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Office of Women's Health Research Chair in Mental Health

E-Newsletter: Issue # 37



Hello everyone,

As the year 2022 comes to an end, we are honoured to share with you our Office's latest e-newsletter. It provides information on our research and knowledge transfer activities and events that our Office members and affiliates have been engaged in.

The photo above is from a recent gathering by some of our Office members. Collaborating we aim to contribute to women, youth, and families' mental health and wellbeing.

Nazilla Khanlou
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SECTION 1. KNOWLEDGE TRANSFER EVENT- 6th LILLIAN MEIGHEN WRIGHT MATERNAL- CHILD HEALTH LEARNING ACADEMY

On 18 and 22 Jul of 2022, our Office successfully held the **6th Lillian Meighen Wright Learning Academy**. The event was organized by our Office and funded by the Lillian Meighen and Don Wright Foundation. The Learning Academy this year focused on *Maternal-Child Health and Wellbeing in a Global Pandemic: Promotion, Prevention, Intervention*. Invited speakers and poster presenters included researchers, students, and practitioners dedicated to maternal-child health and wellbeing. The objective of the event was to promote co-learning and engagement in discussions on maternal-child health and wellbeing in the context of the current global pandemic. During the event members of academia, service sectors, and community presented on their research and practices. It entailed panel presentations, pre-recorded poster presentations, and live discussions. See here the Booklet of the event:








<https://nkhanlou.info.yorku.ca/files/2022/07/Booklet-LMW-6th-Learning-Academy-July-2022.pdf?x29732>

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

We are pleased to announce the release of INYI Journal's online Special Issue. The following open access journal articles are available here: <https://inyi.journals.yorku.ca/index.php/default/issue/view/15>

Special Issue:

Mothering in the academia during a pandemic: Structural gender inequalities and family wellbeing

-  Mothering in the Remote Academy
Author: *Maggie Quirt*
-  Health promotion for immigrant mothers of children with developmental disabilities: Towards a transformative approach
Authors: *Luz Maria Vazquez, Nida Mustafa, Nazilla Khanlou, Attia Khan, Gail Jones, Jennifer Osei-Appiah Sodiya, Mahdieh Dastjerdi, Louise Kinross*
-  Resilience and Challenges of Working Mothers during COVID-19
Author: *Marina Heifetz*
-  A liberdade é a coisa mais cara da vida (freedom is the most expensive thing in life)
Authors: Artwork by *Sara & André*, text by *Luísa Santos (Universidade Católica Portuguesa)*
-  Academic mothers during the COVID-19 pandemic: Stressors, strains, and challenges in adapting to work-life enmeshment
Authors: *Chang Su, Tsorng-Yeh Lee, Gordon Flett*
-  The Intersection of Motherhood and Academia During a Pandemic: A Storytelling Approach to Narrative Oral History
Authors: *Sandra Della Porta, Daniella Ingraio*
-  Sharing Stories of Mothering, Academia and the COVID 19 Pandemic: Multiple Roles, Messiness and Family Wellbeing
Authors: *Hanneke Croxen, Margot Jackson, Mary Asirifi, Holly Symonds-Brown*

Health Inequities Experienced by People with Developmental Disabilities

N Khanlou, A Khan, LM Vazquez, F Nunes, S Felice, H Gateri, R Srivastava, S McMillan, JM Francis Xavier

Introduction

Developmental disabilities (DDs) are chronic conditions that begin in childhood and are likely to be life-long impacting the ability to live independently as an adult (CDC, 2017). DDs may include Autism spectrum disorder, Attention-deficit/hyperactivity disorder, Fragile X syndrome, Down syndrome, intellectual disabilities, and cerebral palsy, among others. Young persons with developmental disabilities experience increased difficulties in accessing quality health care as they transition from pediatric to adult healthcare services.

Young persons with DDs have complex health care needs. As they grow older, they are more likely than their peers without disabilities to develop chronic health conditions (Thomas et al., 2011). During emerging adulthood (period from adolescence to young adulthood) these individuals are at increasing risk of developing health problems. During this period, they and their families face increased economic, social, health and mental health related challenges. Studies from various countries, including Canada, found that people with DDs are poorly supported by healthcare systems and services (Fisher, 2004; Krahn et al., 2006; Scheepers et al., 2005; Sullivan et al., 2011).

Although nurses are strategically positioned to provide care to individuals with DDs, they are not fully equipped with the skills, awareness, supports, and education for this active care role. The major challenges that nurses face in providing good care to this population include time constraints, communication challenges and insufficient education and training (Khanlou et al., 2019).



Our study

The overall purpose of our project is to develop guidelines and recommendations to guide nurses and other service providers as how to deliver effective quality nursing care for persons with DDs.

In this Information Sheet, we report on the findings of a survey conducted with nine young adults with DDs, (with the assistance of their caregivers, as needed) to gather the views and perceptions of these youth about their nursing care experiences. A trained interviewer conducted the surveys via an online video platform (Zoom Pro). The participants were six females and three males, between the ages of 16 and 25 years. The DDs impacting these youth included Autism, ADD, cerebral palsy, cortical visual disabilities, global developmental delay, PDD-NOS along with a gene mutation, Fine-Lubinsky syndrome and Dravet syndrome.

In these survey sessions youth told us about i) their health, ii) quality of partnership and collaboration between nurses and young adults with DDs and, iii) about the quality of nursing care and support that they have received.

See the full Information Sheet here: <https://nkhanlou.info.yorku.ca/files/2022/11/Info-Sheet-18-MRG-Dec2022.pdf?x94810>

SECTION 4. JOURNAL ARTICLES

- ✚ Khanlou N, Khan A, Kurtz Landy C, Srivastava R, McMillan S, Vandeveld-Coke S, & Vazquez LM. (2022). Nursing care for persons with developmental disabilities: Review of literature on barriers and facilitators faced by nurses to provide care. *Nursing Open*. <https://onlinelibrary.wiley.com/doi/10.1002/nop2.1338>
- ✚ Khanlou N, Vazquez LM, Khan A, Oraziotti B, & Ross G. (2022). Readers Theatre as an arts-based approach to education: A scoping review on experiences of adult learners and educators. *Nurse Education Today*, 116. 10544. <https://doi.org/10.1016/j.nedt.2022.105440>
- ✚ Vazquez LM, Mustafa N, Khanlou N, Khan A, Jones G, Osei-Appiah Sodiya J, Dastjerdi M, & Kinross L. (2021). Health promotion for immigrant mothers of children with developmental disabilities: Towards a transformative approach. *INyI Journal*. <https://doi.org/10.25071/1929-8471.105>

SECTION 5. EDITORIALS

- ✚ Khanlou N. (2022). Editorial. Year 2020: How will it impact identities of children and youth over time? *International Journal of Mental Health and Addiction*, 20(3), 1834-1836. <https://doi.org/10.1007/s11469-021-00484-4>
- ✚ Khanlou N. (2021). Editorial. Special Issue: Anti-racism activism, scholarship, policy and praxis: Focus on youth inclusion and integration. *INyI Journal*, 11(1), <https://doi.org/10.25071/1929-8471.104>

SECTION 6. CONFERENCE PRESENTATIONS

- ✚ Khanlou N, Nunes F, Vazquez LM, Khan A, & Seto Nielsen L. (3-5 November 2022). Exploring the complexity of narratives in the cultural identity negotiation and integration of Asian- and Latino-Canadian youth. 26th Biennial Canadian Ethnic Studies Association Biennial Conference: Immigration Politics, Refugee Crises, and Ethnic Dynamics in a Changing World Order – Canada and Beyond, Saint Mary's University, Halifax, Nova Scotia.
- ✚ Khanlou N, Khan A, Kurtz Landy C, Srivastava R, McMillan S, Vandeveld-Coke S, & Vazquez LM. (21-22 October 2022). Health inequities experiences by people with developmental disabilities: Towards a strategic role for nursing care. *Canadian Children, Youth and Communities (CCYC) Health In | Equity Digital Conference*, Temerty Faculty of Medicine, University of Toronto.
- ✚ Khan A, Khanlou N, Raphael D, & Hynie M. (21-22 October 2022). Rethinking post-pandemic mental health care and support for immigrant youth: Recommendations from a study on immigrant youths' mental health. *Canadian Children, Youth and Communities (CCYC) Health In | Equity Digital Conference*, Temerty Faculty of Medicine, University of Toronto.
- ✚ Khanlou N, Davidson D, Nunes F, Seto Nielsen L, Karunakaran A, Madzima S, Vazquez LM, Khan A, & Alamdar N. (24-26 June 2022). Readers Theatre as an arts-based participatory approach to explore Asian-Canadian youth identities. *Child, Youth, Performance Conference IV*, York University, Toronto, Ontario.
- ✚ Khanlou N, Khan A, Kurtz Landy C, Srivastava R, McMillan S, Vanderveld-Coke S, & Vazquez LM. (9-10 February 2022). Person-and-family-centered-care nursing care for persons with developmental disabilities. (Poster with narration). *Canadian Health and Wellbeing in Developmental Disabilities Conference*, University of Toronto, Ontario (digital conference)

SECTION 7. INVITED PRESENTATIONS

- ✚ Khanlou N. (26 October 2022). Migration, mental health, youth resilience and COVID-19 pandemic. XIII Seminar on Internationalization of Production of Knowledge in Nursing; Multiculturalism: Diversity, equity, and inclusion in the health and nursing care, Anna Nery School of Nursing, Universidade Federal do Rio de Janeiro, Brazil (virtual event).
- ✚ Hasan N, Khanlou N, & Epstein I. (22 July 2022). The role of parents in mitigating children and adolescents' experience of health-related stigma during the COVID-19 pandemic 6th Lillian Meighen Wright Learning Academy, York University.
- ✚ Khanlou N. (9 June 2022). Upstream mental health support for racialized women at risk of gender-based violence during COVID-19 pandemic (Article: 2020 Syndemic: Convergence of COVID-19, gender-based violence, and racism pandemics). Webinar - Virtual Journal Club, School of Nursing Midwifery and Health Systems. University College Dublin, Ireland.
- ✚ Khanlou N. (19 May 2022). Multi-level public mental health support for racialized women at risk of gender-based violence in a global pandemic. Evidence Café, Research Analysis & Evaluation Branch, Ministry of Health, Ontario.
- ✚ Khanlou N & Mgwigwi T. (4 May 2022). Digital exclusion of racialized women at risk of GBV during the COVID-19 pandemic. Navigating Information and Race in the Era of COVID-19 Symposium, York University Libraries, York University.
- ✚ Khanlou N. (10 March 2022). Institutional violence regarding women's assistance: A human rights violation. Gender violence and its contemporary interfaces. Sexual and Reproductive Health of Human Research Groups, Anna Nery School of Nursing, Universidade Federal do Rio de Janeiro, Brazil (virtual event). Available: <https://www.youtube.com/watch?v=7L6nfbCPsII>

SECTION 8. RESEARCH AWARDS

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

- ✚ - 2022-2025 Khanlou N (PI), Davidson D, Nunes F, Seto Nielsen L, Skop M, Collaborators: Kim H-S, Santos Silva L, & Zangeneh M. *Asian-Canadian youth identities in a pandemic era: Arts-based research*. SSHRC Insight Grant.
- ✚ - 2022-2024 Khanlou N (PI), Davidson D, Foster L, Nunes F, Collaborators: Bingham R, Gateri H, Lum L, Pour Ebrahim Alamdar N, & VanDeVelde-Coke S. *Social support for racialized families of youth with developmental disabilities: Intersectionality informed research*. SSHRC Insight Development Grant.
- ✚ - 2022-2023 Khanlou N (PI), Davidson D, Foster L, Nunes F, Collaborators: Bingham R, Gateri H, Lum L, Pour Ebrahim Alamdar N, VanDeVelde-Coke S, & Washington D. *Equity-informed intersectoral KMB to address pandemic health disparities experienced by racialized families with developmental disabilities*. SSHRC Exchange – KMB Grant.

CONGRATULATIONS TO DR. KHANLOU AND COLLEAGUES!

SECTION 9. OUR OFFICE AFFILIATES' ACADEMIC AND RESEARCH ACCOMPLISHMENTS

We are proud to share with you the academic and research accomplishments of our Office's affiliates and volunteers:

CONGRATULATIONS TO ALL!



Dr. Joyce Kamanzi is the Lillian Meighen Wright Postdoctoral Fellow in Maternal-Child Health, funded by the Lillian Meighen and Don Wright Foundation. Dr. Kamanzi completed her doctoral studies at the Faculty of Nursing, University of Alberta, Canada. She is a registered nurse and previously worked as Quality Manager in Rwanda. Her doctoral research focused on exploring the experiences of mothers using the Prevention Mother-to-Child Transmission (PMTCT) Program to prevent HIV transmission. She explored socio-cultural, gender inequalities, political factors, and oppression against HIV positive women that influenced their access to the PMTCT program.

Dr. Attia Khan in her new role is the Postdoctoral fellow with our Office of Women's Health Research Chair in Mental Health. Dr. Khan has a PhD in Health Policy and Equity from Faculty of Health, York University. She is a trained medical doctor (international) and has an MSc in Public Health. Dr. Khan has been teaching as a sessional faculty at York University and University of Toronto Scarborough. Dr. Khan also completed a Post Doctoral Fellowship at the Centre for Addiction and Mental Health examining HIV, employment, and quality of life. Her research experience spans from community-based research in developmental disabilities' health, immigrant mental health, youth identity, maternal healthcare, HIV/AIDS to medical education.



- ✚ **Josephine M Francis Xavier** is a Doctoral candidate in Nursing who is involved in research activities at the Office related to the project titled: *Asian-Canadian youth identities in a pandemic era: Arts-based research*. Josephine was awarded the Tylenol® Fund to Advance Diversity in Nursing and Health Equity Research Scholarship by the Canadian Nurses Foundation (CNF) for a two-year term in June 2022.
- ✚ **Danielle Washington** is a Doctoral student in Nursing who is involved in our Office's research project titled: *Social support for racialized families of youth with developmental disabilities: Intersectionality informed research*. Danielle's thesis focus is on the mental well-being of Black Women who are at risk of intimate partner violence and poverty. She recently presented a poster at York University's 6th Lillian Meighen Wright Maternal-Child Health Learning Academy, titled: *The Mental Well-being of Adolescent Mothers Affected by Intimate Partner Violence (IPV): Challenging the Barriers of Gender Inequity*.
- ✚ **Nasteho Hasan** is a Master of Science in Nursing (Thesis Stream) student who just completed her Advanced Nursing Practicum (NURS5400) at our Office, conducting interviews with Asian Canadian youth in the project *Asian-Canadian youth identities in a pandemic era: Arts-based research*. Nasteho plans to begin data gathering for her own thesis project in the new year.
- ✚ **Candice Christmas** is a Doctoral candidate in the School of Health Policy and Equity and is a research affiliate at the Office. She was successful in securing a \$1.34 M grant from Health Canada to launch *Support Not Stigma*, a multi faceted initiative to assist people with substance use and mental health challenges in the Kingston Area who are also experiencing homelessness. Interventions were informed by the voices of this population in the 2021 study.
- ✚ **Amirtha Karunakaran** completed her Masters in Global Health from York University in October 2021. Her Major Research Project (MRP) was titled "The COVID-19 experience amongst Canadian South Asian Parents of Children on the Autism Spectrum". After working as a registered practical nurse for 10 years, Amirtha embarked on a new professional journey with the College of Nurses of Ontario as an Investigator under Professional Conduct.

- ✚ **Negar Alamdar** has a PhD from York University and currently teaching courses as a sessional faculty member at the Department of Equity Studies at York University. She held the previous Lillian Meighen Wright Postdoctoral Fellowship in Maternal-Child Health under the supervision of Dr. Nazilla Khanlou. Dr. Alamdar has been teaching at college in Social Service work and Gerontology program based on her experience as a front-line developmental service worker at Community Living Dufferin. She has experience working with vulnerable individuals who have experienced trauma (clients of Canadian Centre for Victims of Torture supporting mainly refugees) and North York Women Shelter. Dr. Alamdar is currently in a process of publishing her PhD dissertation which focuses on Women and injustices.
- ✚ **Sheena Madzima** has a Bachelor of Science in Psychology. She co-facilitated a four-part workshop and interview with a focus group for the Office's project titled *An Art-based Participatory Youth Engagement Knowledge Mobilization Project on Asian-Canadian Youth Identities* that utilized art-based methodologies to explore the challenges faced by Asian-Canadian youth in relation to their identity. Sheena published an article in the International Network on Youth Integration (INYI) Journal describing her experiences as a researcher implementing art-based methodologies during the lockdown in addition to the challenges faced by participants as they reflected on the impact of COVID-19 on their personal lives and cultural identity. Sheena also presented at the Children & Youth Performance Conference 2022 on her experience facilitating the workshops.
- ✚ **Dr. Luz Maria Vazquez**, Contract Faculty and Research Coordinator at the Office recently received a research fund award from York University, to conduct the study titled: *Gender and Climate Change: Vulnerabilities and Adaptation in Coastal Communities in Costa Rica*.

CONGRATULATIONS TO OUR OFFICE AFFILIATES FOR PUBLISHING NEW ARTICLES AND REPORTS!

- ✚ Vázquez, L. & Vandergeest, P. (2022). Coastal erosion narratives in the Gulf of Mexico: implications for climate change governance. *Journal of Political Ecology*, 29(1), 705–724. doi: <https://doi.org/10.2458/jpe.5375>
- ✚ Francis Xavier, J. (Spring, 2022). Families in the childbearing period: Fathers and the COVID-19 pandemic. *Revisiting Canada in Conversation: Crisis, Challenge and Change*, Canada Watch, Roberts Centre for Canadian Studies at York University, Canada. <https://yorkspace.library.yorku.ca/xmlui/bitstream/handle/10315/39760/CW-2022.pdf?sequence=1&isAllowed=y>
- ✚ Christmas, C. (2021). Crystal Meth, Opiates, Overdose and Housing in Kingston, Ontario: 2021 Rapid Assessment and Response Community Needs Assessment for the Integrated Care Hub." <https://drive.google.com/file/d/1IH7krMFUX9YrhwtZxzbU606PhbBXOUy0/view?usp=sharing>

SECTION 10. UPCOMING EVENTS

- ✚ Upcoming Conference: Canadian Health and Wellbeing in Developmental Disabilities Conference (HWDD) on Feb 8-9, 2023, Temerty Faculty of Medicine, University of Toronto.
Our abstract titled "A scoping review of the literature on social support needs of racialized families of youth with developmental disabilities" was accepted for the conference.

SECTION 11. STUDY RECRUITMENT

We are conducting a research project titled *Asian-Canadian youth identities in a pandemic era: Arts-based research*.

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

<https://nkhanlou.info.yorku.ca/files/2022/10/Flyer-Arts-Asian-Canadian-Youth-SSHRC-IG.pdf?x29732>

RECRUITMENT FOR A STUDY!



✓ **Are you an Asian-Canadian youth between the ages of 16 - 24 years with an ancestry/origin from the following countries: China, Philippines, or India?**

Would you like to participate in **an arts-based** study to explore youth identity?

If yes, we invite you to participate in our project.

What will you do?

- ✓ Take part in drawing a simple visual art, followed by an individual interview
- ✓ You will receive \$50 dollars for participating

For further details, please contact

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***Approved by York University's Research Ethics Board**

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Thank you for taking the time to read our newsletter!