



Western
Centre for School
Mental Health

Supporting Transition Resilience of Newcomer Groups (STRONG)

Canada has welcomed a large number of newcomers in recent years. Throughout their complex migration and settlement journeys, newcomer children and youth may have experienced adversities and traumatic experiences. As a result, they can experience psychological distress, struggle with functioning at home, school and communities and require additional support as they transition into new environments.



The Approach (What we do)



Develop and evaluate a promising group mental health intervention focused on supporting the transition of newcomer children and youth and bolstering their resilience and coping skills



Offer the intervention in English and French **district school boards** as well as in community settings



Develop and share materials for stakeholders to better understand how to support newcomer children and youth

The Outcome (The difference we want to make)



Newcomer children and youth are more confident and resilient, better able to cope with stress, and develop a greater sense of belonging



STRONG clinicians feel more knowledgeable and confident about supporting newcomer children and youth and gain personal and professional benefits



There is greater awareness of STRONG and lessons learned among educators, clinicians, researchers, community

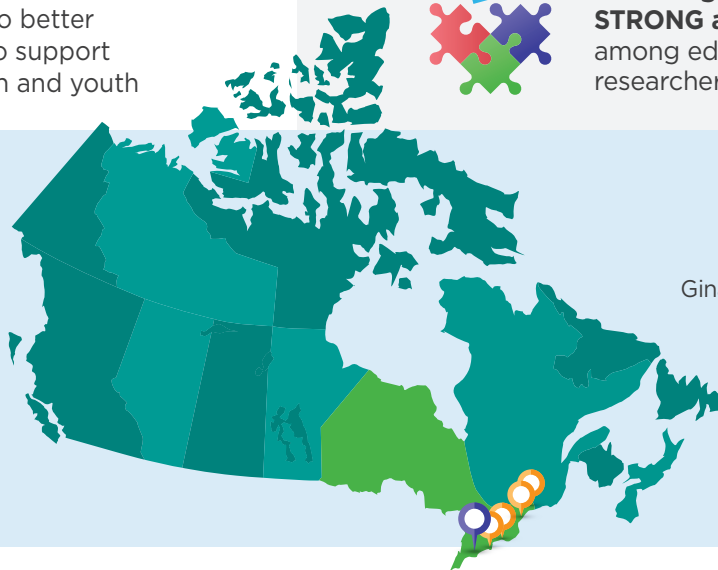
Where We Are

London, Ontario
Western University

Implementation sites

English and French school boards across **Greater Toronto Area, Niagara, Kingston and Ottawa**

Community organizations in **London, ON**



Contact:

Claire Crooks, Director
ccrooks@uwo.ca

Gina Kayssi, Project Manager
gkayssi@uwo.ca

 [csmh.uwo.ca](https://twitter.com/csmh.uwo.ca)

This project is part of the Mental Health Promotion Innovation Fund (MHP-IF) which is funded by the Public Health Agency of Canada. The MHP-IF is a national program that seeks to learn about promising approaches for advancing mental health promotion among young Canadians.

The MHP-IF projects are supported by a Knowledge Development and Exchange Hub for Child and Youth Mental Health Promotion. **You can learn more about this project, the KDE Hub and all 20 projects at kdehub.ca.**



 Public Health Agency of Canada  Agence de la santé publique du Canada



 School Mental Health Ontario  Santé mentale en milieu scolaire Ontario

