

CPA'S HUMAN RIGHTS & SOCIAL JUSTICE IN PSYCHOLOGY COMMITTEE

MESSAGE FROM THE CO-CHAIRS

Dear Committee and Working Group Members,

We are writing this message with a heavy heart as the situation in the Ukraine continues to deteriorate. At the time of writing this message, over 3.5 million people have fled the country, and more are trying to leave every day. The humanitarian crisis is devastating, and the number of human rights offenses are mounting with vulnerable populations such as members of the LGBTQIA+ populations having trouble fleeing the bombardments. As the CPA has stated, "The CPA joins its international partners on the Global Psychology Alliance in supporting the National Psychological Association of Ukraine, and the people of Ukraine, in decrying this act of aggression." We also stand in solidarity with our international partners to denounce these aggressive acts. Given this situation; we have devoted this Newsletter to immigrant and refugee mental health. The CPA has recently created a fact sheet entitled: "Coping with Emergencies, Disasters and Violent Events", which is available in French, English, and Ukrainian. We have provided you a link in the Newsletter. I hope you take a moment to read it. For those of you who may be directly impacted by the conflict, our thoughts are with you. That said, though the times are troubling, scary, and difficult we do not want to lose hope that the Human Rights work we do matters. We hope you all find the resolve to continue this work even through challenging times.

Warm regards,

Ada L. Sinacore, Ph.D. and Kerri Ritchie, Ph.D., C.Psych.

THE UKRAINE CONFLICT: CPA RELEVANT RESOURCES

Below a snapshot of some CPA resources of relevance to Refugee and Immigrant Mental Health

Position Statement

On March 2nd, the CPA released a statement titled "**Canadian Psychological Association stands in solidarity with Ukraine**". You can read the entire statement [HERE](#)

The **American Psychological Association** has also released two statements on the Ukraine Conflict:

- [APA Motion on Ukraine Conflict](#)

- [APA Statement and Resources on the Mental Health Impact of the War in Ukraine](#)

“Psychology Works” Fact Sheets

Check out the CPA’s recent factsheet titled “**Coping with Emergencies, Disasters and Violent Event**”

– [PDF](#) | [HTML](#). It is available in English, French and Ukrainian.

Psynopsis



Refugee Mental Health

Volume 40, Issue 2

<https://cpa.ca/docs/File/Psynopsis/2019-Vol40-4/index.html>

PSYCHOLOGY IN ACTION: IMMIGRANT & REFUGEE MENTAL HEALTH

Resources Offering Webinars and Online Courses

Canadian Collaboration for Immigrant and Refugee Health (CCIRH): https://ccirhken.ca/ccirh_main/

Centre for Addiction and Mental Health (CAMH): Refugee Mental Health

Project: <https://www.porticonetwork.ca/web/rmhp/home> (Français: <https://www.porticonetwork.ca/web/psmr/home>)

Kelty Mental Health Resource Centre: Refugee Mental Health Project: <http://keltymentalhealth.ca/r/refugee-mental-health-project>

Refugee Health Technical Assistance Center (RHTAC): Webinars: <http://refugeehealthta.org/webinars/>

Print and Online Resources for Mental Health Care Workers

American Psychological Association: Guidelines for Providers of Psychological Services to Ethnic, Linguistic, and Culturally Diverse Populations: <http://www.apa.org/pi/oema/resources/policy/provider-guidelines.aspx>

American Psychological Association: Working with Refugee Children and Families: Update for Mental Health Professionals: <https://www.apa.org/pubs/info/reports/refugees-health-professionals.pdf>

Canadian Collaborative Mental Health Initiative: Establishing Collaborative Initiatives Between Mental Health and Primary Care Services for Ethnocultural Populations: http://www.shared-care.ca/files/EN_CompanionToolkitforEthnocultural.pdf

Centers for Disease Control and Prevention: Guidelines for Mental Health Screening During the Domestic Medical

National Child Traumatic Stress Network: Refugee Trauma: <http://www.nctsnet.org/trauma-types/refugee-trauma>

Psychological Assessment of Culturally and Linguistically Diverse Children and Adolescents: A Practitioner’s Guide: <http://www.springerpub.com/psychological-assessment-of-culturally-and-linguistically-diverse-children-and-adolescents.html>

United Nations High Commissioner for Refugees (UNHCR): Assessing Mental Health and Psychosocial Needs and Resources: Toolkit for Humanitarian Settings: <http://www.unhcr.org/509bb3229.html>

United Nations High Commissioner for Refugees (UNHCR): Assessment and Management of Conditions Specifically Related to Stress: <http://www.unhcr.org/537377329.html>

U.S. Department of Health and Human Services Office of Mental Health: National Standards for Culturally and Linguistically Appropriate Services in Health and Health Care: A Blueprint for Advancing and Sustaining CLAS Policy and Practice: <https://www.thinkculturalhealth.hhs.gov/pdfs/EnhancedCLASStandardsBlueprint.pdf>

Other Important Resources

The **Government of Canada** has released immigration measures for people affected by the Russian invasion of Ukraine, which you can find [HERE](#)

Read more about the **National Psychological Association of Ukraine** [HERE](#)

Through the **UN Refugee Agency**, you can [DONATE](#) to help provide life-saving protections to Ukrainian families forced to flee their homes.

HRSJ WORKING GROUPS

Working Groups					
Homelessness, Poverty and Food Insecurity	Ableism and Accessibility	Climate Change	Decolonizing and Systemic Racism	Immigrant, Refugee, Ethno-cultural, and RacIALIZED Peoples	Societal and Sexual Violence

“To be called a refugee is the opposite of an insult; it is a badge of strength, courage, and victory.”

— Tennessee Office for Refugees

“It is the obligation of every person born in a safer room to open the door when someone in danger knocks.”

— Dina Nayeri

IN THE NEWS

CNN Travel: [People around the world are booking Airbnbs in Ukraine. They don't plan to check in](#)

Guardian Article: [‘They draw bombs, tanks and wishes for peace’: Ukraine’s child mental health crisis](#)

Medical News Today: [How to talk to loved ones about Ukraine and other distressing news](#)

United Nations News: [Ukraine Conflict affecting children’s mental health: UNICEF](#)

DATES TO NOTE

April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 Be a Donor Month	2 World Autism Awareness Day
3	4 International Day for Mine Awareness and Assistance in Mine Action	5 International Day of Conscience	6 International Day of Sport for Development and Peace	7 World Health Day International Day of Reflection on the 1994 Rwanda Genocide	8	9
10	11	12	13	14	15 Good Friday	16
17 Easter World Hemophilia Day	18 Canadian Infertility Awareness Week	19	20 Chinese Language Day (Chinese)	21 World Creativity and Innovation Day	22 Earth Day	23 Spanish Language Day (Spanish)
24 International Day of Multilateralism and Diplomacy for Peace	25 World Malaria Day	26 International Chernobyl Disaster Remembrance Day	27	28 World Day for Safety and Health at Work	29	30

CONTACT US

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