



Model of Service for Vancouver Island Counselling Centre for Immigrants and Refugees (VICCIR)

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VICCIR's support of immigrants and refugees

- VICCIR is a safe haven for people, those immigrants and refugees who had lived similar experiences in their countries of origin and were suffering the impact of trauma.
- The VICCIR model embodies a multidisciplinary, culturally sensitive, and linguistically appropriate approach, which in our case is delivered by trained professionals



The VICCIR Model

VICCIR has developed a unique client-centered approach to therapy serving clients from at least 80 different countries.

A client-centered approach to treatment. Decisions are made based on the needs of the client and other family members rather than what resources (counselling modalities, availability, time) are available at the time.

Clients are matched with the counsellor who best suits their needs and may work with more than one counsellor.

Trained clinical interpreters are available to enable the client to use their mother tongue if preferred.

Clients of all ages, genders and ethnicities are welcomed with no limitation placed upon them because of immigration status or length of time lived in Canada.

Different therapeutic modalities may be offered simultaneously to individuals, couples and families, according to their unique individual situations and needs.

No limit is placed on the number of therapy sessions and clients are able to return or continue their therapy over an extended period of time.

Supervision and training

A person's hands are holding a large, colorful bag made of woven fabric and beads. The bag features a central panel with horizontal stripes of red, orange, yellow, and green beads, surrounded by blue and white woven fabric. The background shows a patterned fabric with geometric designs in red, yellow, and black.

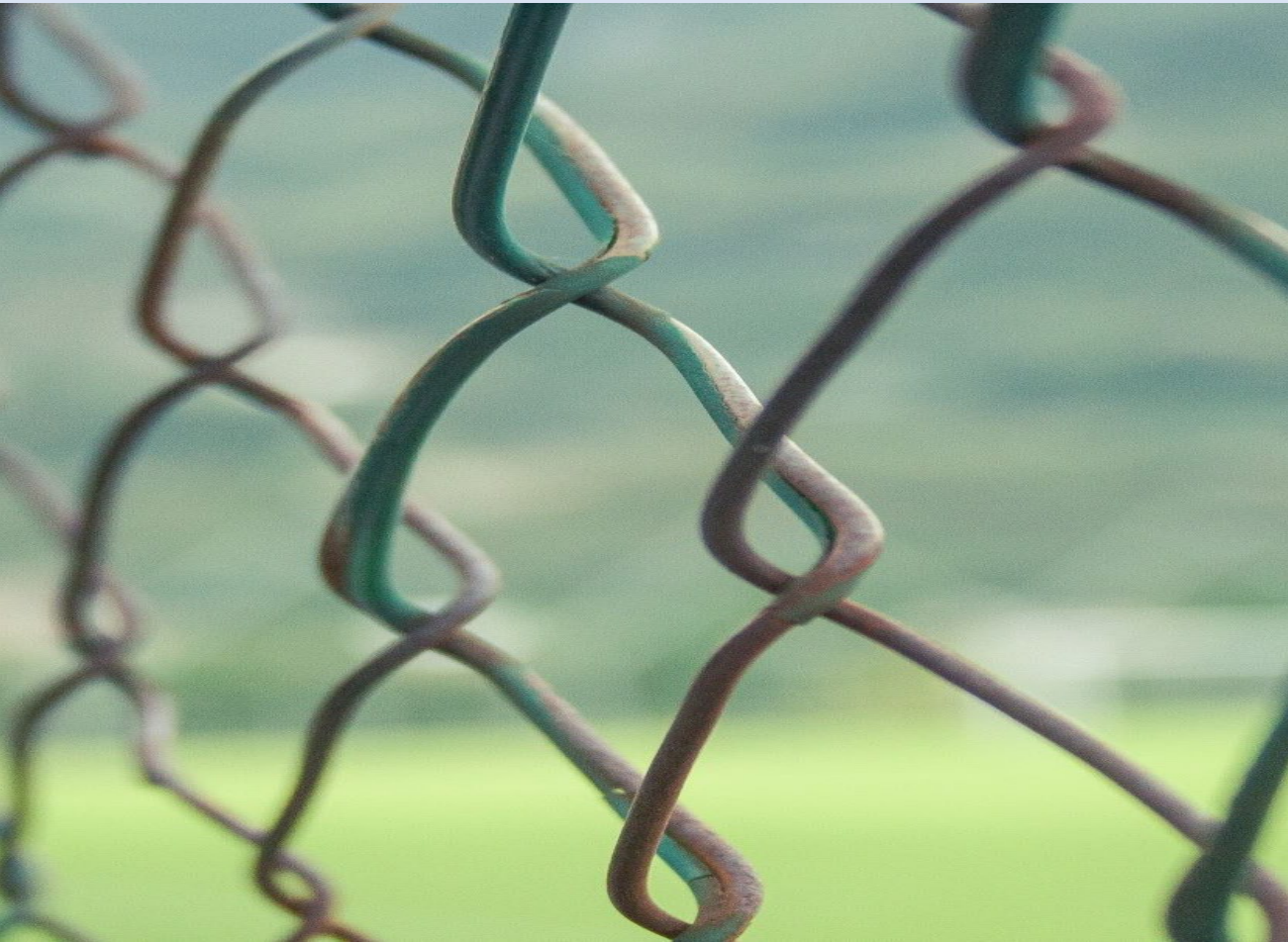
What does it mean cultural awareness in this context?

Considering the overall experience of trauma including the hurdles and trauma generated during the settlement process for the child and the family or caregivers.

Including the unique set of beliefs, behaviors and particular needs during the assessment process and treatment plan.

Role of a multicultural team

Common Barriers Mental Health. Help Seeking



- **Stigma:** Many people may be hesitant to seek help for mental health issues due to the societal stigma surrounding mental illness.
 - **Lack of awareness:** Some individuals may not be aware of the services available to them, or may not know how to access them.
 - **Financial constraints:** The cost of mental health services can be prohibitive for some individuals, especially those without insurance.
 - **Limited availability:** In some areas, there may be a shortage of mental health providers, making it difficult for individuals to access services.
 - **Transportation:** Some people may not have access to transportation to get to appointments.
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Common Barriers

- **Lack of information:** People may not have enough information to make an informed choice about the services they need.
- **Fear** of being judged or misunderstood.
- **Past negative experiences** with mental health professionals.
- **Not feeling ready** to seek help.
- **Language and cultural barriers**



What and How we can reduce these barriers ?

- Strengthening support at each system level: Schools as a holistic as supportive environment (welcoming, trust building and language counselling support)
- Facilitating school engagement: academic expectations, empowering decision (stories), stressing confidentiality, providing mentorship and peer support.
- Increasing awareness about this children and youth journey and the resettlement process, including protective factors.
- Increasing the availability of extracurricular trauma informed support.
- Involving parents and working with the whole family
- Improving the coordination of services, information and early interventions and referrals to other services in the community.

Current trends

- Large families
- Anxiety (excessive worry, nervousness) and depression (hopelessness and lack of interest in activities, loneliness).
- Eating disorders
- Social media and videogames
- Self-harm and suicidal ideation
- Post-traumatic Stress Disorder (PTSD)
- Systemic approach

