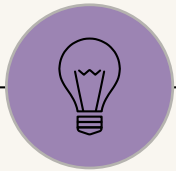


# Pathways to Care: Mental Health for Black Children, Youth, & their Families in Ontario



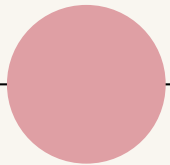
Confronting Anti-Black Racism Advisory Committee  
February 16, 2022

**PTC** Pathways  
to Care

# Pathways to Care

Five-year (2018-2023) systems-change project & strategic collaboration between Black Health Alliance, TAIBU Community Health Centre, CAMH, Strides Toronto, and the Wellesley Institute

Pathways to Care aims to remove barriers and improve access to mental health and addiction services for Black children, youth and their families in Ontario by making interventions at the policy, sector, and population levels.



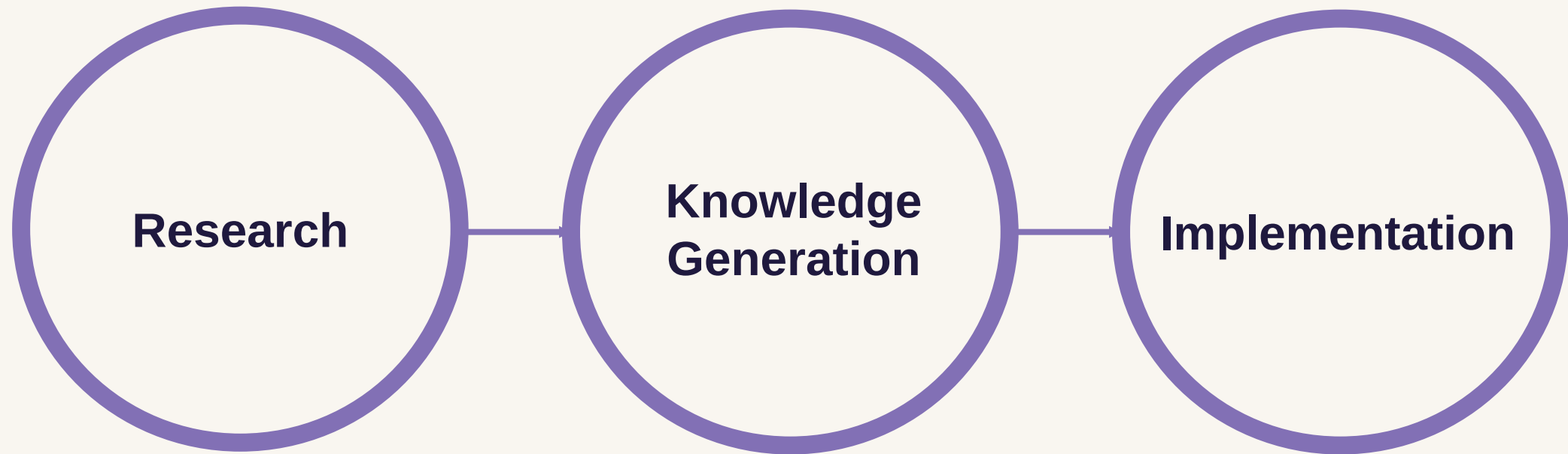


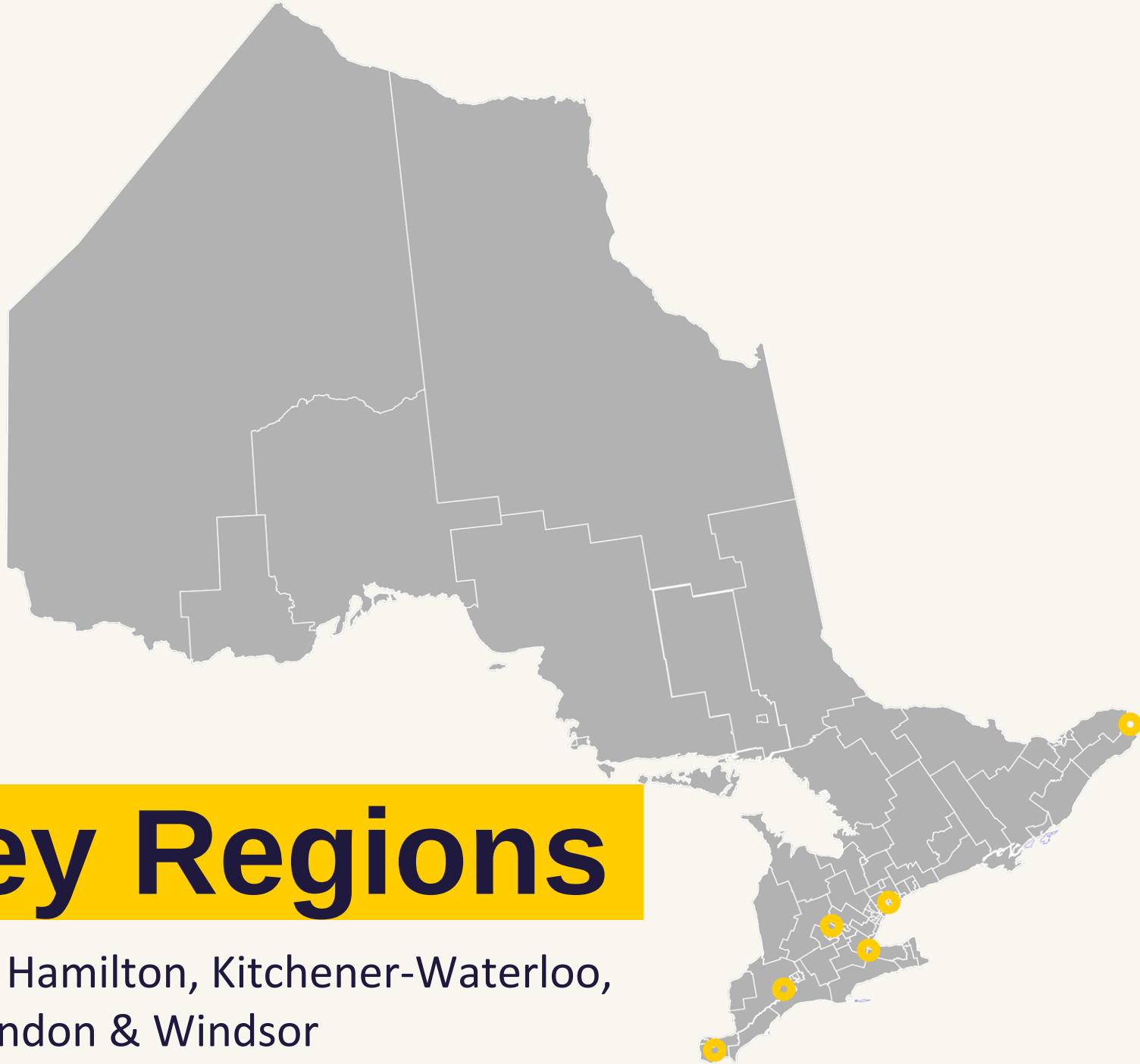
# Black Youth & Mental Health

- In the Black community specifically, mental health and addictions issues are reaching crisis levels (Taylor & Richards, 2019).
- Black youth are disproportionately more likely to access mental healthcare through both forensic and emergency care pathways, suggesting that some Black youth are not receiving care unless they are:
  1. Interacting with the justice system or,
  2. Symptomatic enough to need intensive intervention
- Black youth wait twice as long (16 months) to access treatment compared to white youth (8 months)



# Project Activities

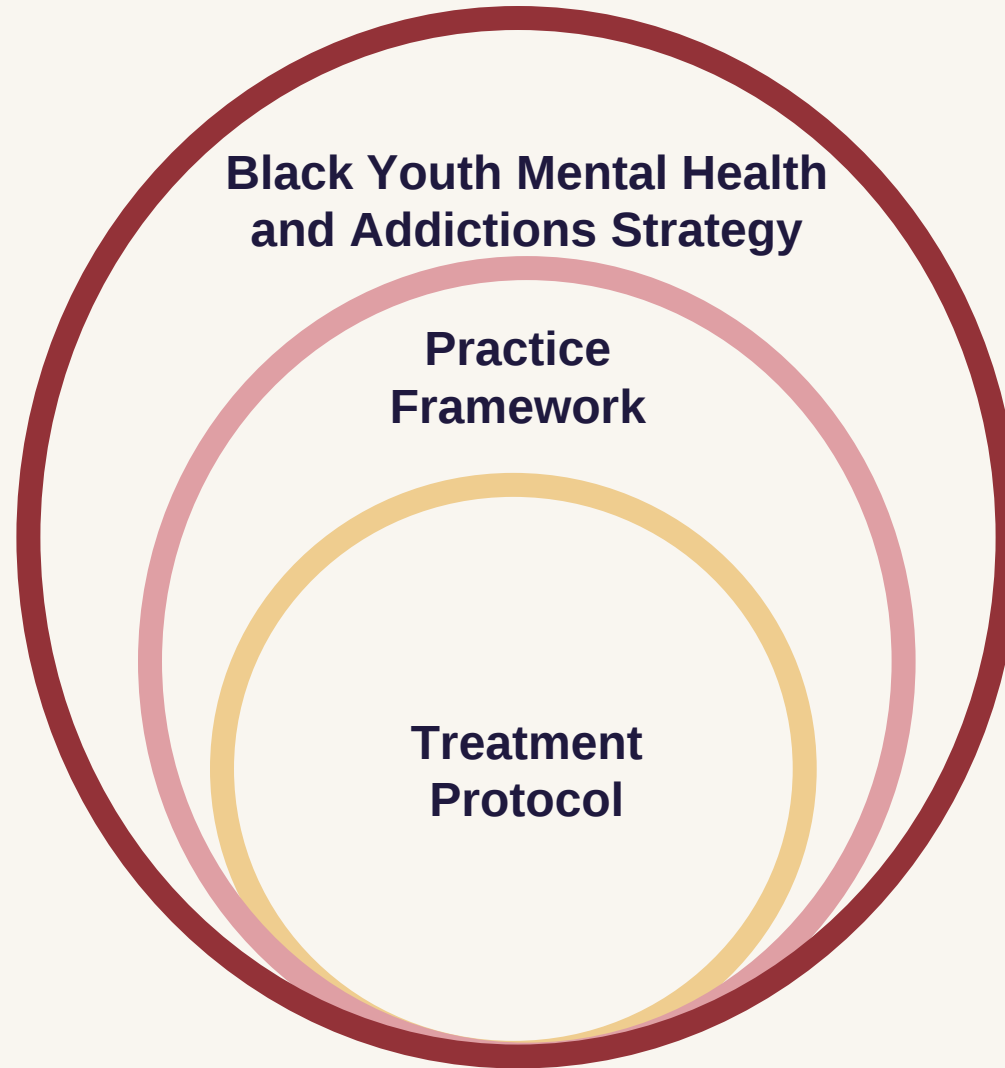




# Six Key Regions

Ottawa, Toronto, Hamilton, Kitchener-Waterloo,  
London & Windsor

# Strategic Framework





# Social Network Analysis

- In 2020-21 Pathways to Care conducted a Social Network Analysis (SNA) of service providers across mainstream and Black-led agencies and organizations in Ontario
- The SNA was an opportunity for mental health service providers to share information about their organizations
- Information on location, service provision, referral patterns, goals and mission of organizations, as well as organizational practices and policies related to serving Black children and youth



# SNA Overview of Findings

- Disconnect between organizations' intent to collaborate with Black-led organizations and their actions
- Lack of diversity and inclusion of all Black staff/professionals in workplaces serving Black youth and children
- Lack of Black representation among mental healthcare providers
- Lack of Black leadership and integrated ABR capacity building

# Focus Groups

Toronto  
7 Groups

Hamilton  
3 Groups

Ottawa  
3 Groups

Waterloo  
3 Groups

London  
3 Groups

Windsor  
4 Groups

# Overall Systems-Level Findings

Many of the biggest systems level barriers for focus group participants were:

- Systemic Racism
- Difficulty getting entry into care
- Poor system coordination
- Financial Barriers
- Short duration of services
- Lack of cultural competency



# Systems-Level Solutions

- Creation of service pathways and conduits to care
- Increased funding for Black-specific programs and organizations [Partnerships!]
- Encouraging non-Black services to invest in and recruit Black mental healthcare workers
- Free, longer-term services for Black youth
- Crisis support teams

# Research to Strategy

- Community-Based Research informed strategy
- Matching gaps to solutions put forth by Black youth, community/caregivers and service providers
- Leverage the expertise of PtC Team, partners, and committee members (including our YAC)
- Listening and responding to changing current context (i.e. COVID pandemic-related barriers to mental health care for Black youth)