



INTERNATIONAL CONFERENCE ON

Mental Health and Addictions

Algoma
UNIVERSITY

April 27-28, 2023

Conference Program

*Reimagining Mental Health and Addiction
Under Covid-19 Pandemic*

Keynote Speakers



Paul Banahene Adjei, Ph.D.
Memorial University

Associate Professor, School of Social Work and Interim Associate Vice-President (Indigenous Research)



Mary McKay-Wabano
Algoma University

Vice-President Nyaagaaniid – Anishinaabe Initiatives, Equity, and Student Success



Charmaine Williams, Ph.D.
University of Toronto

Dean, Factor-Inwentash Faculty of Social Work



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Thursday, April 27, 2023

Time (Est.):	DAY 1: OPENING & WELCOME
9:00-9:15 a.m.	<p><i>Drum Song:</i> Theresa Binda</p> <p><i>Land Acknowledgement:</i> Algoma University</p> <p><i>Algoma University Introductory Video</i></p> <p><i>Opening Remarks:</i> Dionisio Nyaga, Ph.D. Assistant Professor, School of Social Work, Algoma University</p> <p>Matthew Shoemaker Mayor, Sault Ste. Marie</p> <p>Brampton Campus, Room A-604 & Zoom Link: Join *Please note that the Brampton Campus location is 24 Queen St.</p>
9:15-9:30 a.m.	<p><i>Welcome Remarks:</i> István Imre, Ph.D. Associate Vice-President, Academic; Chair, Graduate Council; and Professor, Biology, Algoma University</p> <p>Brampton Campus, Room A-604 & Zoom Link: Join</p>
9:30-10:30 a.m.	<p><i>Keynote Speaker:</i> Mary Wabano-McKay Vice-President Nyaagaaniid - Anishinaabe Initiatives, Equity, and Student Success, Algoma University</p> <p>Brampton Campus, Room A-604 & Zoom Link: Join</p> 
10:30-11:00 a.m.	Nutritional Break



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11:00 a.m.-Noon	Day 1 Session 1		
<i>Location</i>	Brampton Campus Room A-604 Zoom Link: Join	Brampton Campus Room A-601 Zoom Link: Join	Brampton Campus Room A-603 Zoom Link: Join
	<p><i>Chair: Alean Al-Krenawi</i></p> <p>Black communities: “making mental health and healing black” or “blackening mental health discourses”</p> <ul style="list-style-type: none"> • Edwards Fiona • Marci Gray • Boakye P., Prendergast N., Bailey A., McLeod S., Salami S., Yousuf L.: 	<p><i>Chair: Deb Woodman</i></p> <p>Theorizing Care</p> <ul style="list-style-type: none"> • Suleyman Demi • Balungay, Jose Carlo • Renz D. Banzuelo, Adrian N. Canona, Mark Anthony Y. Mora, Jastin James L. Nacionales, Grezaldy Jose Jr. L., • Rose Ann Torres & Jodi Webber 	<p><i>Chair: Meghan Boston-McCracken</i></p> <p>Indigenous ways of care</p> <ul style="list-style-type: none"> • Cassandra Brennan • Fraser Amanda • Walter Wai Tak Chan
12:00-1:00 p.m.	Day 1 Session 2		
<i>Location</i>	Brampton Campus Room A-604 Zoom Link: Join	Brampton Campus Room A-601 Zoom Link: Join	Brampton Campus Room A-603 Zoom Link: Join
	<p><i>Chair: Rose Ann Torres</i></p> <p>Socioeconomic status and mental health</p> <ul style="list-style-type: none"> • Bailey-Brown Patricia • Maryam Motia • Amoss Makohe 	<p><i>Chair: Dionisio Nyaga</i></p> <p>Mental health and addiction as a technology</p> <ul style="list-style-type: none"> • Sabbir Ahmed • Nazeem Muhajarine • Hellen Gateri, Ella Baxter, and Shaylene Cormier 	<p><i>Chair: Priscilla Boakye</i></p> <p>Practitioners and people who are affected by mental health and addictions</p> <ul style="list-style-type: none"> • Balungay, Jose Carlo • Renz D. Banzuelo, Adrian N. Canona, Mark Anthony Y. Mora, Jastin James L. Nacionales, Grezaldy Jose Jr. L. • Allassad Alhuzail • Meghan Boston-McCracken and Vina Sandher



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1:00-2:00 p.m.	Day 1 Lunch Break		
2:00-3:00 p.m.	<p><i>Keynote Speaker:</i> Paul Banahene Adjei, Ph.D. Associate Professor and Interim Associate Vice-President (Indigenous Research), Memorial University</p> <p>Brampton Campus, Room A-604 & Zoom Link: Join</p> 		
3:00-4:00 p.m.	Day 1 Session 3		
<i>Location</i>	Brampton Campus Room A-604 Zoom Link: Join	Brampton Campus Room A-601 Zoom Link: Join	Brampton Campus Room A-603 Zoom Link: Join
	<p><i>Chair: Rose Ann Torres</i></p> <p>Mental Health and Technology Virtualization of Care technologies</p> <ul style="list-style-type: none"> • Maureen Igbinoba • Rida Masood • Kai Zhizhong 	<p><i>Chair: Hellen Gateri</i></p> <p>Mental Health in Care, Sports</p> <ul style="list-style-type: none"> • Penelopia Iancu • Marievic M. Alarcon, Maria Paula L. Pilo, Annabelle C. Samillano 	<p><i>Chair: Dionisio Nyaga</i></p> <p>Critical recovery model, care and healing</p> <ul style="list-style-type: none"> • Tanya Shute • Allyson Theodureau • Hibah Sidat



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4:00-5:00 p.m.	Day 1 Session 4		
<i>Location</i>	Brampton Campus Room A-604 Zoom Link: Join	Brampton Campus Room A-601 Zoom Link: Join	Brampton Campus Room A-603 Zoom Link: Join
	<i>Chair: Rose Ann Torres</i> Substance use <ul style="list-style-type: none"> • Priscilla M. Makau • Amoss Makohe, • Michael Sitawa, Lieutenant Colonel Japheth Mwasaru, & Lauren Meredith 	<i>Chair: Walter Chan</i> Mental health and spatial imagination <ul style="list-style-type: none"> • Derla, Neil Ryan S. • Ethan Keeler-Cox • Mark Tatasciore 	<i>Chair: Suleyman Demi</i> Violence, Mental Illness and Colonisation <ul style="list-style-type: none"> • Allasad Alhuzail • Jade Davidson & Vishwaveda Joshi

See you tomorrow for Day 2!




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Friday, April 28, 2023

Friday, April 28, 2023			
Time (Est.):	DAY 2: OPENING & WELCOME		
9:00-9:15 a.m.	<p><i>Drum Song:</i> Theresa Binda</p> <p><i>Land Acknowledgement:</i> Algoma University</p> <p><i>Opening Remarks:</i> Rose Ann Torres, Ph.D. Director and Assistant Professor, School of Social Work, Algoma University</p> <p>Deb Woodman, Ph.D. Assistant Professor, Sociology, Algoma University</p> <p>Brampton Campus, Room A-604 & Zoom Link: Join *Please note that the Brampton Campus location is 24 Queen St. East, Suite 102/103.</p>		
9:15-10:15 a.m.	<p><i>Keynote Speaker:</i> Charmaine C. Williams, Ph.D. Dean Factor-Inwentash, University of Toronto</p> <p>Brampton Campus, Room A-604 & Zoom Link: Join</p>		
10:15-10:30 a.m.	Nutritional Break		
10:30-11:30 a.m.	Day 2 Session 1		
<i>Location</i>	<p>Brampton Campus Room A-604 Zoom Link: Join</p>	<p>Brampton Campus Room A-601 Zoom Link: Join</p>	<p>Brampton Campus Room A-603 Zoom Link: Join</p>
	<p><i>Chair: Tom McDowell</i></p> <p>Land based mental health care</p>	<p><i>Chair: Deb Woodman</i></p> <p>Un-mapping colonial atrocities</p> <ul style="list-style-type: none"> • Qeila Mbonihankuye 	<p><i>Chair: Fritz Pino</i></p> <p>Queer and trans issues regarding mental health and substance use</p>



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	<ul style="list-style-type: none"> • Basco, Vianca Stephanie P., Derla, Neil Ryan S., Garcia, Gio Manuel C., Koh, Sharmaine B. • Manguerra, Precious C., Evangelista, A.M., David, S.M., Diaz, J., Florendo, M., and Triveles, K.J. • Nada Eltaiba 	<ul style="list-style-type: none"> • Rose Ann Torres 	<ul style="list-style-type: none"> • Ivy Wairimu • Bulahan, Gabrielle G., Evora, Janine Patricia G., Llorca, Frances Mikaela A., Magno, Catherine B. & Mendoza, Raymond Czar C
11:30-12:30 p.m.	Day 2 Session 2		
<i>Location</i>	Brampton Campus Room A-604 Zoom Link: Join	Brampton Campus Room A-601 Zoom Link: Join	Brampton Campus Room A-603 Zoom Link: Join
	<i>Chair: Rose Ann Torres</i> Mental Health and Disabilities <ul style="list-style-type: none"> • Elizabeth Wangui Kamau & Paul Kamau Mbugua • Andrew Nyongesa 	<i>Chair: Priscilla Boakye</i> Rethinking mental health and space <ul style="list-style-type: none"> • Nigel E. Turner • Kholoud Fahoum • Sidney Wilson 	<i>Chair: Dionisio Nyaga</i> Mental Health in academic settings <ul style="list-style-type: none"> • Bodunrin Sam • Janet Rose Kamau • Neha Khanna
12:30-1:30 p.m.	Day 2 Lunch Break		
1:30-2:30 p.m.	Day 2 Session 3		
<i>Location</i>	Brampton Campus Room A-604 Zoom Link: Join		Brampton Campus Room A-603 Zoom Link: Join
	<i>Chair: Rose Ann Torres</i> The economies of mental health discourse <ul style="list-style-type: none"> • Moses Kavengi • Tom McDowell 		<i>Chair: Suleyman Demi</i> Effects of COVID 19 in teaching and learning <ul style="list-style-type: none"> • Dionisio Nyaga • Deb Woodman



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	<ul style="list-style-type: none"> Fritz Pino & Jessica Ticar 		<ul style="list-style-type: none"> Huda A. Alhajjaj1 & Nada Eltaiba
2:30-3:30 p.m.	Day 2 Session 4		
<i>Location</i>	Brampton Campus Room A-604 Zoom Link: Join		Brampton Campus Room A-603 Zoom Link: Join
	<i>Chair: Suleyman Demi</i> Poster Presentation <ul style="list-style-type: none"> Pisolkar Vaidehi Julia Read Isabelle Dena 		<i>Moderator: Fritz Pino</i> Round Table Discussion <ul style="list-style-type: none"> Deb Woodman Dionisio Nyaga Allasad Alhuzail Paul Adjei Banahene
3:35-4:00 p.m.	<i>Closing Remarks:</i> Alean Al-Krenawi, Ph.D. Brampton Campus, Room A-604 & Zoom Link: Join		



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Abstracts



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Afloro, Elisha Denise A., Basco, Vianca Stephanie P., Derla, Neil Ryan S., Garcia, Gio Manuel C., Koh, Sharmaine B., Manguerra, Precious C., Adviser: Aprilyn E. Calvario

NO SEE, NO TOUCH: COPING STRATEGIES FOCUSED ON BEREAVED FAMILY MEMBERS' LIVED EXPERIENCES DURING COVID-19 PANDEMIC

This study bridged the gap of the lack of knowledge about the coping strategies of bereaved family members who lost loved ones due to COVID-19 with restricted burial protocols. The design of the study was hermeneutic phenomenological and used Transcendental Phenomenology (TPh) as the data analysis. The 10 participants aged from 19 to 60 were selected using convenient sampling. The study collected 6 themes: unknown farewell, emotional roller coaster comes with grieving, a sense to cope up, importance of the surrounding environment, an urge to fulfil the wishes of a deceased loved one, and uncertainty. Thus, the bereaved family members struggled physically, psychologically, and mentally as they experienced being stripped of the right to practise burial rites or to be able to feel and receive comfort from their family, relatives, friends, or churchmates for the loss of their loved ones. These supports were an integral part of the participants' coping strategies, which they employed to either move forward or already moved on after the death of their loved ones. Despite the tragic experience, their coping strategies showed resilience.

Keywords: bereavement, COVID-19, restricted burial protocol, and coping strategies

Md Sabbir Ahmed, Nazeem Muhajarine*

Association of Depression and Anxiety with Suicidal Ideation During COVID-19 Pandemic among Canadian Adults: A Moderated Mediation Model of Problematic Substance Use and Immigration status

Background: A recent study reported that psychological factors and cannabis use were significantly associated with suicidal ideation during the pandemic among Canadian adults. However, the internal pathways underlying this relationship among Canadians during the pandemic is not explored yet. To fill this knowledge gap, this study aimed to identify the role



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of problematic substance use (alcohol and cannabis) and immigration status in the relationship between mental health (depression and anxiety) and suicidal ideation among Canadian adults.

Methods: This study was based on the survey data conducted by Mental Health Commission of Canada and Canadian Centre on Substance Use and Addiction. Repeated cross-sectional surveys were conducted during October 20220 to March 2022. Pooled data of 5147 Canadian adults (sub-group of total surveyed population) living in Canada's ten provinces were analyzed for this study. Analysis was performed using PROCESS v4.1 package in SPSS v.26.

Results: Mediation analysis showed that problematic alcohol and cannabis use jointly mediate the association between depression and suicidal ideation [total indirect effect (IE Total = 0.0188, SE= 0.0031, 95% CI: lower limit (LL)= 0.0129 to upper limit (UL)= 0.0250)], and the association between anxiety and suicidal ideation (IE Total = 0.0253, SE= 0.0031, LL= 0.0193 to UL= 0.0315)—indicating that participants with higher level of depression and anxiety are more likely to have higher problematic and alcohol and cannabis use, and participants through the high level of alcohol and cannabis use are more likely to report suicidal ideation since the pandemic. Immigration status was significantly moderate the mediation effect of problematic alcohol and cannabis use in the relationship between depression and suicidal ideation [Index of Moderated Mediation (IMM (via alcohol use))= -0.0035, SE= 0.0018, LL= -0.0076 to UL= -0.0007, IMM (via cannabis use)= -0.0026, SE= 0.0015, LL= -0.0061 to UL= -0.0002]. However, this moderation effect was not significant for the relationship between anxiety and suicidal ideation.

Conclusion: This study provides evidence that targeting problematic alcohol and cannabis use and supporting alternate coping strategies may have a meaningful positive effect on mental health including potentially reducing suicide ideation and suicides.

Huda A. Alhajjaj1 & Nada Eltaiba

Students' Resilience During Covid-19

Learning and teaching practices have transformed during COVID-19. The purpose of this study is to explore the impact of Covid-19 on education in Jordan during the lockdown. This article examines how covid-19 affects students' education in Jordanian schools. It also aims to identify both opportunities and challenges in learning and adapting to this paradigm shift in the delivery of education. This qualitative study utilised a case study design to explore the impact of covid-19 on schools in Jordan from the perspective of their teachers. Interviews were conducted



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using a semi-structured discussion guide with a purposive sample of tenth teachers. The data were tape-recorded and transcribed. Open coding was utilised with NVivo software to find the frequencies in the sample answers. This study concludes that the sudden transition from the traditional to the online education systems at the school represented many challenges for the students and their families. These challenges include social, economic, and psychological elements.

Key Words: Covid-19, Education, challenges. The role of culture, religion, and spirituality in the therapy of Muslim Women in west Australia

Marivic M. Alarcon, Maria Paula L. Pilo, Annabelle C. Samillano, and Kate Mhiel A. Santia

Associations between Students' Use of a Picture-based mobile dating app and their Sociosexuality, Self-perceived mate value, and Self-esteem.

The aim of this study was to explore and investigate the use of a picture-based mobile dating app (PBMDA), specifically Bumble, and its association to students' sociosexuality, self-perceived mate value, and self-esteem. The study was conducted among 18-23 year old students (N=342) of the Polytechnic University of the Philippines - Santa Rosa Campus who use a picture-based mobile dating app. Sociosexual orientation was assessed with the Revised Sociosexual Orientation Inventory (SOI-R), self-perceived mate value was assessed with a version of the Mate Value Inventory (MVI), and self-esteem was assessed with Single-Item Self-Esteem Scale (SISE). Data showed that sociosexuality has an association with PBMDA use in terms of activity and self-worth validation. The researchers also found that sociosexuality and self-perceived mate value has also an association with PBMDA use in terms of committed relationships and unpleasant episodes. In addition, participants' sociosexuality and self-esteem was also associated with PBMDA use in terms of desire for sex. This is, as far as we are aware, the first quantitative analysis of PBMDA usage in a Filipino community. For further studies, the researchers recommend conducting in a much broader population (e.g., different branches or campuses of PUP or other universities) and having other mobile dating apps to study; to obtain a greater amount of data specifically to other regions of the country.

Nuzha Allasad Alhuzail

Indigenous knowledge as a resource for individual and communal resilience



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Israel's Bedouins are an indigenous, formerly nomadic population whose social resources and knowledge have helped them cope with the many ramifications of state-imposed urbanization—in education, health, and the weakening of the traditional social structure. Indigenous knowledge, preserved mainly by the generation that experienced the state's establishment in 1948, is transmitted to the younger generation and to therapeutic professionals.

Method. This is a qualitative study with 30 participants who were involved in the therapeutic response to a traumatic incident in a village in which eight women were killed and 29 people were wounded.

Results

- Social workers lack awareness of the importance of using indigenous knowledge.
- There is no institutional legitimation of social workers' use of indigenous knowledge.
- Use of indigenous knowledge increases individual and communal resilience.
- Outside involvement weakens the community and communal resilience.

Nuzha Allasad Alhuzail

Indigenous knowledge: The Arab-Bedouin community and the Home Front Command during the COVID-19 crisis

Arab-Bedouin society in Israel is undergoing many complex processes of change:

from a collective and closed society to one that is more focused on the individual and open to outside influences. Despite the changes taking place in this society, the socio-cultural knowledge accumulated over generations, referred to in the literature as “indigenous knowledge,” still has great value and influences how the society faces its challenges. Indigenous knowledge offers governments and local communities many alternatives for dealing with various disasters, because it can empower community members to take leading roles in activities aimed at reducing disaster risk. The presentation will deal with the interface between the local authority, the establishment in general, and the Arab-Bedouin community, as well as the tension between them. The speaker will present an examination of how the COVID-19 crisis was dealt with and in which cases, and for how long, the knowledge and abilities of the community was manifested in dealing with the situation.



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Patricia Bailey-Brown

The intersecting stigmas and discrimination that impact the lives of African, Afro-Caribbean, and Black LGBTQIA+ refugee and asylum seekers in Canada

The existing frameworks and methodologies in the scholarly literature on Black mental health have failed to provide space to discuss the intersecting stigmas and discrimination that impact the lives of African, Afro-Caribbean, and Black LGBTQIA+ refugees and asylum seekers in Canada. As such, for this presentation, I plan to articulate an Afrocentric, trauma-informed approach that builds on the interdisciplinary scholarship needed to support the resettlement process and success of Afro-Caribbean 2SLGBTQ+ people in the Greater Toronto Area. Background The Mental Health Commission of Canada (2016) noted mental well-being is significantly impacted by social determinants of health such as social exclusion, poverty, and racism. For many Black Canadians, anti-Black racism and discrimination creates an added layer of negative implications. The difficult transition of resettlement complicates this even more for Black refugees and asylum seekers who negotiate their daily lives with intersecting stigmas and discrimination (White, 2020). Their race, gender, and sexual orientation, among other marginalized identity categories, interact to produce social locations with varied—and often limited—access to power and material resources. Not only do these social locations disrupt daily life, but they can also be life-threatening (Gates- Gasse, 2012; Bohmer, 2012). Therefore, the discussion will be guided by the following question: How does the lack of awareness about Afro-Caribbean 2SLGBTQ+ refugees and asylum seekers in the healthcare system limit their rights and protections and leave them more vulnerable to experiences that may compromise their mental health?

Balungay, Jose Carlo Renz D., Banzuelo, Adrian N., Canona, Mark Anthony Y., Mora, Justin James L., Nacionales, Grezaldy Jose Jr. L.

The Lived Experiences of Nurses with COVID-19 Recovery and its Post-Psychological Effects

This study aimed to examine the post-psychological effects of COVID-19 infection to highly receptive individuals which are the acute care nurses doing COVID-19 bed-side nursing. A purposive sampling technique was used to identify ten (10) participants in Laguna, Philippines that fit the predetermined criterion for inclusion. Qualitative method through phenomenological approach was utilized and a validated semi-structured questionnaire served as a tool to identify



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themes and emerging subthemes. The researcher managed in-person interview to which recorded the entire conversation and transcribed the participants responses that serve as qualitative data. The identified primary themes, with underlying sub-themes, were presented: (1) negative experiences contributed to hindrance in recovery; (2) positive experiences aided in the recovery; and psychological impact for (3) emotional aspect, (4) cognitive aspect, and (5) physiological aspect. The study was able to derive two conclusions: (a) frontline nurses infected with COVID-19 disease encountered both notable positive and negative experiences during their recovery; and (b) various incidents happened after their recovery affecting their emotional, cognitive, and physiological state. These post-psychological effects are still currently experiencing by the participants; therefore, a medically validated psychological intervention program, which consist of improvement/ contingency plan and sustainability plan, was offered to the participants and to their current organization. Consequently, the study recommends that the Department of Health, local government units, mental health service providers, and healthcare institutions take the initiative to continuously support the frontline nurses who survived COVID-19 in times of need and even after their infection.

Basco, Vianca Stephanie P., Derla, Neil Ryan S., Garcia, Gio Manuel C., Koh, Sharmaine B., Manguerra, Precious C.

NO SEE, NO TOUCH: COPING STRATEGIES FOCUSED ON BEREAVED FAMILY MEMBERS' LIVED EXPERIENCES DURING COVID-19 PANDEMIC

This study bridged the gap of the lack of knowledge about the coping strategies of bereaved family members who lost loved ones due to COVID-19 with restricted burial protocols. The design of the study was hermeneutic phenomenological and used Transcendental Phenomenology (TPh) as the data analysis. The 10 participants aged from 19 to 60 were selected using convenient sampling. The study collected 6 themes: unknown farewell, emotional roller coaster comes with grieving, a sense to cope up, importance of surrounding environment, an urge to fulfil the wishes of a deceased loved one, and uncertainty. Thus, the bereaved family members struggled physically, psychologically, and mentally as they experienced being stripped of the right to practise burial rites or to be able to feel and receive comfort from their family, relatives, friends, or churchmates for the loss of their loved ones. These supports were an integral part of the participants' coping strategies, which they employed to either move forward or already moved on after the death of their loved ones. Despite the tragic experience, their coping strategies showed resilience.

Keywords: bereavement, COVID-19, restricted burial protocol, and coping strategies



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Boakye P. , Prendergast N. , Bailey A. , McLeod S. , Salami S., & Yousuf L.

Being a Black Mother “takes a toll on you”: A Qualitative Study of Black Canadian Women in Toronto, Ontario

Mothering is a joyous experience for most families, but it is not experienced equally. Anti-Black racism related violence and trauma against Black children collides with mothering experiences of Black women directly or indirectly. While scholarship on resiliency of about are often portrayed through the strong Black woman tropes, emphasising on resiliency underestimate the mental health impact and needs of Black mothers. As Black mothers continue to grapple with these intersecting complexities, there are gaps in understanding the meanings ascribed to these experiences and the mental health toll of mothering on the psychosocial wellbeing. To address these, a quality study was conducted with 10 Black mothers with children between ages of 6-17 years. Five themes were generated to illuminate the complexities, emotional struggles, and the mental health toll of being a Black mother. The study also highlights the significance of creating a village of support, whether physical or virtual, is critical to empower and promote the wellbeing of Black mothers and their families.

Bulahan, Gabrielle G.,Evora, Janine Patricia G.,Llorca, Frances Mikaela A.,Magno, Catherine B. Mendoza, Raymond Czar C.

Cabinet of Curiosities: Exploring The Lived Experiences of Selected Filipino Queer Students In-the-Closet

Adviser : Ms. Aprilyn E. Calvario

The objective of the study is to explore the lived experiences of Filipino Queer Students in-the-closet in the Polytechnic University of the Philippines - Santa Rosa Campus. This study utilized an Interpretative Phenomenological Analysis in analyzing and interpreting the data gathered from semi-structured interviews. The study population consisted of 5 queer students in-the-closet in the academic year 2022-2023. The study was conducted through hermeneutical phenomenology and utilized a snowball and purposive sampling technique. The qualitative analysis revealed the following: filipino queer students in-the-closet define the phenomenon based on their perceived experiences; they remain due to the societal expectations from their social environment that penetrate deep within their gender identity and gender expression; they



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encounter external challenges in their daily lives which cost internal psychological conflicts; the life challenges influenced their gender expression by making them resort to psychological defence mechanisms such as dissociation, self-control, and denial defences; and lastly, they coped through focusing on interests, emotional repression, and socialisation. In light of the findings, the researchers recommended that queer individuals in-the-closet may join social group forums that advocate for queer safety and security. In addition, families and friends are suggested to partake in a gender sensitivity program to improve their awareness and knowledge towards gender in general. School organisations and communities may create safe spaces for queer youth to help them have a safe place together with their fellow queer individuals. Furthermore, government institutions may reconsider having dialogue with school authorities and officials about better reinforcement of SOGIE policies.

Keywords: in-the-closet, psychological conflicts, psychological defence mechanisms, gender expression, interpretative phenomenology.

Sam Bodunrin

The Impact of Covid-19 On African Students Mental Health And Educational Performance In Canada- A Case Study Of Algoma University Ontario Canada

Abstract.

The purpose of this study is to look into the effect of COVID-19 on the mental health and academic performance of African students at Algoma University in Ontario, Canada. The ongoing global pandemic has had a significant impact on peoples mental health and well-being all over the world, posing a number of challenges to the educational system, with universities and colleges increasingly shifting to online instruction. The impact of the pandemic on different groups of students, however, may vary and necessitate targeted support and resources. The purpose of this research is to look into the experiences of African students at Algoma University and see how the pandemic affected their mental health and academic performance. For this study, a qualitative and quantitative approach was used, and data was gathered through in-depth interviews with African students at Algoma University. Purposive sampling was used to select the participants, who were asked about their experiences with the pandemic, the challenges they faced, and how they affected their mental health and academic performance. The collected data was analyzed using thematic analysis, a method that identifies patterns and themes in data. According to the findings of this study, African students at Algoma University have been



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disproportionately affected by the pandemic, experiencing increased stress, anxiety, and depression, all of which have a negative impact on their mental health and academic performance. According to the study, African students face additional challenges such as social isolation, financial difficulties, and difficulty accessing online resources. By providing an in-depth examination of the experiences of African students at Algoma University, this study adds to the existing literature on the impact of COVID-19 on students; mental health and well-being. The findings of this study can be used to develop targeted support and resources for African students at Algoma University and other Canadian universities. It emphasises the importance of recognising and addressing the unique challenges that African students faced during the pandemic, as well as providing targeted support and resources that address their specific needs.

Meghan Boston-McCracken & Vina Sandher

Reflections on Mental Health and Field Education during COVID-19

This presentation is a personal reflection on the experiences of a Field Coordinator in Northern Ontario and a Field Education Manager in Toronto. The COVID-19 pandemic created unique challenges for social work field education. There were impacts on students, social workers supervising field practicums, as well as faculty and staff supporting field placements. The speakers will reflect on the challenges, impacts on mental health and wellbeing, creative solutions, and lessons learned. The presentation will also explore how the experiences during COVID-19 changed current practices, opening the way for new approaches and aspirations for social work field education in the future.

Cassandra Brennan

Indigenous Mental Health and Resource Disparity in Northern Communities

Within Northern Communities there is a vast disparity in services and resources surrounding Indigenous care. Indigenous Communities specifically are victims of the continuous effects of colonization and ongoing genocide tactics that perpetuate; substance-use and mental health disorders, intergenerational trauma, and homelessness across Ontario. Previous research



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discusses other contributions to this problem as being rooted in a lack of research surrounding Indigenous and land-based healing, as well inadequate funding for Northern Communities. A key component to combatting this is to fill in the gaps in services through Indigenous based research and accounting for the history of holistic wellness used amongst Indigenous groups as successful evidence for treatment. By using data collected from previous studies focused on health detriments to Indigenous populations, and documented ways of healing through first-hand Indigenous experiences, we can begin the path to cultural reclamation and self-determination within our Indigenous Communities. Although evidence-based research is essential in helping Northern Communities in receiving funding, the way that funding is used therapeutically should be decided from a spiritual and land-based Indigenous Approach. Due to racism within our pedagogical systems, Indigenous research is not readily available from an academic stand-point. However, there is plenty of evidence historically and traditionally within Indigenous culture that should be taken into consideration as a useful resource for Mental Health Practitioners in Northern Communities.

Keywords: Northern Communities, Indigenous Care, Land-Based Healing

Walter Wai Tak Chan

Consumers and Survivors Reconciling (or Not) with Indigenous Sovereignty and Land The Canadian psychiatric consumer and survivor movement purports to advocate for justice and equity in mental health. However, a lacuna exists in the movement when it comes to Indigenous mental health issues, given the movement's lack of engagement on these issues. I examine how settler colonialism broadly shapes Canadians' mental health and is simultaneously constitutive of both the mainstream mental health system and much of consumer and survivor activism. I argue that settler colonialism and white hegemony over determine the practices and organisations of consumers and survivors, although the movement has in limited cases chosen to build an anticolonial praxis with Indigenous communities and individuals. Through this discussion, I show that consumers and survivors rarely acknowledge, let alone challenge, settler colonial and white hegemonic structures in Canada. Yet, new initiatives are emerging that contest this extant and resistant political field, as illustrated by case studies of the three main Western Canadian cities: Vancouver, Calgary, and Winnipeg.



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Jade Davidson & Vishwaveda Joshi

Decolonising Notions of Empathy- Moving beyond Empathy in the Neocolonial Institution

Through this presentation, we aim to discuss how we can decolonize “empathy” in academic settings, drawing insight from our experience and expertise in supporting students as Residence Life Staff. Using anti-oppressive and critical pedagogy frameworks (e.g., Gaztambide-Fernandez 2012; Pedwell 2012; Tuck and Yang 2012; Zembylas 2018), we propose a paradigm shift in our understanding of empathy to critically reflect upon what it means to be empathetic in a helping profession like ours. We suggest that by contextualising empathy within the neocolonial, neoliberal institution of “the University”, we can start critiquing the discourse around what it means to lead empathetically through the politics and ethics of care. This presentation draws upon a methodology that is best suited to understand the subjective experiences of students: an approach consisting of autoethnographic research, mindfulness, and arts-based practices, through which we reflect upon our own experiences as support staff. We also propose an interactive, arts based workshop that takes place simultaneously with our presentation, to demonstrate various methods that we have used with our students to engage them in support conversations. As such, our hope is that the discussion would lead to a more critically-informed approach to caring for students, and an approach that considers the positionality of the student within the helper-helpee relationship, as well as the larger institutional context.

Suleyman Demi

Black People in Scarborough Experiences with Mental Health During the COVID-19 Pandemic

The COVID-19 pandemic created an unprecedented level of human suffering from economic hardship, loss of jobs, increased depression and anxiety due to loneliness and deaths (ILO, 2021). Black people experienced disproportionate impacts of the COVID-19 pandemic both in terms of cases of infection and deaths. These have serious mental health implications for many Black households. Consequently, this study critically examines the experiences of the Black population in Scarborough with the COVID-19 pandemic and the coping mechanism they adopted to minimise the impact of the COVID-19 pandemic on their well-being. This qualitative study used purposive and snowball sampling to select 20 Black people who previously enjoyed or continue to partake in the services of TAIBU Community Health Center (CHC) and 10 health care



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professionals comprising 2 medical doctors and 8 nurses to form the research participants. The data were gathered through in-depth interviews via zoom and phone due to COVID-19 Restrictions. The data were analysed using coding and thematizations with the help of NVivo software. The study found a high incidence of anxiety among the participants, particularly at the onset of the COVID-19 Pandemic. Among the COVID-19 coping mechanisms participants adopted include indoor/zoom exercise, driving around, watching movies etc. The study recommends more training on how to deal with mental health during a crisis.

Isabelle Dena

Presentation: Poster

Lived Experiences of Mental Health in Children, Youth, and Families in Saskatchewan during the First Year of the COVID-19 Pandemic: Qualitative Findings from Child-Parent Dyads

Research shows that compared to adults, children are disadvantaged during pandemics as they cannot communicate their feelings and are still developing coping strategies to deal with life difficulties. This poster shares findings from a qualitative study examining the lived experiences of the impacts of COVID-19 on children, youth, and their families mental health in Saskatchewan during the first year of the pandemic. This qualitative study was sequential to a larger quantitative online survey that estimated the prevalence of mental health outcomes in children and youth in Saskatchewan. Thirty-one (31) child-parent pairs (8-18 years of age) were recruited from 510 pairs from the quantitative study. Data collection involved conducting semi-structured, in-depth interviews in English online via an audio-video platform from November 2021-July 2022. Interviews were audio-recorded and transcribed verbatim. The study utilised a hybrid (inductive and deductive) approach to thematic analysis. The study generated six themes: impact on psychological responses to the pandemic; impact on schooling; impact on behaviours; parental work-life balance; coping with the pandemic in general, and coping with mental health issues during the pandemic. Children's psychological and social needs were exacerbated, especially for those with pre-existing mental health diagnoses and learning and developmental disabilities. Families coped with mental health issues through formal or informal support and services. In contrast, others reported positive impacts due to spending quality family time. In



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conclusion, our study showed the pandemic impacted the social determinants of health of children, youth and families and spotlighted the prioritization of mental health services in Saskatchewan.

Fiona Edwards

“A Phenomenological Study Exploring the Mental Health Experiences of Afro-Caribbean Canadian Youth Utilizing Mental Health Services”

Research on race and mental health is more focused on the adult population. Youth mental health, in general, is an understudied area and a critical investigation of Black youth’s mental health is even more limited. Moreover, the mental health experiences of Afro-Caribbean Canadian youth are not well-established within the Canadian context. Currently, a youth-centred qualitative study with Black youth in Canada is underway. By using the data from this study, I will speak to what factors shape the mental health experiences of Afro-Caribbean Canadian youth and address the necessity for a decolonizing approach and an anti-Black racism framework in Black youth mental health in Canada. Recommendations are offered for working with Black youth who struggle with mental health issues.

Nada Eltaiba

The role of culture, religion, and spirituality in the therapy of Muslim Women in west Australia

Commitment to culturally sensitive practice is an ethical obligation that entails acquiring knowledge and skills relevant to the practice context. Research shows that considering religion and spirituality in mental health practice is central to working effectively with Muslim communities. Practitioners need to consider the unique positionality and intersectionality when



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promoting mental health among Muslim women living in Western countries. This paper explores the trauma-informed, Integrative, therapeutics approach, for working with Muslim women living in Western Australia. The women were referred to receive therapy by General Practitioners and community organisations. Some of the problems presented were depression, anxiety, relationship problems, grief, trauma, domestic violence, discrimination, and racism. The paper summarises some of the main points considered in the therapeutic framework such as the centrality of religion and spirituality in perceiving psychological problems and applying coping strategies. The paper also presents some practical strategies to incorporate cultural, religious, and spiritual concepts into the therapeutic relationship.

Evangelista, A.M., David, S.M., Diaz, J., Florendo, M., and Triveles, K.J.

Title: BREATHE OUT: ECOPSYCHOLOGY AND ECO-ANXIETY RELATING TO AGE, SEX, AND CLIMATE CRISIS KNOWLEDGE

As a country prone to climate change's effects, the study determined the existing levels of eco-anxiety and ecopsychology of 138 Filipinos living in Region IV-A, the most populous administrative region in the Philippines. The research used the CCAS (Clayton and Karazsia, 2020) to examine the eco-anxiety level, the CNS (Mayer and Frantz, 2004) to evaluate the ecopsychology level, and a knowledge test from EARTHDAY.ORG to assess the participants' knowledge level about the climate crisis. The instrument underwent pilot testing and validation to ensure the appropriateness of the tests for the study, and a reliability test using Cronbach's Alpha showed excellent internal consistency for the scales. With the help of the Chi-square test, the researchers found that ecopsychology levels and eco-anxiety levels were determined by one's sex and knowledge about the climate crisis, while age didn't have a bearing on the degree of people's ecopsychology and eco-anxiety. To add value to the findings, the study recommended that the government and its departments invest in research on how to mitigate the threats of the climate crisis, especially for women, and do a rigorous execution of climate education in the Philippines.

Keywords: Eco-anxiety, ecopsychology, climate crisis, climate education, sex, age

Kholoud fahoum



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Perceptions of Stigma towards Mental Illness in the Arab Society in Israel

Abstract:

Theoretical Background: Stigma is a major barrier to mental ill patients and their families when they seek treatment, assistance, and rehabilitation. Coping is related to socio-cultural characteristics that could be a barrier or alternatively empower and increase the ability to cope with the disease. This study aims to examine the relationship between personal stigma and social stigma among mentally ill people in the Arab population of Israel. Methods: The sample consisted of one hundred and fifty participants who completed questionnaires of self-stigma, social stigma and social support.

Results: Positive correlations were found between personal stigma and social stigma, and specifically between awareness and social stigma and self-pain and social stigma. In addition, personal stigma among Rahat residents was higher than the personal stigma among residents of East Jerusalem. On the other hand, the social stigma among residents of East Jerusalem is higher in comparison with the residents of Rahat.

Conclusions: The findings of the study suggest that mental illness in the Arab population in Israel is subject to strong social and personal stigma. Results support the notion that Arab society is undergoing a process of transition in dealing with stress situations in general and mental impairment.

Amanda Fraser

This presentation centers on Indigenous holistic practices for healing addictions and mental health. Colonial disruption to Indigenous ways of knowing, doing, and being has created a need for cultural regeneration. Wellness and balance can be restored for individuals and communities through traditional healing practices. An extensive literature review demonstrates that indigenous approaches to wellness are more effective for Indigenous people than colonial modalities. Indigenous resurgence through land-based connection, cultural identity and practices is vital in enhancing community wellbeing. The COVID-19 pandemic has further disrupted Indigenous ways of healing. Recovering from the pandemic has created an urgent need for mental health and addiction support services. To improve the health and wellbeing of Indigenous People, the Indigenist literature recommends reconnection to land, land-based healing,

Ceremony, community, Elders, and kinships. Nêhiyaw (Cree), two-spirit scholar Amanda Fraser will present personal & professional knowledge and experiences of healing addictions and



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mental health through cultural interventions and land-based practices to re-envision moving forward as social work practitioners.

Hellen Gateri, Ella Baxter, and Shaylene Cormier

Burnout and Social Service Providers Working in Mental Health and Addiction Services

Studies indicate that experiencing burnout can lead to consequences such as voluntary turnover among service providers. This presentation will reflect our experiences as social workers in the field of mental health and addiction in Edmonton, Alberta. Based on our field practicum and course work within the school of social work we will critically share our experiences of staff burnout, social work education, and support in the field. We will also explore transformative changes that could be integrated in social service agencies and social work education to prepare students and new workers for the realistic aspects of working in the field to provide them with the required skills to balance their families, academic work, mental health and addiction work.

Keywords: Burnout, social service providers, mental health, addiction, social work education

Marci Gray

The Dual Stigma

Black mental health matters. The stigma of mental health and mental illness is so prominent however, that Black employees are more likely to hide their mental health condition than to get the help they need (Bharadwaj, Mallesh, Suziedelyte, 2017). Blackness and Black identity conversely, cannot be concealed, and the existence of anti-Black racism creates this stigma around Blackness that is difficult to deny. This presentation examines Black identity, the dual stigma of Blackness and mental illness, as well as the impact of anti-Black racism on psychological health and safety in the workplace. Stigma theory will be applied to both Blackness and mental health to develop an understanding of how they, together, create a complex and compounding dual stigma. I argue that the construction of psychological safety in the workplace as it pertains to race, Blackness, colourism, and anti-Black racism becomes elusive should the dual stigma persist. The psychological impact of racism due to Blackness can manifest as racial trauma, anxiety, depression or post-traumatic stress disorder (Carter, 2007; Mosley et al., 2021; Williams et al., 2022) . The psychological impact of the stigma of mental



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illness is an internalised negative self-concept and low self-esteem (Heary et al., 2017). The dual stigma then is a multifaceted concept that impacts Black identity, self-efficacy, psychological well-being, and one's sense of safety in the world. Whether providing mental health care or organisational support for psychological health, this dual stigma must be acknowledged to adequately address the psychological well-being of Black people.

Penelopia Iancu

Mental health services for children and youth: Parents' perspective on New Brunswick care services

The mental health of children and youth is a topic of interest for numerous studies. Since 2006, the rate of emergency department visits for children and youth has nearly doubled (Canadian Institute for Health Information, 2018). Despite this situation, youth are less likely to seek support for the distress they experience (Bouchard, Batista & Colman, 2018). In this context, parents are a central pillar of support by playing a key role in reducing their child's hospitalisation and relapse rates (Simpson, Suarez, Cox & Connolly, 2018). Although the parents' participation in care decisions is very important, they often feel excluded from this decision-making process (Bonin et al., 2014). The research presented here aims to understand the complexity of parents' experiences regarding family transformations related to their child's mental health problems. To answer the research question, we favoured a qualitative research methodology. A qualitative exploratory approach inspired by an interpretive-comprehensive paradigm has been used (Anadón, 2006). Participants are parents from New Brunswick (NB), Canada, having at least one child living with mental health issues. The data collection method is the semi-structured interview (n = 30, of which 10 completed). Thematic analysis (Paillé & Mucchielli, 2016) is used for data processing. The preliminary results show parents' experience with the services received for their child, as well as changes and adjustments in the family. This study gives parents the opportunity to express themselves about a reality that is often experienced in silence and isolation and helps them identify needs for intervention and support.



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Maureen Igbino

Mental Health and Technology

The COVID-19 pandemic has had a heinous and adverse impact on the physical and mental health of people around the world. Due to the steps taken by governments and regulatory bodies to control the spread of the disease by limiting movement, access to care has been negatively impacted. Besides those who had long standing challenges with mental health, the pandemic also resulted in more people experiencing depression, anxiety, and panic, requiring mental health evaluation and treatment. While these new realities have been cumbersome for the healthcare system to address, it has paved a way for advances in telehealth and more opportunities to apply various telehealth modalities.

Telehealth has been shown to be an effective option for delivering healthcare services in situations where physical access to health care providers is limited or unattainable. Since the COVID-19 pandemic, the use of phone and video platforms by healthcare providers to deliver health care services has increased. These healthcare delivery platforms have been effective in delivering mental health care to those requiring it. The use of telehealth has helped to solve the problem of not only access to care, but also compliance with treatments. Health care providers are now more easily, and more frequently able to engage with their patients to access compliance and effectiveness of treatment.

Elizabeth Wangui Kamau & Paul Kamau Mbugua

MENTAL HEALTH AND DISABILITY – THE INTRIGUES OF INTERPERSONAL RELATIONSHIPS

Mental health has been viewed as being the result of mental frameworks embedded in the brain as a result of experiences people have had in their significant relationships. In Kenya-Africa, a family that gets a disabled child may go through shock and emotional dilemma as to how to respond to the child. This paper examines cases of persons with disability and their mental wellness vis-à-vis how they experienced their significant relationships. The mental health of the individual is determined by the capacity of the individual to take life enhancing trajectories rather than self-sabotaging ones. The self-stories behind the trajectories indicate the mind state of the individual. The cases were accessed in Nairobi – Kenya and the data collected is qualitative. The question this paper seeks to explore is; are there individuals who are able to wade through the interpersonal challenges to acquire healthy personal formation? The paper intends to create



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awareness of the forming impact of interpersonal relationships and support the endeavor of seeking means of support for the human systems that may need to relate with the people with disability in healthier ways.

Janet Rose Kamau

MENTAL HEALTH AND SUICIDE PREVENTION IN HIGHER LEARNING INSTITUTIONS IN KENYA.

According to the World Health Organization, at least one in every eight people globally suffers from a mental disorder. Many young people struggle with their mental health. Approximately 25% of young people experience mental health problems at some time each year. Mental illnesses are usually associated with suicidal thoughts. Lifetime prevalence of suicidal ideation is estimated to be 7.9% for depression and 5-8% for other mental illnesses.

10.3% of Kenyans experience mental illnesses, such as depression and anxiety disorders. In addition, 42% of Kenyans who attend general medical facilities have severe depressive symptoms. In Kenyan Universities, most common causes of suicide among university students include; depression, loneliness, anger, hopelessness, conflicts, social pressure, illness, financial constraints and drug abuse.

In Kenya, suicide is criminalized which leads to underreporting or misreporting of suicide related cases making it hard to acquire accurate figures on suicide prevalence. Additionally, there is a lot of stigma associated with mental health disorders.

Suicide is currently one of the main causes of death among young people. Despite the fact that learning institutions provide an inexpensive way to reach young people, effective preventative measures are not well-established. Therefore, it is crucial to develop interventions that can aid in spotting early indications of mental illness and thereby prevent suicide.



Moses Kavengi

THE ECONOMIES OF MENTAL HEALTH DISCOURSE

Globally, it is estimated that 1 in 7 (14%) 10-19-year-olds experience mental health conditions, yet these remain largely unrecognized and untreated (World Health Organization, 2021) 1 . People who experience mental health issues are particularly vulnerable to social exclusion, discrimination, stigma (affecting readiness to seek help), personal development difficulties, risk-taking behaviors, physical ill-health and human rights violations. In Sub-Saharan Africa and especially Kenya, mental health and well-being have been neglected for decades; of the entire disease burden in Kenya, 13% is due to mental illness. The corresponding budgetary allocation to mental health is less than 0.1%. It is estimated that 50% of all mental disorders start by the age of 14 years! It is further estimated that by the age of 24 years, 75% of all mental disorders have made themselves manifest. Kenya ranks 5th among African countries that have the highest number of depression cases, having 1.9 million issues (Nyongesa M., 2017) 2 . This figure is only reflective of the diagnosed hospital cases, as a large proportion of depression cases in the country remain under-detected and hence undertreated. The increased prevalence of mental disorders in Kenya is attributed to cases of suicide, homicide, poverty, unemployment, HIV infection, and COVID-19 violence at the household level. The Mental Health Taskforce of 2019 established the existence of considerable gaps in access to psychosocial care, with only approximately 100 psychiatrists for a population of 45 million (ratio 1:450,000) (The National Academy of Sciences, 2016) 3 . In addition, clinical psychologists and medical social workers are central to managing and treating mental illness are very. They are relatively inaccessible to the majority who need mental health services due to geographical distance, as the majority are based in urban areas with high consultation fees. Many institutions and people have yet to appreciate the need and importance of psychosocial support fully. As such, psychosocial support is never integral to many emergency responses. This is exacerbated by the lack of a comprehensive Mental Health and Psychosocial Support (MHPSS) approach. Professionals see mental health as their preserve. To have a productive, innovative and energetic labour force, the Kenyan Government needs to emphasize enhancing its population's mental health status.

Ethan Keeler-Cox

PTSD in the Canadian Armed Forces & Veteran Community: Post-War Afghanistan

Abstract



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Canadian Armed Forces (CAF) involvement in Afghanistan lasted from 2001 to 2014, in which one hundred fifty-eight Canadians were killed. Since then, figures show that more soldiers and veterans have committed suicide than were killed in combat. Additionally, about seven thousand six hundred of the forty thousand and twenty-six Canadian soldiers who served in Afghanistan have Post Traumatic Stress Disorder (PTSD). This presentation will investigate the holistic impact PTSD has had on CAF veterans involved in the War in Afghanistan and the current issues veterans face in relation to mental health care. Whilst veterans face physical complications, financial issues and systemic barriers, this presentation will focus on the implications of mental health care. This will be achieved through historical accounts, a comprehensive literature search, and veteran accounts. There will be a brief explanation on the history of PTSD and previous names for it. A brief exploration into Canada's involvement in Afghanistan and some of the events that occurred to set the tone for the reality that Canadian veterans of Afghanistan face. Finally, the presentation will transition into what veterans are facing in regard to treatment and services from the Canadian Government and what social workers can do to assist veterans and advocate for them. This will culminate in demonstrating current issues in understanding PTSD from the perspective of the military and lack of informed services and support to CAF veterans who served in Afghanistan.

Neha Khanna

Post-secondary students are considered a vulnerable population that face unique stressors and are among those most negatively impacted by the coronavirus disease 19 (COVID-19) pandemic. The speed at which universities and colleges closed their campuses and transitioned to online learning left many students with uncertainty, confusion and concern about their health, mental health, and academic future. The objective of this study was to understand how the transition to online learning has impacted mental health and academic success among undergraduate students. To this end, semi-structured interviews were conducted with seventy undergraduate students from Carleton University. Qualitative data was analyzed using an inductive thematic analysis approach. Findings from this study suggest that the transition to online learning has resulted in undergraduate students feeling less motivated, having greater difficulty learning, showing a decline in academic success and mental health, and feeling less supported by faculty and staff.



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These findings highlight specific challenges and needs of post-secondary students and could help inform institutional strategies such that they accommodate varied, rather than generic, student experiences. To our knowledge this is the first report that considers a student's perspective when addressing the transition to online learning.

Priscilla M. Makau, Anne Mbwayo, Rachel Kangethe

TITLE: PREVALENCE OF ALCOHOL AND SUBSTANCE USE DISORDERS AMONG INPATIENTS AT A GENERAL HOSPITAL IN RURAL KENYA

Background

The COVID-19 pandemic witnessed an exponential increase in Alcohol and substance use disorder (SUD), with the proportion of people using alcohol ranging from 21.7% to 72.9%. The evidence is mostly from population-based studies. Our study aimed at addressing this gap.

Methods

This was a quantitative cross-sectional study, conducted in July 2021 among hospital in-patients. Using a purposive sampling method, 131 consenting participants were enrolled; researcher designed socio-demographic questionnaire and modified ASSIST tools were used. Data was evaluated using SPSS and relationships between the variables was determined by Pearson's Chi-square.

Results

Male and female were equally represented with 66 females and 65 males. Majority were in the age range of 31-40yrs (34.4%), and 57.3% were married. Most (45.8%) had attained secondary education and 42.7% were unemployed.

SUD was highest among men (83.1%), and among 31-40yrs (44.1%). Majority of the self-employed had SUD (54.2%) compared to other groups (unemployed 22% and students 5.1%)



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Gender and employment status were significantly associated with SUD

68 (51.9%) reported lifetime substance use, while 59 (45%) reported using a substance in the past two months. Alcohol was the mostly used at 42.7%, then Tobacco (33.6%).

Conclusion

Moderate substance use disorder is an undetected, unattended comorbidity in the hospital setting. This study emphasizes the hidden burden of Alcohol and Substance use disorder among inpatients attending primary health care facilities. The need for routine screening and assessment for Alcohol and Substance use disorders, especially during pandemics, is critical of to early diagnosis and holistic management of inpatients.

Key words: Prevalence, Rural, Hospital, Alcohol and substance use disorders

Amoss Makohe

Subject: Consommation des substances psychoactives chez le jeune désaffilié

Cet article s'articule autour de la question suivante : qu'est-ce qui amène un parent ou une culture à ne plus se vouloir dans un enfant, à se refuser à lui, à le laisser seul, sans culture, abandonné à lui-même ? Nous partons de l'hypothèse que la désaffiliation du fils par son père inaugure des conduites délinquantes chez le jeune enfant avec pour corollaire la consommation abusive des substances psychoactives. Nous nous intéressons spécifiquement, dans cette recherche, à un enfant perturbé issu d'une famille dissociée observé en consultation clinique. L'étude a été effectuée suivant la méthode de cas unique. C'est une méthode qui vise l' "un", l'individuel ou le particulier, mais surtout, ce que cet "un" a d'unique, c'est-à-dire d'irréductible voire exceptionnel. Les résultats de cette étude révèlent que le jeune homme souffre de déréliction (état dans lequel l'enfant se sent abandonnée et privée de tout secours) inscrite dans son histoire. Et pour réparer cette faille narcissique importante, l'enfant aura tendance à se placer hors de la communauté humaine, hors de l'ordre symbolique qui la fonde (Bertrand, 2013) pour faire place au passage à l'acte. Il tente de devenir "sujet" en passant par son ego altéré à l'alter-ego. Il n'y arrivera pas parce qu'il semble que son appareil psychique à symboliser ou à élaborer serait atteint dans sa capacité à produire des figurations liantes.



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Rida Massod

The nation of Canada and its hegemonic systems are founded on and continue to operate on principles of capitalism, imperialism, and settler-colonialism. Resultant inequities were exacerbated by the COVID-19 pandemic, increasing disparities in mental health outcomes between populations. People most impacted identify with one or more (i.e., intersectionality) underserved and underrepresented groups, including Black (African and Black-Canadian), Indigenous, and People of Color (BIPOC). Reconciliation requires a paradigm shift towards individual and community liberation through transformative justice (TJ). How can liberation and justice be reimagined to center the histories and lived experiences of underserved and underrepresented communities? How can we leverage the power of difference to build responsive and sustainable solutions to complex social problems? At Zymonetics, we are interested in leading these discussions. Zymogenetics is a Canadian Accountable Care Organization (ACO) delivering best-in-class biotech, medtech, psytech, and continued care models. We use principles of justice, equity, diversity, and inclusion (J.E.D.I) to guide our approach to medicine, research, and education. Our approach is comprehensive and preventative. Currently, we are investigating innovative solutions, including psychedelics, to heal neurological damage caused by generational trauma, and increase mental wellness. This conference is an opportunity to be in community and to collaborate on forward-looking solutions for advancing mental wellness, specifically for BIPOC.

“Without community, there is no liberation... but community must not mean a shedding of our differences, nor the pathetic [pretense] that these differences do not exist.”- Audre Lorde

Tom McDowell

The Impacts of the Ontario Basic Income Pilot on Mental Health and Addictions

'This paper explores the mental health and addictions findings of a quantitative and qualitative analysis from the prematurely canceled Ontario Basic Income Pilot in the Hamilton region. Our study identified significant improvements in quality-of-life measurements for recipients who previously struggled with their mental health, as well as an overall reduction in the utilization of intoxicants. The findings suggest that basic income can have transformative impacts on mental health and well-being, with holistic benefits that promote healthier lifestyles.'



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Maryam Motia

Mental health and social support among immigrant women in Canada:

An arts-based study

Canada is a destination for a growing number of immigrants, including immigrant women. Statistics Canada reports declination in the mental health status of immigrants due to stress and challenges for resettlement. Mental health decrement has been found more among immigrant women, compared to immigrant men, given the intersection of immigration status and gender.

Evidence suggests that social support may protect the mental health of immigrant women in Canada. In addition, engagement with art may positively impact their mental health. Creating artwork and exchanging social support may occur concurrently in community arts programs (CAP) with promising psychological effects on participants. Reports on grassroots arts projects in Canada suggest similar desired consequences. Yet, there are relatively scarce Canadian-based studies in this field. My ongoing research addresses this gap, exploring the mental health experiences of immigrant women in Canada participating in CAP and diverse factors contributing to their mental health.

The main research questions are: A) How do immigrant women in Canada conceptualize their mental health in the context of their migratory journeys? And B) How does art, as a research method, allow immigrant women to express their mental health experiences related to migration? Using constructivist grounded theory, I employ a combination of arts-based research methodologies and in-depth interviews.

Findings have implications for mental health and settlement service providers, policymakers and mental health researchers, especially those who employ arts-based methodologies. In my online presentation, I will discuss study design and implementation, including conducting arts groups and recruitment strategies, and present preliminary findings.

Dionisio Nyaga

Making the classroom Black: Trauma informed teaching and learning during Covid 19:

Covid 19 has affected Black communities in disproportionate ways and continues to compound their historical pains and trauma in ways never seen before. One among those invisible ways is educational programs in Canada, which continue to be white and espousing neoliberal economics. This presentation is grounded on the premise that the current teaching and learning is grounded on colonial and neoliberal violence. It is well documented that education spaces



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continue to act as carceral spaces where Black students are visibly and conspicuously excluded, buried and disappeared from the classroom. Such forms of authorised racial segregation in the Canadian school system have rendered Black student remnants of the past, whose presence and existence in the modern neoliberal classroom should be met with opposite colonial violence and hate. This presentation looks at the traumatic effect of such forms of racial violence and how Covid has exacerbated them; to make the classroom setting more separated from Black students. Such separations have a mental effect on Black students who cannot access the current models of virtualized teaching and learning. Key to this argument is to look for other ways of teaching and learning that are trauma informed and grounded in peoples' realities, values and histories. This presentation is therefore an engagement with school curriculum in ways that are Black and various to start calling for ethical teaching and learning.

Andrew Nyongesa

Class Otherness and Pathology: the fragmented Self and Madness in Contemporary Fiction.

This paper is an exegesis of the impact of socio-economic status on mental health as represented in Lessing *The Grass is Singing* and Chikwava's *Harare North*. Literary critics and writers have attributed cases of mental illness to heredity and othering conditions that involve deliberate discrimination against other races, women and children. Postcolonial studies have demonstrated how colonial regimes in Africa subjected the colonized to political and racial othering, which adversely affected their mental health. Similarly, feminist studies have singled out patriarchal oppression as the prime cause of mental ill-health in female characters in most literatures including the two texts in this study. On the contrary, this paper interrogates the impact of otherness based on class or socioeconomic factors on the psyches of characters. It is the contention of this study that besides politics, race and gender, class has the potential to instigate trauma or binaries that adversely affects the mental health of the poor. Using postcolonial criticism, the study interrogates how poverty and the attitudes of society towards it affects mental health of victims regardless of race and gender. This analytical study is, therefore, a close textual reading of the primary and secondary texts while the ideas of Michel Foucault and Ronald Laing will form a theoretical basis of interpretation.

Key Words

Class and madness, the Fragmented self, Harare North, *The Grass is Singing*, South African Literature



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Fritz Pino and Jessica Ticar

The Impact of COVID-19 In Developing A Culturally-Grounded Mental Healthcare Framework For Filipinos in Canada

Despite existing research on race and mental health, there is still a need to develop a more nuanced understanding of mental healthcare among racialized communities in Canada, particularly because racialized groups in the country are so diverse in terms of migration histories and socio-political experiences within the Canadian settler colonial nation-state. For this reason, the authors in this paper attempt to craft a framework of mental healthcare that is attentive to the subject position(s) of Filipinos in Canada, specifically highlighting the impact of the COVID-19 pandemic and the need for culturally-relevant interventions. We focus on the Filipino community in the country given our social locations: the first author was born and raised in the Philippines, was a mental health worker in the Philippines prior to moving to Canada; the second author is a Filipina born in Canada and has been a mental health practitioner and community-based researcher in the Filipino community and beyond in Canada. Our mental healthcare framework includes concepts of hybridity, transnationality, and community care. We were able to generate these concepts by juxtaposing our professional experiences with the existing mental health literatures that look at anti-oppressive and decolonial interventions. In this paper, we want to discuss these concepts, including their genealogies and relevance, and how we reflected upon them during the pandemic. Ultimately, our goal is to contribute to building a more decolonial framework of mental healthcare for Filipinos in Canada based on the critical reflections of our practice and analysis of the literature.

Vaidehi Pisolkar

International Conference on Mental Health and Addictions

Theme: Mental health and social determinants of health

Format: Poster session

Abstract title: Mental health of children and youth during the first year of the COVID-19

pandemic: Results from a cross-sectional survey in Saskatchewan, Canada To understand impacts of COVID-19 on children's mental health (MH), we conducted a



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population-based-online-survey (March-July,2021) to coincide with first full academic year during COVID-19. Children (8-18 years) and their parent/caregiver (N=510) were recruited via the Canadian Hub for Applied and Social Research Saskatchewan Community Panel, Saskatchewan public and Catholic school divisions, First Nations-administered and independent schools. We modeled the relationship between anxiety, depression, and quality of life (QoL) and sociodemographic, behavioral, and contributing factors using binary logistic regression. We tested a priori selected interactions to examine effects among minority families. For representativeness, samples were weighted by age, gender, and location in Saskatchewan using 2016 Canadian Census data. Point-in-time prevalence of medium-to-high anxiety and depression were 10.19% and 9.26% respectively. Almost half (49.15%) reported low-to-moderate-QoL. Children reporting medium-to-high anxiety, depression and low-to-moderate-QoL were more likely to be those aged 8-11-years, 16-18-years, self-identified Black, Indigenous, Person of Colour (BIPOC), lived in rural/urban areas, had good/fair MH before COVID, experienced household conflicts, had less physical activity, and had ≥ 3 hours of recreational screen time. Those who had more people living at home and ≥ 8 hours of sleep reported low anxiety and depression. BIPOC 16-18-year-olds were more likely to report low-to-moderate-QoL, compared to BIPOC 12-15-years. 8-11-year and 16-18-year-olds with immigrant parents were more likely to report low-moderate-QoL, compared to 12-15-years. Our analysis suggests children and youth's MH and QoL deteriorated during COVID-19. Adverse MH outcomes were evident among minority families. Our results reveal the need to prioritize MH and build equity-driven, targeted-interventions for children and families.

Julia Read

Narrative Resistance: Peer Supporters Experiences of Co-optation, Isolation, and Exploitation in Addiction Services and its Impact on Their Wholistic Health

As I worked from the comfort of my home beginning in March 2020, I provided supervision to peer support workers (PS) who worked in the front lines providing addiction services. As people began dying from COVID-19, people continued dying from fentanyl poisoning, so more PSs were hired to work in safe injection sites (Consumption, and Treatment Centres), motels, and make-shift shelters. PS were asked to perform the work of social workers because, like me, they were privileged to work from the safety of their homes. Due to COVID-19, PSs found



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themselves working at intersecting unhoused and drug using communities; the PS landscape rapidly changed. In fact, it seemed the more precarious the PS job, the more vulnerable the PS became, working in uncertain times, in uncertain conditions, being placed in uncertain spaces.

I am a doctoral student whose dissertation is focused on exploring PSs experiences of co-optation, isolation, and exploitation in addiction services and its impact on their holistic health. Research has highlighted these concerns without attention being paid to the implications for PSs, and I believe the pandemic served to intensify these experiences.

This poster presentation will shed light on how these experiences have impacted PSs holistic health and what it is like to work in the current climate of both the opioid crisis and the pandemic. I am proposing a critical narrative inquiry to gather these stories from PSs who have worked in the front lines of addiction services in southwestern Ontario through the pandemic.

Kareem Roberts

Mental Health in academic settings-

The world change drastically in the year 2020 when Covid-19 disease was discovered. Schools were forced to teach online and students were isolated from their friends and classmates. As the pandemic went on for the next two years there was little interest in talking about students mental health during these two years.

Once the pandemic was under control and life returned to the “new normal” questions started to be asked, how as a society do we move forward after the global pandemic. Everything changed from the way we interacted with people, the way we worked, the way we even educated students. However, there was now a new “disease” going around on campus. “Mental health” During the pandemic mental health concerns increase drastically but there was little support that could be provided for students. Once students returned to campus the issue became a bigger problem for university administration.

How does the university administration and academias now support the increase of mental health for university students? My presentation will talk about the observations I have notice as a professor about student’s mental health since teaching back in person for the past year. I will discuss recommendations needed to adapt to the post-pandemic world for university administration and faculty members to help support student’s mental health.



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Tanya Shute and Allyson Theodreau

Format: Research Findings/Conceptual Talks

Themes: This presentation could be relevant for several themes.

- **People affected by mental health and addictions**
- **Critical recovery model, care and healing**
- **Mental Health and Madness**

Abstract:

Ontario's Consumer/Survivor-governed organizations (CSOs) are critical recovery-oriented community mental health and substance use/abuse sites and services run by and for people with lived experience of the mental health system or what could be referred to as serious mental health problems/diagnosis. They are low/no-barrier no-stigma services operating on shoestring provincial mental health funding, without wait lists, and offering services that did not shut down service even temporarily during the early stages of the COVID-19 pandemic, findings creative ways to work from a critical collective of care and recovery paradigm and a ethic of mutual aid. For all their unique contributions to the Ontario mental health and addictions system, the current political context has meant these organizations have been forced to close or amalgamate with larger, non-consumer/survivor-led organizations, losing their independence and autonomy, and often forced to sacrifice the very values and principles of the psychiatric consumer/survivor movement and Mad movement from which they originated. As service and activist-oriented organizations, Ontario consumer/survivor organizations face difficult challenges in establishing the evidence for their practice and to support their continued independence, autonomy, and funding. This session will present findings from a participatory research project that explored the data collection needs and practices of Ontario CSOs, and will focus on encouraging new researchers to this under-studied and under-evaluated sector as a call to help them continue to be a formal presence in Ontario's mental health and addictions system, and review the values and principles of the mad movement that need to shape the rebuilding of their evidence base.



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Hibah Sidat

Unveiling the Mental Health Impacts of Gendered Islamophobic Violence on Canadian Muslim Women

Abstract:

This study examines the challenge of negative mental health outcomes for Canadian Muslim women as a result of gendered Islamophobic violence. This research draws data from semi-structured interviews with service providers working on the frontlines of therapy and counseling with Canadian Muslim women. With the application of intersectionality, psychoanalysis, and a community trauma framework, this study finds a myriad of ways in which Canadian Muslim women routinely face Islamophobic discrimination based on their intersectional identities which in turn creates a host of negative mental health outcomes, all characterized by internal struggle rather than outward aggression. Responses to discrimination include affected women channeling their own agency and spirituality, as well as seeking community support. Multiple limitations to care from service providers and the broader mental healthcare systems also emerge. This study finds that gendered Islamophobic violence is implicated in white nationalism/terror and that a community trauma informed approach is recommended for healing.

Michael Sitawa (PhD), Lieutenant Colonel Japheth Mwasaru Lauren Meredith

Disaster Risk Reduction in Conflict Zones: Gaps in mental health interventions and drugs addictions in the fight against Violent Extremism in Lamu County, Kenya

Abstract

In 2015, the Al Shabaab (Ḥarakat al-Shabāb al-Mujāhidīn) based in Somalia conducted attacks in areas of Mpeketoni and Pandanguo in Lamu County along the Kenya-Somalia border that claimed the lives of over 50 people. In response, the government of Kenya deployed a Multi-Agency Task Force comprising of the Kenya Defence Forces, the National Intelligence Service, The Kenya Police Service, Kenya Forestry Service and Kenya Wildlife Service to flash



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out the militants in an operation currently dubbed ‘*Operation Amani Boni*’. The International Peace Support Training Centre conducted a study in the county which picked out several initiatives towards cushioning locals from the effects of the security operation in the conflict theatre which include nutrition, healthcare among others. The study however observed that key issues of mental health largely remained unattended. The COVID-19 situation further exacerbated the situation as there was a cutback in funding on already strained budgets for both state and non-state institutions. This fueled drug addiction and further triggered violence beyond the active conflict theatre as they affected households. The volatile security situation therefore denies the locals much-needed rehabilitation services. The paper therefore provides recommendations that are based on existing health care and social welfare systems to provide mental health services.

Key words: Violent extremism, security operations, mental health, drugs, children

Mark Tatasciore

Mental Health and Organized Sports

Organized sports can be highly competitive, especially hockey in the Northern Ontario region where the game is deeply embedded in the culture. Highly competitive sports can have adverse effects on a child's mental health. This study explored if the increased awareness of mental health in the wake of the Covid 19 pandemic has impacted parents/guardians' decisions with regards to choosing hockey as a sport for their child(ren)/dependents. Using a qualitative case study design we conducted 10 semi-structured interviews with parents. Thematic analysis was used to analyze the data. Early thematic analysis generated three themes around decision making: family influences, socialization, and character development. Findings suggest that while parents are aware of the implications of mental health they are more influenced by other elements. Participants in our study stated they let their child choose what sport they participate in. This presentation will discuss both possible implications for the future of minor hockey and the role of coaching as well as offer process reflections from an undergraduate researcher.

Rose Ann Torres



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Un-mapping Mental Health Issues in the Process of Engaging with Equity, Diversity, and Inclusion:

This presentation argues that whiteness and white supremacy is fundamental to the formation of the Canadian nation and the rise of the post-war welfare state. In order for Canada to continue to exist anti-Indigenous, anti-Black, anti-Asian racism must be exercised through policies that regulate different institutions and structures. This presentation is focused on how our workplaces have been implicated in different forms of racism. It is focused on theorizing the experiences of racialized leaders in the academy who engage with equity, diversity, and inclusion. This presentation then, will un-map different forms of racism that work through in and out in work spaces. Discussion on how we address mental health issues faced by racialized leaders will be included.

Rose Ann Torres & Jodi Webber

Understanding the Mental Health Experiences of Paid and Unpaid Caregivers in the North

We exist because of care, but care cannot exist without the giver. The cost of caring is high and the contributions of caregivers, both paid and unpaid, largely go unrecognized. Most caregivers experience considerable amounts of stress, anxiety, and depression. This may result from the emotional, physical, and financial burden of caregiving as well as toxic work environments. These feelings can be intensified by a lack of support, recognition, or respite. In this presentation we will be focusing on the caregivers' mental health experiences. We will be using an anti-racism and identity theory in understanding the experiences of paid and unpaid caregivers in the North. We will each share our initial research findings in terms of the caregivers' mental health experiences. Rose will include the experiences of Filipino health care workers and Jodi will discuss her preliminary findings from a collaborative research project exploring the needs of unpaid caregivers in Algoma.

Nigel E. Turner, Ph.D.

Adaptations to COVID-19 by problem gambling and mental health treatment providers in Canada.



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Background: During the Covid-19 pandemic, online gambling venues remained accessible while treatment services were met with constraints. Mental health service providers needed to adapt quickly to continue supporting clients. This exploratory study examined the experiences of problem gambling counselors and other treatment professionals who worked throughout the Covid-19 pandemic in terms of (1) how they were impacted by the pandemic, (2) about how they adapted to the pandemic, and (3) their training needs in order to be better prepared for future pandemics. Method: Counsellors in Canada were surveyed using closed- and open-ended questions. The study was conducted in two waves, one in May to July 2021 in the middle of the pandemic, and the second from April to June 2022 as many public health restrictions were being removed and the casinos were being reopened. Results: The results indicated increases in counsellor distress during the pandemic. In addition, the counsellors also reported increased stress in their clients. The participants reported a shift towards phone and online treatment during the pandemic but also expressed a need for additional training on remote counselling methods. The counsellors reported concerns over technological issues, privacy issues and problems with keeping clients engaged. There were also concerns regarding populations who may not have access to technology such as homeless people and seniors. Conclusions: There is a need for research to define best practices for remote methods of counselling.

Ivy Wairimu

EFFECTS OF COVID 19 ON QUEER AND TRANS ISSUES REGARDING MENTAL HEALTH AND SUBSTANCE USE.

Covid 19 pandemic has affected the queer/ trans community in increased alcohol and drug usage. This paper reviews the association between alcohol/ substance abuse and selected adverse mental health outcomes as measured through self-reported mental health and overall coping and suicidal thoughts. Bi-variate cross-tabulations with chi-squared tests were used to identify bi-variate associations between alcohol and mental health. Multivariable logistic regression models are also used to quantify the independent association with adjustment for a priori-specified socio-demographics. Results from this study demonstrate that increased alcohol/ substance use is associated with a deterioration in mental health during the pandemic. These findings highlight the need for targeted interventions to mitigate relevant adverse psycho-social



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consequences, both in the immediate and with respect to future drug-related or mental health harms, including those that may arise from dependent or intensive alcohol/substance use. Further research is needed to investigate and contextualize sub-population disparities such as these and to inform policy and practice responses to the existing and potentially evolving burden of drug-and mental health-related harms faced by the queer/ trans people.

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Family Equality, COVID-19 Response Legislation Overview,

<https://www.familyequality.org/covid>

Sidney T. Wilson

Setting Them Up For Success: School system and children's mental health

The children attending primary school are the future leaders of our society. They are the politicians, doctors, police officers, teachers, and social service workers of our future. Yet we are failing them every day within the school system. As society changes, the needs of our children change as well. The school system, however, has not drastically changed over multiple generations. Funding, staffing, learning objectives methodology and mental health support within the school system needs to be reexamined and adapted to better fit the needs of our children. Within this presentation, I will be discussing current literature around this topic, personal experiences working within the school/mental health system, the impacts of Covid-19, and questions that need to be addressed. Where there is a strong emphasis on governmental statistics and success rates many students are falling through holes in the system. For the sake of the presentation, I will be writing a paper, along with creating a Slide presentation.



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Deb Woodman

There is a parable that draws on the example of people going by a river in which babies are drowning. Most of the people begin pulling babies out of the river, however one member of the party heads upstream to try to discover where the babies are coming from and why they are in the river in the first place. This parable helps us see value in both the systemic understanding of people struggling in deep water as well as hands-on work to meet people where they are and perhaps assist them in getting out of the water. As we all acknowledge that mental health and substance use are at crisis levels, how might we understand our social settings in order to create spaces to both change the systems and to address the urgency of people experiencing crises? This paper will discuss contributions from sociology to help us see both perspectives. The author will highlight examples from community-based work and explore how we might engage with multiple levels of activism.

Kai Zhizhong

Software development of virtual psychotherapy tools: A case study of psychess

This research focuses on the combination of offline psychotherapy tools and online remote technology. So that therapists can use them while conducting video consultations just as in-person service.

In the face of the pandemic and some scenarios of outreach mental health services, a mobile device and virtual psychotherapy could make mental health services reach some disadvantaged populations, such as people living in multicultural communities, people with speech challenges, people with low literacy skills, and people who have experienced disaster or trauma who may have difficulty expressing themselves. Therefore, The Standards for Technology in Social Work Practice (2017) writes: “Technology has transformed the nature of social work practice and greatly expanded social workers’ ability to assist people in need”.

Specifically, I invented a psychotherapy tool, named psychess, which is a newly designed chess for seeing clients’ mental problems, interpersonal interaction, relationships, circumstances, resources and needs. I also developed a digital version of psychess, which allow the client to play with psychotherapists or other players through a mobile APP. I am also trying to turn other psychotherapy tools into digital versions, such as drawing therapy and cognitive behavior therapy. In this way, the psychotherapist can apply various techniques and psychotherapy tools



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through the software in the counselling session just as a face-to-face session. The digital data generated by the digital psychotherapy tools can be analyzed and modelled and displayed to psychotherapists as auxiliary information. At this conference, I can present the recent study on psychess and demonstrate how to use the APP.

Options for publishing your conference materials:

- a. A volume dedicated to brief reports of papers that are presented at your conference. This book/volume is published by Springer. A link to be shared soon.
- b. An edited book that would include papers (converted into chapters). This would be published in this book series by Springer: <https://www.springer.com/series/13393>

A dedicated special issue of Journal of Ethnicity in Substance Abuse. Papers for this issue must go through our regular double blind peer review: <https://www.tandfonline.com/journals/wesa20>

- c. Journal of Ethnicity in Substance Abuse

Focuses on the ethnicity and cultural variations in alcohol, tobacco and substance use and abuse and on substance and drug abusers of various ethnic groups.

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