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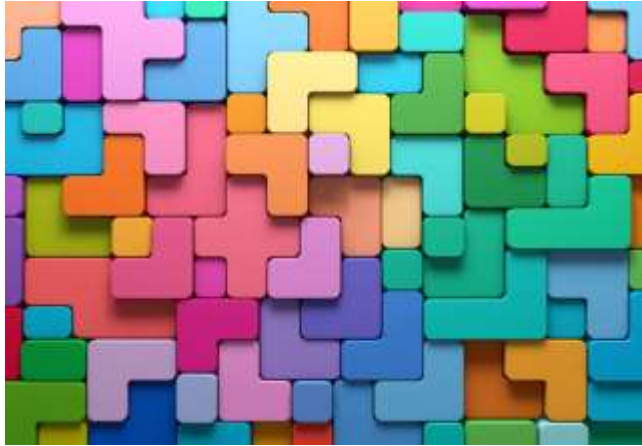


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A Look at Culturally
Competent Substance
Use Interventions for
Minoritized Racial &
Ethnic Groups in
Canada



Why We Chose this Topic?

A substance use disorder (SUD) is a complex health issue that can affect anyone regardless of their age, ethnicity, gender, religion, economic status, or any other social marker. In fact, certain members of the groups identified above may be at a greater risk for a SUD due to intersecting factors. While a SUD may not exclude ethnocultural minorities from eligibility, unfortunately the standardized and western interventions that are currently available in Canada likely will.

While “Canada has the eighth largest immigrant population globally, making up one-fifth of the entire population” (Maina et al, 2023), community supports, programs, treatment methods and approaches are lacking culturally safe and overall equitable spaces for immigrants, newcomers and even indigenous people around the country.

Gaps

There are an underutilization of mental health and substance use supports for immigrants and newcomers due to stigmatization, language barriers, lack of awareness of existing services, lack of culturally relevant and appropriate services, affordability, and accessibility to name a few.

While there is a growing need for culturally competent substance use interventions for ethnocultural minorities, the research shows that the current strategies have been poorly defined and evaluated for efficacy, with no real effort to increase access to these services.

Our Takeaways

As aspiring social workers we can use our voices to create awareness, we can design new research or build upon existing data, we can influence policy, and we can try to bridge the gaps that prevent individuals from accessing existing supports.

We can hold space and find ways to give power and resources to the diverse people we work with, so that they can use their own voices and strengths, and make the changes that they they actually need and desire within their own communities.

We need listen to the diverse needs and worldviews of the people we work with, to ensure our work aligns with these individuals and communities in order to incorporate an interconnectedness of care into the support we provide.



Ethnocultural Resources

Here to Help – Mental Health & Substance Use Information

www.heretohelp.bc.ca

Affiliation of Multicultural Societies and Service Agencies of BC

www.amssa.org

Multicultural Mental Health Resource Centre

www.mmhrc.ca

Kamloops Immigrant Services

www.immigrantservices.ca

First Nations Resources

First Nations Health Authority

www.fnha.ca

Kamloops Aboriginal Friendship Society

www.kafs.ca

Wellbriety Movement

www.wellbrietymovement.com