

Addressing Anti-Black Racism and Mental Health for Racialized Youth: A Facilitator Guide for Leadership Development

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Purpose of the Project

To challenge and address racist practices in clinical settings by working with AHS and private therapists affiliated with Lio youth through Action Dignity.

nHeart, in partnership with Black

Background of the Project

This project, led by Dr. Regine King, aims to improve mental health care for Black and racialized youth in Calgary by enhancing mental health practitioners. The initiative bridges the gap between anti-racism theory and clinical practice, equipping clinicians and youth with anti-Black racism education for youth to better support Black youth.

Phase 1 (2022 - 2023)

- Launched by Lionheart Foundation and Action Dignity Society
- Pilot project aimed at improving mental health outcomes for Black and racialized youth
- 12-month learning program for therapists
- Black youth advocates involved, highlighting challenges faced by racialized youth in mental health systems

Phase 2 (2024)

- Launched by Lionheart, ActionDignity in collaboration with Recovery Alberta, CAAMHPP
- Clinician, youth and shared sessions
- Creation of Black Youth Advisory Committee
- Formation of a community of practice to support clinicians
- Focus on providing clinicians with tools to improve practice and contribute to systemic change
- Development of facilitator guide

Facilitator Guide

- Dr. Regine King was requested to create a facilitator guide to support sustainable leadership among racialized youth in Calgary.
- The project aimed to develop and maintain youth leadership for racialized youth, fostering empowerment and community engagement.
- The guidebook was designed to help youth groups facilitate meaningful conversations about mental health, belonging, and connections within their communities and with peers.

Process of the Facilitator Guide

1. Community Assessment & Needs Identification

- Ongoing mini evaluations on the needs, learnings and areas of improvement.
- Identification of topics through ongoing sessions with youth.

2. Develop & Design Youth Leadership Guidebook

- Consultation with ActionDignity and supervisor to finalize scope and content.
- Conducted literature review.
- Drafted and ongoing review of facilitator guide.

3. Seeking Feedback on Guidebook Content

- Presented the guidebook and obtained feedback from youth and ActionDignity.

Facilitator's Guide

The facilitator guide is divided into two key sections, the learning sessions and the leadership sessions. The topics of each session are as follows:

Learning Sessions:

1. Introductions/Mental Health
2. Mental Health in the System (Macro)
3. Mental Health with Family, Friends and Community
4. When do you know?
5. Mental Health Interventions
6. Wrap-Up Session (Reflections)

Leadership Sessions:

The purpose of leadership sessions is to train and prepare upcoming youth leaders to facilitate the provided sessions in the facilitator guide.

1. Introduction to system change and leadership
2. Raising Critical Awareness about Mental Health in the Community
3. Tackling Policy and Practices
4. Synthesis and Evaluation



Conclusion

It is our hope that their involvement will help ensure the continued capacity building within the community, making these efforts sustainable for future generations of youth. By creating a facilitator guide for youth leadership sessions, the program aims to not only sustain the progress made thus far but also encourage the organic growth of these initiatives within the community. Through this collaborative approach, we envision a lasting impact that empowers youth to continue leading change and supporting one another.

References

