

WE Value Partnership

Settlement success. Together.

Partenariat WE Value

Succès en établissement. Ensemble.

Data Dissemination

March 21, 2023

Health & Mental Health

An overview of perceived health, including mental health

About this report

This report includes data as presented in one of four Data Sharing & Community Consultation event held on March 21, 2023. These events were hosted by the WE Value Partnership and the Windsor-Essex Local Immigration Partnership.

The data was collected by the WE Value Partnership through a holistic Needs & Assets Assessment offered by the YMCA of Southwestern Ontario. It was captured through the K2 Pathway to Settlement System and analyzed by Dr. Reza Nakhaie, Professor of Sociology at the University of Windsor.

This data reflects reporting by staff at YMCA of Southwestern Ontario at the time of the tabulation. Data are preliminary and are subject of change. Reports produced from We Value Assessments and Settlement Plans developed between December 2019 and December 2022, part of the Needs and Assets Assessment and Referral Services (NAARS) module funded by Immigration, Refugees and Citizenship Canada.



The **WE Value Partnership** offers newcomers a holistic and capacity-focused assessment that connects them to services, opportunities, and people.

This community-driven approach focuses on newcomer success and continuous learning through digital innovation.

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Immigration, Refugees
and Citizenship Canada

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et Citoyenneté Canada



Client Demographics

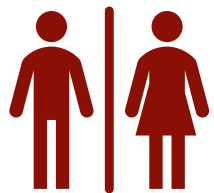
598 Client Assessments are represented through this report

- The majority of clients have been assessed **post-pandemic** (50.8%) while some were assessed prior to the onset (15.4%)
- At the time of their assessment, majority clients have been **in Canada between 7 months and 1 year** (63.5%) followed by 6 months or less (15.6%), 1 to 2 years (11.5%) and more than 2 years (9.4%)



World Region

58% Middle East Origin
22% Africa
15% Asia
3% Eastern Europe
2% Latin America and Caribbean



Men (50.8%)

Women (49.2%)

Average Age: 39



Married (64.9%)

Single (26.2%)



6 years (average) of work experience outside Canada



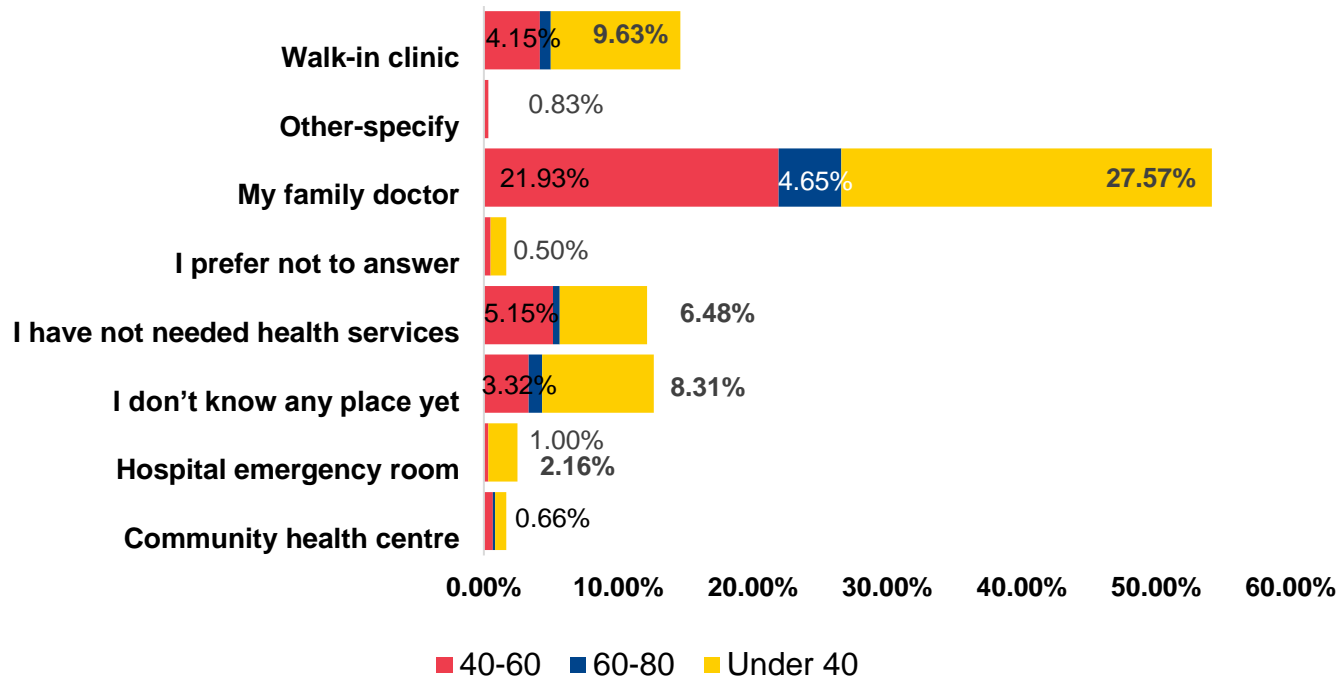


Health & Mental Health

Data Overview

Newcomer Health Care: Access and Navigation

Had a Regular Family Doctor at Time of Assessment



58% Had a Family Doctor at the time of their initial assessment

- 24%** Walk-In Clinic
- 15%** Only Walk-In Clinic
- 2.5%** Emergency Room

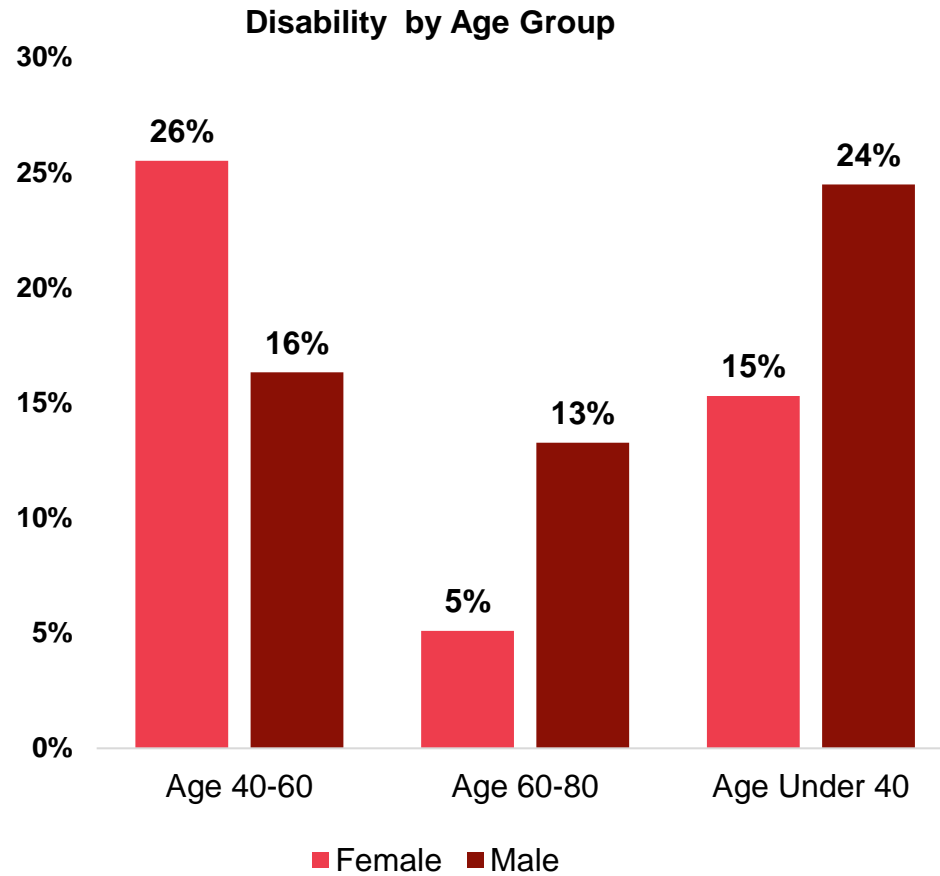
28 % of assessed have not applied for OHIP yet at the time of the assessment.

11% of clients with self-reported health concerns, had no family doctor at the time of the assessment. From those, **4%** did not know any place yet

Results shows that most newcomers to Canada can successfully access healthcare services if they need to.



Self Identified Disability



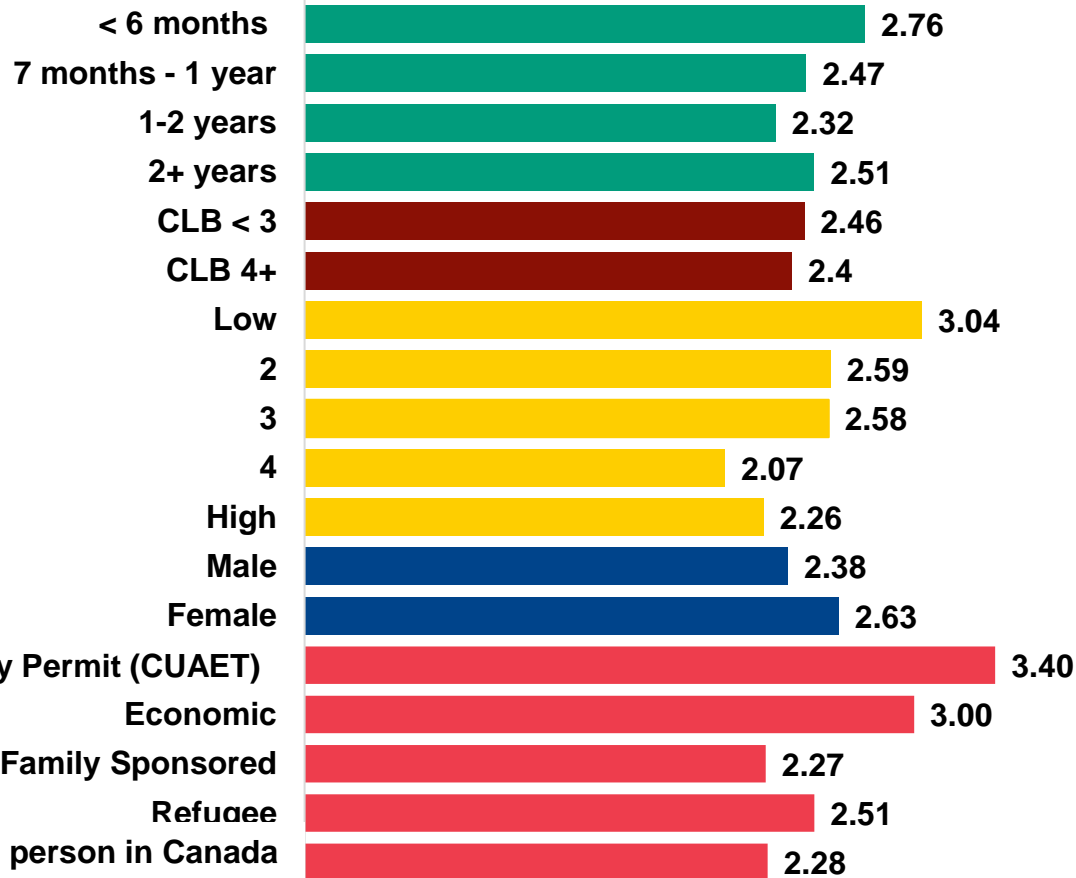
84.39% of clients assessed reported no disability

10.13% of clients assessed reported having low vision



Settlement Plan Actions Goal

Length of residency



Language Ability and Health Related Settlement Plan Action Goals

Immigration Status and Health Related Settlement Plan Action Goals

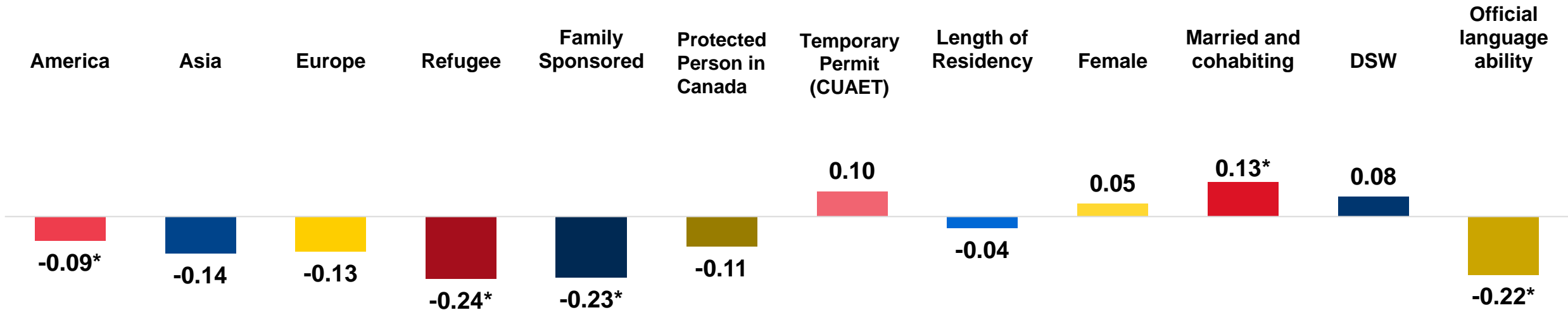
The average health related settlement plan action goals are highest among clients whose length of residency is less than six months. It generally declines afterward.

The average number of health-related settlement plan action goals are lower among those with higher CLB. They are also lower among clients with a high perception of official language ability

The average health related settlement plan action goals are somewhat higher among females than males



Predictors of Health Actions



These figures are unit free and can be compared against each other. Each of these categories adjust for the effect of other categories. Refugee and family sponsored clients are about a quarter of standard deviation less likely to receive settlement action Plans related to Health than economic immigrants. Those with higher perception of official language ability are just over one-fifth standard deviation less likely to need or receive health related action goals. Married clients are more likely to need or receive such goals.

* = Statistically significant



Summary of Findings

- The average health related settlement plan action goals are highest among newcomers who have been in Canada less than 6 months, after which the actions tend to decrease
- The average health related settlement plan action goals are not different between male and female clients
- The average health related settlement plan action goals decreases with an increase in official language ability
- There is a tendency for level of health and health care support to increase with duration of residency, though it decreases after two years of living in Canada
- The healthy immigrant effect is not a systemic phenomenon in Canada and is linked to immigrants' duration of residence in the country
- Married and cohabiting clients receive higher level of health and health care support than others
- Those with higher CLB, the same with those with higher perception of language ability are less likely to need or receive settlement actions related to personal health

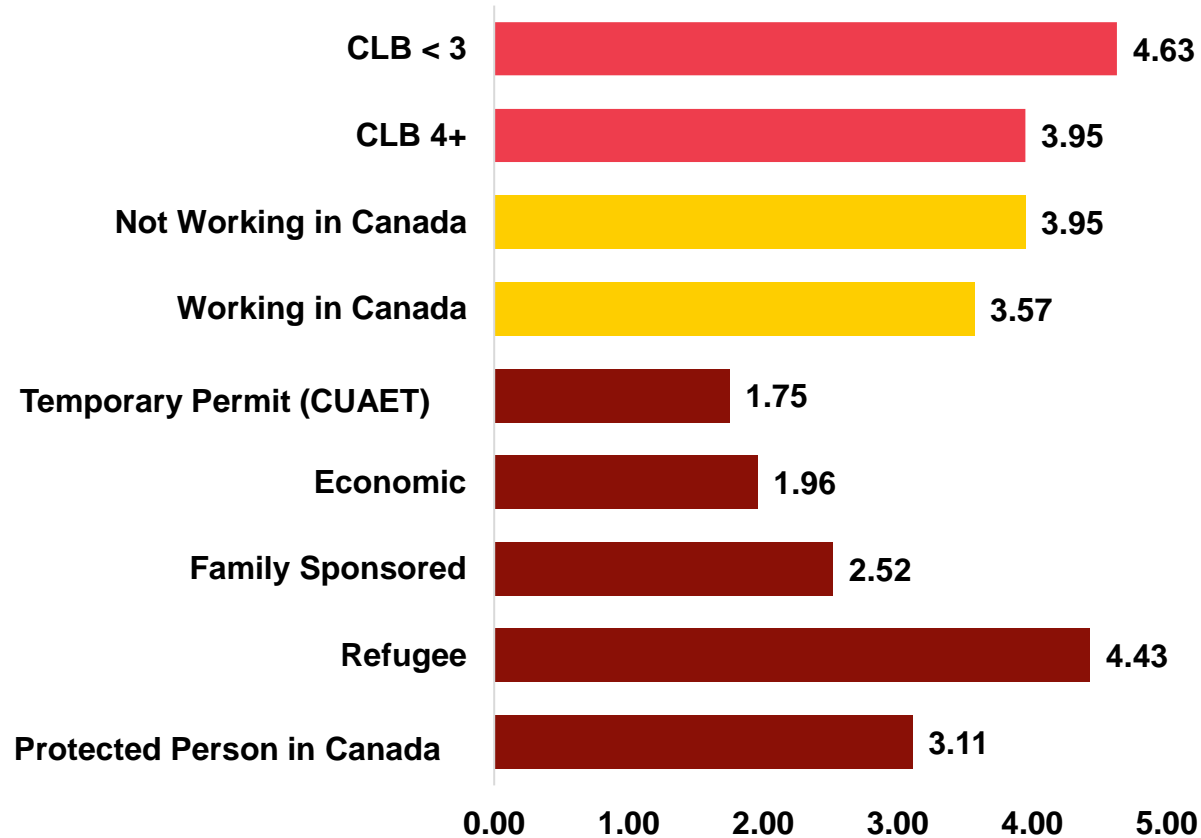




Access to Health Care

Data Overview

Settlement Plan Actions – Access to Health Care



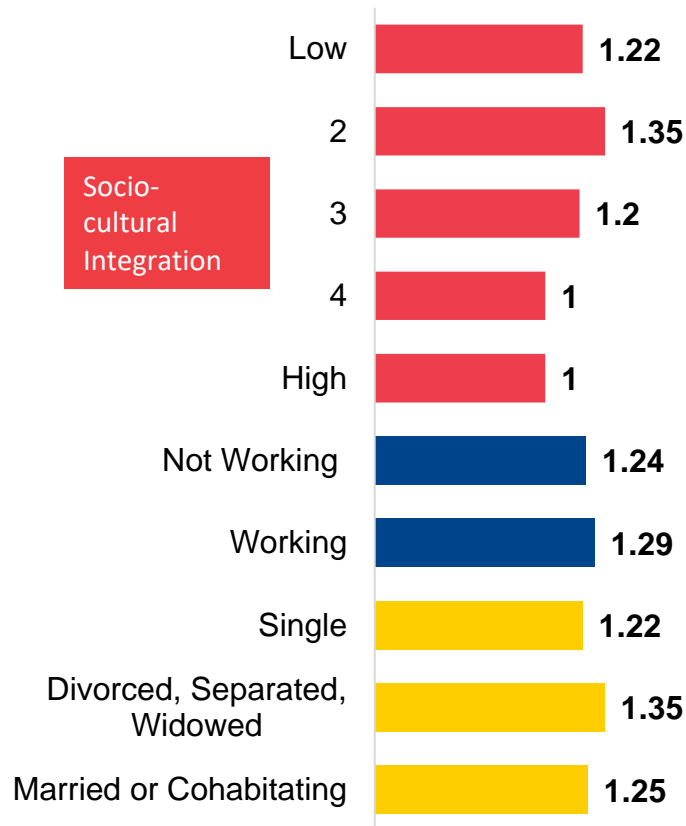
Clients with higher CLB require lower settlement support related to access to health care

Clients who work in Canada require less settlement support related to access to health care

Mean	3.88
Median	4
Min	0
Max	12



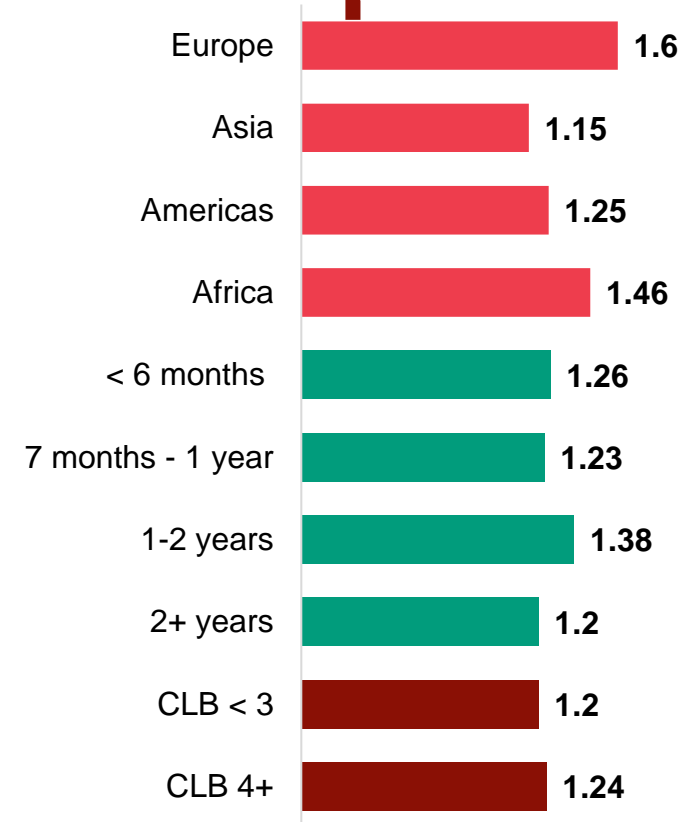
Settlement Plan Actions – Emotional Health and Competence



The higher the SCI of clients the lower their Emotional Health and Competence support requirements

Those clients who work require more Emotional Health and Competence support than those who do not work for pay

Divorced, Separated and Widowed clients require about 8% more emotional health support than other two groups.



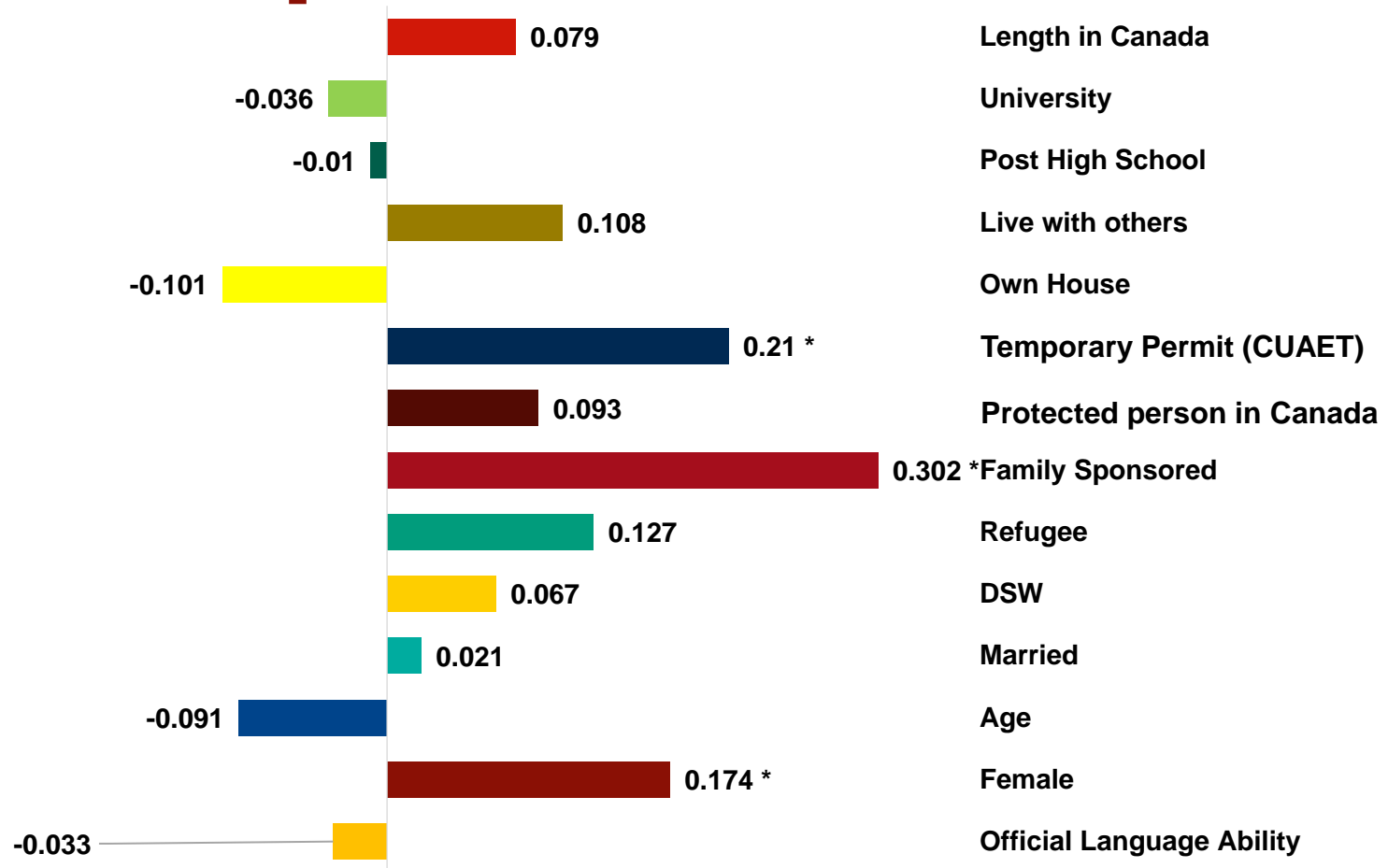
African and European clients seek more: Emotional Health and Competence support than other clients

Emotional Health and Competence support needs are the highest among clients who have been in Canada for about 1 to 2 years

Mean = 1.25
Median = 1
Min = 1
Max = 4



Predictors – Emotional Health & Competence



Emotional Health and Competence requirements are higher among family sponsored, Temporary Permit (CUAET) holders and female clients

These figures are unit free and can be compared against each other. E.g.
* = Statistically significant



Immediate Settlement Objectives and Services Recommended

Health & Mental Health



Immediate Settlement Objectives and Services recommended

Immediate Settlement Objectives	%	Resources in form of referrals
Health/Mental Health/Well Being	28.88%	28.11%
Increase knowledge of Life in Canada	28.54%	29.02%
Increase knowledge of Community and Government Services	16.92%	18.39%
Increase the Access to local community services	11.39%	11.01%
Increase access to local community services	20.25%	26.03%
Improve Other Skills	4.49%	5.05%
Community services	0.92%	0.91%
Grand Total	100.00%	100.00%

The Settlement Plan identifies the resources or services that can assist the client in taking action to achieve their settlement objectives



Sample: Settlement Plan Actions involved in achieving the identified objectives

Some of actions recommended in achieving the identified objectives	%
Join a newcomer support group	25.43%
Find a family doctor	22.55%
Apply for provincial health care coverage (e.g. AHCIP, OHIP, etc.).	16.92%
Learn more about health care services available in the community (e.g. hospital, urgent care centres, walk-in clinics, etc.).	11.39%
Find a community health centre close to my home	8.86%
Participate in sports and recreation activities.	4.49%
Be aware of cultural shock, family stresses, and effects of crisis.	2.76%
Purchase health insurance for the first three months	1.96%
Receive any needed medical attention. Set-up an appointment for a physical examination.	2.70%
Apply for the provincial drug benefit program (e.g. Ontario Drug Benefit Program, ACHB, etc.)	0.81%
Look for information on appropriate trauma treatment or cultural shock treatment in the community	0.35%
Find a community health centre close to my home.	0.50%
Get help accessing mental health and addictions support.	0.23%
Learn more about accessible transportation services available that would help me with my mobility needs.	0.23%
Learn more about programs that help my chil(ren) adjust to school in Canada.	0.12%
Talk to settlement advisor on how to use the Health Card	0.12%
Apply for provincial disability support program (e.g. ODSP, AISH, DSP, EIA , etc)	0.12%



Thank you

The WE Value Partnership team would like to thank all of our partners, settlement staff, and clients who made it possible for us to collect the data provided in this report. The importance of data cannot be overstated, especially when it comes to local planning and understanding the needs and assets of newcomers who are choosing to make this region their home. Local real-time, standardized, academically viable data is crucial to helping us identify areas where we can improve our services and support for newcomers.

We'd like to thank the Windsor Essex Local Immigration Partnership for their commitment to promoting the well-being and integration of newcomers in the Windsor-Essex region and for allowing us to stand beside them in this effort.

We would also like to express our gratitude towards our funder, Immigration Refugees and Citizenship Canada, for their generous support through the Service Delivery Improvement Funds. Without their contribution, this event would not have been possible.



To learn more about the WE Value Partnership and to view previous reports and presentations, visit

wevalue.ca



WE Value Partnership

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University
of Windsor



partenariat local d'immigration
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