

What are the mental distress levels and service use patterns of South Asian youth in BC accessing Foundry?

Who was the study about?

- 1,652 youth ages 12-24 who identified as **South Asian**
For example, those who are Indian, Pakistani, Punjabi or Sri Lankan.
- They accessed Foundry services during April 2018 - November 2023, either **virtually or at one of 16 Foundry centres** open during this time

What was done?



Researchers compared the **mental distress levels** and **service use patterns** of **South Asian youth** to non-South Asian youth, using data from Toolbox.

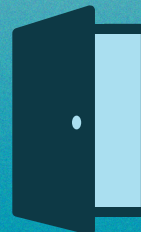
- Toolbox, Foundry's central data platform, compiles optional surveys completed by youth and forms completed by service providers.

What was found?

Services accessed at Foundry were generally similar but compared to non-South Asian youth, **South Asian youth:**



- 1 Had higher levels of mental distress**
Especially younger, or transgender and gender non-conforming, South Asian youth



- 2 Prefer to access Foundry services virtually vs in-person**
And less often visited other mental or substance use health services before Foundry

What do youth & family want you to know?

Recognize the courage it might take for South Asian youth to come into Foundry. They are likely accessing services for the **first time** that year or ever.



Service providers can learn about different South Asian cultures to increase **cultural safety**, and explore solutions to unique barriers **alongside youth and family/caregivers**.

Source

Authors: Avneet Kaur Dhillon, Christine Mulligan, Viet Dao, Hasina Samji, Suzanne Huot, Skye Barbic
Title: Exploring mental health distress, demographics, and service utilization patterns among South Asian and non-South Asian youth accessing integrated youth services in British Columbia, Canada
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To learn more about Foundry research, visit foundrybc.ca/research



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Co-created with the Findings for Foundry Committee, a group of youth and family advisors.

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