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December 2021

Office of Women's Health Research Chair in Mental Health

E-Newsletter: Issue # 36



Hello everyone,

We invite you to read our Office's latest e-newsletter. The issue captures some of the new research and knowledge transfer activities and events that our Office and its affiliates have been engaged in during 2020-2021. The pandemic has affected all aspects of society. Our Office has continued its research and knowledge dissemination activities addressing the pandemic's gendered impacts.

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SECTION 1. KNOWLEDGE TRANSFER EVENT

On April 29, 2021, our Office successfully held the York University Knowledge Webinar: **Mothering In The Academia During A Pandemic**. The event was organized by our Office and it was funded by the Lillian Meighen and Don Wright Foundation. The objective of this virtual event was to engage in a discussion on how the pandemic has created unique challenges for mothering in academia. Specifically, mothers have navigated between their roles in academia and home, as they experience multiple work and home-related demands every day. Panelists in this webinar discussed strategies for mothering in the academia during a pandemic. They included: Dr. Rebecca Pillai Riddell; Andrea Maughan, PhD Candidate; and Dr. Marina Heifetz. You can watch the recorded video here: <https://www.youtube.com/watch?v=-ha9WvE9ogQ>

SECTION 2. INTERNATIONAL NETWORK ON YOUTH INTEGRATION (INYI) JOURNAL

We are pleased to announce the release of the INYI Journal's new issue. The following open access journal articles are available here: <https://inyi.journals.yorku.ca/index.php/default/index>

Special Issue: **Anti-racism activism, scholarship, policy and praxis: Focus on youth inclusion and integration**. INYI Journal, 11 (1):

- ✚ *Conditions for Success: Indigenous Youth Reflections on Their Experiences with Canadian Education Systems*, by Sarah Reddington, Shane Theunissen, and Jonathon MeDrano
- ✚ *The Substance Abuse Program for African-Canadian and Caribbean Youth (SAPACCY): An Innovative Program Serving the Mental Health Needs of African, Caribbean, and Black Youth* by Amy Gajaria, Kevin Haynes, Yolanda Kusic, Donna Alexander
- ✚ *The Implementation of Bill 212 in Ontario Schools: Implications for Black Students* by Hellen Gateri and Donna Richards
- ✚ *A critical analysis of the Assessment and Action Record (AAR) documentation: Examining the educational experiences of Black youth-in-care in Ontario* by Daniel Kikulwe, Christa Sato, and Juliet Agyei
- ✚ *The True North Strong and Free? Casting Shadows on Whose History Students Learn in Canadian Universities* by Amy Barlow and Fiona Edwards
- ✚ *Combating Physician-Assisted Genocide and White Supremacy in Healthcare through Anti-Oppressive Pedagogies in Canadian Medical Schools to Prevent the Coercive and Forced Sterilization of Indigenous Women* by Erika Campbell and Karen Lawford

Online First Special Issue: **Mothering in the academia during a pandemic: Structural gender inequalities and family wellbeing**:





- ✚ *A liberdade é a coisa mais cara da vida (freedom is the most expensive thing in life)* by Luísa Santos

SECTION 3. JOURNAL ARTICLES

- ✚ Khanlou N, Vazquez LM, Pashang S, Connolly JA, Ahmad F, & Ssawe A. (2021). 2020 *Syndemic: Convergence of COVID-19, gender-based violence, and racism pandemics*. Journal of Racial and Ethnic Disparities. DOI: 10.1007/s40615-021-01146-w <https://link.springer.com/article/10.1007/s40615-021-01146-w>
- ✚ Khanlou N & Oraziotti BE. (2020). Nurses respond to COVID-19 pandemic: Mental health support for frontline nurses. Journal of Concurrent Disorders, 2(1), 74-76. <https://concurrentdisorders.ca/2020/04/11/nurses->

SECTION 4. PROJECT INFORMATION SHEETS

We invite you to read some of our Information Sheets that summarize key research findings from our projects

-  Khanlou N, Nunes F, Davidson D, Seto Nielsen L, Alamdar N, & Vazquez LM. (2021). Information Sheet 17: Arts-based methodologies: Exploring Asian-Canadian youth identities and experiences. Toronto, ON: York University.
<https://nkhanlou.info.yorku.ca/files/2021/05/Info-Sheet-17-Youth-Arts-Based.May2021.pdf?x68747>
-  Khanlou N, Ssawe A, Zahraei S, Connolly JA, Pashang S, Bohr Y, & Vazquez LM. (2020). Information Sheet 16: Gender-based violence and the COVID-19 pandemic: Risk factors and systemic challenges. Toronto, ON: York University.
<https://nkhanlou.info.yorku.ca/files/2020/07/Info-Sheet-on-GBV-and-COVID19-pandemic-Khanlou-et-al.22July2020.pdf?x68747>
-  Khanlou N, Bohr Y, Alamdar N, Filler T, Ssawe A, Pashang S, & Vazquez LM. (2020). Information Sheet 15: Service providers' perspectives on trauma-informed care for refugee youth with gender-based violence experiences. Toronto: York University.
<https://nkhanlou.info.yorku.ca/files/2020/12/Info-Sheet-15-GBV-Service-Providers.2020.pdf?x68747>
-  Khanlou N, Bohr Y, Sage V, Rollings N, Pandalangat N, Khan A, & Vazquez LM. (2020). Information Sheet 14: Gender-based violence and refugee youth: Towards trauma-informed practices. Toronto: York University.
<https://nkhanlou.info.yorku.ca/files/2020/03/Info-Sheet-14-GBV-Feb-2020.pdf?x24742>

Information Sheet # 17 Office of Women's Health Research Chair in Mental Health

Arts-based methodologies: Exploring Asian-Canadian youth identities and experiences

N Khanlou, F Nunes, D Davidson,
L Seto Nielsen, N Alamdar, and LM Vazquez



Introduction

Youth from Asian backgrounds in Canada represent a heterogeneous group of young people. May is recognized as the Asian Heritage Month (Government of Canada, 2021).

According to Statistics Canada (2016) between 2006 and 2011, of all newcomers to Canada, 13.1% were born in the Philippines, 10.5% were Chinese-born, and 10.4% were Indian-born. Today, Canada is one of the world's most ethno-culturally diverse countries with ethnic minorities representing 19.1% of the total population. The South Asian population is the largest ethnic group in the country, accounting for 25% of the visible minority population and 4.8% of the total population.

Asian-Canadian youth have resiliencies and at the same time encounter barriers to their inclusion in Canadian society (Khanlou et al, 2018). The challenges they face may include language barriers; balancing different and gendered family, cultural and religious expectations; and experiences of discrimination and racism.

Innovative methods are needed to better understand youth's lived experiences, such as in relation to their identities and integration to Canadian society.

Arts-based research encompasses approaches that use artistic forms and expressions to understand personal experiences. Arts-based approaches are considered relevant to explore and communicate youth's experiences with, for example, racism and marginalization (Clover, 2011; Halverson, 2010).

Our study

Our community-based project titled "Arts-based participatory research approach: Potential for exploring Asian-Canadian youth identities through an intersectionality lens," applied arts-based methodologies to explore Asian-Canadian youth identities in the Greater Toronto Area.

We applied visual arts (Self-Portrait and a Relational Map), and drama (Readers' Theatre) to explore the experiences of Asian-Canadian youth. The objectives of the project were to:

- Assess the feasibility of arts-based methods to examine Asian-Canadian youth identities,
- To receive feedback from youth participants on the effectiveness and relevance of these arts-based methodologies in exploring their Asian-Canadian identities.

In this Information Sheet, we report on some preliminary findings from our study.

What did we do?

We conducted a total of 25 individual qualitative interviews and one focus group with 8 youth participants. Individual interviews were conducted in person. During the interviews youth were asked questions about the strengths they have as Asian-Canadian youth, and about the challenges they face. Youth were asked to draw a Self-Portrait and a Relational Map. At the end of the interview, youth provided feedback on how the visual arts worked for them as tools to express their ideas, feelings, and perceptions.

May 2021 <https://nkhanlou.info.yorku.ca/>

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SECTION 5. INVITED JOURNAL ARTICLES

Madzima S, Karunakaran A, Vazquez LM, & Khanlou, N. (2020). *Arts-based methodologies to explore Asian-Canadian youth identities in the Greater Toronto Area: Sharing some implementation experiences from the field*. INYI Journal, 10(1-2), 20-24.
<https://inyi.journals.yorku.ca/index.php/default/article/view/22>

SECTION 6. RESEARCH- PRACTICE TOOLS

We hope you find the following tools and reports useful for your research and practice!





- ✚ Khanlou N, Ssawe A, Connolly JA, Pashang S, Bohr Y, Zahraei S, & Vazquez LM. (2020). Mental Health Supports for Racialized Women at Risk of Gender-Based Violence: A Toolkit for Service Providers and Advocates. Toronto, ON: York University. https://nkhanlou.info.yorku.ca/files/2020/11/Khanlou_Mental-health-supports-Toolkit.Nov2020.pdf?x68747
- ✚ South Riverdale Community Health Centre (Ssawe A et al.) & Office of Women’s Health Research in Mental Health (Khanlou N et al.). (2020). Gender-Based Violence during COVID-19 Pandemic: Considerations to Promote Mental Health of Racialized Women: Infographic. Toronto, ON. <https://nkhanlou.info.yorku.ca/files/2020/11/FINAL-Infographic-CIHR-GBV-during-COVID-19-N-Khanlou.pdf?x68747>
- ✚ We are pleased to share with you the final report of our project titled “**COVID-19 pandemic guidelines for mental health support of racialized women at risk of gender-based violence**” funded by CIHR (Knowledge Synthesis Grant- 2020), https://nkhanlou.info.yorku.ca/files/2020/11/Khanlou_COVID19-Pandemic-guidelines-for-mental-health-support-of-racialized-women-at-risk-of-GBV.Nov2020.pdf?x29732

The image shows the cover of a toolkit. At the top, the title "MENTAL HEALTH SUPPORTS FOR RACIALIZED WOMEN AT RISK OF GENDER-BASED VIOLENCE" is written in red. Below it, a purple female symbol contains a globe. The subtitle "A TOOLKIT FOR SERVICE PROVIDERS AND ADVOCATES" is in green. At the bottom, there is a citation and logos for CIHR IRSC, South Riverdale Community Health Centre, OCASI, and York University.

**MENTAL HEALTH
SUPPORTS FOR RACIALIZED
WOMEN AT RISK OF
GENDER-BASED VIOLENCE**

**A TOOLKIT FOR
SERVICE PROVIDERS
AND ADVOCATES**

Citation: Khanlou, N., Ssawe, A., Connolly, JA., Pashang, S., Bohr, Y., Zahraei, S., & Vazquez, LM. (2020). *Mental Health Supports for Racialized Women at Risk of Gender-based Violence*. A Toolkit for Service Providers and Advocates. CIHR Knowledge Synthesis Grant (2020), York University. <https://cihr-irsc.gc.ca/e/52062.html>

SECTION 7. EDITORIALS

- ✚ Khanlou N. (2021). Editorial: *Frontline health care workers' mental health and wellbeing: Need for an upstream whole community approach*. Journal of Concurrent Disorders 3(1), 1-3. <https://concurrentdisorders.ca/2021/04/08/frontline-health-care-workers-mental-health-and-wellbeing-need-for-an-upstream-whole-community-approach/>
- ✚ Khanlou N. (2021). *Year 2020: How will it impact identities of children and youth over time?* International Journal of Mental Health and Addiction, 1-3. <https://doi.org/10.1007/s11469-021-00484-4>
- ✚ Khanlou N. (2020). Editorial: *Call for a Canadian public mental health system: Transformative change amid a global pandemic*. Journal of Concurrent Disorders, 2(1), 1-2. <https://concurrentdisorders.ca/2020/03/31/call-for-a-canadian-public-mental-health-system/>

SECTION 8. CONFERENCE PRESENTATIONS

- ✚ Khanlou N. (7 June 2021). Mental health support for racialized women at risk of gender-based violence during COVID-19 pandemic. Annual LaMarsh Centre for Child and Youth Research Graduate Student Symposium, York University.
- ✚ Xavier JMVF, Khanlou N, Moradian S. (12-13 March 2021). *South Asian Canadian diaspora: Fathers' mental health in the childbearing period*. 5th Annual South Asian Mental Health Conference, Ontario.
- ✚ Khanlou N, Vazquez LM, Connolly JA, Pashang S, Thumeka M, Epstein I & Ssawe A. (7 March 2021). *Racialized women at risk of gender-based violence during COVID-19 pandemic: Equity informed mental health promotion*. Doing Anti-Racism Work and Addressing Intergenerational Trauma (Virtual Conference), Association for Women in Psychology, United States.
- ✚ Khanlou N & Khan A. (1 March 2021). Mental health for frontline workers during COVID-19 pandemic: Mental health in the human services sector. MobilizeYU Wellness Webinar. Knowledge Mobilization Unit at Innovation York, York University. Available: <https://www.youtube.com/watch?v=Aynq5vAntVU&t=10s>
- ✚ Niel U & Khanlou N. (10 Feb 2021). Equity-based health promotion for Black mothers of children with developmental disabilities: Consideration for practice and policy during the COVID-19 pandemic and beyond. Diversity and Inclusion Webinar: Barriers to Services. Autism Ontario.
- ✚ Khanlou N. (25 October 2020). Systems of support for youth resilience. Youth Unlimited (Toronto YFC). City-Wide Listening Circles.
- ✚ Niel U & Khanlou N. (4 August 2020). Learning from Black mothers of persons with disabilities: Reframing policy and practice during the COVID-19 pandemic. American Academy of Developmental Medicine and Dentistry. Virtual Grand Rounds. https://www.youtube.com/watch?v=zD2sodSDFPg&feature=emb_logo
- ✚ Khanlou N. (15 July 2020). COVID-19 pandemic guidelines for mental health support of racialized women at risk of gender-based violence: An intersectional approach. Equitable access to care for all: COVID-19 emergency and health care response. CASSA (Council of Agencies Serving South Asians) Health Equity Summit, Virtual Community Forum, Ontario.
- ✚ Khanlou N & Niel U. (29 Feb 2020). Experiences of racialized mothers of children with developmental disabilities. 2020 BPAO (Black Physicians' Association of Ontario) Annual Health Symposium, Mount Sinai Hospital, Toronto, Ontario.

SECTION 9. RESEARCH AWARDS

Dr. Nazilla Khanlou the Chair of this Office, and other Office affiliates received research grants for the following projects:

- ✚ **SSHRC Insight Development Grant (2019 -).** (PI) Khanlou N. *Arts-based participatory research approach: Potential for exploring Asian-Canadian youth identities through an intersectionality lens.*
- ✚ **CIHR Operating Grant: Knowledge Synthesis: COVID-19 in Mental Health & Substance Use (2020).** (PI) Khanlou N. *COVID-19 pandemic guidelines for mental health support of racialized women at risk of gender-based violence.*
- ✚ **Minor Research Grant. Funded by Faculty of Health, York University (2021 -).** (PI) Khanlou N. *Toward a nursing practice competency framework: Person-and-family-centred nursing care for persons with developmental disabilities.*

SECTION 10. OUR OFFICE AFFILIATES' ACADEMIC ACCOMPLISHMENTS

We are proud to share with you the educational accomplishments that our Office's volunteers and affiliates have achieved:

- ✚ **Dr. Attia Khan** successfully defended her PhD dissertation titled ***A Mixed Methods Study of Immigrant and Canadian-Born Pakistani Youth Mental Health in Canada: Resilience, Identity, and Self-esteem*** (Jan 2020, Supervisor: Dr. N Khanlou, York University)
- ✚ **Amirtha Karunakaran** defended her Masters' thesis titled ***The COVID-19 experience amongst Canadian South Asian Parents of Children on the Autism Spectrum*** (Sep 2021, Supervisor: Dr. Farah Ahmad, York University)
- ✚ **Sheena Madzima** successfully completed her undergraduate program in Psychology at York University

Congratulations!

SECTION 11. UPCOMING EVENTS

SAVE THE DATE!
July 18 and 22, 2022

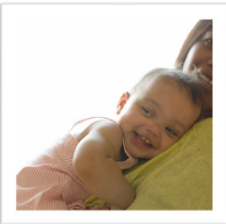
6th Lillian Meighen Wright Maternal-Child Health Learning Academy

**Maternal-Child Health and Wellbeing in a Global Pandemic:
Promotion, Prevention, Intervention**

Faculty of Health, York University

Overview

- ✓ To co-learn and engage in discussions on maternal-child health and wellbeing in the context of the current global pandemic.
- ✓ In this two-day event members of academia, service sectors, and community will present on their research, practices, and policies.
- ✓ Learning Academy format will entail panel presentations, pre-recorded poster presentations, and live discussions.

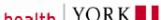



Who might this event be of interest to?
Students, educators, researchers, policy makers, service providers, and community members.

|This will be a virtual event held via Zoom on both days
12:00 - 3:00pm

*RSVP to owhchair@yorku.ca

Funded by: Lillian Meighen and Don Wright Foundation, Women's Health Research Chair in Mental Health Office, Faculty of Health
Organized by: Women's Health Research Chair in Mental Health Office in partnership with Lillian Meighen Wright Scholars Program Student Co-Chairs, York University



- The 2022 Conference of the Lusophone Studies Association will be held in Ponta Delgada, São Miguel, Azores, Portugal from June 29 to July 2, 2022. The theme of this conference will be **Women, Gender and Intersectionality in the Lusophone World**. See the Call for Papers here: <http://lsa.apps01.yorku.ca/2021/11/lsa-conference-azores-2022/>

SECTION 12. STUDY RECRUITMENT

Our Office's research team and colleagues are conducting a research project titled **Toward a Nursing Practice Competency Framework: Person-and-family-centred-care nursing care for persons with developmental disabilities**.

We are currently recruiting study participants! Please see the study flyer here:

<https://nkhanlou.info.yorku.ca/files/2021/12/Study-Flyer-Nursing-Care-Project.10Dec2021.pdf?x29732>

STUDY

Nursing Care for Young Adults with Developmental Disabilities



We Want to Hear from You!

Who?

Persons between 16 and 29 years of age with a developmental disability.

What is this study about?

We would like to know about experiences of nursing care you have received recently or in the past.

What does your participation mean?

You will answer questions on nursing care.

You can respond to the questions with the help of a parent or caregiver.

You will receive a \$50 cash gift for participating.

To participate in the study please email Attia Khan at:
attiakh@yorku.ca

This research has been approved by York University's Ethics Review Board.



Thank you for taking the time to read our newsletter!