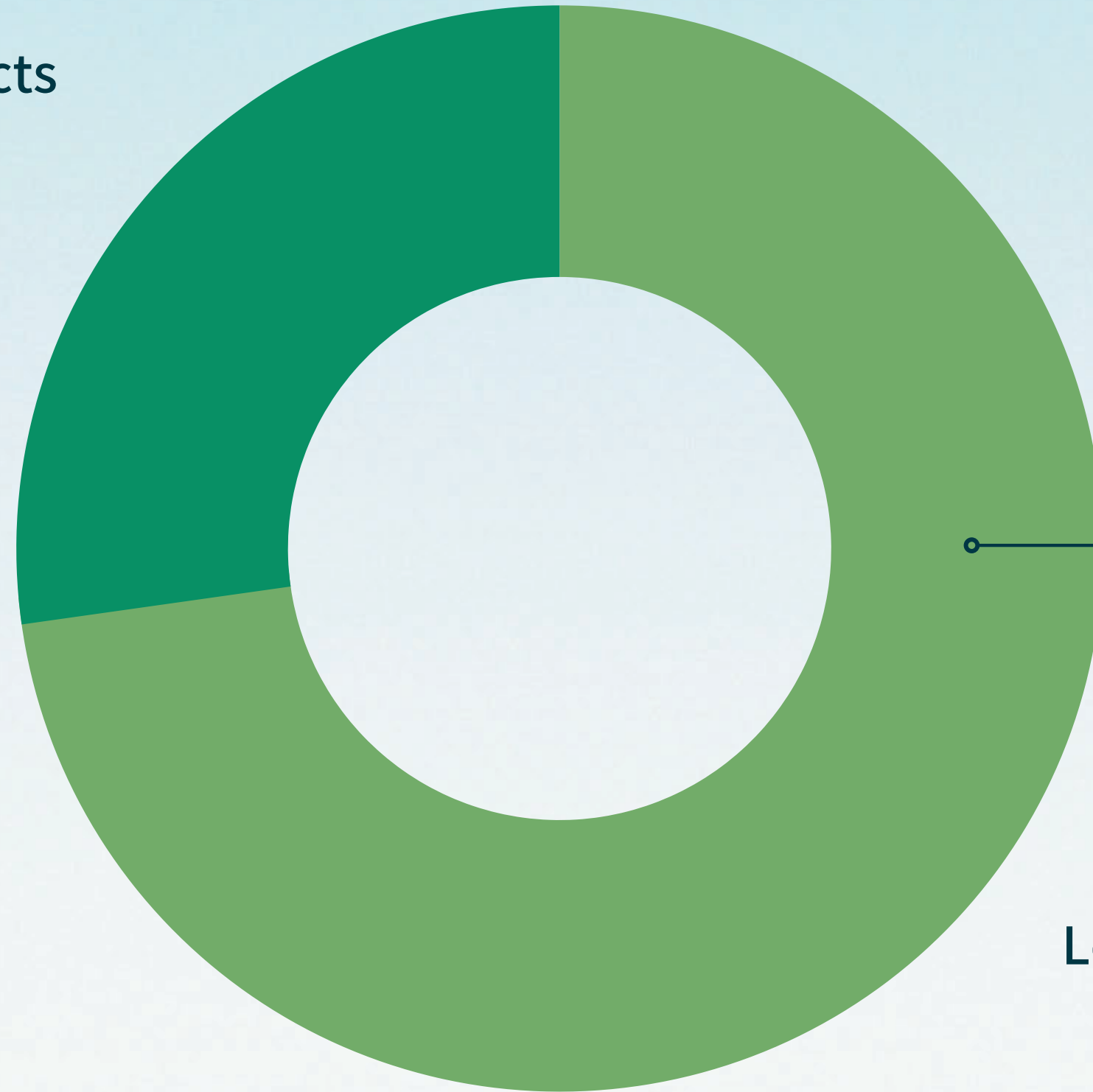
A Conversation around South Asian Youth Mental Health

22 February 2023



LAND ACKNOWLEDGEMENT

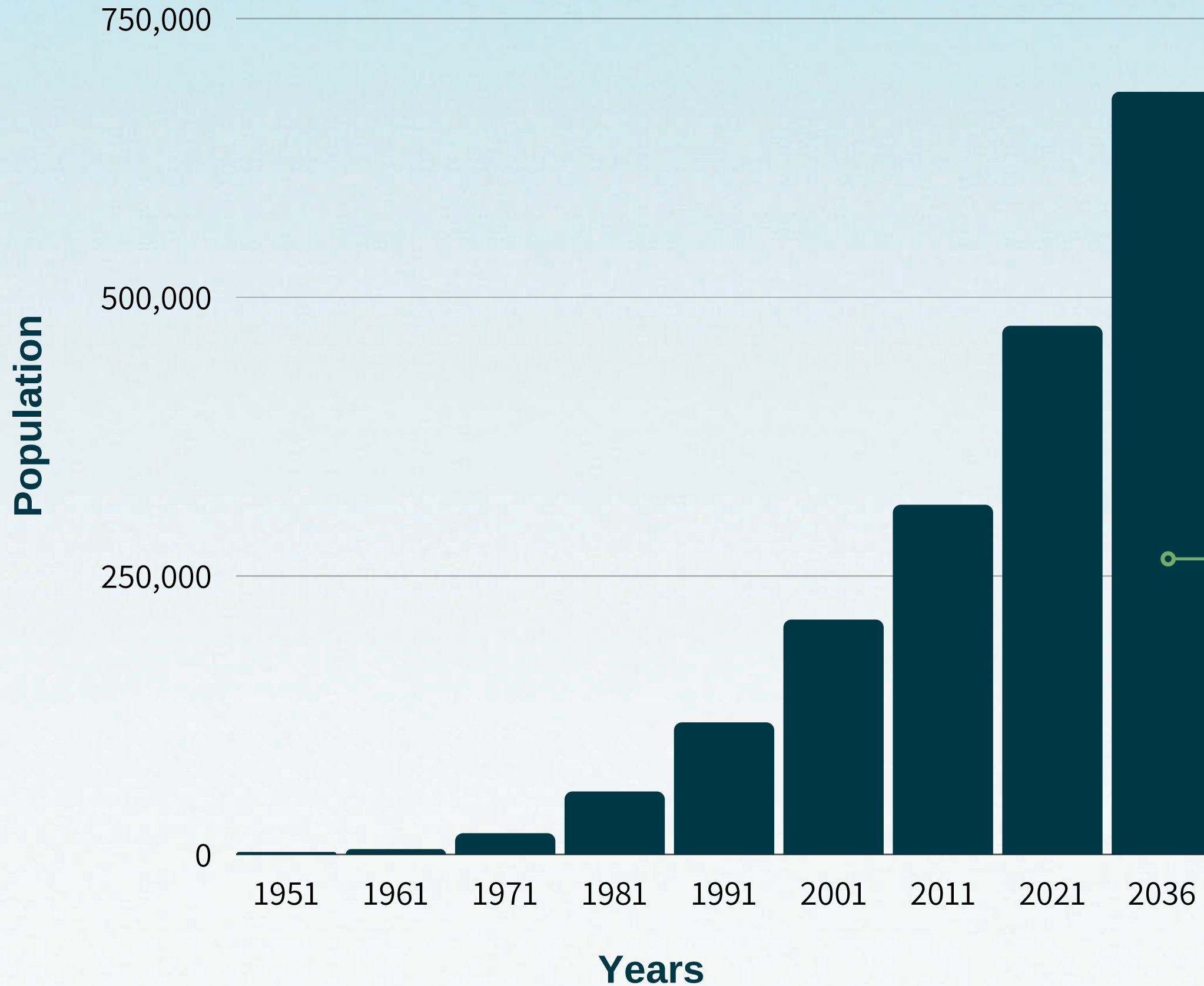
Remaining Districts
27.2%



British Columbia (BC) is a province in Canada and is one of the largest homes for the South Asian community, with a population of 473,965 – concentrated in the Lower Mainland [1].

Lower Mainland
72.8%

South Asian Population of British Columbia Over the Years



According to Statistics Canada, by 2036, more than **half of the population** in British Columbia is expected to be composed of immigrants or the children of immigrants. The largest racialized group among them is projected to be South Asians, whose population is anticipated to reach **684,000 by 2036**. [2]

SOUTH ASIAN YOUTH & MENTAL HEALTH

- Studies have shown that the South Asian community experiences greater difficulty in breaking away from the stigma attached to mental health compared to other racialized groups, leading to a **lower rate** of people seeking support [3,4].
- South Asian Youth in Canada face numerous challenges in accessing healthcare, including **limited education, cultural and intergenerational stigma, language barriers**, and secondary stigma associated with factors such as **career, relationships, gender, and sexuality** [4].
- Engaging youth who identify as South Asian in Integrated Youth Health Service research is critical to build services that align with their needs, are culturally-relevant and can improve outcomes and experiences for youth and families/caregivers [4,5].

METHODOLOGY

- We conducted a secondary data analysis of data collected from Foundry, an **integrated youth service (IYS)**.
- We specifically accessed demographic, clinical and health data from youth who identified their ethnicity or cultural background as South Asian.
- We performed descriptive quantitative analysis by comparing the South Asian cohort to a reference ethnic group with the highest rate of accessing Foundry services from **April 2018- June 2022**.
 - Sample: South Asian Youth (n=1125)
 - Reference: White Youth (n=14898)



WHAT DID WE FIND?

In comparison to the reference group (White Youth, n=14,898), South Asian Youth (n = 1,125) accessing Foundry's mental health and substance use services (MHSU) reported:



LESS GENDER DIVERSITY

LESS DIVERSITY IN SEXUAL ORIENTATION

HIGHER RATE OF ACCESS FOR SEXUAL HEALTH REASONS

LOWER RATE OF MHSU SERVICE ACCESS HISTORY

IN PERSON VS. VIRTUAL SERVICES

South Asian youth accessing Foundry's virtual services (n=449) and those accessing Foundry's in-person services (n=676) presented distinct differences. Those accessing virtual services reported:

**POORER SELF
RATED
PHYSICAL
HEALTH**

**POORER SELF
RATED MENTAL
HEALTH**

**HIGHER
REPORTED
DISTRESS RATES**

**IF THEY HAD
NOT ACCESSED
FOUNDRY,
THEY WOULDN'T
SEEK SUPPORT**

OUR PANELISTS



Gurkirat Singh Nijjar
(He/Him/His)



Gurkiran Aulakh
(She/Her/Hers)

PANEL DISCUSSION

- Can you share your own personal experience when navigating your mental health as a South Asian Youth living in British Columbia?
- What do you believe are some of the significant mental health challenges faced by South Asian Youth?
- What do you believe are some of the obstacles that South Asian Youth face when seeking mental health services?
- What suggestions do you have for enhancing access to mental health services for South Asian youth—recommendations for service providers, schools, teachers, policy makers, and researchers, etc?

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Thank You

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foundrybc.ca/frayme2023

- [1] Government of Canada, Statistics Canada. “Health.” Mental Health and Well-Being - List of Surveys and Statistical Programs, 13 Feb. 2022. [[
- [2] Government of Canada, Statistics Canada. (2022, May 11). Asian Heritage month 2022... by the numbers. Retrieved August 11, 2022.
- [3] Gadalla, TM. Ethnicity and Seeking Treatment for Depression: A Canadian National Study. *Canadian Ethnic Studies*, vol. 41, no. 3, 2010, pp. 233–245.
- [4] Islam, F, et al. Mental Health of South Asian Youth in Peel Region, Toronto, Canada: A Qualitative Study of Determinants, Coping Strategies and Service Access. *BMJ Open*, vol. 7, no. 11, 2017.
- [5] Malla, A, et al. Canadian Response to Need for Transformation of Youth Mental Health Services: Access Open Minds (Esprits Ouverts). *Early Intervention in Psychiatry*, vol. 13, no. 3, 2018, pp. 697–706.