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Black Health Alliance – Pathways to Care Evaluation Report 2021-2022

Written by the Students Commission of Canada, April 2022

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Project Description

Black Health Alliance (BHA) is a community-led registered charity working to improve the health and well-being of Black communities in Canada. Building on their track record as an effective mobilizer and champion, they continue to grow their movement for change. Driven by ground-breaking research, strong partnerships, and people, this movement continues to build innovative solutions to improve the health and well-being of Black people, and mobilize people and financial resources to create lasting change in the lives of Black children, families, and communities.

Black Health Alliance aims to reduce the racial disparities in health outcomes and promote health and well-being for people from the diverse Black communities in Canada with emphasis on the broad determinants of health, including anti-Black racism. The overall vision is for people from the diverse Black communities in Canada to experience optimal health and well-being.

Since 2015, Black Health Alliance has worked with mental health professionals, community coalitions and policy makers with the goal of improving services. This collaboration resulted in community consultations in 2017 which involved Black youth, families, community members and stakeholders across Ontario. Mental health and a dearth of suitable mental health supports for Black children and youth were consistently heralded as persistent issues affecting Black communities.

In response, BHA partnered with TAIBU Community Health Centre, Wellesley Institute, the Centre for Addictions and Mental Health (CAMH), and Strides Toronto to collaborate on a project that would expand and progress the current system of services available to Black children and youth in Ontario.

The outcome is Pathways to Care (PtC), a 5-year research and community-led project aimed at removing barriers and improving access to mental health and addictions services for Black children, youth, and their families in 6 cities across Ontario (Toronto, Kitchener-Waterloo, Windsor, Ottawa, London and Hamilton).

Executive Summary

The purpose of this report is to gain a greater understanding of the impact that Pathways to Care (PtC) has had this fiscal year (April 2021 – March 2022). PtC is a 5-year research and community-led project aimed at removing barriers and improving access to mental health and addictions services for Black children, youth, and their families in six cities across Ontario.

PtC chose quantitative and qualitative evaluation methods to measure their impact thus far. Feedback was provided from people who have various levels of engagement with the project, including youth, families, committee members, volunteers, and organizational partners.

The findings in this annual evaluation report start to capture PtC's key outcomes:

Table 1. PtC outcomes, indicators, and research questions that this annual report explores.

Outcome	Indicator	Research Question
Targeted engagement of Core Stakeholders, PtC Community Advisory Group, Expert Reference Group, Youth Advisory Subcommittee, and Black communities in the conception, development, and implementation of the Pathways to Care project.	1) # of participants engaged in focus group sessions in each region of PtC project. 2) Major themes from Black Youth Focus Group sessions in each region of PtC project.	1.7 How many participants attended research activities?
	Committee members who positively comment on their committees' involvement in project direction. Note: Results regarding this indicator can be found in the PtC 2020-2021 annual evaluation report. Additional data will be gathered during the project's final grant year.	N/A
Black Parents and caregivers are better equipped to support young people.	# of Black parents per region engaged in capacity building workshops. # of Black youth aged 16+ engaged in capacity building workshops (educational sessions). Increase (%) in perceived social mental health support. Note: Additional data will be included annually.	5. To what extent are Black parents and caregivers equipped to support young people?
		5.1. How many Black parents have engaged in capacity building workshops?
		5.2 How many Black youth aged 16+ have engaged in capacity building workshops?

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	Increase (%) in parents/caregivers' knowledge about where to access resources for mental health. # of participants reporting increased accessibility to mental health resources. Note: Additional data will be included annually.	5.4 To what extent have Black parents'/caregivers' knowledge around where to access mental health resources increased?
Increased awareness and action to eliminate the specific barriers to care for Black children, youth, and their families.	# of mainstream organizations/institutions that completed PtC implementation/education workshops/webinars. # of training participants who demonstrate a high level of knowledge (80% or > increase), measured pre and post. # of training participants applying acquired knowledge in their professional activities. Note: Additional data will be included annually.	5.6 How many mainstream organizations/institutions have completed PtC implementation/education workshop/webinars?
Building the capacity and infrastructure in Black agencies and organizations to better assist members towards accessing the care they need.	# of knowledge products (e.g. summaries/briefings, web resources, workshops, webinars, articles, etc.) created. Note: Additional data will be included annually.	5.5. How many knowledge products have been created?
	Creation of a hub (PtC website) for information; # of Unique Users. Note: Previous results regarding this indicator can be found in the PtC 2019-2020 and PtC 2020-2021 annual evaluation reports. Additional data will be included annually.	1.5. How effective is the PtC Website at being a resource hub for information?
Increased awareness and action to eliminate the specific barriers to care for Black children, youth, and their families.	Findings and lessons learned from annual project activities documented. Note: This entire annual evaluation report aims to capture the indicator above. Previous results regarding this indicator can be found in the PtC 2019-2020 and PtC 2020-2021 annual evaluation reports. Additional reports will be produced annually.	6. Have PtC project activities been effective in improving youth mental health and access to mental health services for Black children, youth, and their families?

A brief summary of the April 2020 – March 2021 findings are included below:

PtC Focus Groups: The Pathways to Care focus community groups captured the barriers that Black youth and their families face when accessing resources in their communities, with notable themes such as systemic racism, stigma, lack of cultural awareness from mental health professionals, lack of Black mental healthcare workers and Black-specific services, financial barriers, siloed care, and lack of trust. It is important to note that barriers and challenges faced by Black youth and families are rooted in and upheld by systemic violence and Anti-Black Racism.

Participants also discussed possible solutions to increase access to services, with common themes surrounding increased funding, free universal mental health services, cultural responsiveness, individualized care, the creation of service pathways, dedicated Black mental health services and practitioners, crisis supports, wrap-around supports, and long-term services.

These findings will help the PtC project and its stakeholders make recommendations for policymakers, mental health organizations, and service practitioners. It is essential to the PtC team that their work is grounded in the voices of those they serve.

Webinars/Workshops: Pathways to Care developed and implemented multiple webinars/workshops for service providers, parents/caregivers/guardians of Black youth, and Black youth.

The results from the webinars/workshops indicate that parents, caregivers, and guardians (P/C/G) of Black youth are better equipped to support their children. P/C/G have an increased awareness around eliminating specific barriers to care for their children. In some areas, the results from the pre- and post-workshop surveys indicated an increase in mental health knowledge and accessibility. For the other areas with negligible differences, it is possible that Black parents and caregivers overestimated their mental health knowledge prior to attending a webinar/workshop.

Through qualitative data, there is evidence that the majority of service providers applied their acquired knowledge in their professional activities. After the webinars/workshops, service providers created resource guides, planned activities, provided resources to their clients and colleagues, and learned new knowledge that better helped them serve their clients.

"I passed the information on to other colleagues. I have spoken to people generally about how to look out for signs of self-harm that are not so obvious, like reckless sexual behaviour. Had a feeling that this was a form of self-harm but no idea that it was classified as such. It will be helpful for me dealing with my younger clients to sit with them, allow them to be and feel accepted, not judged and certainly not rush to end the coping behaviour instead of transitioning them out of it."

Youth indicated an increase in their access to resources, and the webinars/workshops fulfilled their expectations. The webinars/workshops were successful in many aspects, which is why the participants were enthusiastic to recommend them to others. That being said, the sample size is significantly low (n=2) so additional data in future years will help us a share a more accurate story.

It is also important to note that, generally, participants who attended the webinars/workshops are one-time participants; to see outcomes changes within a short span (1-2 hours) of engagement is typically rare.

Google Analytics (GA): PtC staff tracked user activity on the PtC website (resource hub) using GA. The data indicates that 45% (n≈1,350) of users who visited the website engaged with the site content during the first fiscal year (April 2020-March 2021), and 40% (n≈920) of users engaged with the site content last fiscal year (April 2021-March 2022). Related quantitative and qualitative results, which highlight the preliminary process and impact in detail, can be found in the 2019-2020 annual evaluation report.

Google Analytics data also gives insight that the newly launched Interactive Map had 283 Unique Pageviews and ConnectMe had 16 Unique Pageviews between April 2021 and March 2022. Additionally, Instagram Insights over the past 90 days (Dec 2021 - March 2022) indicate that there has been a notable increase in interaction from young adults.

It is important to note that these are baseline results that will allow for comparison in future years. Hundreds of leads (i.e., users) are actively engaging with the PtC website and project administrative data will be required at the end of the project to determine whether the site is reaching qualified leads and how effective the PtC website is at being a resource hub.

The GA results, in addition to the qualitative data collected from PtC staff and committee members, indicate that there is a need and benefit, as well as traction and excitement for the PtC resource hub.

PtC Knowledge Products: The knowledge products developed by or associated with Pathways to Care provide essential information regarding mental health and related determinants, and spread knowledge and awareness to Black youth and their families. Most products are aimed towards increasing public understanding on the needs of Black children and youth across the country. Many of the products portray the challenges faced by Black children, youth, and their families due to systemic violence and Anti-Black Racism, while further displaying the effects on mental health. The products call for system-level change in order to meet the needs of Black children, youth, and their families.

Pathways to Care is creating meaningful engagement opportunities for Black children, youth, and their families to express their needs regarding access to mental health services. The project is also providing a space for project staff, partners, and committee members to provide valuable feedback that will help strengthen the initiative in future years. The webinars/workshops have been well-received and have sparked action. The voice gathered suggests that PtC has continued to work towards, and has been successful in, removing barriers and improving access for families and youth from diverse Black communities to experience optimal health and well-being.

Methodology & Methods

Pathways to Care (PtC) developed a mixed methods research design that included qualitative and quantitative tools to capture their project impact for the April 2021 – March 2022 fiscal year. Feedback was provided from people who have various levels of engagement with the project, including youth, families, committee members, volunteers, and organizational partners. The following tools were used to capture data for this annual report:

> **PtC Focus Groups:** The 23 PtC Focus Groups consisted of 126 Black residents from Toronto, the Greater Toronto Area, Ottawa, Kitchener-Waterloo, Hamilton, London, and Windsor.

> **Webinar/Workshop Survey:** Data was collected from five (5) PtC webinars/workshops. 46 service providers, 10 parents/caregivers/guardians, and two (2) Black youth participated in the webinar/workshop evaluation.

> **Google Analytics (GA):** GA quantitative data from was used to evaluate how users are engaging with the PtC website (resource hub) through Unique Pageviews and Bounce Rate.

> **PtC Knowledge Products:** This section highlights the description, impact, and reach of 35 knowledge mobilization products.

Table 2. Research Tools used this fiscal year (April 2021 – March 2022).

Project	Research Tools

Pathways to Care	• PtC Focus Groups (n=126)
	
	• Webinar/Workshop Survey:
	  o Service Providers (n=46)
	  o Parents/Caregivers/Guardians of Black Youth (n=10)
	  o Black Youth (n=2)
	
	• PtC Knowledge Products
	
	• Google Analytics

Pathways to Care has utilized additional tools to collect data in previous project years; results can be found in previous annual evaluation reports. All results will be collated in the final evaluation report.

Results: PtC Focus Groups

Outcome: *Targeted engagement of Core Stakeholders, PtC Community Advisory Group, Expert Reference Group, Youth Advisory Subcommittee, and Black communities in the conception, development, and implementation of the Pathways to Care project.*

The Pathways to Care focus group results include engagement from a variety of participants, including youth, parents/caregivers, healthcare workers, volunteers, and organizations. A total of 126 Black residents participated in 23 focus groups in the Greater Toronto Area, Ottawa, Kitchener-Waterloo, Hamilton, London, and Windsor (Pathways to Care, 2022).

The descriptive demographic data below is copied direct from the following report: *Pathways to Care. (2022) Factors that Impact How Black Youth Access the Mental Health System in Ontario. Toronto: Pathways to Care Project.*

> **"Gender:** 85 focus group participants identified as a girl/woman and 29 participants identified themselves as a boy/man. There were intersecting gender identities: one participant identified as trans and girl/woman, one participant identified as gender-fluid, one identified as a boy/man and third gender, and another self-identified as solely trans.
>
> Among youth participants (n=66), 22 identified as boy/man, among who one identified as boy/man and third-gender. 39 youth participants identified as girl/woman. Lastly, one youth participant identified as trans and gender-fluid, and one youth participant identified solely as gender-fluid.
>
> **Age:** Overall, focus group participants ranged in age from 14 to 67 years old. Youth participants were aged 14-30. Service Providers were 27-54, while Family and Community were 21 to 67 years of age.
>
> **Race and Ethnicity:** The majority (92.3%) of focus group participants identified as Black. While 24% of participants identified as a person of colour, and 6.7% identified as white. Though participants most identified as African (including East African, South African and West African) (35.7%), Caribbean (34.3%), 17.5% self-identified as North American. Overall, for non-Black participants the sample was diverse." (Pathways to Care, 2022).

A high-level overview of the focus group themes are presented in the table below. Themes were segmented by the PtC research team into seven (7) categories: **Societal Level**, **Systemic Level**, **Regional Level**, **Organizational Level**, **Practitioner Level**, **Community Level**, and **Individual Level.** The majority of categories are followed by **proposed solutions**.

Additional context and information, including a detailed analysis for all the themes listed below, can be found in the following report: *Pathways to Care. (2022) Factors that Impact How Black Youth Access the Mental Health System in Ontario. Toronto: Pathways to Care Project.*

Table 3. Summary of themes from the PtC Focus Groups (Pathways to Care, 2022).

Category	High-level Overview of Themes
Societal Level Challenges and Barriers	Capitalism
	Financial barriers
	Institutional racism
	Policies
	Practice limitations
Societal Level Solutions	Increased funding for mental health and wellbeing services
	Long-term funding
	Funding for a 'community of practice' to set the standard of care for Black youth
	Increased availability of free services
	Subsidization of private practices (short-term solution)
	Free universal mental healthcare (long-term solution)
Systemic Level Challenges and Barriers	Siloed care
	Lack of crisis support
	Long wait times
	Length of services (not long enough)
Systemic Level Solutions	Creation of service pathways
	Dedicated Black mental health services
	Crisis supports
	A provincial database of care practitioners
	Long-term services
Regional Level Challenges and Barriers Although many regions had similar challenges to accessing care, some regions had challenges specific to them and their communities.	**Toronto:**
	Mental healthcare system too complicated to access
	Financial difficulties in accessing care
	Short length of services
	Services do not respond to the cultural experiences of youth
	Criminalization of youth (fear of police being first responders)
	Service providers diminished and/or dismissed experiences
	Fear of being hospitalized
	Ottawa:

	Lack of recognition regarding the impact of anti-Black racism and mental health
	Lack of counselling opportunities for Black youth
	Disjointed systemic response to crisis care
	Hamilton:
	Lack of services for Black youth
	Lack of culturally responsive mental healthcare resources
	More funding specifically for Black-focused mental health services
	More spaces and programs beyond traditional mental health services
	Waterloo:
	Lack of services/resources available for Black youth (lack of resource equity in the region)
	Lack of understanding of what resources are available for Black youth
	London:
	Shortage of services available to Black youth (over and above the lack of services available in other regions)
	Difficulties finding culturally responsive therapists/counsellors
	Non-inclusive services
	Failure of hospitals to address mental healthcare for Black youth appropriately
	Mainstream organizations have very little focus on Black mental health (despite sizeable Black population)
	Little support dedicated to preventing crisis
	Accessible services that provide a smooth transition to other forms of care
	Windsor:
	Siloed care services
	Significant gaps in the community services available
	Unaware of supports for youth with complex needs (e.g., the 'resolution table')
	Services have a very narrow focus, unable to help youth with multiple needs
	Lack of mental health organizations for youth and newcomers
	Youth not getting appropriate services first time entering the care pathway
	Little coordination between services, youth often fall through the gaps (there should be a standard implemented that services should be responsible for ensuring that youth get the care they need no matter where they first entered the care pathway)
	Organizations not committing to cultural competence/responsiveness

Organizational Level Challenges and Barriers	Lack of Black professionals
	Lack of agencies specifically for Black youth
Organizational Level Solutions	Develop specific programming for Black youth
	Holistic programs that youth can access
	More services that offer long-term care
	Sliding scale services
	Develop, implement, and evaluate practices related to combating anti-Black racism
	Hire Black mental healthcare workers, and have policies intended to ensure retention and promotion
	Partner mainstream organizations with Black grassroots organizations to connect with more challenging to reach youth
Practitioner Level Challenges and Barriers	Stigma and racism from providers
	Lack of cultural awareness and acknowledging racism
	Lack of trust
	Non-Black providers unable to assist Black youth
Practitioner Level Solutions	**Cultural Humility:**
	Service providers to position themselves as 'learners'
	Listen to service users' perspectives on their own culture
	Find commonalities and meaningful ways to engage with youth beyond identity
	Acknowledge privilege
	Call out racism, within and outside of the care space
	Build strong rapport with youth before engaging in tough conversations about race and racism
	Center empathy in all discussions
	Adapt for Modalities for Cultural Responsiveness:
	Reframe assessment tools to consider anti-Black racism
	Use examples that reflect and affirm the clients' cultural background
	Think about the use of modalities within a larger systems context
	Individualized Care:
	Tailor to each individual and their specific needs
	Reject biases and assumptions but remain informed
	Do not assume Black youth are all impacted by racism in the same way

	Let clients lead with their experiences
	Understanding Intersecting Identities:
	Learn how anti-Black racism intersects with gender and sexuality
	Learn how being a newcomer, refugee, or non-status person may impact mental health and wellbeing
	Learn how anti-Black racism intersects with Muslim identity and Islamophobia (anti-Black Islamophobia)
Community Level Challenges and Barriers	Family and mental health
	Stigma
	Community knowledge
Community Level Solutions	Peer to peer youth support
	Families learning more about mental health and wellbeing
	Development of community-based supports for Black youth
	Further education on signs, symptoms, and how to address mental illness
	Open conversations around mental health and wellbeing
Individual Level Challenges and Barriers	Alienated from seeking care
	Unsure of what services are available

The PtC focus groups aimed to capture challenges and barriers faced by Black youth regarding access to mental health services in Ontario, as well as solutions to address the various levels of challenges. It is important to note that the barriers faced by Black youth and families are rooted in and upheld by systemic violence and Anti-Black Racism.

- At a **societal level**, participants named capitalism, financial barriers, institutional racism, policies, and practice limitations as barriers to accessing care for Black youth.
- At a **systemic level**, participants named siloed care, lack of crisis support, long wait times, and short length of services as challenges to accessing care for Black youth.
- At a **regional level**, certain challenges and barriers persist throughout different cities. For instance, the lack of services/resources available for Black youth, lack of culturally responsive mental healthcare resources, financial barriers, and lack of funding for Black-focused mental health services. It is evident through these findings that Black youth are not receiving equitable care and services.
- At an **organizational level**, participants named the lack of cultural awareness, lack of Black professionals, and the lack of agencies specifically for Black youth as barriers to accessing care.
- At a **practitioner level**, participants named stigma and racism from service providers, lack of cultural awareness, lack of trust, and non-Black providers unable to assist Black youth as barriers to accessing care.

- At a **community level**, the group discussed how community knowledge and stigma on mental health within the community poses a barrier to accessing care.
- At an **individual level**, some youth feel alienated from seeking care, and are generally unsure of what services are available.

Participants also discussed possible solutions for better health outcomes for Black youth and their families. Some notable themes included increased funding, free universal mental health services, cultural responsiveness, individualized care, the creation of service pathways, dedicated Black mental health services and practitioners, preventative and crisis supports, and long-term services.

Results: Webinars & Workshops

Outcomes: *1) Black Parents and caregivers are better equipped to support young people. 2) Increased awareness and action to eliminate the specific barriers to care for Black children, youth, and their families.*

Pathways to Care developed and implemented multiple webinars/workshops for service providers, parents/caregivers/guardians of Black youth, and Black youth. Overall, approximately 139 people participated in the first 5 workshops. Out of 139 people, 46 service providers, 10 parents/caregivers/guardians of Black youth, and 2 Black youth completed the webinar/workshop evaluation.

The results from the following webinars/workshops are included in this report:

- Ontario Association of Social Workers
- Youth in the Justice System
- Mental Health Literacy for Black Youth and Their Loved Ones
- Black History Month Networking Gathering
- African Traditional Religions and Spiritualities

Additional webinars/workshops are currently being coordinated and implemented; updated results will be presented in the next annual report.

The workshop results have been broken into three (3) separate groups: 1) **Service Providers / Agency Partners**, 2) **Parents, Caregiver, and Guardians of Black Youth**, and 3) **Black Youth**.

Service Providers / Agency Partners

The participants who completed the evaluation were composed of all women who live in urban areas. None of the participants had reported disabilities. Majority are working full time and have post-secondary education. Participants are both ethnically and racially diverse. It is important to note that participants could select more than one identity (e.g., "white" and "person of colour").

Ethnic Background

Caribbean 57%, North American 29%, Arab

Racial Background

Black 43%, Person of Colour 29%, White 29%
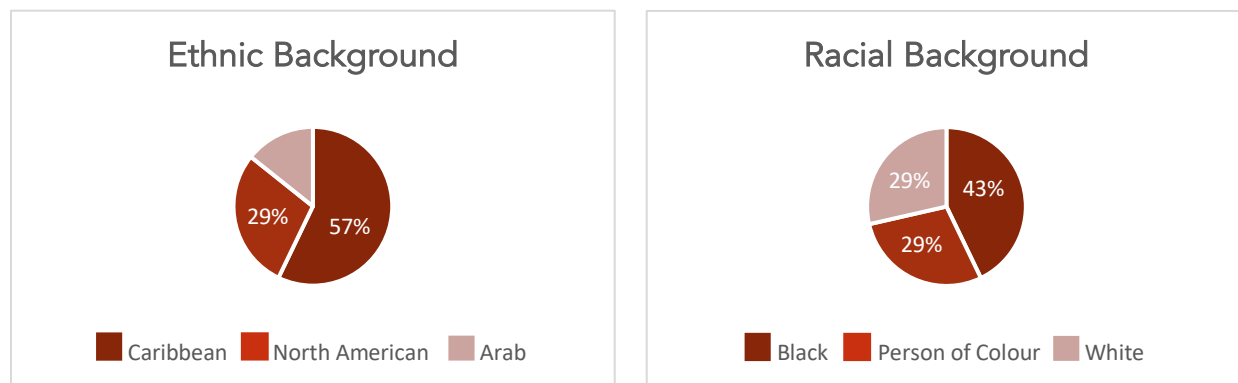
Pre-Survey Results

Prior to the start of the workshop, the participants were asked about their expectations of the workshop. They shared high expectations ranging between 3 and 4.5 on a 5-point scale (1=Not a Priority, 2=Low Priority, 3=Medium Priority, 4=High Priority, 5=Essential). Expectations included feeling respected, receiving advice, having questions answered, sharing thoughts, resources, networking, and learn new information. Being able to share their thoughts appeared to be the least important while learning new information appeared to be the most important.

The participants also outlined their knowledge on the topic of mental health on a 10-point scale (1 being the lowest score and 10 being the highest score). Their knowledge of resources and services to address mental health and wellness received the lowest score. The highest score was delegated to the ability to know when one needs help in regard to mental health.
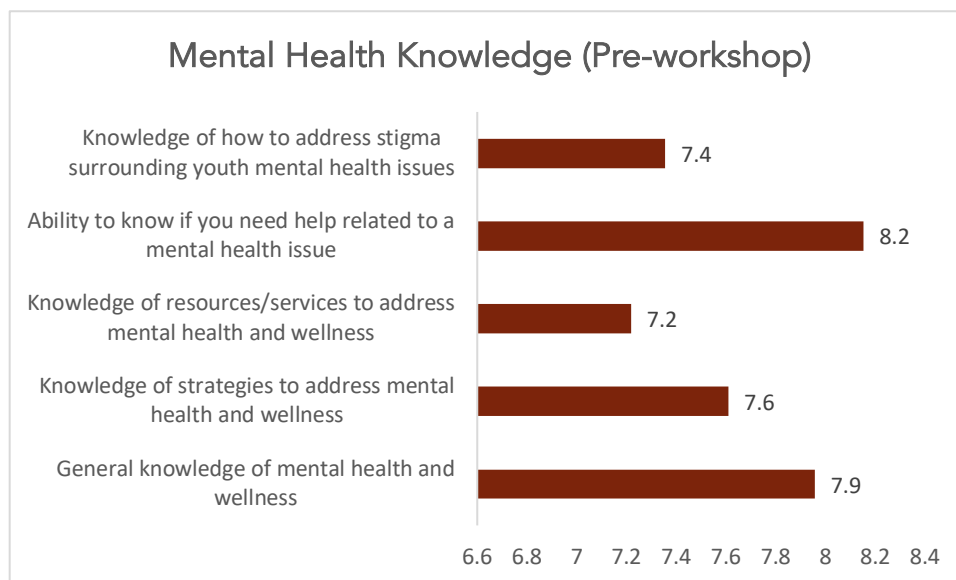
Post-Survey Results

After the webinars/workshops, it appears that all the expectations were met except for one (an average score of 4.0 represents 'Somewhat Agree', and an average score of 3.0 represents 'Neither Agree nor Disagree'). The expectations that were met include feelings comfortable and respected, receiving advice, having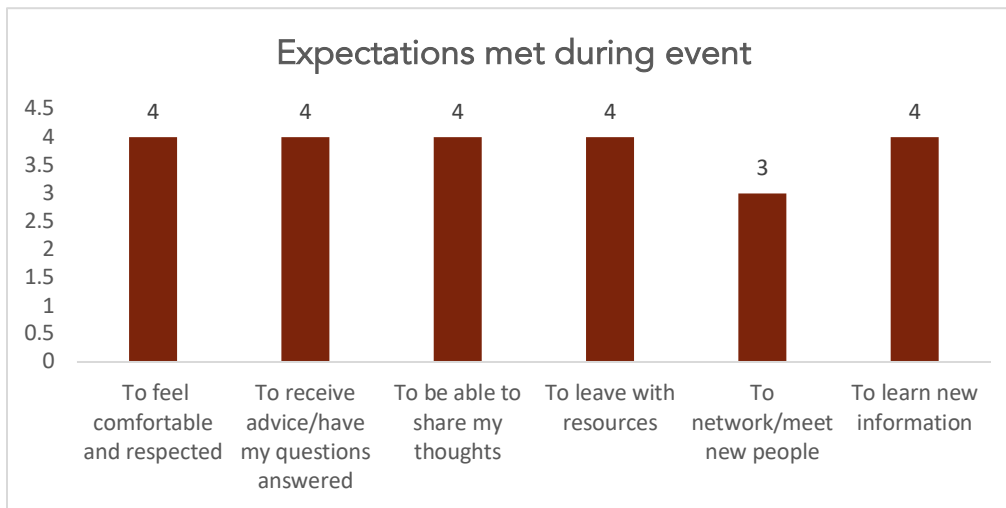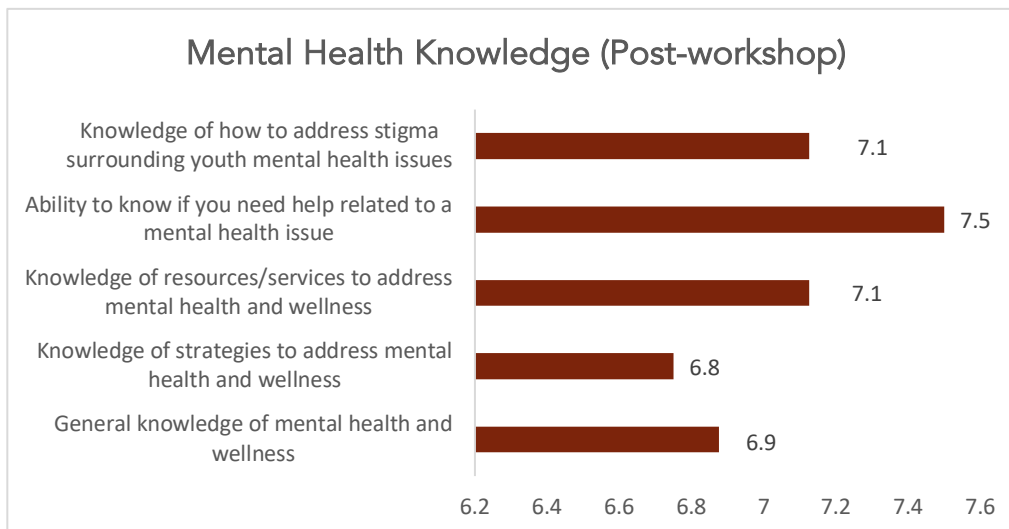 questions answered, being able to share thoughts, leaving with resource, and learning new information. Since networking received a medium to high priority in the pre-survey, additional elements of networking can be incorporated in future webinars/workshops. For context, the webinars/workshops took place virtually; there may have not been many opportunities for networking.

Expectations met during event

Expectation	Score
To feel comfortable and respected	4
To receive advice/have my questions answered	4
To be able to share my thoughts	4
To leave with resources	4
To network/meet new people	3
To learn new information	4

As far as knowledge of mental health goes, participants show consistency between all the questions asked. Overall, the scores are slightly lower than the ones from the pre-survey, which may be due to the lower level of participants in the latter survey. In some cases, for areas with negligible differences, it is possible that participants overestimated their mental health knowledge prior to attending a webinar/workshop.

Mental Health Knowledge (Post-workshop)

Category	Score
Knowledge of how to address stigma surrounding youth mental health issues	7.1
Ability to know if you need help related to a mental health issue	7.5
Knowledge of resources/services to address mental health and wellness	7.1
Knowledge of strategies to address mental health and wellness	6.8
General knowledge of mental health and wellness	6.9

Overall, the webinars/workshops were highly valuable to the participants. Through qualitative data, there is evidence that the majority of service providers applied their acquired knowledge in their professional activities. After the webinars/workshops, service providers created resource guides for their organizations, planned activities, provided resources to their clients and colleagues, and learned new knowledge that better helped them serve their clients.

"I was able to provide resources to patrons and staff (for future reference) at [multiple] public libraries"

"I passed the information on to other colleagues. I have spoken to people generally about how to look out for signs of self-harm that are not so obvious, like reckless sexual behaviour. Had a feeling that this was a form of self-harm but no idea that it was classified as such. It will be helpful for me dealing with my younger clients to sit with them, allow them to be and feel accepted, not judged and certainly not rush to end the coping behaviour instead of transitioning them out of it."

"I've used this knowledge to support program planning at School Mental health Ontario"

"Created a resource material for my organization"

It is important context to note that, generally, participants who attended the webinars/workshops are one-time participants; to see outcomes changes within a short span (1-2 hours) of engagement is typically rare.

Parents, Caregivers, and Guardians of Black Youth

The various webinars/workshops reached parents, caregivers, and guardians (P/C/G). Considering the small size (only 3/10 participants) who completed the demographic survey, demographic information has not been included to protect the confidentiality of participants. Demographic data will be included in the next annual report once additional data is collected from P/C/G.

Pre-Survey Results

Prior to the start of the workshop, participants shared their expectations of feeling comfortable and respected, receiving advice, being able to share their thoughts, and have their questions answered. The scale ranged from 'Not a Priority' to 'Essential' (1=Not a Priority, 2=Low Priority, 3=Medium Priority, 4=High Priority, 5=Essential). Unlike agencies, this group did not put as much emphasis on networking with others. Being able to learn new information was the highest priority.

Expectations going into this workshop/presentation

Category	Value
To feel comfortable and respected	3.6
To receive advice/have my questions answered	3.7
To be able to share my thoughts	3.2
To leave with resources	3.6
To network/meet new people	2.8
To learn new information	4.3
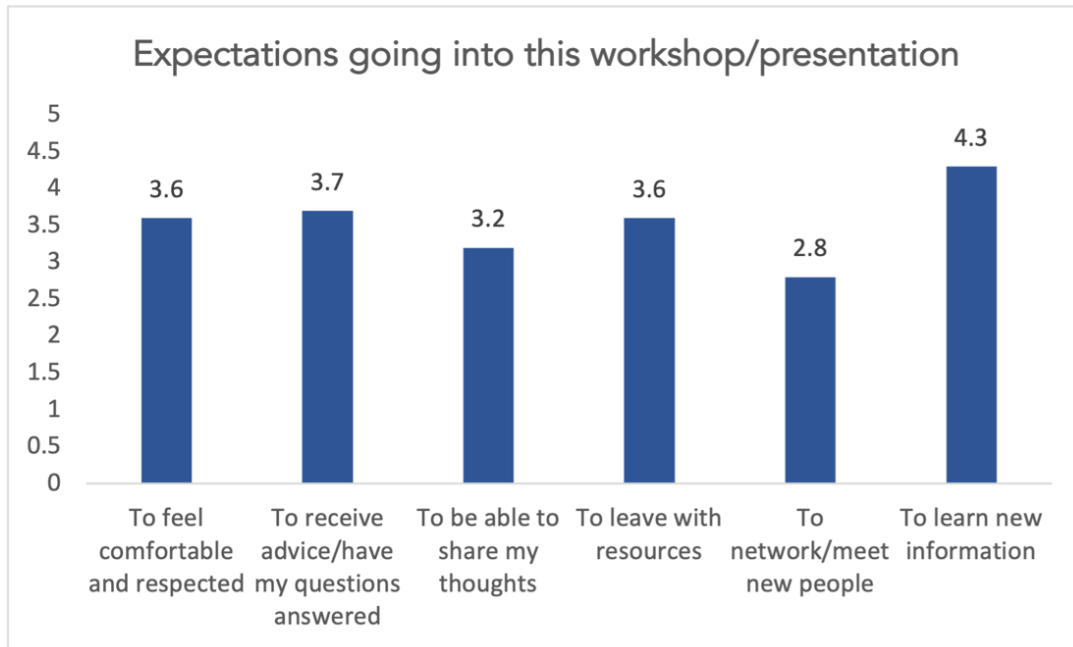
Based on the chart below, P/C/G seem to have an average to high level of mental health knowledge, with the average rating for questions falling between 6 and 7.

Mental Health Knowledge (Pre-workshop)

Category	Value
Knowledge of how to address stigma surrounding youth mental health issues	6.2
Ability to support your child if they need help related to a mental health issue	6.5
Ability to know if your child needs help related to a mental health issue	6.5
Knowledge of resources/services to address mental health and wellness	6.3
Knowledge of strategies to address mental health and wellness	6.7
General knowledge of mental health and wellness	7.5

The chart below highlights how knowledge about programs in the community was given the lowest score of 2.8 (scale: 1=Not at all, 2=A little bit, 3=Moderately, 4=A lot, 5=Completely). The highest scored item, which received an average score of 3.3, was 'I am comfortable communicating with mental healthcare providers'.

Accessing Mental Health Services in the Community

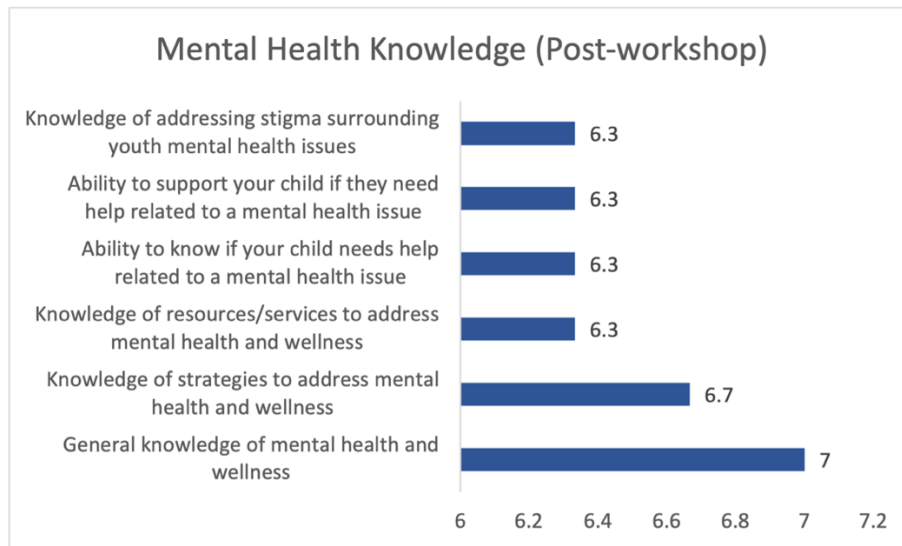| Item	Score
I know how to access mental healthcare for my child	2.9
I am comfortable communicating with mental healthcare organizations	3.2
I am comfortable communicating with mental healthcare providers	3.3
I know someone who would help me find and access resources	3.1
I give others advice about organizations in the community.	3
Organizations in my community that I can go to for help.	2.9
Knowledge about programs in my community.	2.8

20% of P/C/G had to access mental health services for the wellbeing of their child in the last month. This coupled with the fact that 80% of the group found obtaining mental healthcare for their child's need 'moderate' to 'very difficult' shows that there is a need to increase access to services.

Post-Survey Results

The workshop met four of the expectations of the group completely: feeling respected and comfortable, receiving advice, having questions answered, leaving with resources, and learning new information. Networking received a low score, as it was a low priority to begin with.

Expectations met during event

Expectation	Score
To feel comfortable and respected	5
To receive advice/have my questions answered	5
To be able to share my thoughts	4
To leave with resources	5
To network/meet new people	3
To learn new information	5

Regarding mental health knowledge, on average, the scores are slightly lower than the ones from the pre-survey, which may be due to the lower level of participants in the latter survey. In some cases, for areas with negligible differences, it is possible that participants overestimated their mental health knowledge prior to attending a webinar/workshop.

Mental Health Knowledge (Post-workshop)

Category	Score
Knowledge of addressing stigma surrounding youth mental health issues	6.3
Ability to support your child if they need help related to a mental health issue	6.3
Ability to know if your child needs help related to a mental health issue	6.3
Knowledge of resources/services to address mental health and wellness	6.3
Knowledge of strategies to address mental health and wellness	6.7
General knowledge of mental health and wellness	7

Regarding access to mental health services, on average, the scores are slightly lower than the ones from the pre-survey, which may be due to the lower level of participants in the latter survey. In some cases, for areas with negligible differences, it is possible that participants overestimated their mental health knowledge prior to attending a webinar/workshop.

Accessing Mental Health Services in the Community

Category	Score
I know how to access mental healthcare for my child	2.3
I am comfortable communicating with mental healthcare organizations	2.7
I am comfortable communicating with mental healthcare providers	2.7
I know someone who would help me find and access resources	2.7
I give others advice about organizations in the community.	2.7
Organizations in my community that I can go to for help.	2.7
Knowledge about programs in my community.	3.0
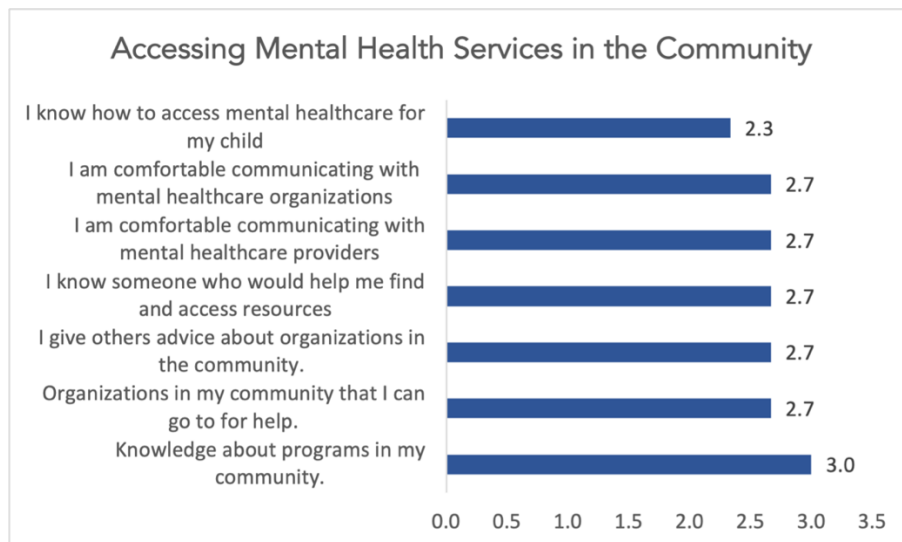
It is important context to note that, generally, participants who attended the webinars/ workshops are one-time participants; to see outcomes changes within a short span (1-2 hours) of engagement is typically rare. Additionally, the participants who completed the post-survey (n=3) is lower than the participants who completed the pre-survey (n=10); additional data in future years will help us a share a more accurate story.
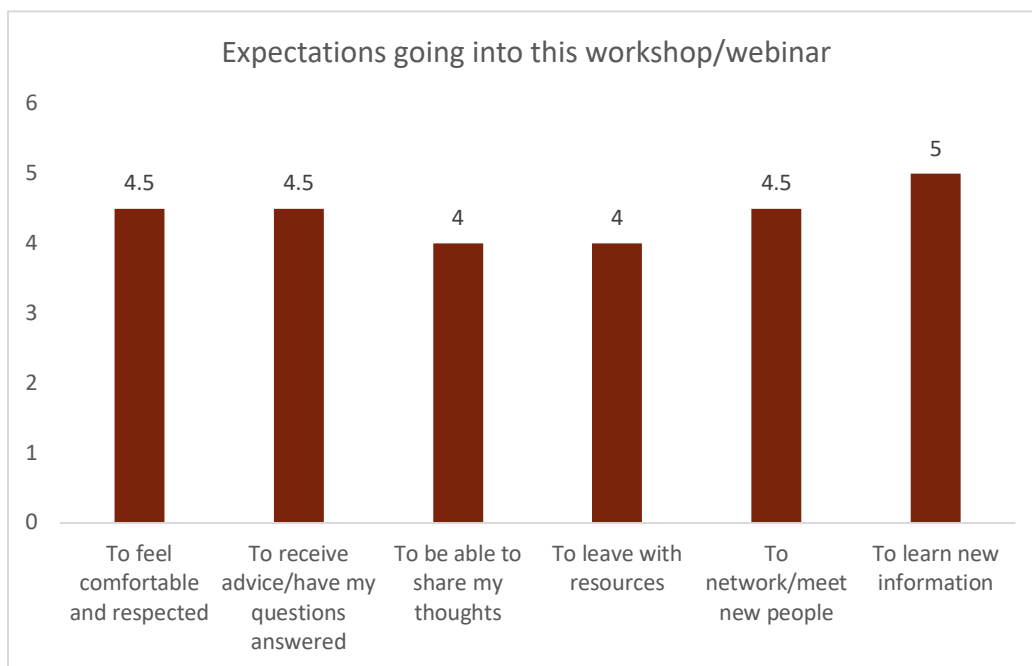
Black Youth

A couple of youth (n=2) participated in the workshop evaluation this past fiscal year. While one participant thought accessing mental health services was easy, the other thought it was extremely difficult prior to the workshop. Within the past month, all the participants had accessed mental health services.
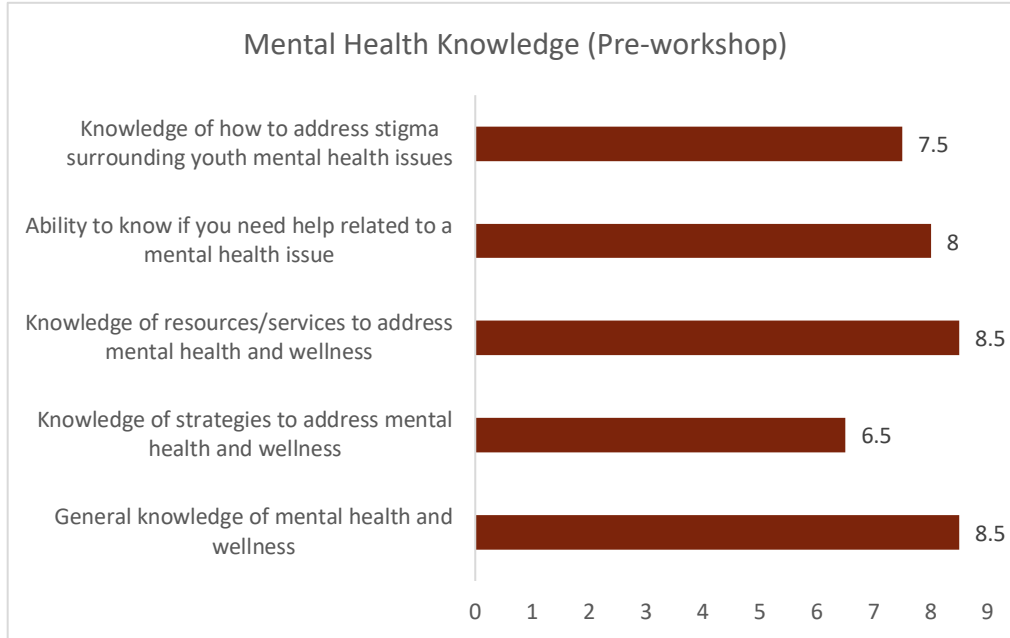
Considering the small size who completed the demographic survey, demographic information has not been included to protect the confidentiality of participants. Demographic data will be included in the next annual report once additional data is collected from youth.
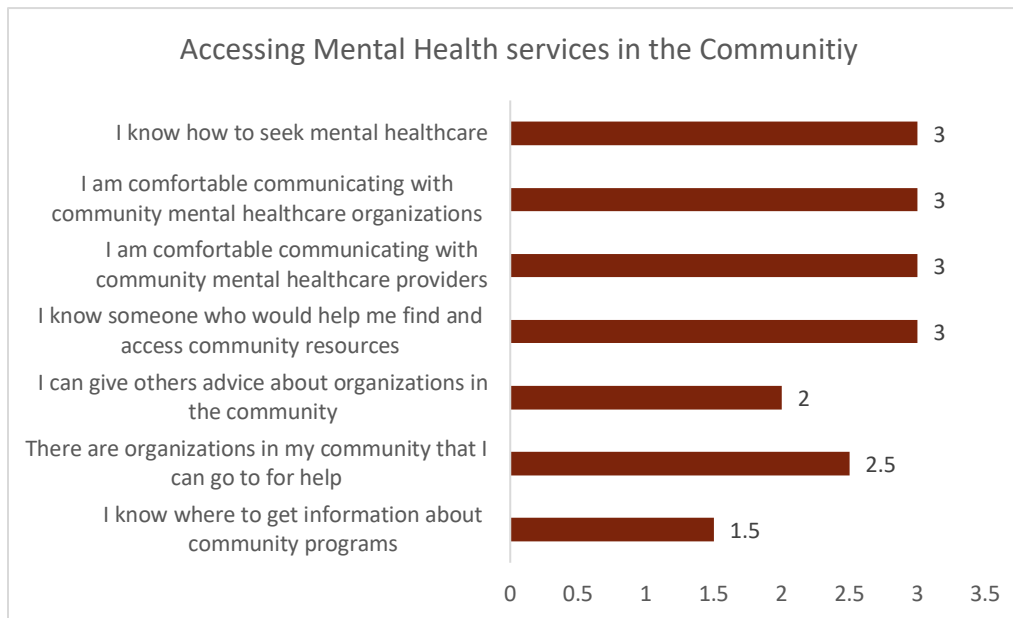
Pre-Survey Results

The group had high expectations in regard to be feeling comfortable and respected, receiving advice, having questions answered and networking. The scale ranged from 'Not a Priority' to 'Essential' (1=Not a Priority, 2=Low Priority, 3=Medium Priority, 4=High Priority, 5=Essential). The highest priority was given to learning new information, consistent with the other two groups.

Expectations going into this workshop/webinar

Category	Value
To feel comfortable and respected	4.5
To receive advice/have my questions answered	4.5
To be able to share my thoughts	4
To leave with resources	4
To network/meet new people	4.5
To learn new information	5

The youth were overall confident in their knowledge of mental health. When it came to specific strategies for intervention, they lacked the same level of confidence.
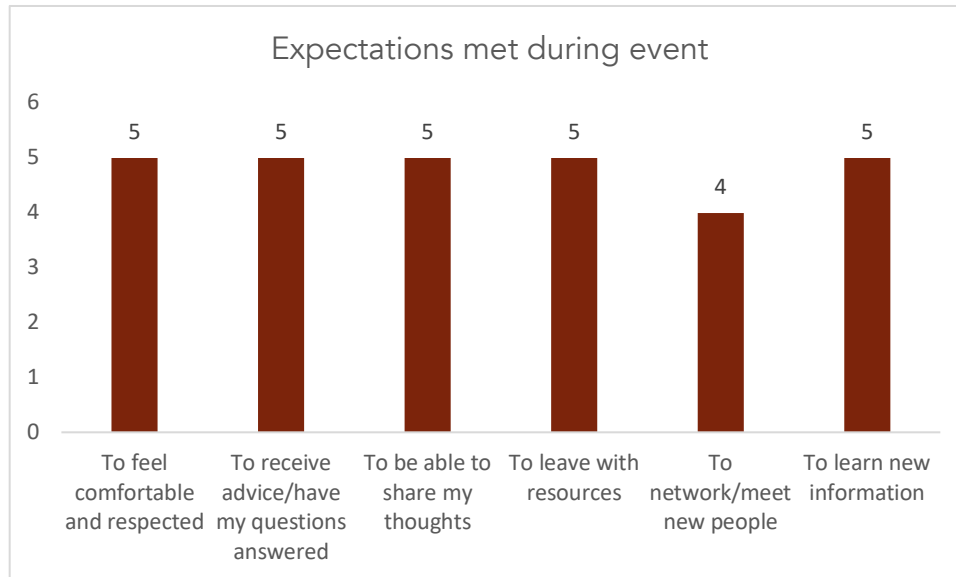
Mental Health Knowledge (Pre-workshop)

Item	Score
Knowledge of how to address stigma surrounding youth mental health issues	7.5
Ability to know if you need help related to a mental health issue	8
Knowledge of resources/services to address mental health and wellness	8.5
Knowledge of strategies to address mental health and wellness	6.5
General knowledge of mental health and wellness	8.5

Youth ranked all the questions regarding accessing mental health services in the community relatively low. Notably, the item around getting information about community programs received a score of 1.5.
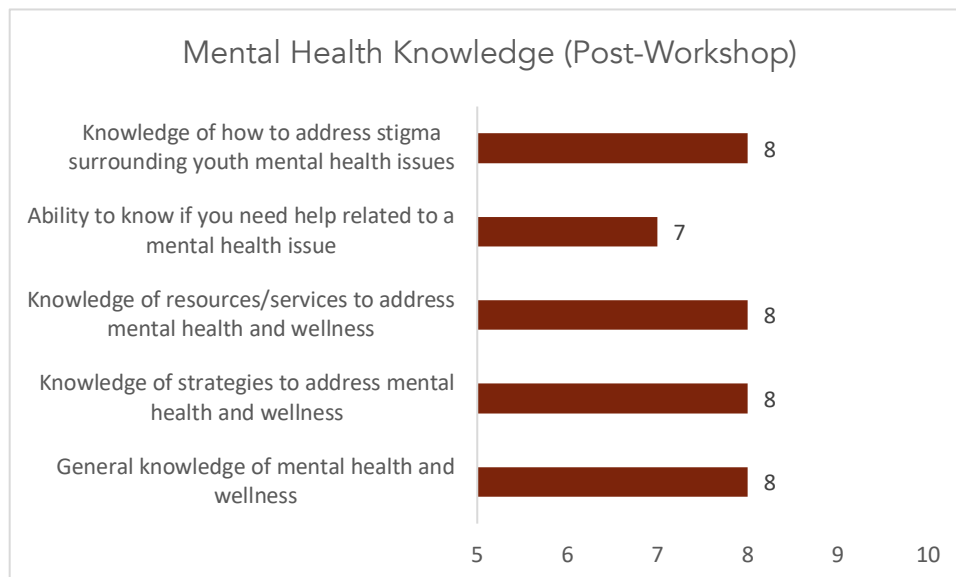
Accessing Mental Health services in the Communitiy

Item	Score
I know how to seek mental healthcare	3
I am comfortable communicating with community mental healthcare organizations	3
I am comfortable communicating with community mental healthcare providers	3
I know someone who would help me find and access community resources	3
I can give others advice about organizations in the community	2
There are organizations in my community that I can go to for help	2.5
I know where to get information about community programs	1.5

Post-Survey Results

All the expectations were completely met during the event with the networking portion slightly lower but still relatively high.
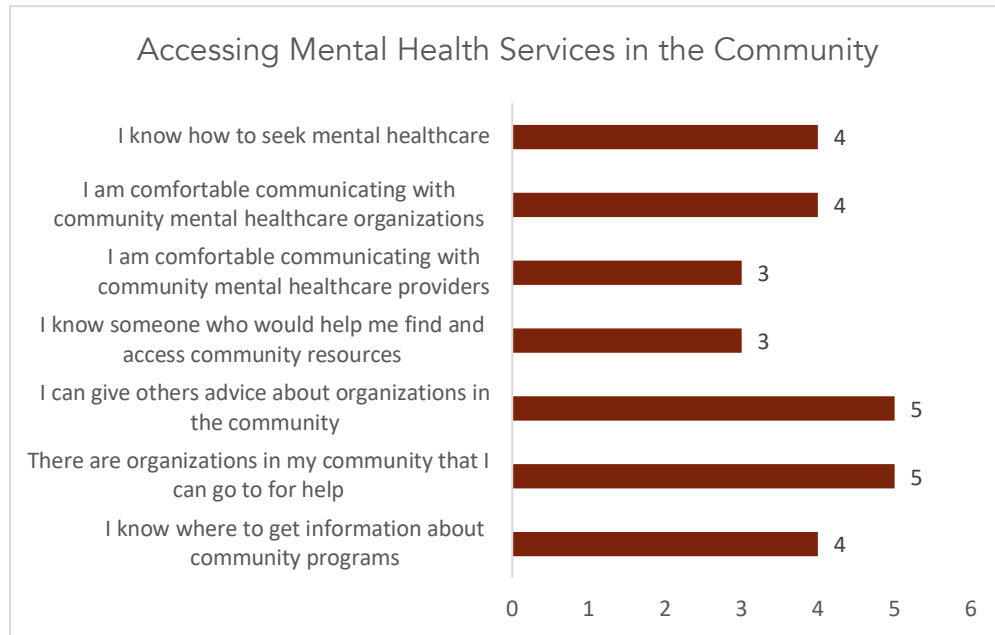
Expectations met during event

Category	Score
To feel comfortable and respected	5
To receive advice/have my questions answered	5
To be able to share my thoughts	5
To leave with resources	5
To network/meet new people	4
To learn new information	5

Mental health knowledge increased overall post-workshop. Specially in regards to strategies for addressing mental health, which received the lowest score pre-workshop, here is linear with the average score of 8 and the largest difference compared to the other questions pre and post workshop.

Mental Health Knowledge (Post-Workshop)

Question	Score
Knowledge of how to address stigma surrounding youth mental health issues	8
Ability to know if you need help related to a mental health issue	7
Knowledge of resources/services to address mental health and wellness	8
Knowledge of strategies to address mental health and wellness	8
General knowledge of mental health and wellness	8

Though mostly comfortable with accessing mental health services in the community, youth were still uncertain of engaging with community mental healthcare providers. Another question that received a similar low score, was having someone in the community that can point the participants to appropriate resources.

Accessing Mental Health Services in the Community

Question	Score
I know how to seek mental healthcare	4
I am comfortable communicating with community mental healthcare organizations	4
I am comfortable communicating with community mental healthcare providers	3
I know someone who would help me find and access community resources	3
I can give others advice about organizations in the community	5
There are organizations in my community that I can go to for help	5
I know where to get information about community programs	4

Since attending the workshop, youth indicated an increase in their mental health knowledge and the workshop fulfilled their expectations. Thinking of obtaining mental healthcare since attending the event, they indicated moderate difficulty. This goes to show that having knowledge alone is not enough and services need to be made more accessible. The workshop was successful in many aspects which is why the participants were enthusiastic to recommend to others.

It is important context to note that, generally, participants who attended the webinars/ workshops are one-time participants; to see outcomes changes within a short span (1-2 hours) of engagement is typically rare. Additionally, only two (2) youth completed the evaluation so these results are not reliable or significant; additional data in future years will help us a share a more accurate story.

Results: Google Analytics

Outcome: *Building the capacity and infrastructure in Black agencies and organizations to better assist members towards accessing the care they need.*

Website (Resource Hub)

Pathways to Care is measuring their website goals and impact using Google Analytics. From Jan 2020 to March 2022, PtC has tracked user activity on the PtC website. For this report, the focus is on **Unique Pageviews, which is the number of sessions during which the specified page was viewed at least once.**

The chart below indicates the Unique Pageviews for each site page during the initial website launch (Jan 2020 – March 2020), one year after the launch (April 2020 – March 2021), and two years after the launch (April 2021 – March 2022).
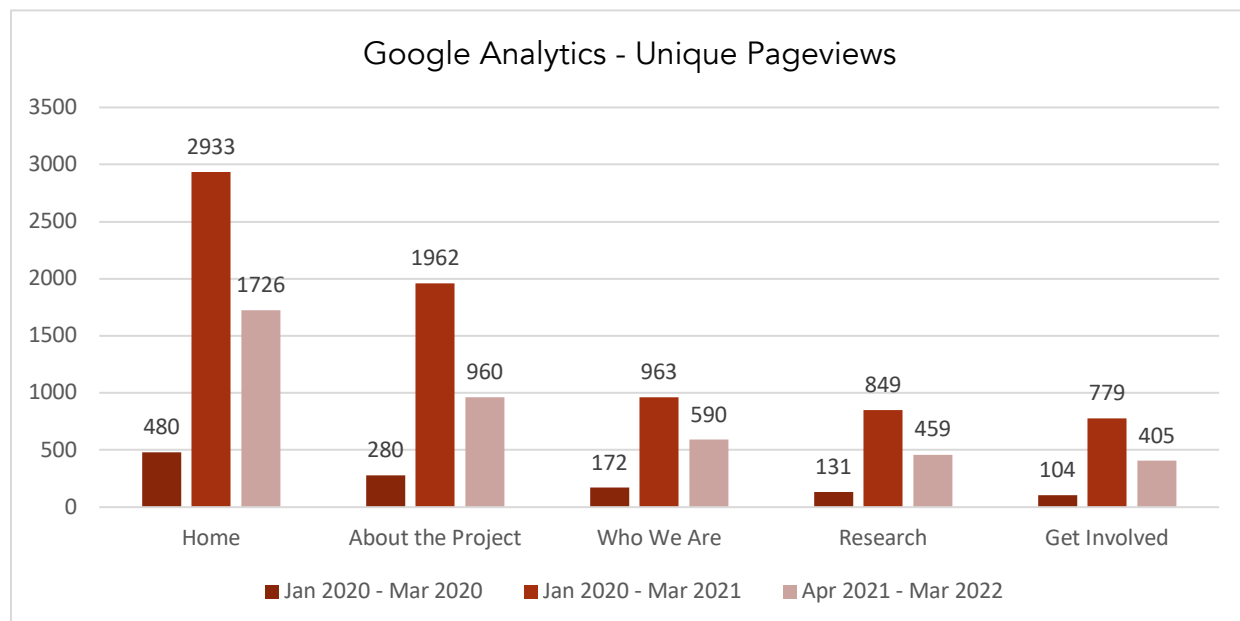
Google Analytics data also gives insight that out of 2,300 users there was a 60% Bounce Rate (i.e., 60% of users had no engagement with the landing page and the visit ended with a single-page visit) between April 2021 and March 2022. This indicates that 40% (n≈920) of users who visited the website this fiscal year engaged with the site content in some capacity.

Additionally, resources and materials were downloaded from the website 73 unique times between April 2021 and March 2022.

At the end of the project, Google Analytics and project administrative data will be used to track qualified leads, which will determine how effective the PtC Website is at being a resource hub

for information. This data will be collected once the project launches into their *Partnership Building and Knowledge into Action* phases. The data collection will require a three-step process:

1. Google Analytics will be used to track **leads** (i.e., people who visit the website) and to track **click through rate** (i.e., people who navigate through pages, click on links, download resources, etc.)
2. Google Analytics and project administrative data will be used to track **converted leads** (i.e., people who have visited the website and have completed a call to action: called in, filled out forms, registered for events/workshops through the website, etc.)
3. Project administrative data (e.g. workshop attendance list) will be used to track if converted leads are leading to **closed leads** (i.e., people who are following through with accessing services, programs, workshops, and so on).

A high rate of converted leads must be leading to closed leads to ensure that the project is reaching **qualified leads** (i.e. people who have invested interest and a need for the information provided).

This process will determine how effective the PtC website is at being a resource hub and how this project activity is advancing the project's mission of increased mental health and addiction services for Black children, youth, and their families.

Service Map & ConnectMe

Pathways to Care has transformed parts of their website into a resources hub for Black youth and their families by designing ConnectME and an Interactive Service Map. "ConnectME is an interactive user interface which allows users to identify their priorities for mental healthcare and find services near them. The interactive map overlays existing services over a map of where Black youth and their families live in each region, highlighting specifically where mainstream and Black-focused organizations are located." (Pathways to Care, 2022).

Google Analytics data gives insight that the **Interactive Map** had **283 Unique Pageviews** and ConnectMe had **16 Unique Pageviews** between April 2021 and March 2022.

Social Media Reach

Pathways to Care gathered Instagram Insights over the past 90 days (Dec 2021 - March 2022) and there has been a notable increase in interaction:

- Current Followers: 409 (+8.2% compared to Dec 2021).
- Impressions: 3,500 (+44.7% compared to the Sept 2021- Dec 2021 period).
- Accounts Reached: 365 (+28% compared to the Sept 2021- Dec 2021 period).

The majority of users are between the ages of 25-34 (53.5%) and from Canada (91.3%), specifically from Toronto (43.7%).

Overall, there has been a notable increase in social media reach over the last three (3) months.

Results: Knowledge Products

Outcome: *Building the capacity and infrastructure in Black agencies and organizations to better assist members towards accessing the care they need.*

PtC Knowledge Products are articles, presentations, workshops, infographics, and additional products developed or supported by PtC that align with the project's main outcomes. These products are being actively shared with communities in order to support the increased knowledge of and access to mental health services for Black children, youth, and their families. The overall aim is to translate knowledge and promote knowledge mobilization; the products are intentionally catered to meet various experience and knowledge levels to ensure that the resources provided are accessible.

The Knowledge Products that Pathways to Care has created and/or contributed to are presented in the table below, where the description, impact, and reach are discussed for each. In the 2020-2021 annual report, 10 products were highlighted; this past fiscal year (2021-2022), an additional 25 products (for a total of 35) were added to the list below.

Table 4. PtC Knowledge Products – Summary of each product, impact, and reach.

Product Name	Description and Link	Impact What impact did this product have?	Reach Who engaged with this product?
Research Snapshot: Canadian Black Children and Youth Face Many Barriers to Accessing our Mental Healthcare System	This research snapshot provides a clear summary of the barriers faced in the mental health care system, specifically surrounding Black youth in Canada. Thirty-three peer-reviewed articles and gray literature documents were included to discover systemic, practitioner-related, community-related, and personal barriers to accessing mental health services. Product URL: https://tinyurl.com/dsk96p4h	The focus of this product is to raise awareness to local and national stakeholders/funders to be able to better support Black Youth in various settings (e.g., mental health support, financial support).	This product aims to reach funders in order to expand the universal health care system. This product has been shared with the Evidence Exchange Network and CAMH.
Jack.org Panel Presentation: Intersectionality of Black Identity and Mental Health	Jack.org is a mental health NGO; the panel discussion was on the intersectionality of Black identity and mental health. The Panel presentation was used to discuss racism, colonialism, and mental health; along with how racism affects one's mental well-being. It also	This panel had a large impact as it provided a better understanding of the needs, challenges, and opportunities for change. With a strategic framework, it allowed for a comprehensive plan to define and improve the pathways to	The virtual panel audience consisted of McMaster university students; attendance around was

	allowed for an in-depth review of barriers and facilitators to care. Product available upon request.	care for Black children and youth.	10-15 participants and fluctuated.
Article: Project forging Pathways to Care for Black kids, youth in 6 Ontario cities	This article provides a comprehensive summary of the Pathways to Care Initiative. It explains the aim of the initiative to improve the lives of Black children and youth across Ontario, with the addition of 5 new cities. It includes quotes from Black Health Alliance and public health researchers. Product URL: https://tinyurl.com/rpfz9bwh	The publication of this article raises awareness to not only the Pathways to Care initiative, but also towards their mission. It explains the organization of the project as well as the importance of such project in the community.	Article published for the public on www.toronto.com
Article: Black communities have long faced barriers to mental-health care. These organizations are working to change that	This article reviews the several overlapping challenges Black Canadians face that can lead to poorer mental health outcomes. The article introduces the Pathways to Care initiative as a project investigating ways to create better pathways to mental health and addictions services. Product URL: https://tinyurl.com/w4c7j4re	Similar with other published articles, this article raises awareness to the lack of mental health supports available for Black children and youth. It explains the importance of this support and the reasons as to why Pathways to Care is a necessary program.	Article published for the public on www.thestar.com
Article and Interview: Project working to improve mental health supports for Black children and youth in Ontario	This article was based on an interview with CHUO 89.1 FM (an Ottawa-based campus radio station) conducted with PtC. This article provides an in-depth look of the Pathways to Care initiative and its benefits for youth across the province. Based upon the interview, this article stresses the importance of a heavy system approach for the mental health system. Product available upon request.	The approach of this article was to raise awareness of the organization, with the hopes of expanding their research nationwide. It targets the need for municipal, provincial, and federal government support.	Article was published for the public on www.canada-info.ca, which features the journalism of 22 campus and community radio stations; their audience includes underserved communities in all across Canada and listeners of the 22 featured stations.
Article: Uncensored looks at the mental health	This article focuses on Project Heal as a program available to support better mental health practices for Black people in Winnipeg to work through	The article aims to raise awareness in order to create more funding opportunities. It also acts as a reminder that	Article published on www.cbc.ca

toll of anti-Black racism	the trauma of anti-Black racism. Product URL: https://tinyurl.com/4uefdxwc	Black people remain on the outskirts of the health-care system.	
Article: Calls for culturally-specific care amidst concerns over mental health issues in Black communities	This article addresses the issues surround mental health care in Saskatchewan. It stresses that the system has not been designed to accommodate those with unique challenges that those in the Black community face. The article explains the barriers faced by Black people in the community, and calls for Canada-wide research on mental health in Black communities in order to have a clear idea of their needs. Product URL: https://tinyurl.com/2fbb9ubn	This article aims to sound the alarm about the state of mental health in Black communities across the country, and how little is known about it. They are urging action especially in the form of culturally-appropriate services.	Article published on www.cbc.ca
Centering Black Youth Wellbeing – A Certificate on Combatting Anti-Black Racism	PtC research was used by YouthRex to help develop a certification on combatting anti-Black racism. This online certificate offered by YouthRex provides the Ontario youth sector with the foundational knowledge to cultivate practices, policies and alliances that challenge, disrupt and combat systematic anti-Black racism. Product URL: www.youthrex.com/abr-certificate	This certificate will support a structural transformation in Ontario's youth sector that centers the wellbeing of Black young people and their families in individual practices and organizational policies.	Over 800 participants have attended the training and received certification.
Scoping Review: Barriers and Facilitators To Accessing Mental Healthcare For Black Children & Youth + Scoping Review Infographic	This scoping review brings attention to the disproportionately poor health outcomes facing Black populations in Ontario, and the importance of collecting race and ethnicity-based health data. Product URL: https://tinyurl.com/tnm45zyp PtC has also developed a corresponding infographic that gives a snapshot of the topics covered in the article. Product URL: www.pathwaystocare.ca/scoping-review-infographic	Emphasizes the need for health systems and communities to partner to improve health outcomes. Hope is to exacerbate social, economic and racial justice issues in Canada.	The reach of this article and infographic was tracked through Google Analytics; the article was accessed 337 times and the infographics was accessed 332 times.
Social Network Analysis Report	This report explored the current social relationships of mental healthcare organizations in Toronto. This report helped determine which organizations are being relied on for	This product helps PtC find future implementing partners for the Pathways to Care framework (improve understanding of which	The reach of this article and infographic was tracked through

	resources and information in this sector. The content was developed from original research conducted by Pathways to Care. Product URL: https://tinyurl.com/tsdm6wrp	organizations intend to collaborate, and which organizations have been working together on mental health projects and initiatives in the past year). This report will aid in the implementation phase, which will help increase access to services and strengthen services for Black children, youth, and their families.	Google Analytics; this report was accessed 97 times.
Toronto Star Article: 'We are living in Black history in the making': Black health and community leaders reflect on triumphs and needs for the future	A print and online article featuring leaders from Toronto's Black communities who work in health or examine social determinants of health in their work. Product URL: https://www.thestar.com/news/gta/2022/02/22/we-are-living-in-black-history-in-the-making-black-health-and-community-leaders-reflect-on-triumphs-and-needs-for-the-future.html	Media attention about PtC within the context of Black History Month.	Toronto Star readership
YouthRex Module: Research Insights: Anti-Black Racism Impact on Black Youth Mental Health	YouthREX is funded by the Government of Ontario's Ministry of Children, Community & Social Services. They provide training for youth sector workers. The pre-recorded module was part of their Online Certificate on Combatting Anti-Black Racism. We presented PtC SNA and scoping review research findings during two separate cycles of the certificate. Product URL: https://youthrex.com/abr-certificate/	The PtC research is used as a part of YouthRex's curriculum which helps provide the Ontario youth sector with the foundational knowledge to cultivate practices, policies and alliances that challenge, disrupt and combat systematic anti-Black racism.	Online certificate training, approximately 20-30 participants per cycle.
YouthLink Workshop: Mobilizing Research to Engage Black Youth in Clinical Settings	YouthLink is a registered Canadian charity and an anchor agency of the United Way of Toronto and York Region. This online workshop presented PtC SNA and scoping review research findings to service providers for youth. Product available upon request.	The workshop presented PtC research to service providers who directly engage with Black children and youth. It helped to equip them with a deeper understanding of the barriers and facilitators to care that Black youth face.	Approximately 40 participants.

Presentation to the Expert Task Force on Substance Use: Pathways to Care: Improving Access to Mental Health and Addictions Services for Black Children, Youth, and their Families in Ontario.	The Expert Task Force on Substance Use is a federal body which uses a public health lens to address substance use issues. The presentation was one of several that the Task Force invited to provide information on marginalized communities and groups as they sought to provide independent, expert, advice, and recommendations on federal drug policy and potential alternatives to criminal penalties for the simple possession of controlled substances. Product available upon request.	Focused on providing data about drug use and recommendations for drug policy reform as it pertains to Black youth, children, and communities. After the presentation the organizers requested to share the presentation with task force members, and translate it to French for wider dissemination.	Approximately 25 people from across sectors.
Presentation at the 'Brain and Mental Health in Black and Indigenous Youth: Towards Achieving Health Equity Symposium': Mental Health and Black Children and Youth	This half-day hybrid symposium was hosted by the The Hospital for Sick Kids, and focused on research that examines systemic biases and injustices and its relationship to brain and mental health in children and youth and their families who are Black, Indigenous, and People of Colour (BIPOC). Product available upon request.	Provided data from the PtC scoping review, SNA, and preliminary focus group findings.	Approximately 100 participants.
Presentation to McMaster University Grand Rounds: Pathways to Care, Mental Health, and Black Children and Youth	The Grand Rounds are held by the Department of Psychiatry and Behavioural Neurosciences, the Research Advisory Committee, and the Anti-Black Racism Task Force at McMaster University. This online presentation was given to academics and clinicians to provide more in-depth knowledge on the stated topic. Product available upon request.	Opportunity present PtC research findings and raise the specific barriers and facilitators to mental health experienced by Black youth. It was also an opportunity to present Hamilton-specific PtC research findings.	Approximately 40 participants.
Presentation to the City of Toronto	The Confronting Anti-Black Racism Advisory Committee works to help advance the objectives of the	Opportunity to connect with the city's Deputy Mayor to discuss how to share PtC	Approximately 25 participants.

Confronting Anti-Black Racism Unit Advisory Committee: Pathways to Care: Mental Health for Black Children, Youth and their Families in Ontario.	Toronto Action Plan to Confronting Anti-Black Racism. This presentation presented a background and information about PtC, research findings, and current work. Product available upon request.	knowledge products with constituents, and potential future funding for BHA.	
BHA/PtC Newsletter: Spring (March 2022)	Quarterly BHA:PtC newsletter highlighting project updates (PtC research, 2 SNA reports), resources/tools (ConnectME, Interactive Map, mental health literacy infographic), past/upcoming events, PtC in the news and community connections	Residents are able to stay up to date with PtC news/ updates, plan to attend upcoming PtC events.	Published on March 10th 2022. More insights available upon request.
BHA/PtC Newsletter: Winter (December 2021)	Quarterly BHA:PtC newsletter highlighting project updates (PtC research, 2 SNA reports), resources/tools (Interactive Map), past/upcoming events, PtC in the news.	Residents are able to stay up to date with PtC news/ updates, plan to attend upcoming PtC events.	Opened by 38 subscribers for a total of 125 times.
Presentation for Peel CAS Black History/African Heritage Month	In celebration of Black History/African heritage month Peel CAS hosted a virtual event with various guest speakers, organizations that support youth in care, musical performances, spoken word and youth impact panel. This presentation presented a background and information about PtC, research findings, current work and shared PtC tools/resources..	Participants were interested in focus group data and PtC upcoming events.	Presented to 200+ participants.
Health Promotion Wellness Series: African Traditional Religions & Spiritualities	Youth facilitated wellness series workshop on African traditional religions and spiritualities for Black folks interested in learning how to better support mental health through traditional continental African practices.	This workshop provided participants with some insights into African traditional religions/ spiritualities and their connections to mental health. Participants engaged through	26 Participants (youth, service providers, and community members).

	Key concepts/definitions explained, historical overview, common practices today, benefits shared and connections to PtC research shared. Slide deck available upon request.	asking questions to the facilitator.	
Health Promotion Workshop: Mental Health Literacy for Black Communities	A workshop focusing on Black youth surrounding the basic to mental illness and mental wellness as well as an opportunity for participants to ask questions and receive resources. Available upon request.	Engaged with caregivers, community members, service providers, and youth themselves in capacity building by providing direct knowledge surrounding their mental health and how to best support themselves and their loved ones.	Approximately 10 participants.
Health Promotion Session: Black History Month Networking Gathering (GTA)	A networking session bringing together service providers across the GTA whose work supports the mental health and addictions needs for Black youth. Available upon request.	Gathering attendees were able to speak to some of the challenges that they are facing in the field as well as build relationships and share opportunities for collaboration.	5 participants.
Infographic: Mental Health Literacy for Black Communities	An infographic focusing on mental health statistics and definitions as it applies to Black youth and their families. Available upon request.	This visual document allowed the audiences to engage with and share our knowledge in an easy to digest format.	All of our networks (via social media, email lists, and marketing channels).
Workshop: A Forum on Black Youth and the Justice System	This was a collaborative workshop with the Black Legal Action Centre. The workshop was offered to share our research surrounding the mental health and addictions experiences of Black youth who also have experience with the justice system in Ontario. Information was also shared on how to navigate the court system, and how to advocate for support in other human rights areas. Available upon request.	Participants were able to engage and receive answers to their questions as well as find resources to better support their individual situations.	Approximately 30 participants attended this session.
Presentation to Toronto Employment	An overview of our project and research findings as well as a 'how to' session on using our publications,	This presentation had a significant impact as the Toronto Employment and Social Services engages with	Toronto Ontario Works Caseworkers.

and Social Services	tools, and events to better support their clients.\n\nAvailable upon request.	a large number of our audiences.	
Pathways to Care Youth Action Committee Training: Facilitation 101 (Part 1, 2, and 3)	A youth training on how to facilitate a session, how to create a session, and how to handle challenging situations\n\nAvailable upon request.	Significant impact towards capacity building of the youth participating on the Youth Action Committee.	Approximately 10 youth were engaged with.
Pathways to Care Project	Presentation for Ontario Health West (policymakers) on barriers to care for Black youth in the OH West's catchment Area\n\nPresentation Available Upon Request	This presentation impacted policy decisions for youth in Hamilton, London, and Windsor.	Approximately 10 staff were in attendance.
Finding the missing links between masculinity, race, culture, and mental health	Presentation at the Caribbean Studies Annual Conference\n\nPresentation Available Upon Request	This presentation expanded on the potential challenges that young Black boys and men may face when trying to access mental healthcare. Highlighted a collaboration with other academics and spread awareness of the issue.	Approximately 50 people in attendance.
Mental Health Law for Black Youth and Children	Presentation for York University's Faculty of Law (Osgoode Hall). This presentation was on the legal implications of mental health in Ontario.\n\nPresentation Available Upon Request	Has the potential for wide reaching impacts and further collaboration.	Approximately 100 law students, lawyers, and other law professionals in attendance.
Lunch and Learn: Black Mental Health Week	A presentation about Pathways to Care's focus group findings for Black Mental Health Week, delivered to community members.\n\nPresentation Available Upon Request.	Designed to be a community knowledge-building event.	Approximately 30 participants.
Media event: Bell Let's Talk Day and mental health issues in BIPOC communities	Interview with CBC News for Bell Let's Talk Day about mental issues among Black youth and community-based solutions.	National broadcast.	N/A

Media Interview: Double Stigma: Black communities are in mental health crisis mode.	Interview in the Ryersonian about Black youth mental health. https://ryersonian.ca/double-stigma-black-communities-are-in-mental-health-crisis-mode/index.htm	News interview.	N/A
Talk: Black Women in Forward Action Windsor	Discussion with Black Women Community Leaders in Windsor about the Pathways to Care project and preliminary findings.	Invited talk.	Approximately 15 women in attendance.
Centering Black Youth Wellbeing: A Certificate on Combatting Anti-Black Racism Youth Opportunity Fund	Contributed to a session that was included in training for mental healthcare workers who wish to work with Black youth and combat anti-Black racism. Training is comprised of four modules (17 lectures). https://youthrex.com/wp-content/uploads/2021/01/ABR-Certificate-Two-Pager-Final.pdf	Invited talk.	N/A

Based on the impact summaries above, it is evident that the knowledge products produced and supported by PtC lead to positive outcomes for Black youth, children, and their families. Additionally, the wide reach these products have had over a short period of time is outstanding.

Many of the products that been supported by PtC (e.g., news articles and training content) have had a province-wide (and in many cases, nation-wide) reach. All of the products developed directly by PtC (e.g., reviews, reports, infographics, and presentations), have been accessed hundreds of times by members of the various communities that PtC serves.

The knowledge products developed by or associated with Pathways to Care provide essential information regarding mental health and related determinants, and spread knowledge and awareness to Black youth and their families. Most products are aimed towards increasing public understanding on the needs of Black children and youth across the country. Many of the products portray the challenges faced by Black children, youth, and their families due to systemic violence and Anti-Black Racism, while further displaying the effects on mental health. The products call for system-level change in order to meet the needs of Black children, youth, and their families.

Overall, PtC has been successful in developing and contributing to a wide range of knowledge products that are reaching thousands of Ontarians and that align with and advance the project's main outcomes.

Conclusion

It is evident that the Pathways to Care project is providing meaningful community engagement by creating spaces for Black children, youth, and their families to express their needs regarding access to mental health services.

The **Pathways to Care Focus Groups** captured the challenges and barriers that Black youth and families face when accessing resources in their communities, with some notable themes including systemic racism, stigma, lack of cultural awareness from mental health professionals, lack of Black mental healthcare workers and Black-specific services, financial barriers, siloed care, and lack of trust. It is important context to note that barriers and challenges faced by Black youth and families are rooted in and upheld by systemic violence and Anti-Black Racism.

Focus group participants also discussed possible solutions to increase access to services, with the most common themes surrounding increased funding, free universal mental health services, cultural responsiveness, individualized care, the creation of service pathways, dedicated Black mental health services and practitioners, preventative and crisis supports, and long-term services. These findings will help the PtC project and its stakeholders make recommendations for policymakers, mental health organizations, and service practitioners. It is essential to the PtC team that their work is grounded in the voices of those they serve.

Additional context and information, including a detailed analysis for all the themes highlighted in this report, can be found in the following report: *Pathways to Care. (2022) Factors that Impact How Black Youth Access the Mental Health System in Ontario. Toronto: Pathways to Care Project.*

Pathways to Care also developed and implemented multiple **webinars/workshops** for service providers, parents/caregivers/guardians (P/C/G) of Black youth, and Black youth. Webinars/ workshops are on-going but we began to see some results based on the first five (5) workshops offered to participants this past fiscal year.

The results from the webinars/workshops showed that P/C/G are better equipped to support young people. Moreover, they have an increased awareness and action to eliminate the specific barriers to care for Black children, youth, and their families. In some areas, the results from the pre- and post-workshop surveys indicated an increase in mental health knowledge and accessibility. For the other areas with negligible differences, it is possible that Black parents and caregivers overestimated their mental health knowledge in the pre-workshop survey.

Youth who attended the workshops indicated an increase in their access to resources, and the webinars/workshops fulfilled their expectations. The webinars/workshops were successful in many aspects, which is why the participants were enthusiastic to recommend them to others. That being said, the sample size is significantly low (n=2) so additional data in future years will help us a share a more accurate story.

Lastly, through qualitative data collected one (1) month after the workshops, there is evidence that the majority of service providers applied their acquired knowledge in their professional activities. After the webinars/workshops, service providers created resource guides, planned activities, provided resources to their clients and colleagues, and learned new knowledge that better helped them serve their clients.

Google Analytics data indicates that there has been significant engagement with the PtC website (including the Interactive Map) since it was launched, and there has been a notable increase in social media reach over the last three (3) months based on Instagram Insights.

The **Knowledge Products** associated with Pathways to Care are providing essential information regarding mental health and spread awareness to Black children, youth, and their families in 6 cities across Ontario (Toronto, Kitchener-Waterloo, Windsor, Ottawa, London and Hamilton). In the 2020-2021 annual report, 10 products were highlighted; this past fiscal year (2021-2022) alone, an additional 25 products (for a total of 35) were developed. PtC has worked hard to exceed expectations regarding the reach and impact of their work.

Based on the impact summaries, it is evident that the knowledge products produced and supported by PtC lead to positive outcomes for Black youth, children, and their families. The focus of these products is to raise awareness to local and national stakeholders/funders to be able to better support Black Youth in various settings (e.g., mental health support, financial support). The products provided a better understanding of the needs, challenges, and opportunities for change. The articles produced and supported by PtC raises awareness on the lack of culturally-relevant mental health supports available for Black children and youth, in order to create more funding opportunities. It explains the importance of this support and the reasons as to why Pathways to Care is a necessary program.

It is evident through the results in this report that Pathways to Care is effectively removing barriers and improving access to mental health services for Black children, youth, and their families.

References

Pathways to Care. (2022) Factors that Impact How Black Youth Access the Mental Health System in Ontario. Toronto: Pathways to Care Project