

CELEBRATING  
**20**  
YEARS



1989 Access Alliance 2009  
Multicultural Health and Community Services

**ACCESS ALLIANCE**  
Research Department  
Annual Report  
2008 to 2009

**Community Based Participatory Research (CBPR)**  
is research conducted by, for and with communities  
on issues that are relevant to the communities and  
with the goal of bringing positive social change  
in the community.

It is a research approach that enables community members to participate not as “research subjects” but as research collaborators and agents of change. In CBR, research is not an end to itself but rather a means to empower communities through the participatory research process and to bring about positive social change through mobilizing evidence-based action/advocacy.

Our mission is to establish Access Alliance as the Centre for Excellence in Community-Based Research on Newcomer Urban Health. We are committed to increasing knowledge and enabling action for addressing social determinants of health that affect newcomer and racialized groups. We strive to be a leader in innovating and promoting community based participatory research dedicated to empowering newcomers and racialized communities to be active partners in research and to become agents of change for promoting health equity.

Notably, we do research from an anti-oppressive, anti-racist perspective. We also work on increasing the capacity of community organizations, academics and other stakeholders to work collaboratively with community members on community-based research projects.



Nelson Cabral, Board Chair



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## Overview

**1** The key mission of Access Alliance's research department is to conduct research (using participatory, community-based methods) geared at generating knowledge and advocacy for overcoming health disparities faced by newcomer and racialized groups in Canada.

During the past year (April 2008 to March 2009), the research department expanded further in terms of quantity and quality, developed many institutional policies and capacity, and achieved many important milestones. We initiated 6 new projects in the last year; thus, we currently have 15 projects, 11 of which are research projects. In 2008, Access Alliance created 3 more full-time permanent staff positions for the research department (bringing the number of permanent research staff to 4). In addition, we have 4 full-time project staff and 7 consultants and part-time contract staff. We also hosted and supervised 13 students (6 graduate students and 7 undergraduate students).

During the past year, we further strengthened our capacity to do research using community-based, participatory methods. In fact, we are now considered a leader in community-based research; many community agencies and academics look to us for resources and trainings on topics related to community-based research. In the past year, we engaged 39 "peer researchers" (members of the community about whom the research is being conducted) in designing and conducting research, providing them with hundred of hours of training/mentoring and other support along the way. We delivered 154 hours of trainings to 422 participants. Over 95% of participants rank these trainings as "very useful" or "useful." Our commitment to partnership and collaborative approach is reflected in the number and quality of our partnerships; we currently have 14 academic partners and 22 community agency partners. We have also developed dozens of tools that enhance collaborative process in research and make research more accessible to non-academic partners. Together with other members of the Toronto Community Based Research Network, we produced a video called "Peer Research 101" that introduces people to the benefits and processes of doing peer research-based research.

In the last year, we made major progress in terms of data collection. We conducted 14 focus groups and 40 interviews. We also conducted five surveys: Peel LGBITQ youth survey, Healthy Immigrant Effect Survey, Environmental Scan of Models of Care for Government Assisted Refugees, Newcomer Youth Mental Health Questionnaire, Income Security, Race and Health Questionnaire. Thus, we currently hold a large volume of high quality research data. In the upcoming year, we will be analyzing this rich set of research data to generate publications, knowledge exchange tools, and advocacy strategies that contribute to overcoming health disparities faced by newcomer and racialized groups.

We also developed new tools and processes for promoting evidence-based service planning within Access Alliance. For example, we updated the format of the Access Alliance semi-annual activity report to make it a more useful resource for monitoring changing client demographics, programs and service delivery.

## 2008 to 2009 Research Department Highlights

We also supported staff members in implementing program evaluations and in using research and client data to improve the accessibility and quality of our services.

This past year was a very busy one for dissemination and knowledge exchange activities as well. We gave 16 conference presentations and 5 invited lectures/workshops, participated in 2 invited panels, and organized 2 photovoice exhibits and 2 meetings of the Toronto Refugee Health Network (recently renamed the Ontario Refugee Health Network). Additionally, we produced 6 reports, 25 maps, 14 research training modules, and dozens of community-based research tools.

The coming year will be particularly busy in terms of data analysis, writing, knowledge exchange and advocacy activities. We will be building our data analysis and dissemination capacity so as to ensure that (1) our analysis and publications are of the highest rigor; and (2) that no research data goes to waste. We are committed to making sure that all of our research findings contribute to improving services and policies on newcomer health.

- Initiated 6 new projects
- Secured \$300,000 in research grants
- Engaged 39 “peer researchers”
- Supervised 13 students
- Delivered 154 hours of training to 422 participants
- Conducted 14 focus groups, 40 interviews and 5 surveys
- Presented in 16 conferences, 5 invited workshops, 2 invited panels
- Organized 2 exhibits and 2 networking meetings
- Developed many community based research and evaluation tools

## Building Community Health Mapping to Reduce Health Disparities

The Building Community Mapping Capacity project was initiated by Access Alliance (led by Dianne Patychuk and Andrew Koch) in April 2008 in partnership with Dr. Claus Rinner from Ryerson University. The pilot phase of the project was funded by a seed grant from Centre for Urban Health Initiative (CUHI). The key goal of this project is to build capacity of community health centres (CHCs) in developing and utilizing community mapping tools for evidence-based service planning and advocacy work geared at reducing local health disparities. The project included training in simple, user-defined maps as well as multi-criteria decision making maps (using a tool called CommonGIS). The CHCs involved in this project included Access Alliance, Black Creek CHC, Four Villages CHC, Regent Park CHC and Women's Health in Women's Hands CHC.

With technical support from Dr. Claus Rinner and students from the Department of Geography at Ryerson University, (Igor Dragovic and Jacqueline Young) the CHC partners created dozens of maps for their catchment areas. The maps helped to answer questions such as: Where do the majority of our refugee clients live? Which groups are concentrated in low income neighbourhoods? Are there neighbourhood clusters of people with access barriers who we are missing in our services and outreach strategies? Access Alliance for example, mapped data showing age and language to plan outreach for pilot-testing a health education program for newcomer youth. Other maps were used to engage community partners in planning outreach to Tamil, Mandarin, Urdu and Bengali-speaking communities as part of a migration and diabetes research project.

Also, through user testing, the CHC partners identified ways that the GIS mapping tools could be made easier-to-use for evidence-based planning in community agencies.

For more information on this project, please visit [www.researchforchange.ca](http://www.researchforchange.ca)

## Current Projects 2

We currently have 15 projects, 11 of which are research projects. Many of our research projects are in data collection phase and are scheduled to be completed by December 2009. Our projects fall under three research agendas:

### A. Racialized Groups and Health Status

### B. Social Determinants of Newcomer Health

### C. Neighbourhood and Health

In the past year, we launched 6 new projects:

- Refugee Youth Health project
- Migration and Diabetes project
- Best Practices in Models of Care for Government Assisted Refugees
- Healthy Immigrant Effect Survey
- Pediatric Health and Development within Immigrant and Refugee Families
- Cervical Cancer Screening at Access Alliance: Assessing Risk and Improving Access (chart review).

*Projects that were active or initiated in the past year are listed on the next page:*

NAME OF PROJECT	KEY GOAL	FUNDED BY
<b>A. RACIALIZED GROUPS AND HEALTH STATUS AGENDA</b>		
1. Income Security, Race and Health project	Investigates challenges and discriminations that people of colour face in the labour market	Metcalf Foundation and Wellesley Institute
2. Exposed Photovoice project	Use photovoice to investigate the impact of poverty in Black Creek	Toronto Arts Council, Ontario Arts Council, Metcalf Foundation and Wellesley Institute
3. Differential Quality of Care	Investigates disparities in quality of healthcare received by people of colour	Access Alliance
<b>B. SOCIAL DETERMINANTS OF NEWCOMER HEALTH AGENDA</b>		
4. Exploring Mental Health of Government Assisted Refugees (GARs)	Exploratory research to investigate key mental health issues faced by Government Assisted Refugees and how GARs understand and respond to these issues	Centre for Addiction and Mental Health
5. Mental Health Services for Newcomer Youth: Exploring the Needs and Enhancing Access (in partnership with Dr. Nazilla Khanlou)	Investigates mental health issues faced by newcomer youth and the barriers they face in accessing mental health services	Children's Hospital of Eastern Ontario
6. Refugee Youth Health Project: Component 1	Investigates changes in roles and responsibilities for refugee youth after coming to Canada	Laidlaw Foundation and ISAP
7. Refugee Youth health Project: Component 2	Using digital storytelling investigates educational challenges and barriers that refugee youth face in Canada	Laidlaw Foundation and ISAP
8. Migration and Diabetes project	Investigates risks and determinants of diabetes that immigrants face in Canada	Public Health Agency of Canada
9. Best Practices in Models of Care for Newly Arrived Government Assisted Refugees (GARs)	Evaluate existing models of care for GARs in Canada to document emerging best practices	Health Force Ontario
10. Healthy Immigrant Effect Survey	Investigates health trajectory of clients at Access Alliance (particularly refugees)	Access Alliance
11. Pediatric Health and Development within Immigrant and Refugee Families (retrospective chart review)	Investigates health of immigrant and refugee children	Access Alliance
12. Cervical Cancer Screening at Access Alliance: Assessing Risk and Improving Access (retrospective chart review)	Investigates access to cervical cancer screening	Access Alliance
13. Peel LGBITTQ Youth Needs Assessment Survey	Investigate service needs and gaps faced by LGBITTQ youth in Peel region	Associated Youth Services of Peel
14. Initial Health Assessment of New Immigrants and Refugees (retrospective chart review)	Investigates key medical issues faced by new immigrants and refugees to improve initial screening protocol	Access Alliance
<b>C. NEIGHBOURHOOD AND HEALTH AGENDA</b>		
15. Building Community Mapping Capacity	Building GIS mapping capacity among community health centres to promote use of maps in improving services for marginalized communities	Centre for Urban Health Initiatives (CUHI) and Ryerson University

# 3 Promoting Community Based Research: Training & Tools

Last year, we delivered 154 hours of training for a total of 422 participants. We have developed 19 training modules related to research, collaborative process, and facilitation. This included introductory level trainings on CBR and evaluation, co-learning sessions on immigrant and refugee health issues, as well as hands-on training on recruitment, research ethics, and how to conduct focus groups and interviews.

Over 95% of participants rank trainings as “very useful” or “useful.” As part of the Refugee Youth Health project, we have made our research training curriculum more youth-friendly and accessible. Further, we have developed many tools that enhance collaborative, participatory process in research including our own model of collaborative research design (CRD), photovoice tools (e.g., Investigative Photography, Social Change Photography), Body Mapping exercise, and Action Headlines exercise. Some of the training module and tools that we developed are listed below:

## **Introductory Trainings**

- Introduction to Community Based Research
- Introduction to Participatory Evaluation
- Introduction to Research Ethics
- Introduction to Digital Storytelling
- Introduction to Photovoice

## **Hands-On Trainings**

- How to Conduct Focus Groups
- How to Conduct Interviews
- How to do Collaborative Research Design
- How to Conduct a Literature Review
- How to Conduct an Environmental Scan
- How to Develop a Dissemination Strategy
- Facts for Social Change (How to Work With Census Data)
- Facilitation Approaches
- Approaches to Advocacy

## **Co-Learning Sessions**

- Anti-Oppression
- Social Determinants of Mental Health
- Refugee Youth Health Issues
- Historical Timeline

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## Peer Researchers

In the last year, we trained and engaged 39 community members (newcomer and people of racialized backgrounds) as “peer researchers” in our projects. Many of the peer researchers are actively involved from the planning and design phase of the project through to dissemination and follow up.

For example, the peer researchers from our Refugee Youth Health project co-lead the selection of the research question and development of the research methodology. Similarly, the peer researchers from the Income Security, Race and Health are taking the lead role in conducting the focus groups for the project. We provided hundreds of hours of training and mentoring to the peer researchers to enable them to perform their expected role as co-researchers in the projects. There is plenty of evidence that their involvement and input has contributed significantly in improving the quality of our research design, research process as well as the research findings. Evaluation and ongoing feedback suggest that our peer researchers receive multiple benefits and learnings from being involved in our projects. The names of our peer researchers are listed below:

### Income Security, Race and Health

Amina (Safy) Abouzaid  
Kenza Belaid  
Felix Cabrera  
Tha Dar Hsae  
Celena Knight  
Darren Pham  
Carina Reider  
Zahoorunnisa

Anthony Harvey

Celena Knight

Dorigen Appiah-Kubi

Say Less

Ann-Marie Chow

Ann Moses

Stanley Muddah

Sha Me Ri

Htay Win

Rui Zhao

### Exploring Mental Health of Government Assisted Refugees

Naza AbdLazeez  
Sayed Maqsdur Burham  
Sheila Htoo  
Paw Wah

### Newcomer Youth Mental Health

Jessie Gnanewaran  
Jalajah Jokarasa  
Laila Kazemi  
Lorenzo Vargas Mantilla  
Eiman Nabag  
Adriana Pazos  
Wajma Soroor

### Refugee Youth Health

Arzo Akbari  
Sheila Htoo  
Azza Khogali  
Stella Abiyo Mona  
William Mude

### Best Practices in Models of Care for Government Assisted Refugees

Edriss Haidari  
Mukhtar Abdi Ige  
Thay Su Lah  
Freddy Rolando Mojica  
Nazar Oshar

### Exposed Photovoice (Photoresearchers)

Mohamed Abdelrahim  
Amina (Safy) Abouzaid  
Samira Ahmed  
Brian Durson

## Migration and Diabetes Project

Access Alliance has been funded by Public Health Agency of Canada to conduct the Toronto component of the International Collaborative Study on Migration and Diabetes. The research will investigate the relationship between migration and diabetes by assessing experiences with diabetes, and behaviours and socio-economic conditions affecting its risk, prevention, treatment and management among migrants and non-migrants; it will also examine the roles of the healthcare system, as perceived and practiced by healthcare personnel working with immigrants. The Toronto component will conduct this research among 4 immigrant communities (Mandarin-speaking immigrants from China, Tamil-speaking immigrants from Sri Lanka, Urdu-speaking immigrants from Pakistan, and Bengali speaking immigrants from Bangladesh), a comparison sample of non-immigrants, as well as diabetes health care providers. These 4 immigrant groups were chosen for several reasons: they experience a high risk of developing diabetes post-migration; they are large and growing communities in Toronto; they experience major social, economic and linguistic barriers to care; and the project team has excellent working relationships with these communities thus ensuring the project's success in planning, outreach, recruitment and sharing of the results.

Dr. Ilene Hyman and Dianne Patychuk are jointly leading this project on behalf of Access Alliance. They will be supported by four staff (one from each of the four immigrant community): Qamar Zaidi, Sivajini Sivaswamy, Khaleda Yasmin, and Yun Zhang. We have developed strong partnerships with several diabetes education programs and community health centres across Toronto.

Data will be collected using the Computer Assisted Personal Interview (CAPI) methodology. All research staff have been trained to use CAPI. The data collection is scheduled to be completed by early July 2009. Findings from this study will be shared with the researchers and health care and community agencies using a variety of formats (e.g. journal publications, presentations at scientific conferences, workshops).

For more information please visit [www.researchforchange.ca](http://www.researchforchange.ca)

## Income Security, Race and Health Research Working Group

Canadian census data and other studies highlight that, compared to people from European backgrounds, “people of colour” are facing higher levels of unemployment and poverty, are more likely to be concentrated in low-paying, unstable jobs, and are more likely to be living in low-income neighbourhoods with sub-standard housing and inadequate services. The Income Security, Race and Health (ISRH) research working group was established in 2006 under the leadership of Access Alliance to investigate why racialized groups in Toronto are facing these employment and income inequalities, and to assess the health impacts of these inequalities.

The project is based in Black Creek neighbourhood. In 2008 we spent many months building partnerships within Black Creek community and providing research training to several Black Creek residents (who are currently working as peer researchers for the project). In the fall of 2008, we successfully implemented the “Exposed” photovoice project in which we trained 14 residents of Black Creek in using the arts-based research tool called photovoice to investigate the impacts living in low-income neighbourhood. The photo-researchers took hundreds of photos and wrote reflective narratives. Some of these photos and narratives have been compiled to create the Exposed Photobook (available at [www.researchforchange.ca](http://www.researchforchange.ca)).

The second task for ISRH is to investigate why people of colour are facing difficulties in getting good, stable jobs in their fields (in spite of having necessary qualifications and in spite of using multiple strategies). In the beginning of 2009, we conducted focus groups with the Arabic speaking, Hindi-Urdu speaking, Spanish speaking, Vietnamese speaking, and with the Black community. These focus groups have generated many important findings about the systemic barriers that racialized families face in the labour market and the inability of existing employment and other services to address these barriers. The final phase of the project involves conducting longitudinal ethnographic interviews with 10 families. The research is scheduled to be completed by the end of December 2009.

The ISRH research working group is made up of an interdisciplinary team of 4 academic partners, 4 community agency partners, 6 peer researchers, and Access Alliance research staff (led by Research Coordinator Ruth Wilson).

For a complete list of the team and other project details visit: [www.researchforchange.ca](http://www.researchforchange.ca)

# Partners 5

We believe that strong partnerships and collaborations are essential ingredients for conducting effective, high quality research. We spend a lot of time building strong formal partnerships.

All our research projects are led by multi-collaborative teams made of up academics, staff from community agencies, students and community members (peer researchers). We have 22 community agency partners and 11 academic partners. We have benefited tremendously from our partners in terms of the knowledge they bring to the project as well as other support (such as meeting space, local links, assistance with recruitment, access to research resources etc).

### COMMUNITY PARTNERS

Across Boundaries

Afghan Women’s Organization  
(Parwana Siddiqui)

Black Creek Community Health Centre  
(Jackeline Barragan and Lisa Brown)

Canadian Centre for Victims of Torture  
(Soraya Attai and Mohammed Ahmad)

COSTI (Yasmine Dossal)

Delta Family Resource Centre  
(Naomi Ives)

Griffin Centre (Diane Broad)

OCASI Youth Project (Kamal Farmaly)

Regent Park Community Health Centre  
(Dr Alan Li)

Sabawoon Afghan Family Education

Sojourn House (Everton Gordon)

Southern Sudanese Community  
Organization of Ontario  
(David Lugeron)

Sudanese Community Organization  
(Amin Malik)

Thornccliffe Neighbourhood Office

Tobermory Community  
Activities Centre

Toronto District School Board  
(Amita Handa)

Toronto Public Health

Women’s Health in Women’s Hands  
Community Health Centre  
(Notisha Massaquoi)

Working Women’s Community Centre

York University Experiential  
Education Program

York University—TD Community  
Engagement Centre

### ACADEMIC PARTNERS

Ranu Basu  
York University

Sarah Flicker  
Ryerson University

Grace-Edward Galabuzi  
Ryerson University

Sepali Guruge  
Ryerson University

Ilene Hyman  
CERIS

Michaela Hynie  
York University

Nazilla Khanlou  
York University

Patricia Landolt  
University of Toronto

Carles Muntaner  
Centre for Addiction  
and Mental Health

Claus Rinner  
Ryerson University

## Funders 6

Core operations of the research department is supported through Toronto Central LHIN. We secured over \$300,000 of additional project specific funding last year. Our new funders include Public Health Agency of Canada (for the Migration and Diabetes project), Immigrant Settlement and Adaptation Program (for Refugee Youth Health Project) and Centre for Urban Health Initiative (for the Building Community Mapping Capacity project).

We would like to thank our funders for recognizing our commitment to community-based, participatory process in our research and being accommodating in terms of timeline and additional resources.

Associated Youth Services of Peel  
Centre for Urban Health Initiatives  
Children's Hospital of Eastern Ontario  
Health Force Ontario  
Immigrant Settlement and Adaptation Program B  
Laidlaw Foundation  
Metcalf Foundation  
Public Health Agency of Canada  
Toronto Central Local Health Integration Network  
Wellesley Institute

## Students 7

Students play an important role in many of our projects. The research department is committed to providing a valuable learning experience for placement students while ensuring that they are active contributors to our projects.

We hosted and supervised 12 students this past year. We have hosted students from social work immigration and settlement studies, and health studies. Student placement evaluations indicate that students learn a lot about newcomer health; and they value the hands-on experience they receive in designing and conducting community-based research.

**Yannie Aass**  
BA in Health Studies, *University of Toronto*

**Corinne Alstrom**  
Bachelors in Social Work, *Ryerson University*

**Igor Dragovic**  
Bachelors in Geography, *Ryerson University*

**Davina Balram**  
Bachelors in Social Work, *York University*

**Lucia Isabel Fiestas-Navarette**  
BA in Health Studies, *University of Toronto*

**Lindsey Fockler**  
Masters in Social Work, *McMaster University*

**Theon Harrichand**  
Masters in Social Work, *University of Toronto*

**Adriann Moss**  
MA in Immigration and Settlement Studies,  
*Ryerson University*

**Jostina Mugwara**  
BA in Health Studies, *University of Toronto*

**Goldameir Oneka**  
Geography, *York University*

**Melissa Wong**  
Masters in Social Work, *York University*

**Jacqueline Young**  
Masters in Spatial Analysis, *Ryerson University*

## 8 Conference Presentations, Exhibits, Invited Presentations & Workshops

In the last year, research department staff gave 16 conference presentations including the 11th National Metropolis conference in Calgary, the Refugee and Insecure Nation conference, the ISAP conference, the CAMH conference, the CUExpo conference, and the OCASI conference.

We also gave 5 invited lectures/workshops to students and service providers and participated in 2 invited panels (Settlement Without Boundaries –SWB+08 symposium and Research for Social Change symposium organized by Community Social Planning Council). We organized 2 photovoice exhibits and 2 meetings of the Toronto Refugee Health Network (currently renamed as Ontario Refugee Health Network). In the coming year, we will continue to design and deliver many workshops and presentations on newcomer/racialized health and on CBR.

Exposed Photovoice Exhibit. *Using Photography to Expose the Social Impacts of Poverty and Racism in Black Creek*. York University–TD Community Engagement Centre Launch (Yorkgate Mall). September 24<sup>th</sup>, 2008.

Exposed Photovoice Exhibit. *Using Photography to Expose the Social Impacts of Poverty and Racism in Black Creek*. Black Creek Community Health Centre Annual General Meeting. September 2008 to current.

Gonsalves, T. (2009, February). *Newcomer Youth Mental Health*. Invited Presentation. Ministry of Citizenship and Immigration. Toronto, Ontario. February 17<sup>th</sup>, 2009.

Gonsalves, T., Lee, M., Khanlou, N. & Shakya, Y. B. (2009, March). *The Mental Health and Wellbeing of Newcomer Youth*. 11<sup>th</sup> National Metropolis Conference: *Frontiers of Canadian Migration*. Calgary.

Khanlou, N., Gonsalves, T. & Shakya, Y. B. (2009, March). *Newcomer Youth and Mental Health: From Understanding to Promotion within the Context of Diversity and Equity*. *Expanding Our Horizons: Moving Mental Health and Wellness Promotion into the Mainstream*. Toronto, Ontario.

Khanlou, N., Shakya, Y. B. & Gonsalves, T. (2008, November). *Building Research Partnerships to Explore Mental Health Issues for Newcomer Youth: Some Thoughts on Power, Participation, and Practice*. *Building Equitable Partnerships Symposium 2008, Centre for Addiction and Mental Health*. Toronto.

Flynn, S., Koch, A. and B. Roche (2008, May). *Building a Community Based Research Network in Toronto*. Presentation at Community-University Exposition 2008. Victoria, B.C.

Lee, M., Gonsalves, T., Khanlou, N. & Shakya, Y.B. (2009, March). *Overcoming Methodological Barriers to Researching Youth and their Mental Health Needs. Researching Youth: Methodologies, Ethics and Access Conference 2009, University of Toronto.* Toronto, Ontario.

Murtaza, R. (2008). *Peel-Based LGBTQ Youth Needs Assessment: Recruitment Challenges and Possibilities.* Among Friends Forum, Summer 2008.

Murtaza, R. and A. Khogali (2008, October). *Engaging Refugee Youth in Community-Based Research: A Participatory Workshop.* OCASI Professional Development Conference. Toronto. Fall 2008.

Murtaza, R. and Y.B.Shakya (2008). *Role of Community-Based Research in Community Health Centres.* Invited Workshop for Flemingdon Community Health Centre. Toronto.

Murtaza, R., Khogali, A, and Y.B. Shakya (2008, November). *Refugee Youth Engagement in Community Building: A Social-Determinants-of-Health Perspective.* ISAP Conference I and II, Niagara Falls. Fall 2008.

Murtaza, R., Khogali, A, and Y.B. Shakya (2009, March). *Refugee Youth Engagement in Community Building: A Social-Determinants-of-Health Perspective.* 11<sup>th</sup> National Metropolis Conference: Frontiers of Canadian Migration. Calgary.

Sadiq, N and R. Shidfar (2009, March). *Best Practices in Models of Care for Government Assisted Refugees.* 11<sup>th</sup> National Metropolis Conference: Frontiers of Canadian Migration. Calgary.

Sadiq, N. (2008, October). *Best Practices in Interprofessional Models of Care for Newly Arrived Government Assisted Refugees.* OCASI Professional Development Conference. Fall 2008. Geneva Park.

Shakya, Y. B. (2008, June). *Doing Community-Based Research with Newcomer Communities: Ethics and Empower.* Invited panelist for Settlement Without Boundaries – SWB +08 Symposium. Toronto. June 26<sup>th</sup>, 2008.

Shakya, Y.B. (2009, March). *Addressing Social Determinants of Refugee Mental Health: Practice and Policy Implications.* For session titled *Mitigating Post-migration Risk for Refugees.* 11<sup>th</sup> National Metropolis Conference: Frontiers of Canadian Migration. Calgary.

Shakya, Y.B. and R. Wilson (2008, June). *Addressing Mental Health Issues of recently arrived Government Assisted Refugees.* Refugee and Insecure Nation Conference. Toronto: York University.

Shakya, Y. B. (2008, November). *Changing Role of Health Promotion.* Invited lecture. Introduction to Health Promotion class, University of Toronto.

Shakya, Y. B. (2009, March). *Addressing Social Determinants of Newcomer Health.* Invited lecture. Global Health course. University of Toronto.

Wilson, R (2008, October). *Building Capacity for Community Based Research.* Invited guest lecture. Sociology Graduate course on Feminist Research Methods. York University. Toronto. October 27<sup>th</sup>, 2008.

Wilson, R. (2008, November). *Exposed: Using photography to Expose the Social Impacts of Poverty and Racism.* Invited Guest Lecture. Sociology of Poverty course, York University (Dr. Maria Wallis). Toronto. November 3<sup>rd</sup> 2008.

Wilson, R. (2009, March). *Mental Health Risks faced by recently arrived Government Assisted Refugees: Initial Findings from a Community-Based Research Project.* Newcomer Mental Health Workshop. 2009 Metropolis Conference. Calgary: March 21<sup>st</sup> 2009.

Wilson, R. (2009). *Income Security, Race and Health in Black Creek & The Colour of Poverty Campaign.* Racialized Health Disparities Workshop. 2009 Metropolis Conference. Calgary.

## The Refugee Youth Health Project

The Refugee Youth Health Project is a community-based, youth-led project initiated by Access Alliance in April 2008. This project investigates key social determinants of mental health for Afghan, Karen, and Sudanese refugee youth. The project received funding from Laidlaw Foundation and from Immigrant Settlement and Adaptation Program (ISAP B). The project team comprises of a broad interdisciplinary team made of 4 refugee youth peer researchers, 4 academic partners and 11 community agency partners. The first phase of the project involved developing youth-friendly research training curriculum and delivering training to refugee youth peer researchers. Following this, we brought together our research team for two days of Collaborative Research Design sessions that led to the development of two core research questions for the project. The two research questions and their methodology were selected to reflect the relevance to Toronto-based Afghan, Karen, and Sudanese, refugee youth in context of their communities, aimed at improving services and public policy. Both research components place youth with refugee experience at the centre, documenting their roles, perspectives, strategies, decision-making and experiences; in both components, data collection, analysis and dissemination is led by trained youth with refugee experience.

The first component focuses on the roles played by Afghan, Karen, and Sudanese youth with refugee experience within their families and communities before and after arrival to Canada. The component uses mixed methods including a survey, language and gender-specific focus groups, and in-depth interviews. The second question focuses on how youth with refugee experience negotiate educational challenges in Canadian schools within five years of arrival; youth will investigate this question themselves by creating 'digital stories,' and will reflect on what they learned in follow-up interviews. Findings from this research will be disseminated through a series of workshops, roundtables, forums and refugee youth digital stories. The anticipated completion date for both components of this project is December 2009. The project is led by four refugee youth peer researchers (Arzo Akbari, Sheila Htoo, Azza Khogali, and Stella Mona Abiyo), Dr. Sepali Guruge (Ryerson University), Dr. Michaela Hynie (York University) and Rabea Murtaza and Dr Yogendra B. Shakya from Access Alliance, in partnership with 11 other community agencies.

For a complete list of partners visit [www.researchforchange.ca](http://www.researchforchange.ca).

## Reports & Publications 9

During the last year, we produced 6 publications, 2 Semi-Annual reports, 3 evaluation reports, 25 maps, and 14 research training modules. Many of our research projects are expected to complete data collection during this coming year and over the next years, we plan to produce a number of new publications based on these projects.

Enid Collins, Yogendra B. Shakya, Sepali Guruge, & Edward Jason Santos (2008). "Services for women in the post-migration and settlement context: access, equity and quality" In Enid Collins and Sepali Guruge (Eds), *Working with Women in the Context of Immigration and Settlement: Issues and Strategies for Mental Health Professionals*, Toronto: Centre for Addiction and Mental Health.

Access Alliance Multicultural Health and Community Services (2008). *Needs Assessment of LGBT2QQ Youth in Peel Region – Final Report. Prepared for Associated Youth Services of Peel (AYSP)*. Toronto: Access Alliance Multicultural Health and Community Services.

Li, Jasmine, Koch, A. and Angelow, L. (2008). *Lapathee and Family Support Group (LAFS) Pilot Program Evaluation Report*. Toronto: Access Alliance Multicultural Health and Community Services.

Stamler C, Rashid M, Shakya YB, Sadiq N, Foo C. (2008). Susceptibility to Measles, Mumps and Rubella in Refugees and Immigrants in Toronto. *Canadian Journal of Infectious Disease and Medical Microbiology* v19(5):337.

Access Alliance Multicultural Health and Community Services (2009). *Impact of Transportation Loan on Mental Health of Government Assisted Refugees: Highlights of Findings*. Toronto: Access Alliance Multicultural Health and Community Services.

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