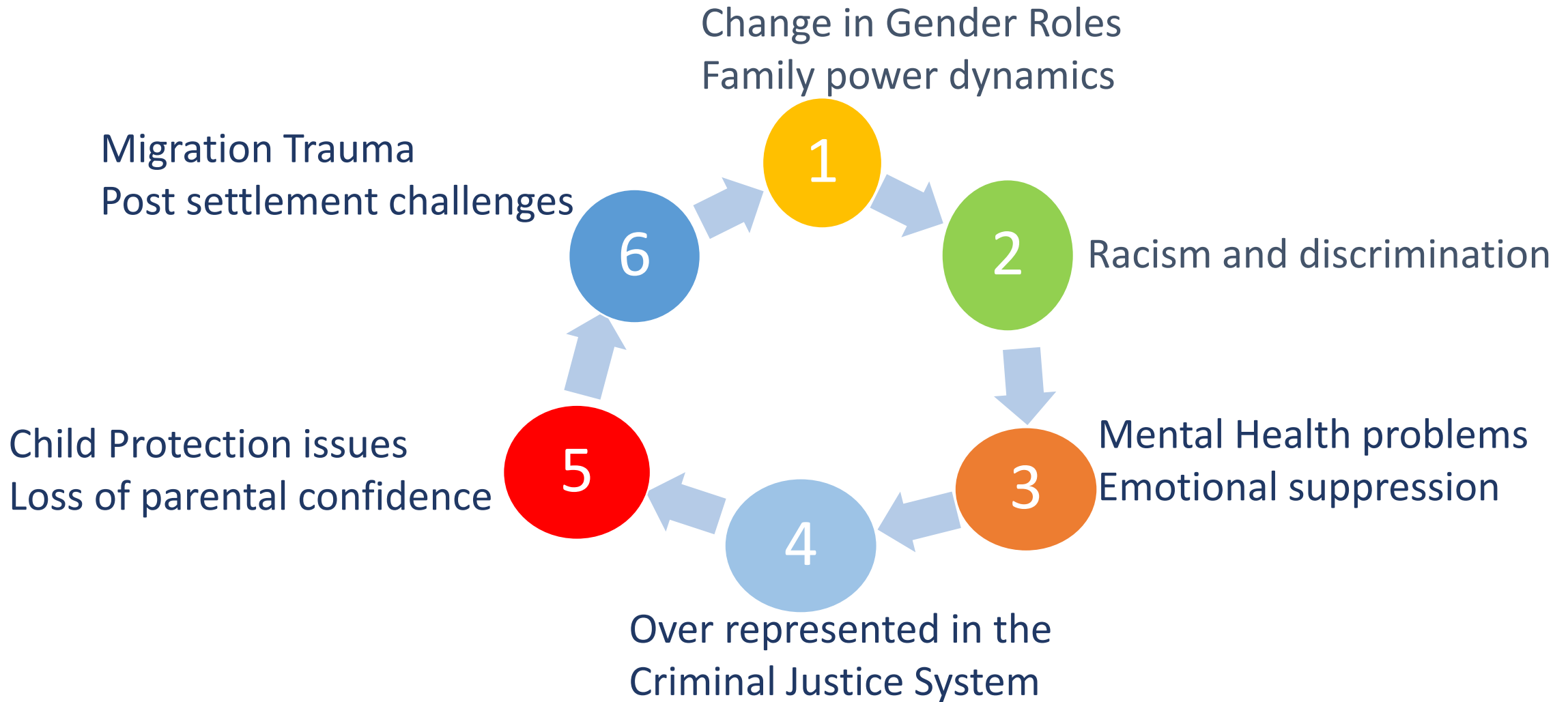


Culturally Centered Care: African Youth and Families



As an African migrant refugee, I acknowledge the Aboriginal people as the first and traditional custodians of this land. We pay our deepest respect to the elders, past and present and honor their resilience and wisdom.

Cultural and Structural barriers



The Nas (People) Theory of Care

Focus on engagement,
cultural reconnection,
and the Ubuntu
philosophy "I am
because we are."



The Support Spectrum: Individual, Family, Community, & Beyond

Individual

- Our approach is rooted on empathy, understanding, and respect.
- Create a safe, non-judgmental environment for open expression.
- Taking into accounts beliefs, traditions, and values important to them
- Encourage self-expression through art, music, or sports.
- Identify their circle of supportive

Family Support

- Family serves as the primary source of social support.
- In many African cultures, decisions are made as a group.
- Create culture of care and change perceptions around seeking help.
- Accessible peer support groups in languages that resonate with participants.
- Education, advocacy and support to families including their extended families so they feel empowered to play their critical role.

Community Engagement

- Provide a communal space for people to share thoughts, resolve conflicts, and make joint decisions.
- Awareness campaigns and educational programs to reduce stigma and promote mental health understanding.
- Mental well-being becomes a collective responsibility.

Agency Alliances

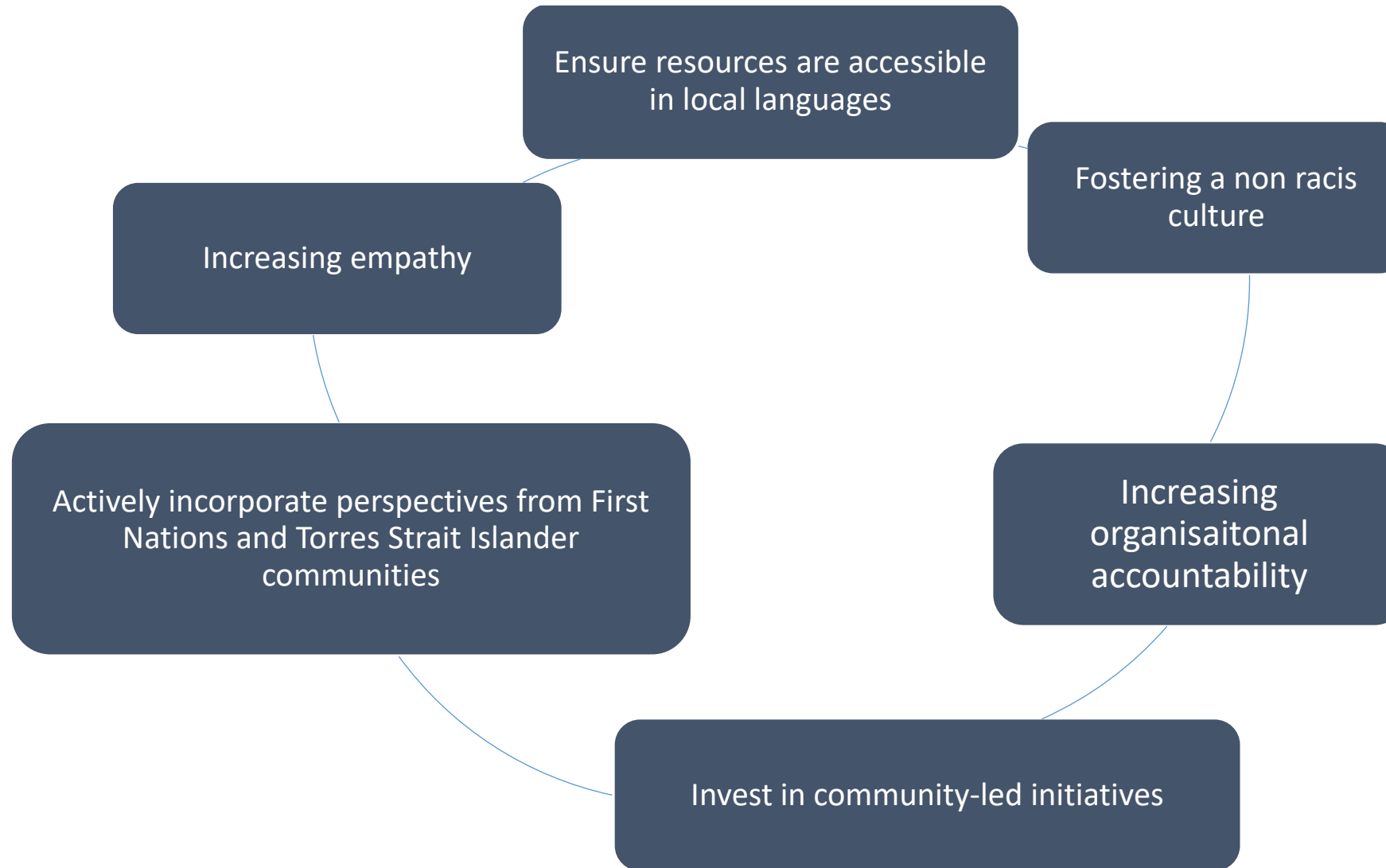
- Establish strong partnerships and warm referrals to ensure coordinated care.
- Build capacity and professional confidence.
- Joint community engagements
- Monitor progress and re-align support as the needs evolve.

Celebrations: Holistic Healing Experience

- Recovery is about living well and finding joy.
- We emphasize the importance of celebrating small victories to build social connections, resilience, and motivation.
- Offer collective healing workshops that integrate traditional African practices, such as storytelling and drumming.



Your Take Home Pack: Improve access to AOD-Mental Health Treatment and Support



Finishing Strong- Let's discuss!

Strategies must remain flexible to adapt to the changing needs of our communities, particularly as we continue to deal with migration, displacement, and trauma.

Thank you

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