

BOW VALLEY MENTAL HEALTH PARTICIPATORY ACTION LEARNING PROJECT

*Exploring well-being from
an intercultural perspective*

Community Information Session

Monday, March 6, 2023
3:30pm - 5:30pm
Canmore Public Library

All are welcome!



**BOW VALLEY
IMMIGRATION
PARTNERSHIP**
stronger together



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



**Alberta Health
Services**





Land Acknowledgement

This project takes place in the Treaty 7 territory of the Iyârhe (Stoney) Nakoda Nations of the Bearspaw, Chiniki, and Goodstoney Nations, the Blackfoot Confederacy of Kainai, Piikani, and Siksika Nations, the Tsuu T'ina Nation of the Dene people, the Ktunaxa, Secwépemc, Mountain Cree, and Métis Nation of Alberta Region 3.



Today we will talk about:



Overview of the MHPAL project



Team Introductions



Learning Phase: Plans for Community Engagement



Questions About the Project?



Alberta Health Services: Mental Health Supports & Resources



How to Contact Us



History of the MHPAL Project

- Ethiocare
- Rural Mental Health Project
- BVIP Health Committee & Bow Valley Wellness, Recovery & Preparedness Coalition





The Bow Valley Mental Health Participatory Action Learning (MHPAL) Project

Goals

- Learn:
 - Strengths, opportunities, challenges
 - Ideas
- Strengthen relationships
- Support cultural groups & associations





Approach

- Inspired by Community-based & Participatory Action Research (PAR)
 - Equitable participation
 - Community relevance
 - Action & change





Participation

- 4 teams design their own projects
- Guided by PAR/CBR values & principles
- Cultural, language, and faith associations are participants and/or consultants





The Bow Valley Mental Health Participatory Action Learning (MHPAL) Project

Action

- Enhance existing services
- Try something new
- Create a healthier community together





Learning

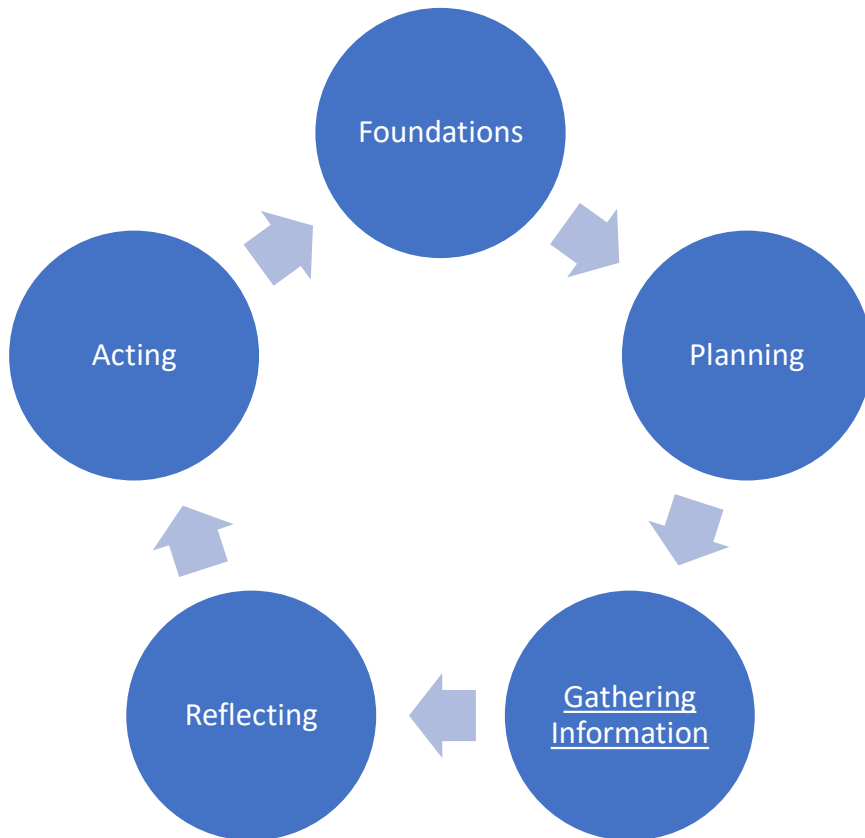
In each community:

- What works or might work to improve emotional wellbeing?
- What does emotional wellbeing mean? How do we understand it?
- How is the term 'mental health' understood and interpreted?
- What words do people use to describe emotional wellbeing?
- How do people support their emotional wellbeing?
Where do they go for support?
- What are some barriers to feeling emotionally well?
- Is emotional wellbeing or mental health difficult to talk about?
If so, why? What would make it easier?



The Bow Valley Mental Health Participatory Action Learning (MHPAL) Project

What's next?



Our Team: Steering Committee

Steering Committee Members

Rural Mental Health Project Community Animators:	Tannia Burelo & Tanya Wood
Bow Valley Immigration Partnership:	Meagan Reid
Mental Health Commission of Canada:	Fiona Haynes
Alberta Health Services:	Marika Pollock Peter Baylis & Ella-Jean Schatzmann
Town of Banff:	Shawn Carr
Ethiocare-served Community:	Bekele Hankebo
Spanish-Speaking Community:	Mariana Barrón
Filipino Community:	Ineerose Calizo
Muslim Community:	Fathima Fahim



Fathima Fahim

Muslim Community Learning Facilitator

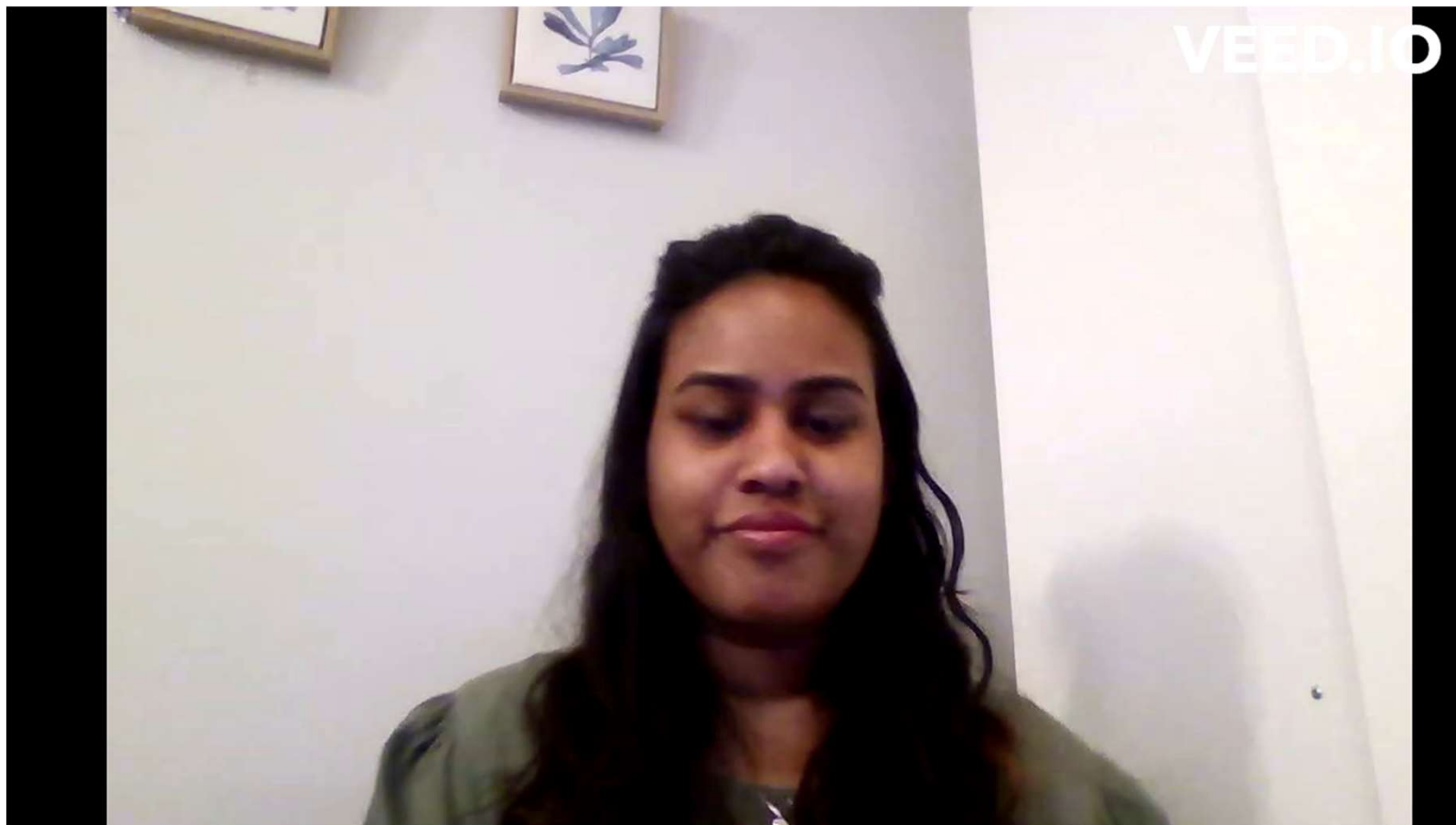


Fathima.MHPAL@gmail.com

"We are all unique individuals that come from different cultural backgrounds with varying individualistic and collectivistic traits. I became interested in this project to see how we can work collaboratively with the community to obtain first-hand experiences to help develop a holistic understanding of the community's mental health concerns so that relevant support and guidance can be utilized. "

 Our Team: Community Facilitators

Fathima Fahim



Our Team: Community Facilitators

Mariana Barrón

Latino Community Steering Committee Member



Mariana.MHPAL@gmail.com

Elsa Castro

Spanish-speaking Community Learning Facilitator



Elsa.MHPAL@gmail.com

Interest in the project

“We are committed to this project because we care, and we understand the difficulties that comes along as immigrants.”

Context

✓ Refugees (Crime, Terrorism, Violence, etc.)

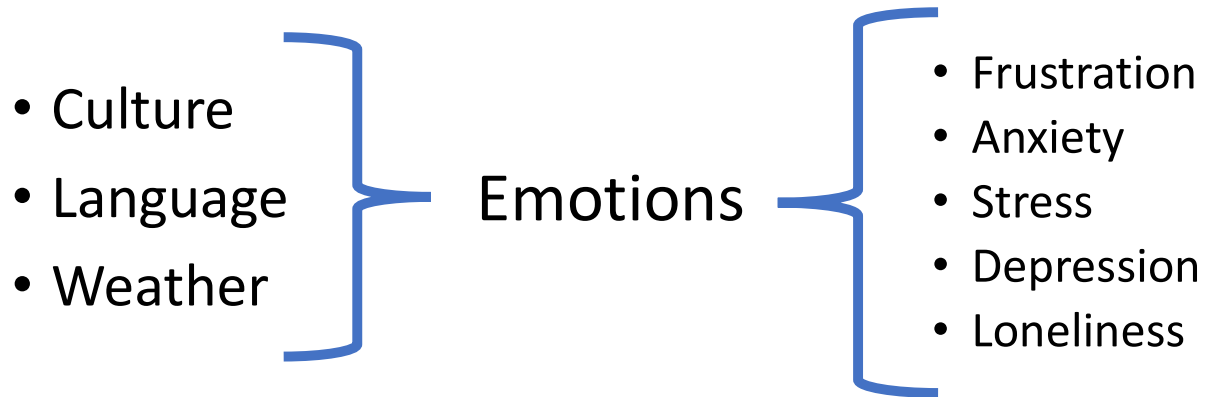
✓ Immigrants



✓ **Permanent**
(Seeking residency)



✓ **Temporary**
(Foreign workers, Working holiday, students, etc.)

Process of Adaptation



Plan for learning project

Goal: We want to better understand what our community **thinks about their own mental health, how to improve** and **where they turn** when they want support.

Method:  Online – Survey  Why?

We want to encourage people to share their ideas!

Our Team: Community Facilitators

Ineerose Imperio

Filipino Community Facilitator



Inee.MHAP@gmail.com

Angesom Tewelde

Ethiopian & Eritrean Community Facilitator



Angesom.MHPAL@gmail.com



Angesom: 403.431.3545

Bekele: 587.700.5985

“I see the MHPAL project as an opportunity to learn more about emotional well-being and share with my community members about the available resources.”



Questions About the Project?

Questions?

- Please ask our team about the project!
- Join us in our commitment to listen deeply, with care, and with a curious, open mind.
- We value safe spaces that promote sharing.

Slide 21

RM0 I don't think we need this slide, but I love the photo! Maybe it can be used somewhere else?
Reid, Meagan, 2023-03-06T18:30:09.823



Struggling with Mental Health? Need help today?

Help is available!

Free Walk-in Counselling is available in Banff and Canmore

Visit Banff Mineral Springs Hospital or Canmore General Hospital
everyday from **2-9pm**




Feeling stressed? Need to talk?

Help is available!

Addiction & Mental Health services are available
in Banff, Canmore, and Lake Louise

To access free counselling, call Access Mental Health:
1-844-943-1500



Look inside,
See the signs
& take care of
your mental health.

Feeling... off?

Take a quick quiz to learn about your emotional well-being — and get suggestions for resources and Bow Valley support services — at **SeetheSigns.ca**

BOW VALLEY



Wellness, Recovery & Preparedness
COALITION



Contact Us



**BOW VALLEY
IMMIGRATION
PARTNERSHIP**
stronger together



www.BVIPartnership.com



@BVIPartnership



@BVIPartnership



@BowValleyLocals



Meagan Reid (She/Her)
Coordinator



(403) 431-0705



bvip@banff.ca