

Refugee Integration & Long-Term Health Outcomes in Canada (SyRIA.lth)

What it is:

Refugee Integration and Long-term Health Outcomes in Canada is a pan-Canadian longitudinal study funded by The Canadian Institute for Health Research (CIHR). The project is a partnership between settlement service agencies and academic research institutions in three of Canada's largest refugee resettlement provinces: British Columbia, Ontario, and Quebec.

We are looking at how different resettlement programs support the social integration of Government Assisted Refugees (GARs) and Privately Sponsored Refugees (PSRs) and the impact of integration pathways on their long-term physical and mental health. Our goal is to improve the health and well-being of new Canadians by understanding what leads to successful integration outcomes and for whom so that we can tailor resettlement programs to best suit newcomers' needs and circumstances.

Our research goals:

To produce knowledge that will:

- Inform promising practices for refugee resettlement and integration
- Strengthen knowledge exchange in the settlement sector
- Identify the impact of settlement policies on refugee health and well-being
- Deepen our understanding of the influence of social conditions on long-term health and well-being

Our approach:

Interviews will be collected once a year for four years with Syrian adults who resettled in Canada between 2015 and 2017. In year two and year four, we will also conduct focus groups to gain more insight into the nature of people's experiences.

These interviews will follow key integration markers at the material or functional level (e.g., employment, housing and social services accessed), the social level (e.g., social networks, discrimination), and the subjective or psychological level (e.g., sense of belonging, stress).

Project Updates

Work to date:

- Preliminary analyses of year 1 survey
- National face-to-face team meeting in Toronto November 14th
- Year 1 infographic (please see next page)
- Brief information email with early findings/ infographic to service providers
- Brief information WhatsApp blast with early findings/ infographic to participants

Next steps:

- **Website translation into Arabic and French**
- **Data collection**

I.Focus groups with sub groups of research participants (March 2018)

Two themes will be explored in year 2 Focus Groups:

- 1- Social relationships
- 2- Employment

II.Round 2 survey data collection (April 2018)

- **Findings dissemination Plan:**

Infographics & Factsheets



SyRIA.lth Infographic

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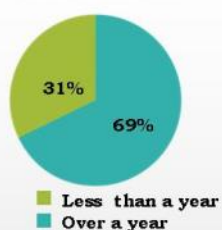
Over 1,932 individuals participated in year 1 survey across Canada

Migration Pathway

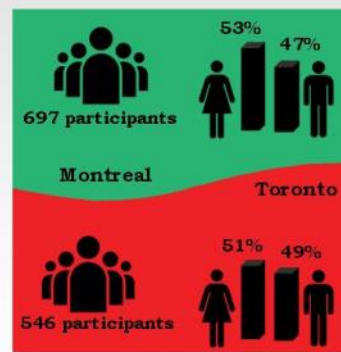
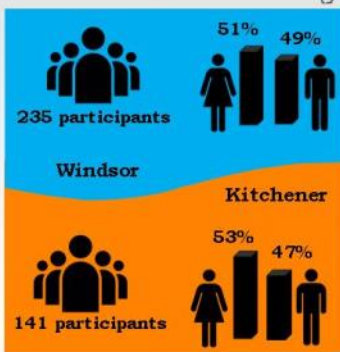
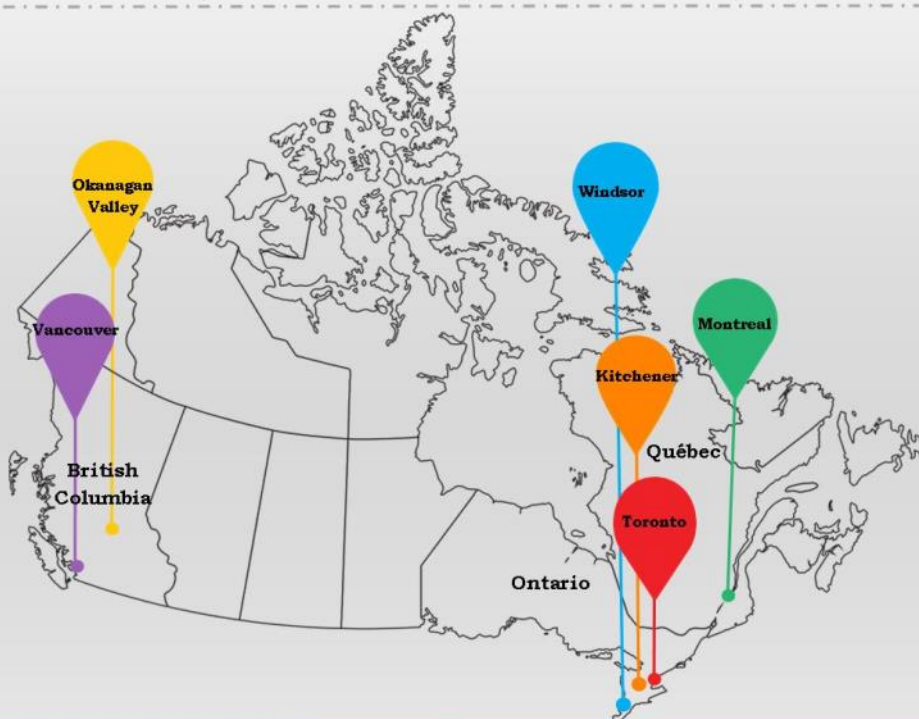


*Blended Visa Office Referred Cases
 **Government Assisted Refugee
 ***Privately Sponsored Refugee

Time in Canada



Age



For More Information Visit:



www.yorku.ca/syrialth



Funded by:



Canadian Institutes of Health Research / Institut de recherche en santé du Canada

Prevalence of Mental Ill Health, Traumas and Post-Migration Stress Among Refugees from Syria Resettled in Sweden After 2011

This study aimed at estimating the prevalence of and associations between anxiety, depression, post-traumatic stress disorder (PTSD), low subjective well-being (SWB), potential traumas and post-migration stress among refugees from Syria resettled in Sweden. The study population consist of a random sample of 1215 individuals from Syria aged 18–64 years who were granted permanent residency in Sweden on grounds of asylum between 2011 and 2013. Study found that the majority of the participants met the criteria for at least one of the studied types of mental ill health, and the comorbidity was high. Depression was the most the common type followed by low SWB, anxiety and PTSD. Refugee-related potentially traumatic events (PTEs) experienced before or during migration was common as was substantial levels of post-migration stress. Most types of refugee-related PTEs, especially being exposed to interpersonal violence, and post-migration stress were associated with increased risks for anxiety, depression, low SWB and PTSD.

Read the full article on: <http://bmjopen.bmj.com/content/7/12/e018899>

Coping Strategies Used by Syrian Refugees in Jordan

This study examined the coping strategies used by Syrian refugees in Jordan in relation to their demographics. A cross-sectional correlational study was conducted with a convenient sample of 550 Syrian refugees. Out of all the study participants, 88% reported seeking social support, 64.5% reported using avoidance, and 39.5% reported using problem solving. Participants who were male, single, and younger, and who had a higher education and a higher total income were satisfied with their income, were employed and free of chronic illnesses, and had higher problem-solving scores. Higher social support-seeking scores were associated with being female, older, and widowed; having a lower education and lower total income; being dissatisfied with their income; being unemployed; and having chronic illnesses.

Read the full article on: <http://journals.sagepub.com/doi/abs/10.1177/1054773817749724>

How Do Refugees Use Their Social Capital for Successful Labor Market Integration? An Exploratory Analysis in Germany

Following a grounded theory approach, 36 Syrian refugees who had already secured employment in Germany were interviewed to provide in-depth information regarding the available types, uses, and benefits of social capital with regard to their access and integration into the labor market. The study found that refugees have access to different types of social capital and that these types can offer different forms of support to refugees during the labor market integration process. Study findings provide new insights into how different forms of social capital can facilitate labor market integration of refugees at different stages.

Read the full article on: <https://www.sciencedirect.com/science/article/pii/>

Bridging Two Worlds: Supporting Newcomer and Refugee Youth

Statistics Canada predicts that children with an immigrant background could represent between 39 per cent and 49 per cent of the total population of children by 2036. Canadian educators now have a new resource to help refugee and newcomer youth. The guide will enable schools to deliver more culturally responsive career guidance and better integrate the growing number of newcomer and refugee students who have lived through the trauma of war, family separation and loss. Authored by The University of Winnipeg's Dr. Jan Stewart and Dr. Lorna Martin, *Bridging Two Worlds: Supporting Newcomer and Refugee Youth* provides teachers, school administrators and counsellors with practical resources to help students from Kindergarten to Grade 12 navigate school and connect it to careers and their future. The book grew out of a three-year research program led by Dr. Stewart that investigated schools, settlement agencies and communities in Calgary, Winnipeg and St. John's in order to build a database of best practices to share with educators, as well as policymakers.

Read the full article on: <http://ceric.ca/resource/bridging-two-worlds-supporting-newcomer-refugee-youth/>

In the News

“A central aspect of the integration process is public opinions and attitudes, which determine opportunities for inclusion and participation on the part of refugees” **Dr. Michaela Hynie**

Read about Syrian refugees in Canadian Media Report Link: <https://www.ryerson.ca/content/>

Unable to Find Work, Many Syrian Refugees Reluctantly Turn to Social Assistance

Difficulty finding work in the first few years is not unusual for refugees, regardless of their country of origin. The problem for many refugees who haven't found work is a lack of English-language skills. Another is having Syrian work or educational credentials that aren't recognized in Canada. In late 2016, the federal government did a rapid impact evaluation of the Syrian refugee resettlement. The survey showed about 10% of government-assisted adult refugees across Canada had found work, while around 53% of privately sponsored adult refugees had jobs.

Read the full article on: www.cbc.ca

2 Years in: Finding Work a Challenge for Syrian Refugees

Two years after an influx of Syrian refugees began, it's almost easy to forget that Waterloo Region took in an unprecedented 1,835 newcomers in the space of a year from that country alone. The newcomers have largely assimilated into the community, even as the public and quiet shows of support from the rest of the community that characterized their early days have disappeared. But for many refugees, one major challenge remains: finding a job.

Read more on: CTVKitchener

Doctors at Walmart: Syrian Refugees Face a Tough Job front in Montreal

Over the last 2½ years, 9,867 Syrian refugees have arrived in Quebec, including 6,149 in Montreal. They have settled into their own homes and finished their paperwork as permanent residents. The kids are enrolled in school, and many of the adults have completed their government-mandated French classes. But how many have found jobs?

Read more on: <http://montrealgazette.com/>

Events

Wishing you a healthy and prosperous



Continuing Education Opportunities:

Course/ Webinar	Website
RMHP Webinar January 31st, 2018- Providing culturally competent mental health care to immigrants and refugees	surveymonkey.com/
OCASI Webinar Series - Sharing Practices to Build Bridges	Welcomeontario.ca

Upcoming Events:

Date	Event	Location	Website
March 22-24	20th National Metropolis Conference 2018	Calgary Canada	metropolisconference.ca
May 21-25	Canadian Association on of Refugee and Forced Migration Studies	Ottawa Canada	http://carfms.org/
July 24-27	International Association for the Study of Forced Migration (IASFM)	Thessaloniki Greece	iasfm.org/iasfm17/



416 736 2100 ext. 22054



syrialth@yorku.ca



www.yorku.ca/syrialth

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