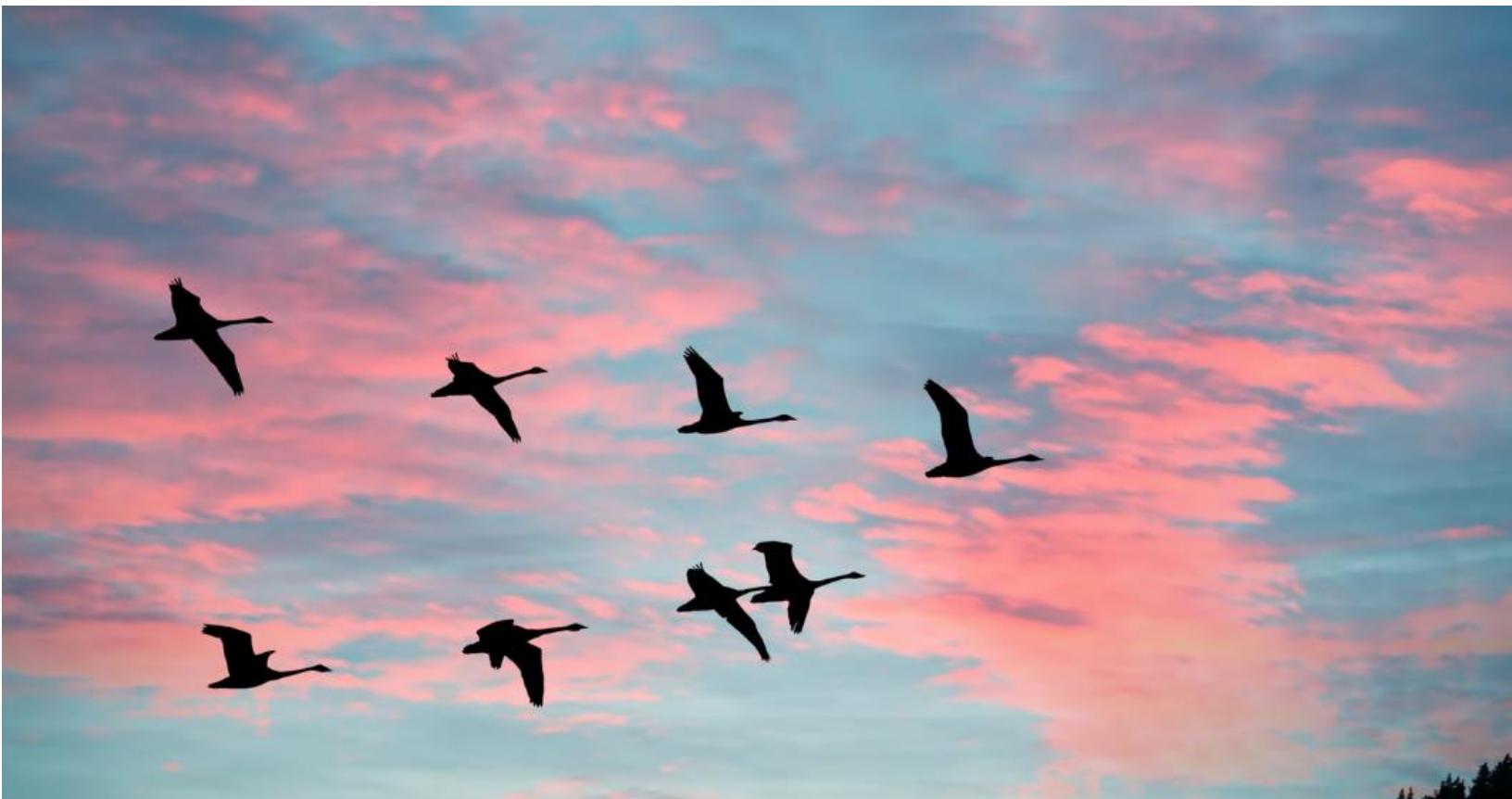# Black Health Alliance – Pathways to Care Evaluation Report 2022-2023

Written by the Students Commission of Canada, July 2023

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Executive Summary

The purpose of this report is to gain a greater understanding of the impact that Pathways to Care (PtC) has had on Black communities. 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 progress. Feedback was provided from people who have various levels of engagement with the project, including youth, families, committee members, volunteers, and organizational partners.

A brief summary of the project outcomes along with the evaluation findings are included below:

Short-term outcome: 1) Targeted engagement of Core Stakeholders, PtC Community Advisory Group, Expert Reference Group, Youth Advisory committee, and Black communities in the conception, development, and implementation of the Pathways to Care project

The Pathways to Care (PtC) focus groups (2021-2022) engaged 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. The focus groups captured the barriers that Black youth and families faced when accessing resources in their communities, which helped assess community needs to develop and implement the PtC project. The most common themes included systemic racism, stigma, lack of cultural awareness from mental health professionals, lack of Black mental healthcare workers and Black-specific services, financial barriers, alienation, and lack of trust. Participants also discussed possible solutions to increase access to services, with the most common themes surrounding increased funding, availability of free mental health services, cultural responsiveness, individualized care, the creation of service pathways, dedicated Black mental health services and practitioners, crisis supports, and long-term services. 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. These findings helped the PtC project and its stakeholders make recommendations for policymakers, mental health organizations, and service practitioners that are grounded in the voices of those they serve. The thematic analysis of the focus groups can be found in the Appendix.

Medium-term outcome: 2) Building the capacity and infrastructure in Black agencies and organizations to better assist members towards accessing the care they need

The knowledge products produced and supported by PtC (2021-2022) lead to positive outcomes for Black youth, children, and their families. Many of the products that have been supported by PtC (i.e., news articles and training content) have had province-wide (and in many cases, nation-wide) reach. All of the products developed directly by PtC (i.e., reviews, reports, infographics, and presentations), have been accessed hundreds of times by members of the various communities that PtC serves. The products helped raise awareness in the Black mental health sector, thereby helping the community access the care they need. Moreover, PtC ran evaluations with 123 individuals (73 service providers, 13 parents/caregivers, and 37 Black youth) who participated in the PtC workshops/webinars. Participants noted an increase in mental health knowledge and the ability to navigate resources in their community. Furthermore, the creation of a database and an interactive map (PtC website) helped build capacity and

increase access to information and resources. According to the demographics of those who accessed the interactive map, the majority of respondents were service providers. This suggests that the interactive map is a useful tool in building the capacity and infrastructure in Black agencies and organizations to better assist members towards accessing the care they need. Moreover, PtC staff tracked user activity on the PtC website (resource hub) using Google Analytics. Google Analytics data from 2022-2023 gave insight that out of 1,285 users, there was a 11% Bounce Rate (i.e., 11% of users had no engagement with the landing page and the visit ended with a single-page visit). This indicates that 89% (n≈1,143) of users who visited the website engaged with the site content in some capacity. Moreover, the results show that users gravitated towards the research pages of the website, which suggests that the PtC research and knowledge mobilization products have been useful and informative for users. Finally, PtC has an ongoing partnership with CAMH and their SAPACCY (The Substance Abuse Program for African Canadian and Caribbean Youth) to create a clinical practice framework to better support Black families and provide culturally-responsive care. That being said, PtC is working with other organizations to assist Black community members towards the care they need for optimal well-being and health.

Medium-term outcomes: 3) Black Parents and caregivers are better equipped to support young people. 4) 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. The results from the webinars/workshops showed that participants gained knowledge of resources/services in their communities, strategies to address mental health and wellness, knowledge of how to address stigma, and the ability to know if their child needs help related to a mental health issue. Participants gained the tools, knowledge, and confidence necessary to better support their families in navigating the mental health care system. The greatest change among parents/caregivers was their increased knowledge of how to address stigma surrounding youth mental health issues; this suggests that the workshop helped remove some of the stigma surrounding mental health in the Black community. Moreover, the greatest change among Black youth was their increased knowledge of strategies to address mental health and the knowledge of resources/services to address mental health; this knowledge helped increase perceived social mental health support among Black youth. Overall, Black Parents and caregivers were better equipped to support young people, and gained the awareness to eliminate the specific barriers to care for Black children, youth, and their families.

Medium-term outcome: 5) Engagement and collaboration on projects with mainstream agencies

Data from the Partnership Assessment Tool (2022-2023) demonstrated how BHA engaged and collaborated with partners and other agencies. The results showed that partners were very pleased with the partnership and their involvement in project direction. Partners experienced several benefits from the partnership such as the ability to have a greater impact that they could have on their own, the enhanced ability to affect public policy, and contributing to their community. Moreover, partners were able to utilize their expertise and services to address the systemic barriers faced by the Black community when navigating the healthcare system. Overall, the partnership's actions helped improve access to mental health care for Black families across Ontario. Furthermore, PtC's current partnership with SAPACCY and CAMH demonstrates how BHA is committed to engaging and collaborating with mainstream agencies.

BHA will share evidence-based culturally responsive tools SAPACCY sites to better serve Black youth and their families.

Medium-term outcome: *6) Increased awareness and action to eliminate the specific barriers to care for Black children, youth, and their families*

The PtC focus groups helped increase awareness on specific barriers faced by Black community to inform future practices. Service providers who participated in the webinars and workshops created resource materials for their organizations, shared information with colleagues, supported program planning at school, and provided resources to the patrons and staff of Guelph and London Public Libraries. Moreover, results from the Partnership Assessment Tool showed that community partners applied the newfound knowledge in their professional activities to better serve the Black community.

Long-term outcome: *Increased access to mental health and addiction services for Black children, youth and their families, meaning that participants report increased access to mental health services for Black youth and improved perceived mental health as a result*

Results from the webinars and workshops surveys indicated that Black youth and their families gained valuable mental health knowledge and access to mental health services. Despite this increase in knowledge, Black families still found it difficult to access resources, which highlights how difficult it can be to overcome systemic barriers. The PtC interactive map increased accessibility to mental health and addiction services by making it simpler for Black families to access culturally-responsive mental health and addiction services in their communities. Results from the interactive map survey showed that 80% of respondents found what they were looking for on the interactive map, and 88% of respondents found that the interactive map was a useful tool and met their needs.

Overall, the voices gathered these past years suggest that PtC contributed towards removing barriers and improving access for families and youth from diverse Black communities to experience optimal health and well-being.

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 social 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).

Methodology

Pathways to Care (PtC) chose quantitative evaluation methods to capture their project impact for the 2022-2023 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:

Webinar/Workshop Survey: Data were collected from five (5) PtC webinars/workshops. 72 service providers, 13 parents/caregivers/guardians, and 37 Black youth participated in the webinar/workshop evaluation.

Partnership Assessment Tool: The Partnership Assessment Tool looks at the following components of partnership: synergy, leadership, efficiency, administration & management, non-financial and financial resources, decision-making, and satisfaction with participation.

Interactive Map Survey: 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 database 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. PTC included a pop-up survey on their interactive map which asked participants three questions: 1) Are you a Black youth, a parent of a Black youth, or a service provider? 2) Did you find what you were looking for? 3) Please rate how useful this tool was to your needs.

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.

Project	Research Tools
Pathways to Care	- Webinar/Workshop Survey: - Service Providers (n=73) - Parents/Caregivers/Guardians of Black Youth (n=13) - Black Youth (n=37) - Partnership Assessment Tool (n=2) - Interactive Map Survey (n=25) - Google Analytics

Pathways to Care has utilized additional tools to collect evaluation data in previous project years. The results from previous evaluations can be found in the Appendix (focus groups, knowledge products, Google Analytics).

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.*
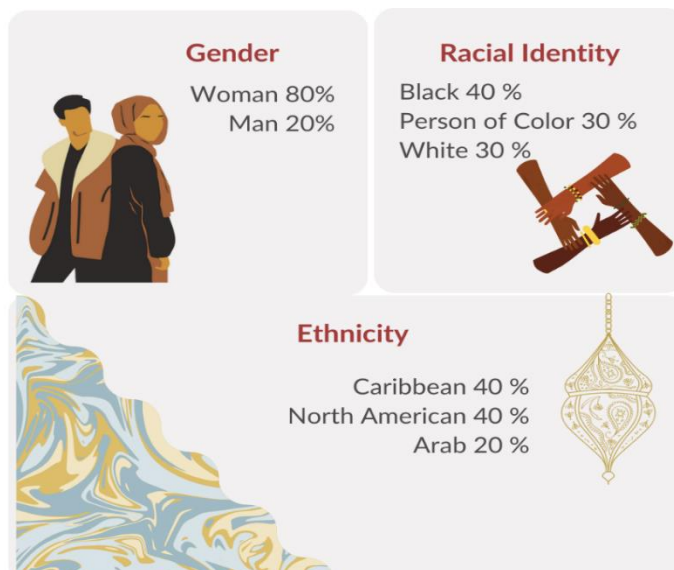
Pathways to Care developed and implemented multiple webinars/workshops for service providers, parents/caregivers/guardians of Black youth, and Black youth. The results from the following webinars/workshops are included in this report:

- Ontario Association of Social Workers
    - o For service providers
- Youth in the Justice System
- Mental Health Literacy for Black Youth and Their Loved Ones
    - o For guardians and caregivers, youth, and service providers
- Black History Month Networking Gathering
    - o For service providers
- African Traditional Religions and Spiritualities
    - o For guardians and caregivers, youth, and service providers

The webinar/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. Each section includes a descriptive demographic description of the participants.

Service Providers / Agency Partners

The following illustrates the demographic characteristics of some of the service providers (n=13) who completed the workshop evaluation. The following evaluation represents survey responses from all the various webinars/workshops.

Gender
Woman 80%
Man 20%

Racial Identity
Black 40 %
Person of Color 30 %
White 30 %

Ethnicity
Caribbean 40 %
North American 40 %
Arab 20 %

Event   **Expectations**

Prior to the start of the workshop, participants were asked about their expectations of the workshop. They shared high expectations ranging between 3 and 4.5 on a 5-point scale. Expectations included feeling respected, receiving advice, having questions answered, sharing thoughts, resources, networking, and learning new information. Being able to meet new people and network appeared to be the least important, while learning new information appeared to be the most important.

Event Expectations (n=32)

Expectation	Score
To learn new information.	4.59
To leave with resources.	4.34
To receive advice/have my questions answered.	3.84
To feel comfortable and respected.	3.97
To be able to share my thoughts.	3.16
To network/meet new people.	3.16

Figure 1.

Some participants filled out the survey again one month after the workshop. Their scores were matched in pairs to evaluate whether their expectations were met. After the workshop, it appears that the events exceeded their expectations. The expectations that were exceeded included participants' experiences with networking and meeting new people, feeling comfortable and respected, receiving advice, leaving with resources, and engaging in discussion. Overall, it appears that participants were extremely pleased with their experience at the webinars and workshops.

Event Expectations (n=13)
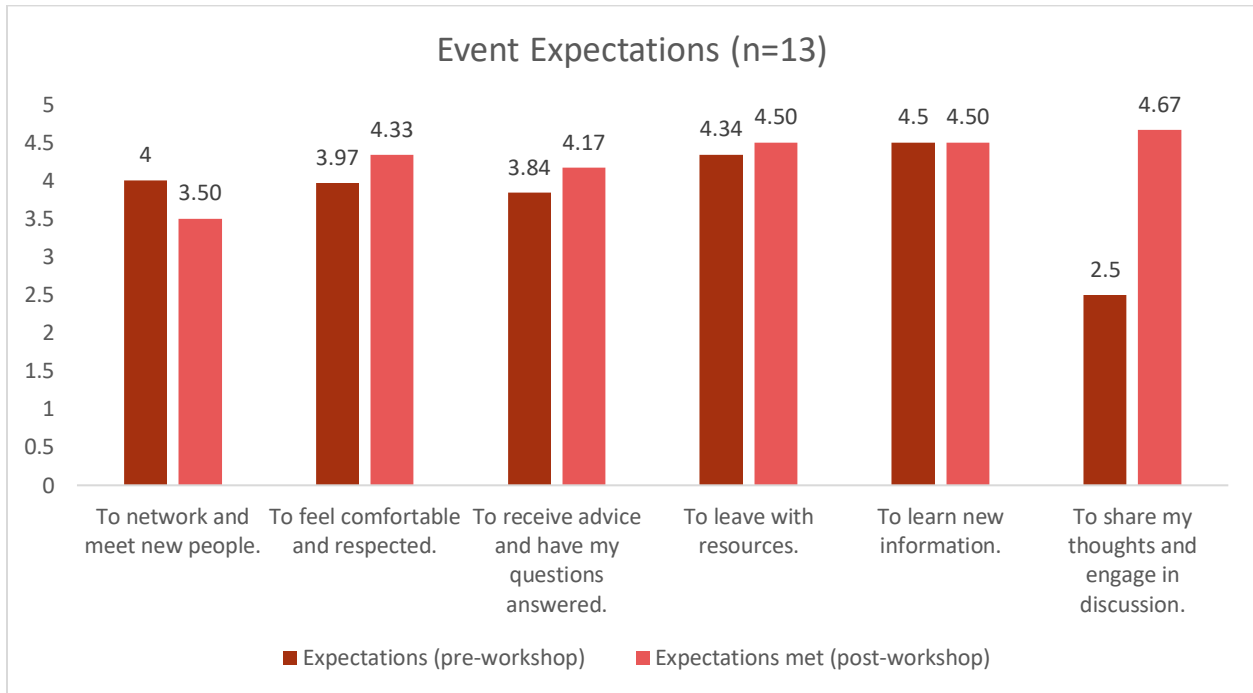
Figure 2.

Mental Health Knowledge

The participants also outlined their knowledge on the topic of mental health on a 10-point scale. Prior to the workshop, 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.

Figure 3.
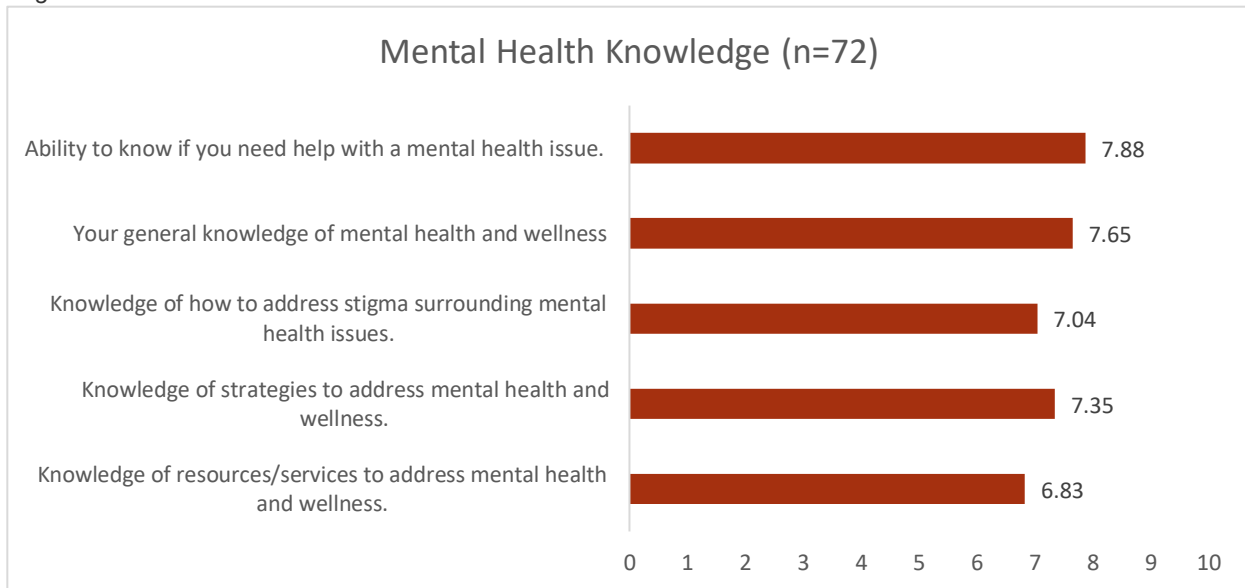
Mental Health Knowledge (n=72)

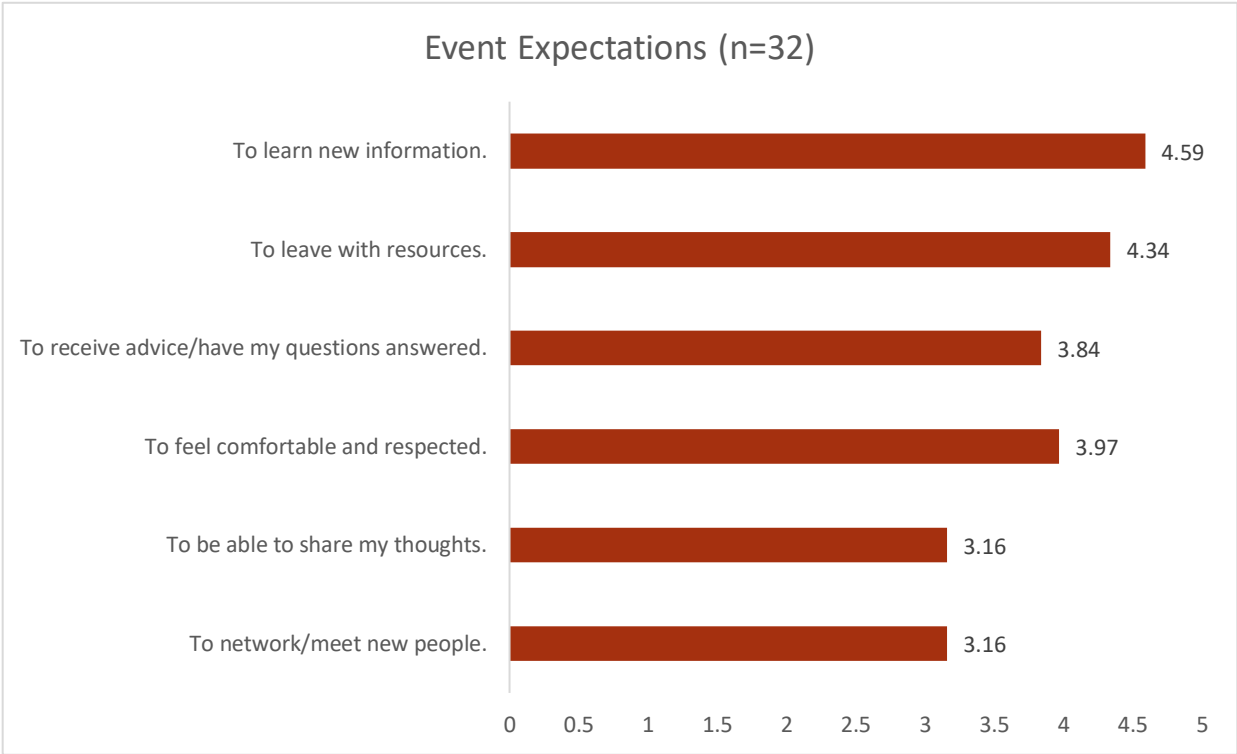| Category	Score
Ability to know if you need help with a mental health issue.	7.88
Your general knowledge of mental health and wellness	7.65
Knowledge of how to address stigma surrounding mental health issues.	7.04
Knowledge of strategies to address mental health and wellness.	7.35
Knowledge of resources/services to address mental health and wellness.	6.83

Some participants filled out the survey again one month after the workshop. Their scores were matched in pairs to evaluate whether their expectations were met. After the workshop,

participants' mental knowledge and skills increased. They gained knowledge of resources/services in their communities, strategies to address mental health and wellness, knowledge of how to address stigma, and the ability to know if they need help related to a mental health issue. The results suggest that the workshop helped participants gain the confidence, skills, knowledge, and resources to navigate the mental health system.
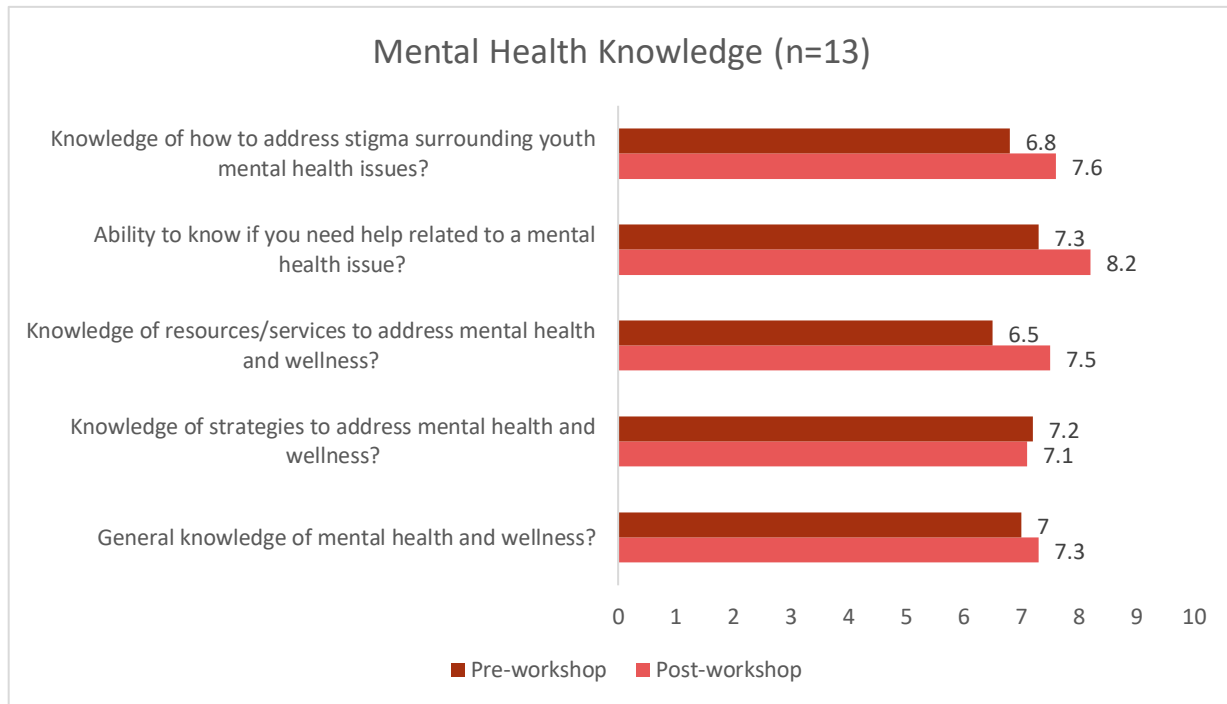
Mental Health Knowledge (n=13)

Category	Pre-workshop	Post-workshop
Knowledge of how to address stigma surrounding youth mental health issues?	6.8	7.6
Ability to know if you need help related to a mental health issue?	7.3	8.2
Knowledge of resources/services to address mental health and wellness?	6.5	7.5
Knowledge of strategies to address mental health and wellness?	7.2	7.1
General knowledge of mental health and wellness?	7	7.3

Figure 4.

Overall, the workshops were highly valuable to service providers, and they shared how they were able to use the knowledge they gained at their work. They created resource materials for their organizations, shared information with colleagues, supported program planning at school, and provided resources to the patrons and staff of Guelph and London Public Libraries.

The following are quotes from service providers who participated in the webinars/workshops:

"I was able to provide resources to patrons and staff (for future reference) at both Guelph and London Public Libraries."

"Thank you for presenting these references and resources. I look forward to future presentations and will continue to relay information to my peers, fellow library staff, and any patron who inquires. I learned much from your webinar and look forward to continue learning and growing!"

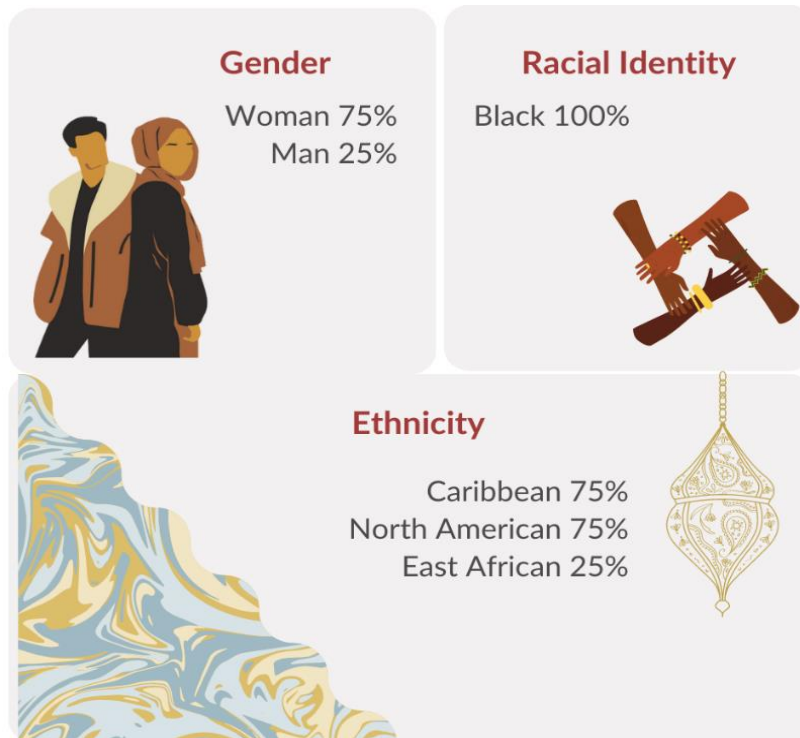*"Thank you for the information and resources. This is very helpful for our community and youths."*

"I used it for work to create a resource material for my organization."

"I have passed the information to other colleagues."

Parents, Caregivers, and Guardians of Black Youth

The following illustrates the demographic characteristics of some of the parents, caregivers, and guardians of Black youth (n=4) who completed the workshop evaluation survey.

Gender
Woman 75%
Man 25%

Racial Identity
Black 100%

Ethnicity
Caribbean 75%
North American 75%
East African 25%

**Event Expectations**

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 having their questions answered. Similarly to service providers, the highest priority was to learn new information whereas the lowest priority was to network and meet new people.

Event Expectations (n=13)

Figure 5.

Some participants filled out the survey again one month after the workshop. Their scores were matched in pairs to evaluate whether their expectations were met. After the workshop, it appears that the events exceeded their expectations, with many expectations scoring a 5/5. The expectations that were exceeded included participants being able to share their thoughts and engage in discussion, leaving with resources, feeling comfortable and respected, receiving advice, and learning new information. The only expectation that was not exceeded was the ability to network and meet new people. However, this was participants' least prioritized expectation and was not their main goal with the workshops. Overall, it appears that participants were extremely pleased with their experience and came out with new knowledge, skills, and resources.
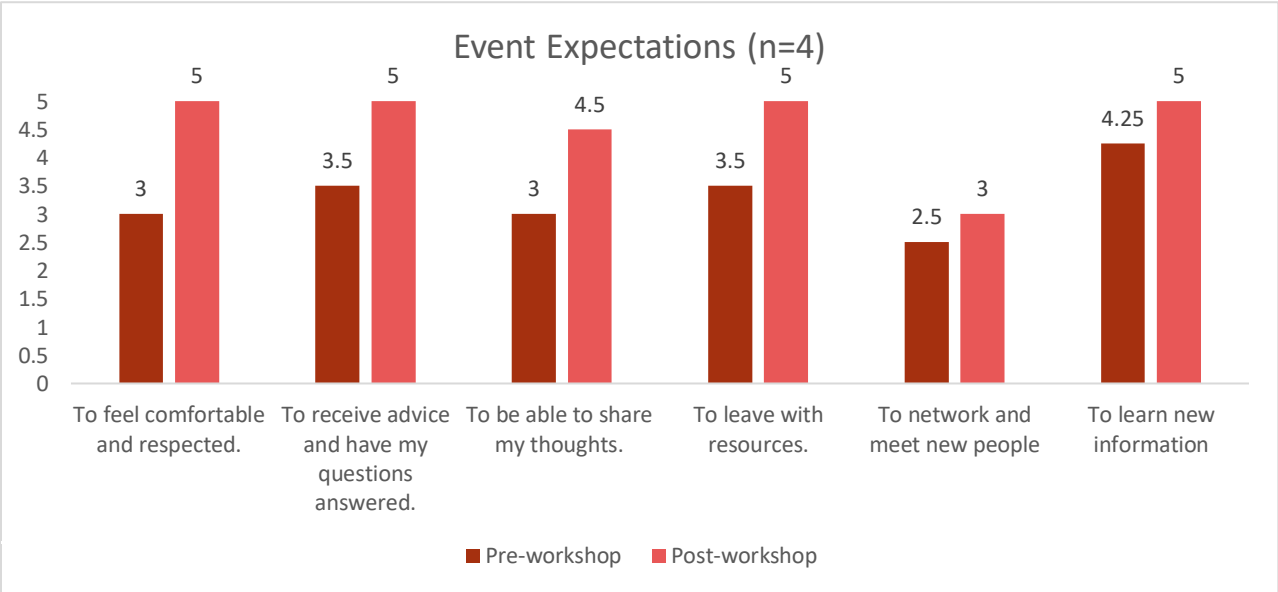
Event Expectations (n=4)

Mental Health Knowledge

The participants also outlined their knowledge on the topic of mental health on a 10-point scale. Like the service providers, parents and caregivers' knowledge of resources and services to address mental health and wellness received the lowest score. The highest score was delegated to their general knowledge of mental health and wellness. Many parents and caregivers did not have the knowledge nor the ability to know if their child needed help related to a mental health issue and how to support them. This suggests that there needs to be more workshops and programs such as Pathways to Care that help Black parents and caregivers notice symptoms and support their children's mental health.
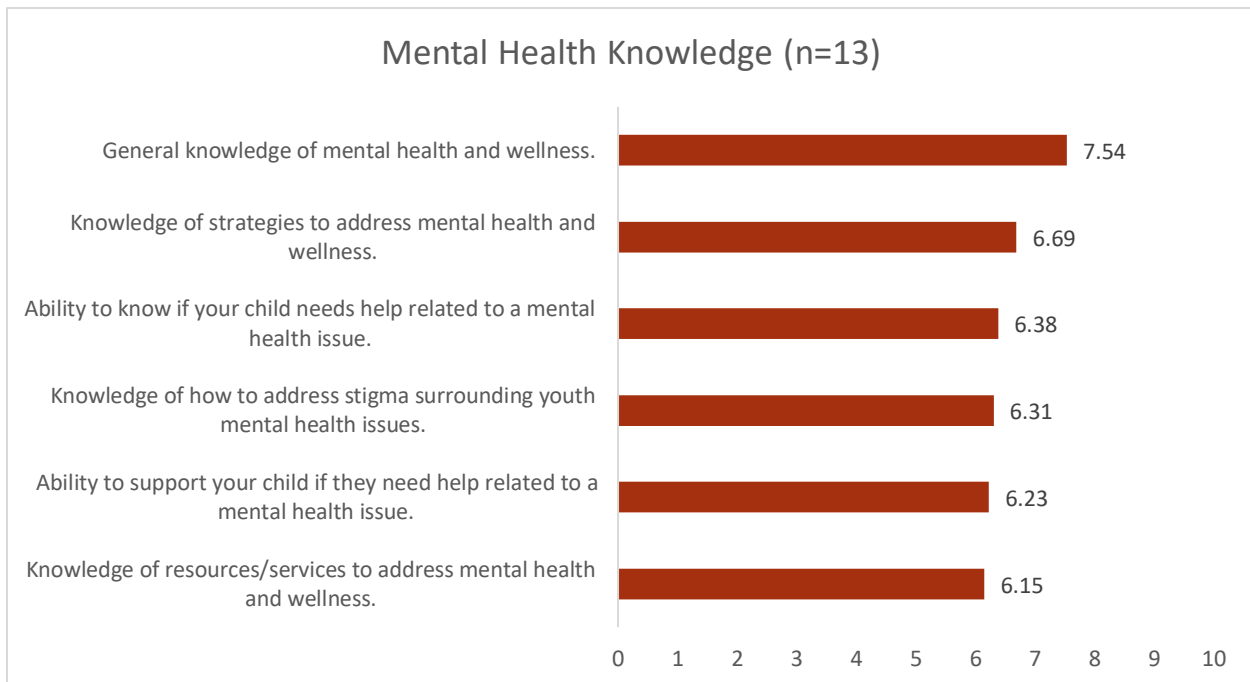

Mental Health Knowledge (n=13)

General knowledge of mental health and wellness.	7.54
Knowledge of strategies to address mental health and wellness.	6.69
Ability to know if your child needs help related to a mental health issue.	6.38
Knowledge of how to address stigma surrounding youth mental health issues.	6.31
Ability to support your child if they need help related to a mental health issue.	6.23
Knowledge of resources/services to address mental health and wellness.	6.15

Figure 7.

Some participants filled out the survey again one month after the workshop. Their scores were matched in pairs to observe any changes in mental health knowledge and community resources. As the graph below depicts, participants' mental knowledge increased following the workshop. They gained knowledge of resources/services in their communities, strategies to address mental health and wellness, knowledge of how to address stigma, and the ability to know if they need help related to a mental health issue. The greatest change was found in their increased knowledge of how to address stigma surrounding youth mental health issues. This suggests that the workshop helped remove some of the stigma surrounding mental health in the Black community. Moreover, Black Parents and caregivers are better equipped to support young people, and have an increased awareness to eliminate the specific barriers to care for Black children, youth, and their families.

Figure 8.
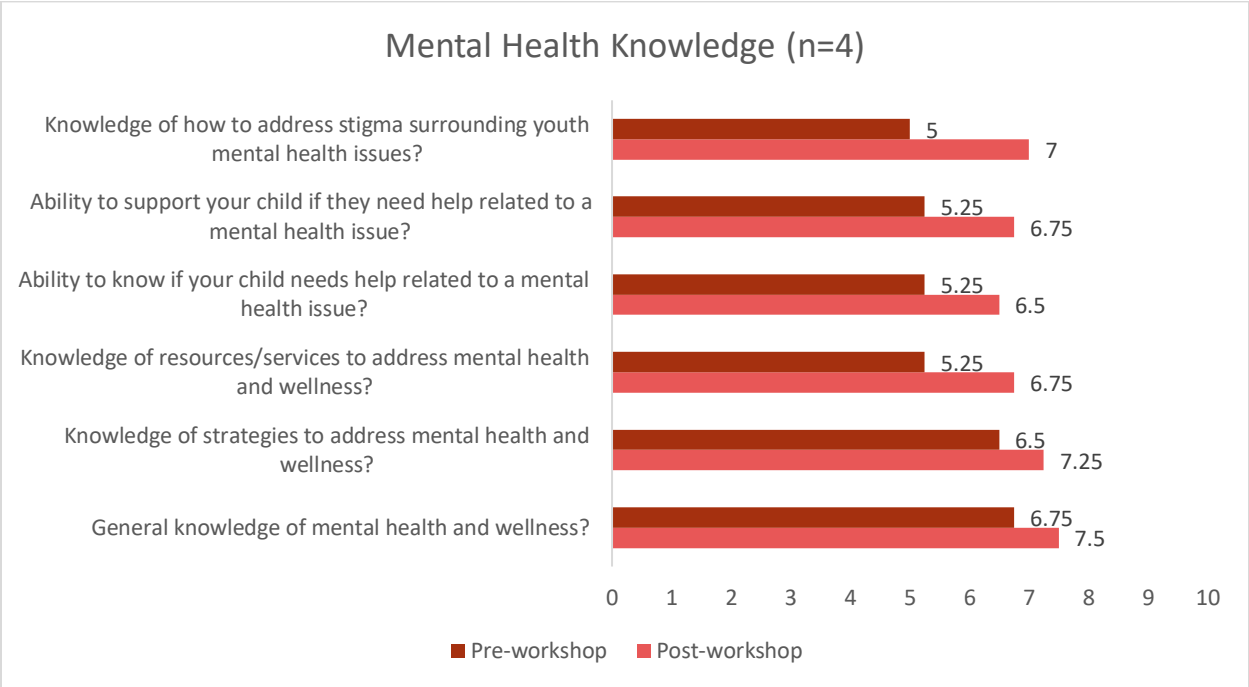
Resources in Community

Within the past month, 25% of the parents had to access services for the mental health and wellbeing of their child. This coupled with the fact that 75% of the group found obtaining mental healthcare for their child's need moderately difficult shows how difficult it is to navigate the mental health care system without the necessary knowledge and skills.

Figure 9.

In terms of accessing mental health resources in the community, participants were conservative in their rating of the questions. Prior to the workshop, many participants did not know how to access and navigate mental healthcare for their children. Many did not feel comfortable communicating with mental health organizations or service providers in their community, and did not know where to get information about programs in their community. Parents and caregivers struggled with finding organizations, resources, opportunities, and services in their community to go to for help and advice regarding mental healthcare.

Some participants filled out the survey again one month after the workshop. Their scores were matched in pairs to observe any changes in knowledge of community resources. Although participants gained mental health knowledge, they still did not feel entirely comfortable or confident enough to navigate mental health organizations and services on their own. Even after the workshop, they were still not sure where to access information about mental healthcare in their community. Therefore, future workshops should focus on specific resources and how to access them in different communities. These findings highlight how intimidating and overwhelming it can feel for Black parents and caregivers to find the proper mental health care and resources for their children.

Figure 10.

Overall, the workshop met the expectations of the participants in regard to being respected, listened to, getting advice, and gaining a broader knowledge base. The group indicated how they felt more knowledgeable about the issue of mental health after partaking in the workshop. However, future workshops should focus more on specific resources, programs, and organizations in the community that parents, caregivers, and guardians can turn to for support. Nonetheless, all parents and caregivers said they were interested in joining future events and likely to share the knowledge and resources they learned about with other parents in their

community. One participant suggested sharing a list of resources through email with participants.

The following illustrates some quotes from Black parents and caregivers who participated in the webinars/workshops:

"I wasn't able to save the chat where some links/resources were posted. It would be helpful if resources could be shared with participants by email."

"I am equipping myself with information to better serve Black youth, learn more about mental health awareness and resources"
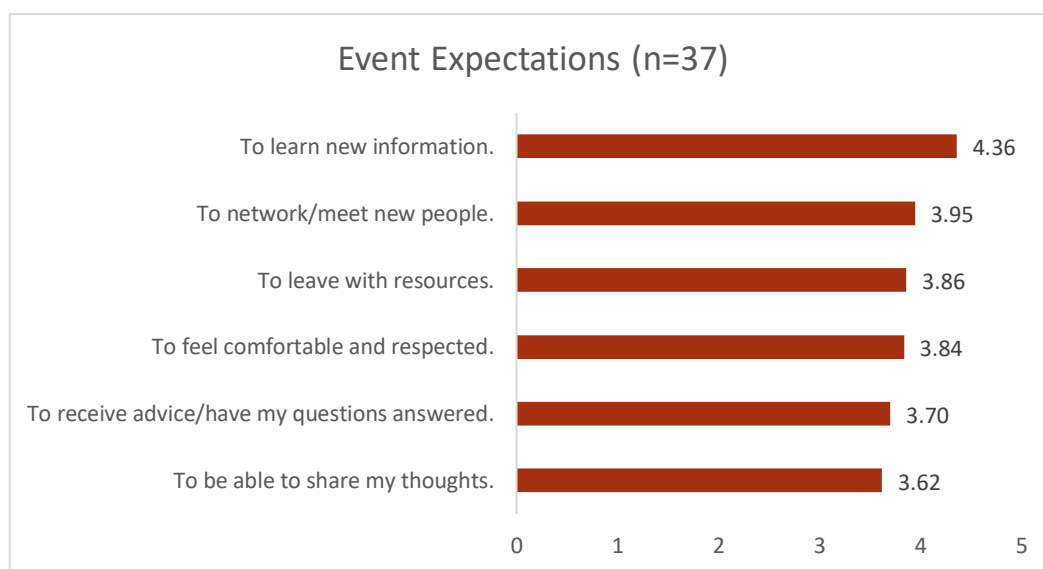
"Thank you for the great information provided."

Black Youth

A group of Black youth (n=37) participated in the Black Health Alliance workshop. Prior to starting the workshop, 60% of the youth participants said that it was moderately difficult to access the mental health care they need. Within the past month, 32% of participants accessed mental health services in their community. These findings highlight the lack of accessibility for Black youth trying to receive mental health care.

Event Expectations

The group had high expectations in regard to learning new information, networking and meeting new people, leaving with resources, and feeling comfortable and respected. The highest priority was given to learning new information, consistent with the other two groups. Unlike the other two groups, youth placed networking/meeting new people as a high priority. This finding highlights youth's needs for social connectedness and community engagement. The lowest priority was given to sharing their thoughts.

Event Expectations (n=37)

Expectation	Score
To learn new information.	4.36
To network/meet new people.	3.95
To leave with resources.	3.86
To feel comfortable and respected.	3.84
To receive advice/have my questions answered.	3.70
To be able to share my thoughts.	3.62

Figure 11.

A small number of participants (n=2) filled out the survey again one month after the workshop. As the graph below depicts, all of their expectations were exceeded. Following the workshop, participants rated most of the expectations a 5/5, which indicates they were extremely pleased with their experience. Youth felt comfortable and respected, received advice, left with resources, learned new information, and were able to share their thoughts and engage in discussion.

Figure 12.

Mental Health Knowledge

Youth appeared to have some general knowledge of mental health and wellness and the ability to know if they needed help with a mental health issue. However, some youth lacked the knowledge of strategies, resources, and services to address mental health issues. They also did not have the knowledge to address stigma surrounding mental health. These findings suggest that mental health is still stigmatized in many communities, and that youth are not sure how to address it.
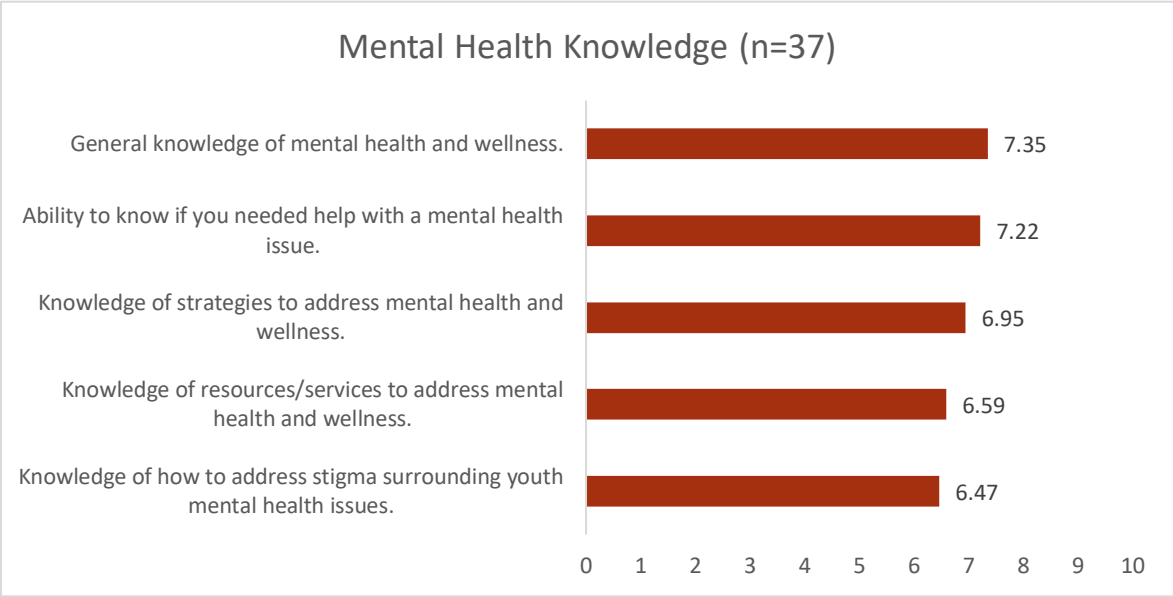
Figure 13.

A small number of participants (n=2) filled out the survey again one month after the workshop to evaluate any changes in mental health knowledge. It appears that participants' mental health knowledge increased in all categories after the workshop. The greatest change was in youth's increased knowledge of strategies to address mental health. Youth also gained the knowledge to address stigma surrounding youth mental health issues, and the knowledge of resources/services to address mental health.
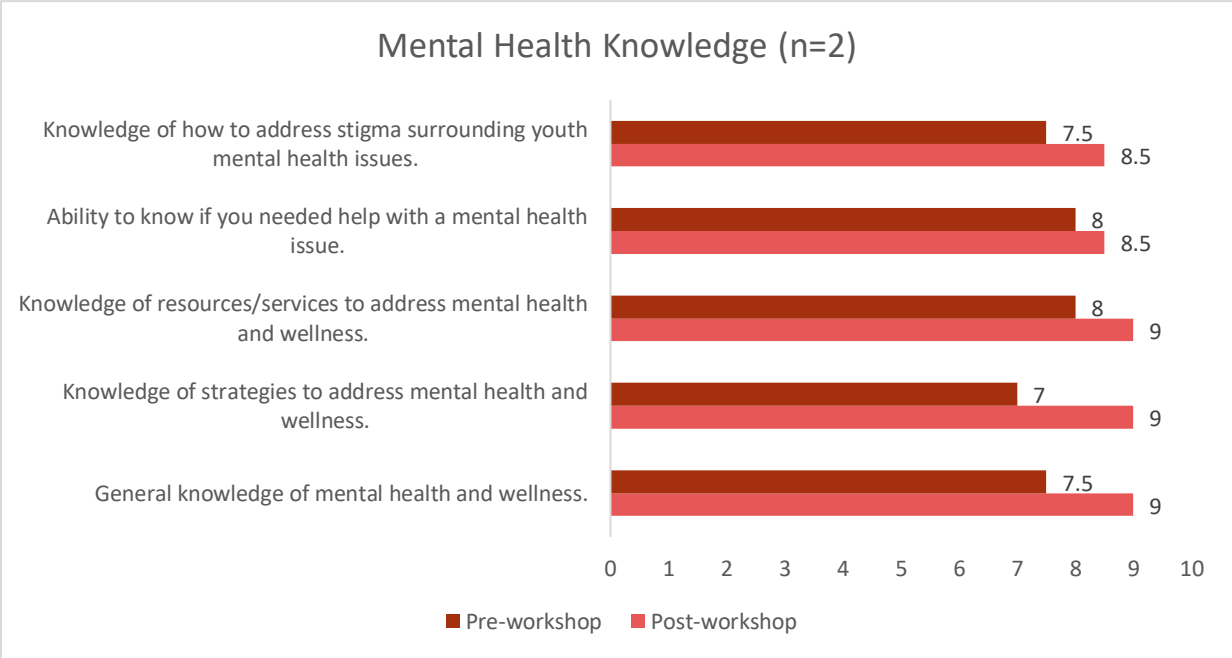

Figure 14.

Resources in Community

Youth ranked all the questions regarding accessing mental health services in the community relatively low. Specifically, the question about there being organizations they can go to for help received a shockingly low score of 2.72, and getting information about community programs received a score of 2.78. These findings are concerning since a third of the group had to access mental health care in the past month. This highlights how difficult it is for Black youth to access proper mental health care, as well as their lack of knowledge and awareness in navigating the mental health care system.
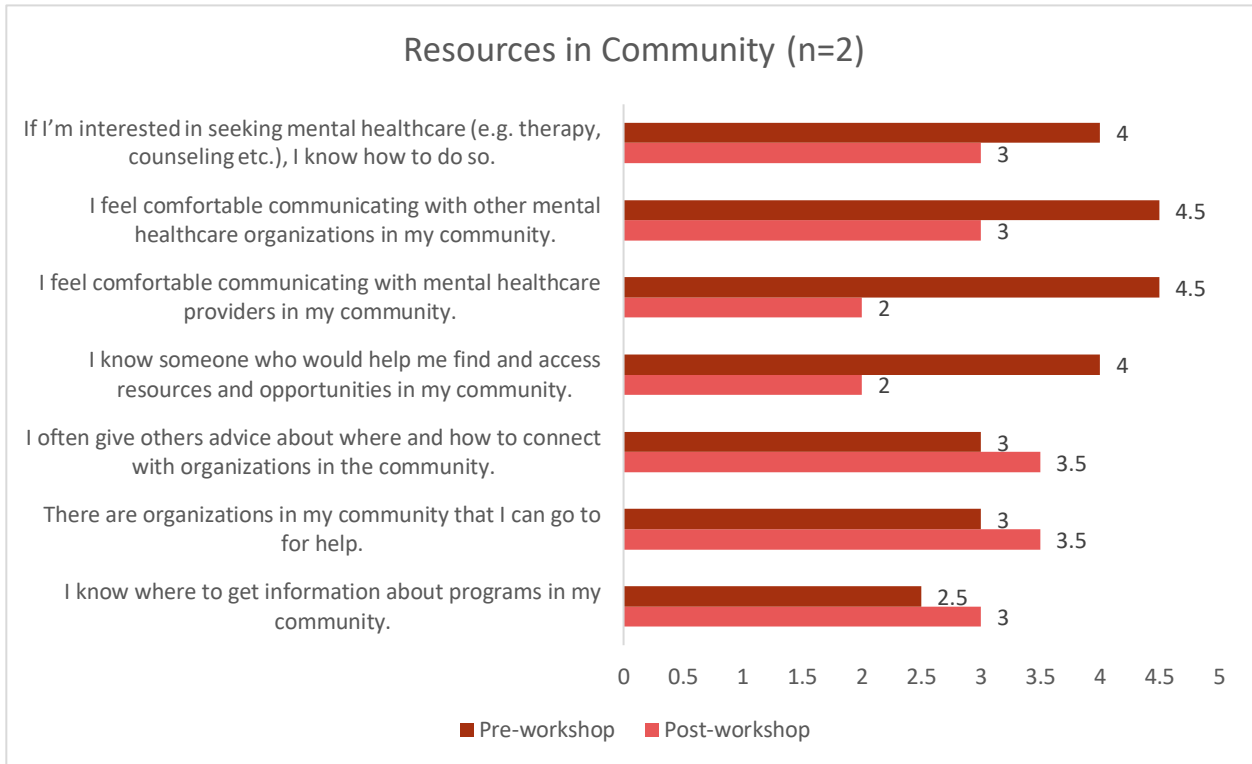

Resources in Community (n=37)

Question	Score
If I'm interested in seeking mental healthcare (e.g. therapy, counseling etc.), I know how to do so.	3.28
I feel comfortable communicating with other mental healthcare organizations in my community.	3.06
I feel comfortable communicating with mental healthcare providers in my community.	3.11
I know someone who would help me find and access resources and opportunities in my community.	3.16
I often give others advice about where and how to connect with organizations in the community.	2.69
There are organizations in my community that I can go to for help.	2.72
I know where to get information about programs in my community.	2.78

Figure 15.

A small number of participants (n=2) filled out the survey again one month after the workshop to evaluate any changes in community resources knowledge. Although youth have an increased knowledge in mental health, they still do not feel confident with navigating the mental health care system. Following the workshop, youth were still uncertain of how to access resources in their community and engage with mental healthcare providers. Youth still feel like it is difficult to seek mental health care and to find mental health organizations in their community. This indicated the lack of a reliable support network for Black youth. Future workshops should focus on delivering a list of specific resources and organizations for youth to access. Schools and other community programs should also work to highlight the available mental health resources for youth in the community.

Figure 16.

Since attending the workshop, youth indicated an increase in their mental health knowledge. However, they still found it difficult to access mental healthcare in their community. This goes to show that having knowledge alone is not enough, and services need to be made more accessible. Youth also indicated the lack of safe spaces for Black youth to have meaningful conversations around mental health awareness. The workshop was successful in many aspects which is why the participants were enthusiastic to recommend it to others. Youth also

Resources in Community (n=2)

Statement	Pre-workshop	Post-workshop
If I'm interested in seeking mental healthcare (e.g. therapy, counseling etc.), I know how to do so.	4	3
I feel comfortable communicating with other mental healthcare organizations in my community.	4.5	3
I feel comfortable communicating with mental healthcare providers in my community.	4.5	2
I know someone who would help me find and access resources and opportunities in my community.	4	2
I often give others advice about where and how to connect with organizations in the community.	3	3.5
There are organizations in my community that I can go to for help.	3	3.5
I know where to get information about programs in my community.	2.5	3

appreciated the Black representation in leadership roles, and the workshop opened their eyes to the opportunities for Black people in social work.

The following illustrates some quotes from Black youth who participated in the webinars/workshops:

"I know of general mental health resources in our community but there is very little support specific to the Black community."

"I'm just grateful to the organizers even though I had technical hitches they really helped. Thank you also for bringing us together in this."

"Spaces for Black Youth are highly needed in the Waterloo region - especially since they are underrepresented within the school system. If there are any in person meets in the future we would love to know."

"Your workshop was amazing! It's great to see Black people role models. You should send a Zoom link with the 2-hour reminder email because although it can be found on Eventbrite, some people may expect it to be in the email as this is how it's done for most online events are done. Your workshops are amazing and truly opens eyes about opportunities for Black people in social work. Thanks!"

Results: Partnership Assessment Tool

Outcomes: *1) Building the capacity and infrastructure in Black agencies and organizations to better assist members towards accessing the care they need. 2) Engagement and collaboration on projects with mainstream agencies.*

Community partners of Black Health Alliance filled out the *Partnership Assessment Tool* which looked at the following components of partnership: synergy, leadership, efficiency, administration & management, non-financial and financial resources, decision-making, and satisfaction with participation. This questionnaire contains 49 items that partners were asked to respond to on a five-point scale: Poor (1), Fair (2), Good (3), Very good (4), and Excellent (5). The following graph illustrates the average responses for each component of partnerships.
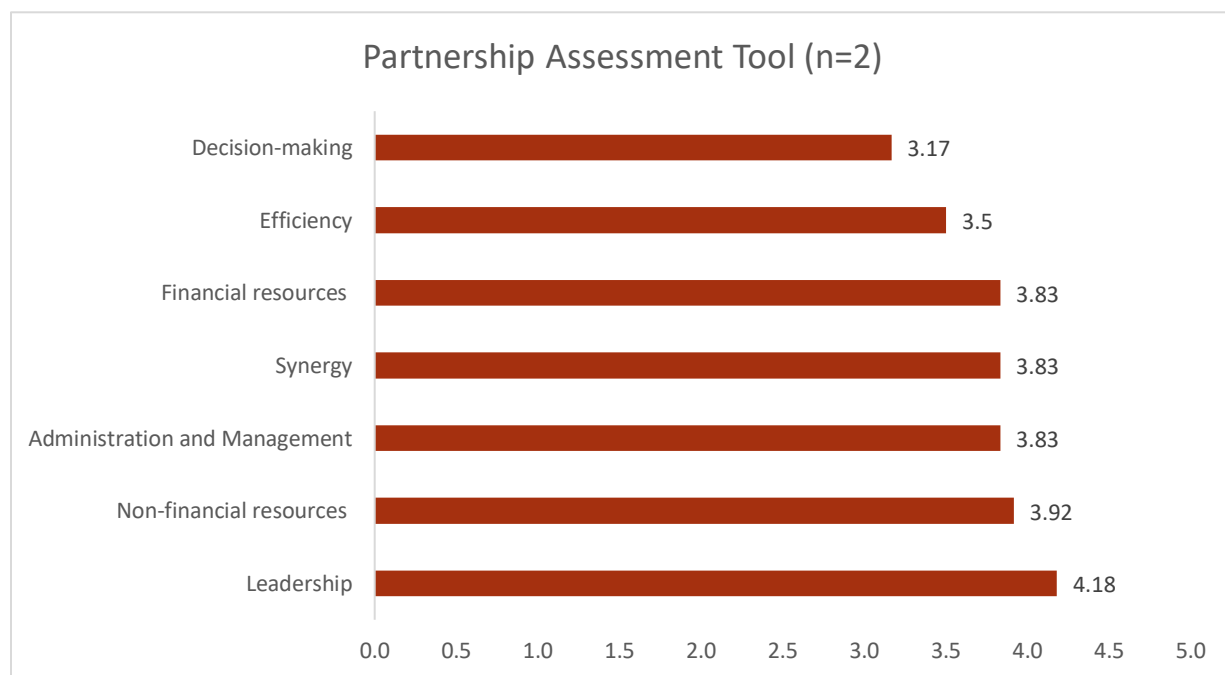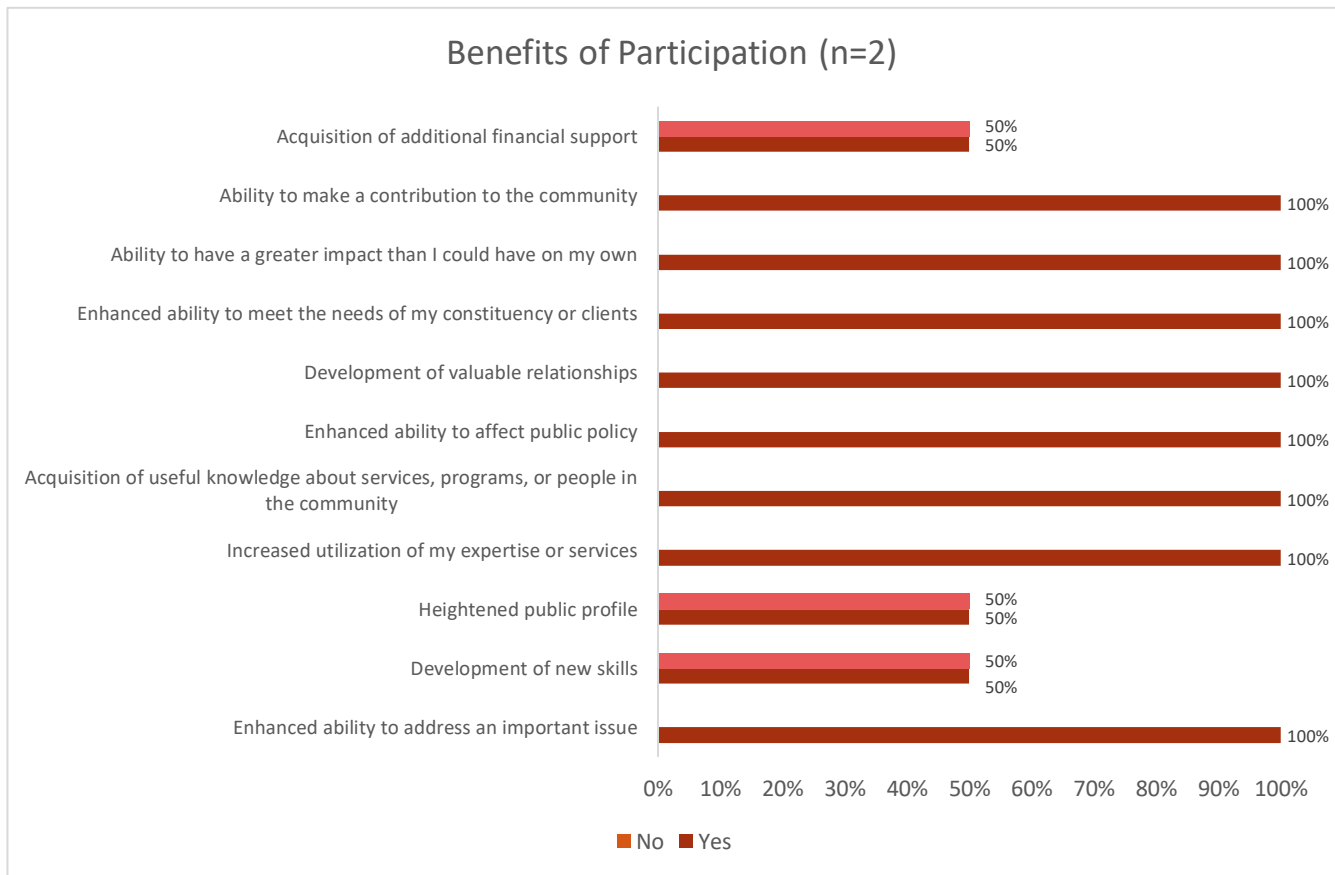

Partnership Assessment Tool (n=2)

Component	Score
Decision-making	3.17
Efficiency	3.5
Financial resources	3.83
Synergy	3.83
Administration and Management	3.83
Non-financial resources	3.92
Leadership	4.18

Figure 17.

Takeaways for Partnership Assessment Tool

- Partners showed very high levels of leadership, which suggests partners were able to contribute their ideas and expertise to the group. The partnership did an excellent job at combining the perspectives, resources, and skills of different partners.
- Partners felt like they had an adequate number of financial resources to accomplish their goals (i.e., money, equipment, and space). Nonetheless, increased funding and resources would help the partnership expand their reach. Partners felt like they had more non-financial resources such as important connections, influence, and credibility.

- Partners rated the effectiveness of the partnership's administration and management as moderate, which suggests they were pleased with the group's organization and communication.
- Finally, partners showed moderate levels of synergy, which indicates they were able to work cohesively. Overall, the partnership's actions helped address the systemic barriers faced by the Black community when accessing mental health care.

Benefits of Participation (n=2)

Category	No	Yes
Acquisition of additional financial support	50%	50%
Ability to make a contribution to the community		100%
Ability to have a greater impact than I could have on my own		100%
Enhanced ability to meet the needs of my constituency or clients		100%
Development of valuable relationships		100%
Enhanced ability to affect public policy		100%
Acquisition of useful knowledge about services, programs, or people in the community		100%
Increased utilization of my expertise or services		100%
Heightened public profile	50%	50%
Development of new skills	50%	50%
Enhanced ability to address an important issue		100%

Takeaways for Benefits of Participation

- All of the partners felt like they had the ability to have a greater impact that they could have on their own and contribute to their community. Partners felt like they had the enhanced ability to affect public policy and address an important issue.
- Partners were able to acquire useful knowledge about services and programs in their community, and utilize their expertise to help others.
- Half of the partners felt like they acquired additional financial support, developed new skills, and heightened their public profile.

Results: Interactive Map Survey

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

Long-term outcome: *Increased access to mental health and addiction services for Black children, youth and their families, meaning that participants report increased access to mental health services for Black youth and improved perceived mental health as a result.*

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 database 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. PTC included a pop-up survey on their interactive map which asked participants to answer three questions: 1) Are you a Black youth, a parent of a Black youth, or a service provider? 2) Did you find what you were looking for? 3) Please rate how useful this tool was to your needs?

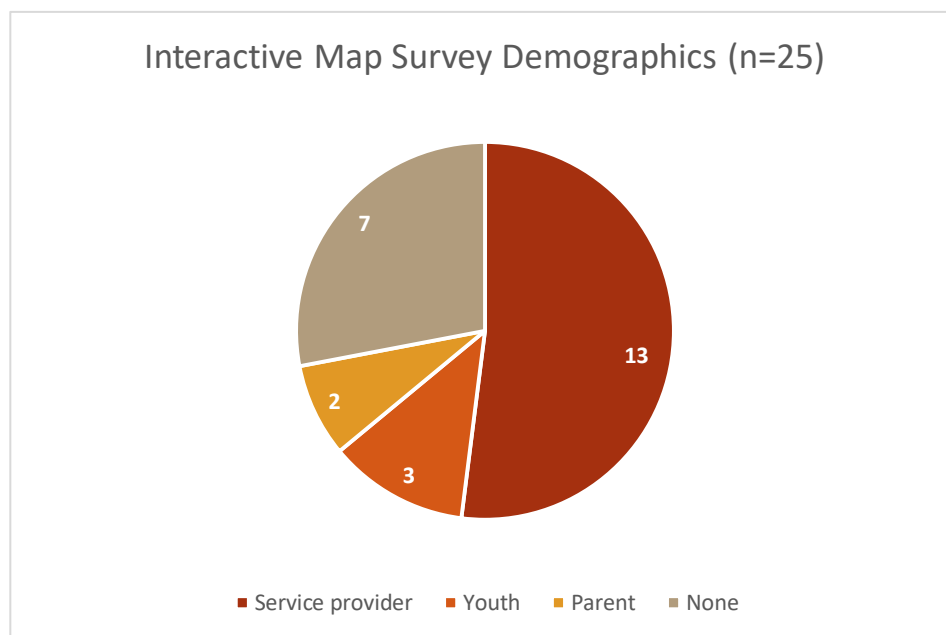The following graphs illustrate the distribution of responses for each question.
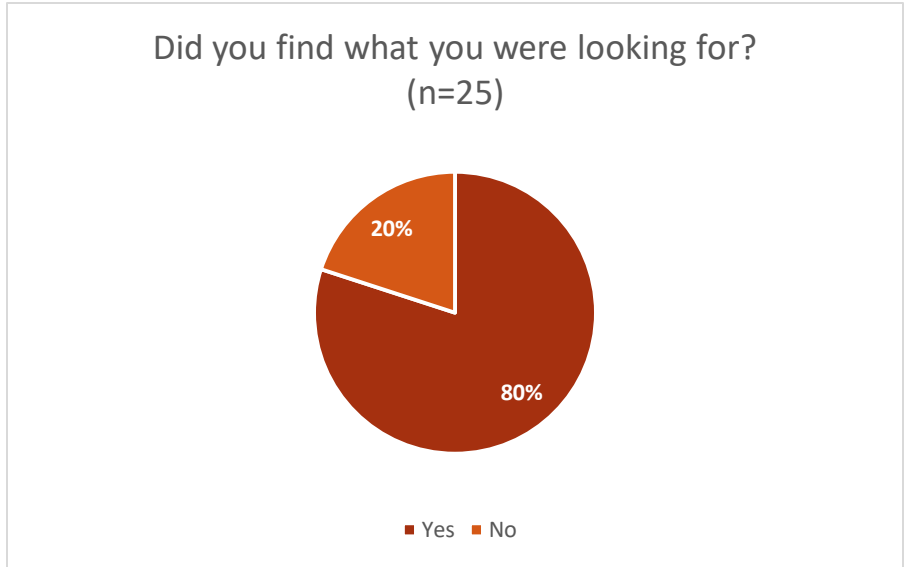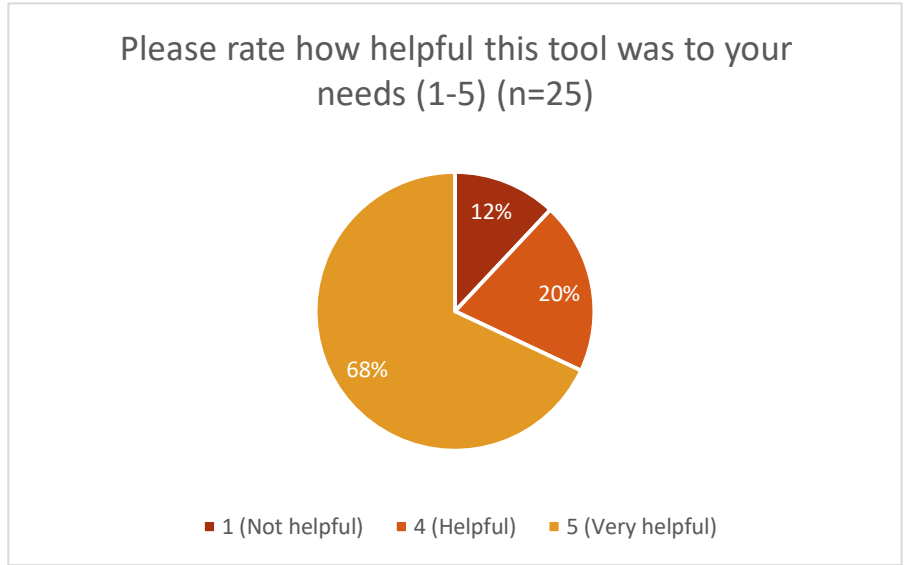

Figure 19.

Figure 20.

Figure 21.

Takeaways for Interactive Map Survey

● According to the demographics, the majority of respondents were from service providers. This suggests that the interactive map is a useful tool in building the capacity and infrastructure in Black agencies and organizations to better assist members towards accessing the care they need.

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- Results from the interactive map survey showed that 80% of respondents found what they were looking for on the interactive map, and 88% of respondents found that the interactive map was a useful tool and met their needs (ratings of 4 or 5).
- Overall, the results suggest that the interactive map is a useful tool that helps Black families and service providers find culturally-responsive resources and services in their community, thereby increasing access to mental health services for Black youth and improving perceived mental health as a result.

Results: Google Analytics

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

Pathways to Care measured their website goals and impact using Google Analytics. From Jan 2020 to March 2023, 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), two years after the launch (April 2021 – March 2022), and three years after the launch (March 2022-2023).
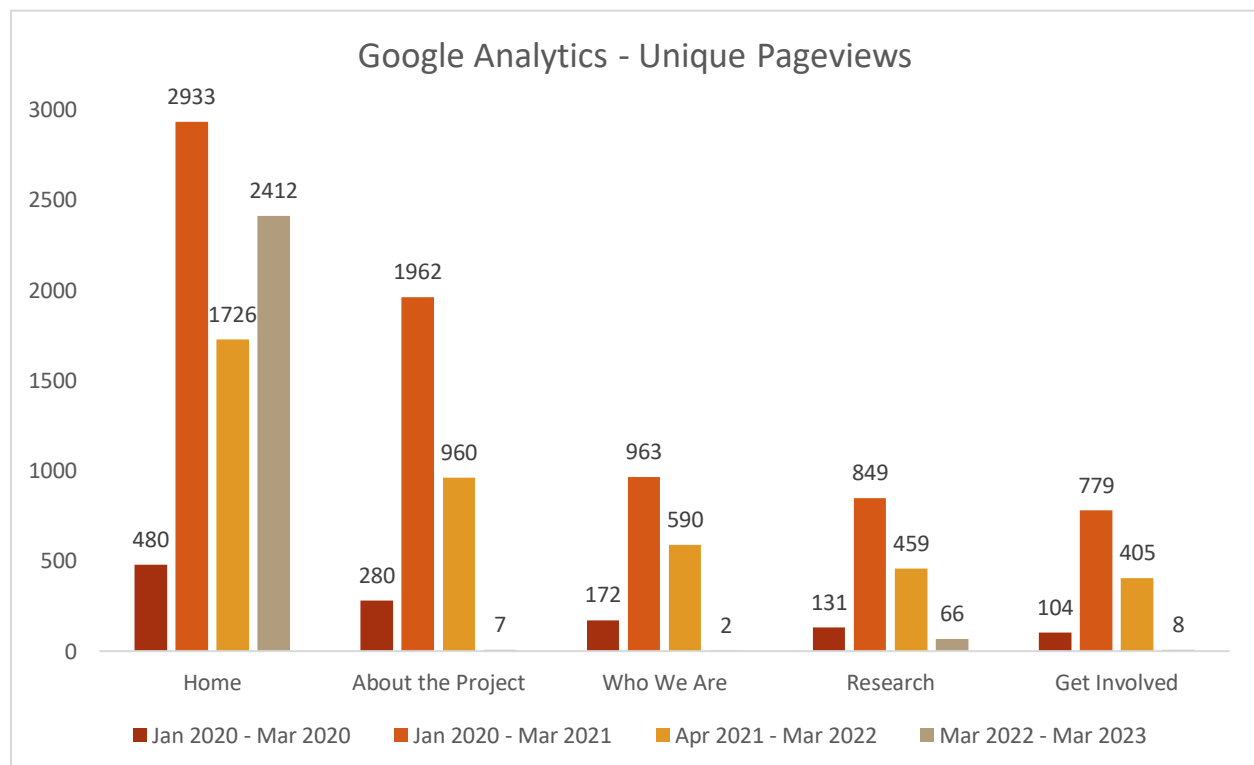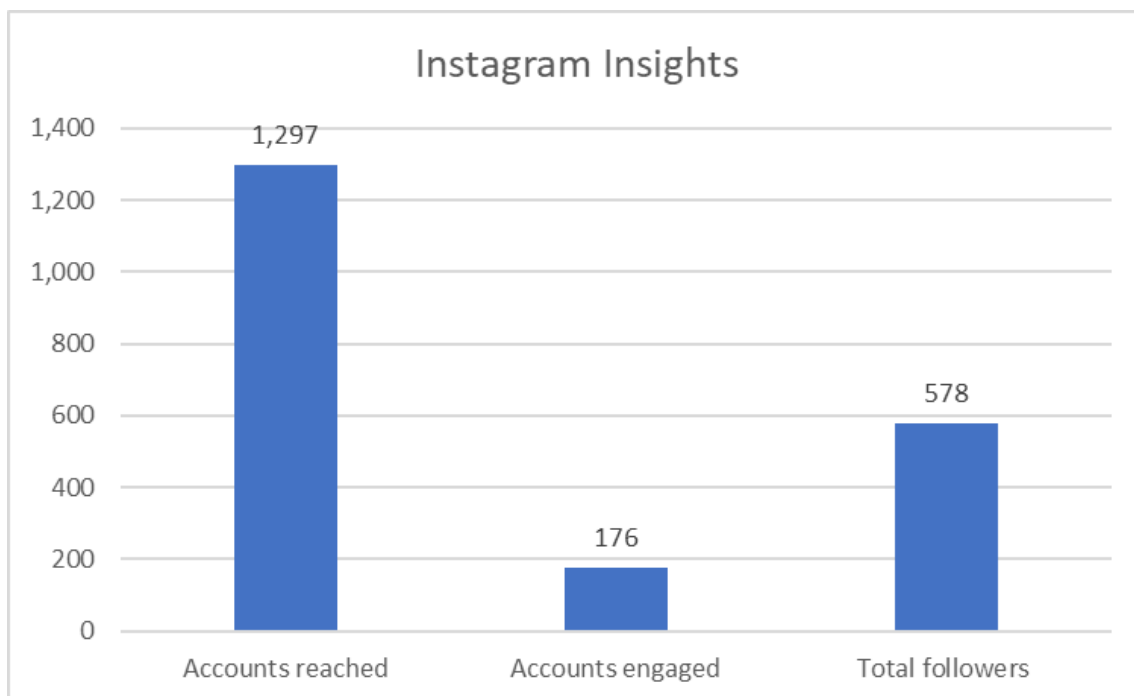

Figure 22.

Google Analytics data from 2022-2023 also gives insight that out of 1,285 users, there was a 11% Bounce Rate (i.e., 11% of users had no engagement with the landing page and the visit ended with a single-page visit). This indicates that 89% (n≈1,143) of users who visited the website engaged with the site content in some capacity. This is higher than last year's bounce rate of 60% (which indicates that 40% of users who visited the website engaged with the site content in some capacity). That being said, the PtC website was able to retain user engagement. Furthermore, the results show that users gravitated towards the research pages of the website (social network analysis report, scoping review infographic, theory of change, and barriers to accessing mental healthcare for Black families). This suggests that the PtC research and knowledge mobilization products have been useful and informative for users.
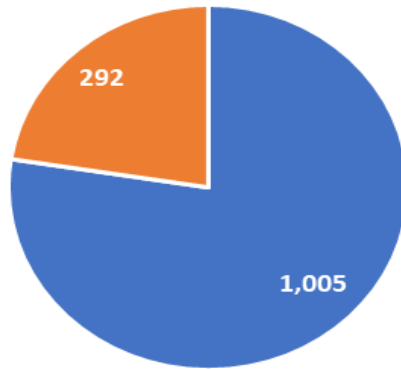
Results: Social Media Analytics

Pathways to Care measured their social media reach and engagement on Instagram and Twitter. The following graphs illustrate PtC's social media analytics between December 2023-March 2023.
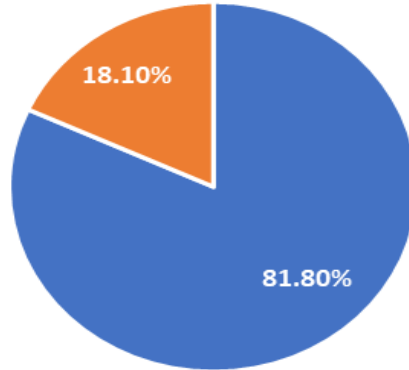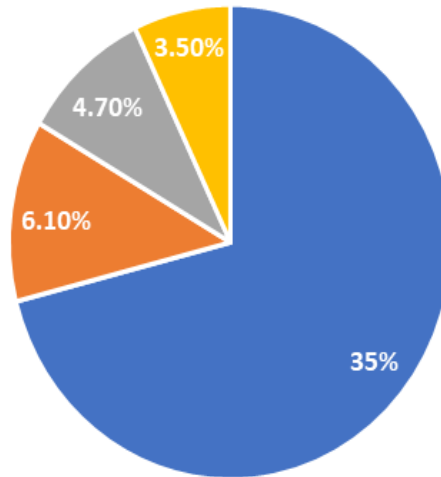
Instagram

Instagram Reach

Pie chart with segments: 292 (Followers, orange), 1,005 (Non-followers, blue)

Legend: ■ Non-followers ■ Followers

Instagram Reached Audience

Pie chart with segments: 18.10% (Men, orange), 81.80% (Women, blue)

Legend: ■ Women ■ Men

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Instagram Top Cities

- Toronto 35%
- Ottawa 6.10%
- Brampton 4.70%
- Hamilton 3.50%

Instagram Top Age Ranges

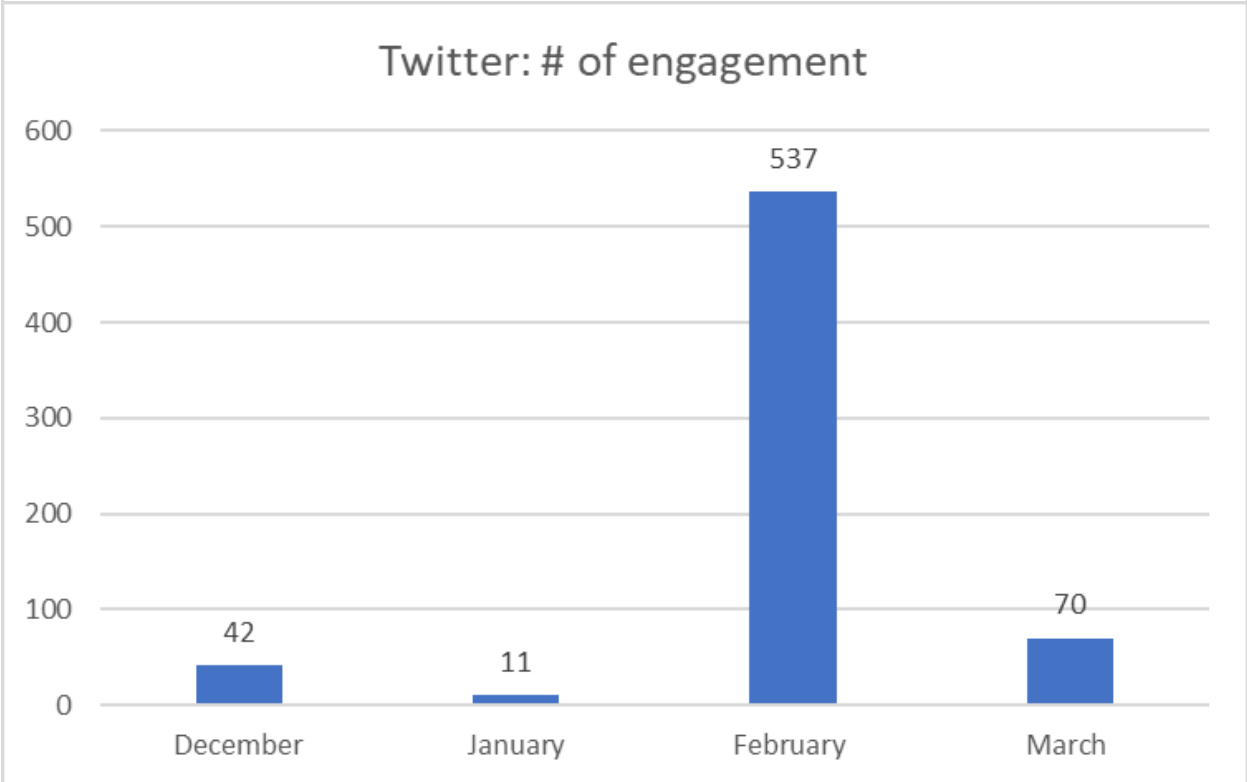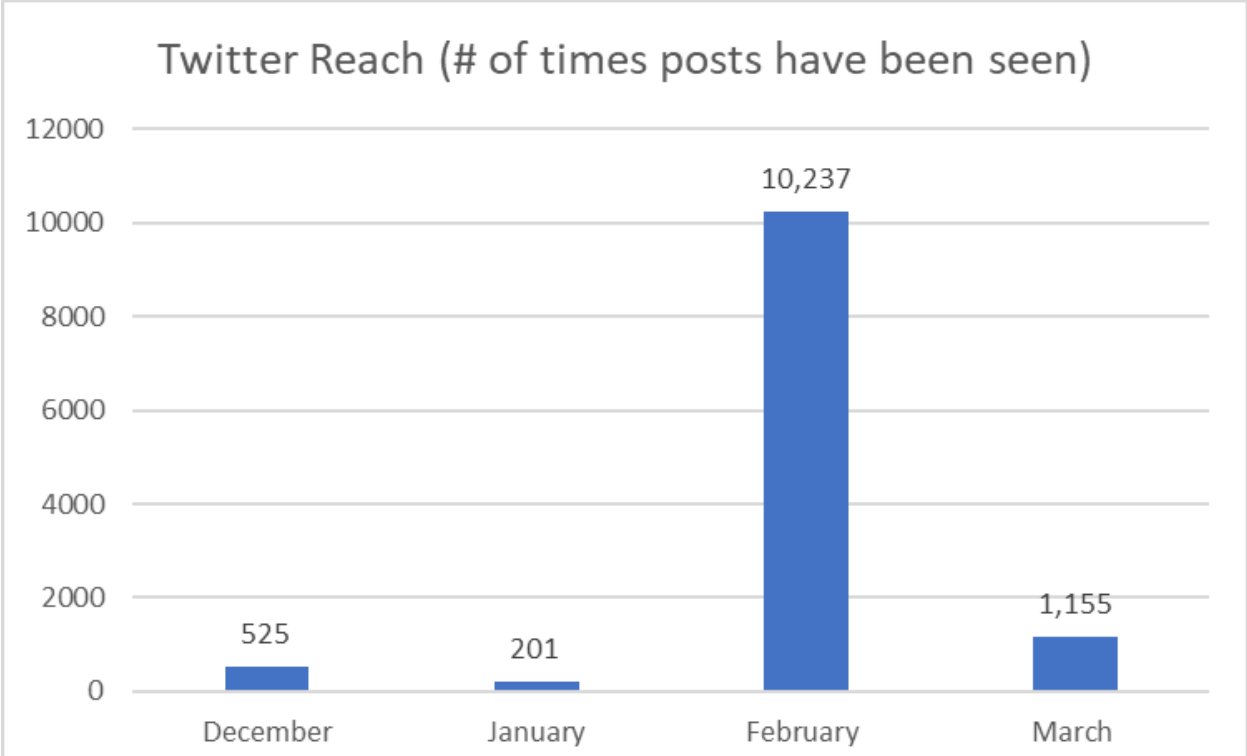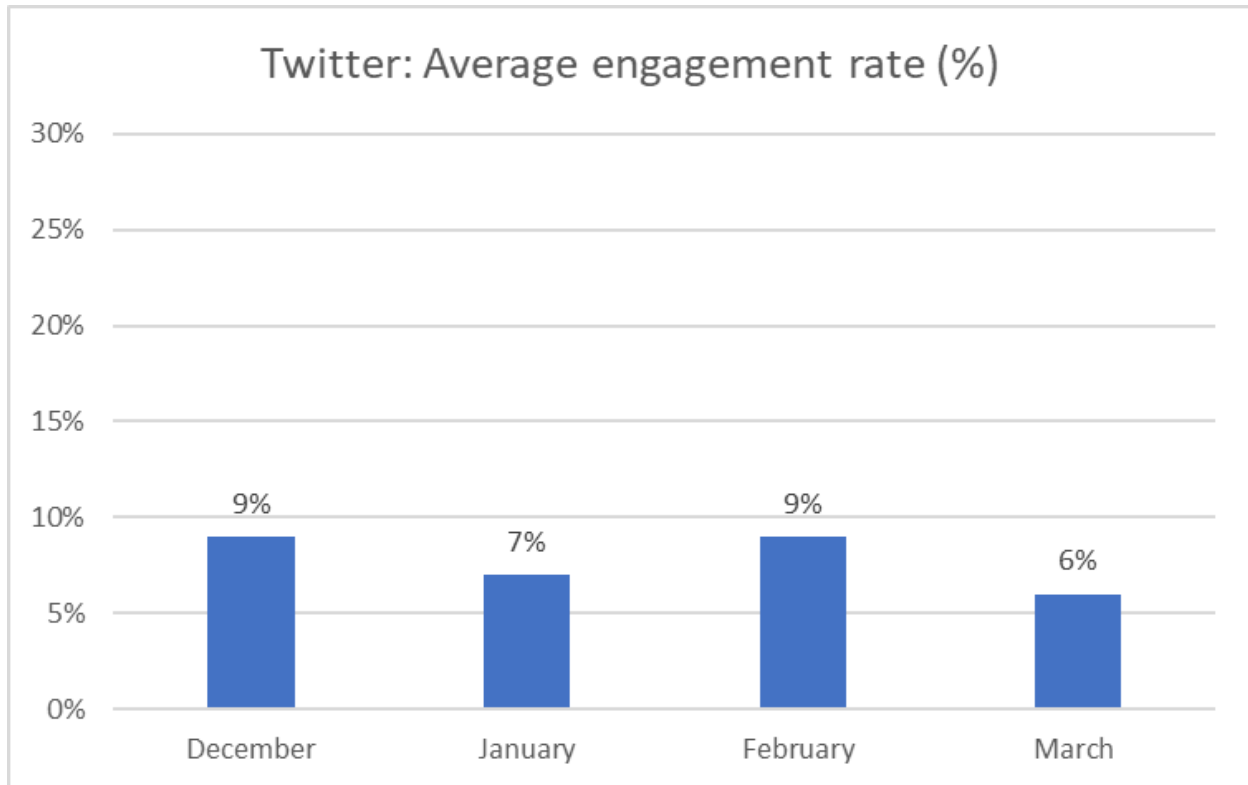| Age Range	Percentage
18-24	10.50%
25-34	49.20%
35-44	26.80%
45-54	8.10%
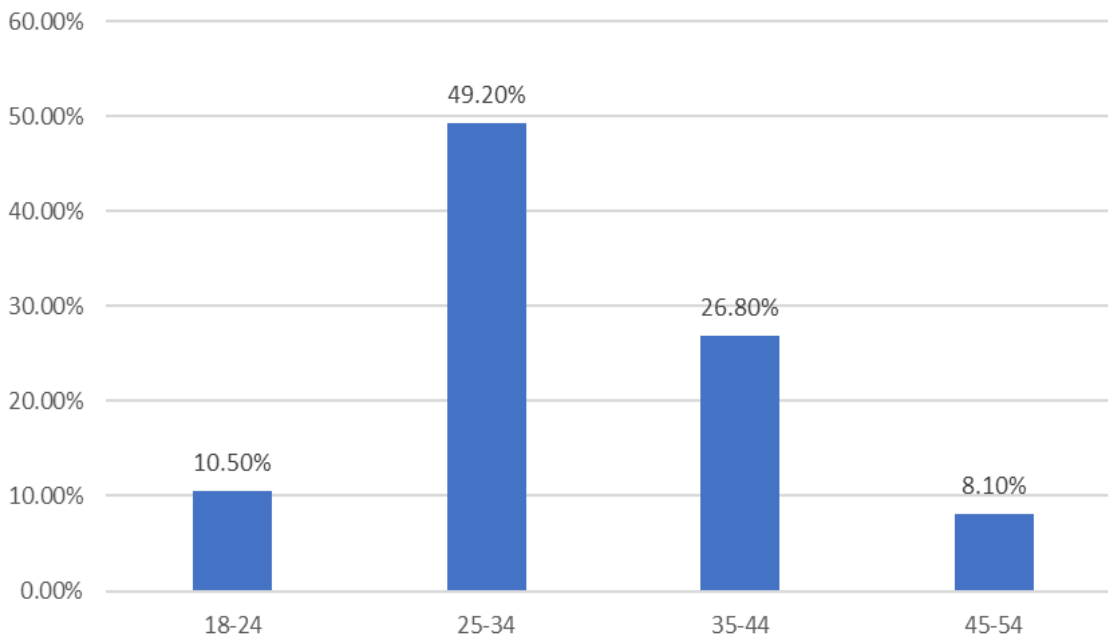
Takeaways for Instagram Analytics

- PtC reached 1,297 people on Instagram, with an engagement of around 14% (176 accounts engaged with their online content).
- Out of the 1,297 accounts reached, 22% were from their followers and 78% were from non-followers. This shows that PtC was able to reach people who did not follow them.
- Furthermore, 81.80% of PtC's online audience on Instagram were women-identifying, and 18.10% were men-identifying.
- PtC's online audience was mainly from Toronto (35%), Ottawa (6.10%), Brampton (4.70%), and Hamilton (3.50%).
- Finally, their online audience was mainly from the 25-34 age range (49.20%), 35-44 (26.80%), 18-24 (10.50%), and 45-54 (8.10%).

Twitter

Twitter Reach (# of times posts have been seen)

December	January	February	March
525	201	10,237	1,155

Twitter: # of engagement

December	January	February	March
42	11	537	70

Twitter: Average engagement rate (%)
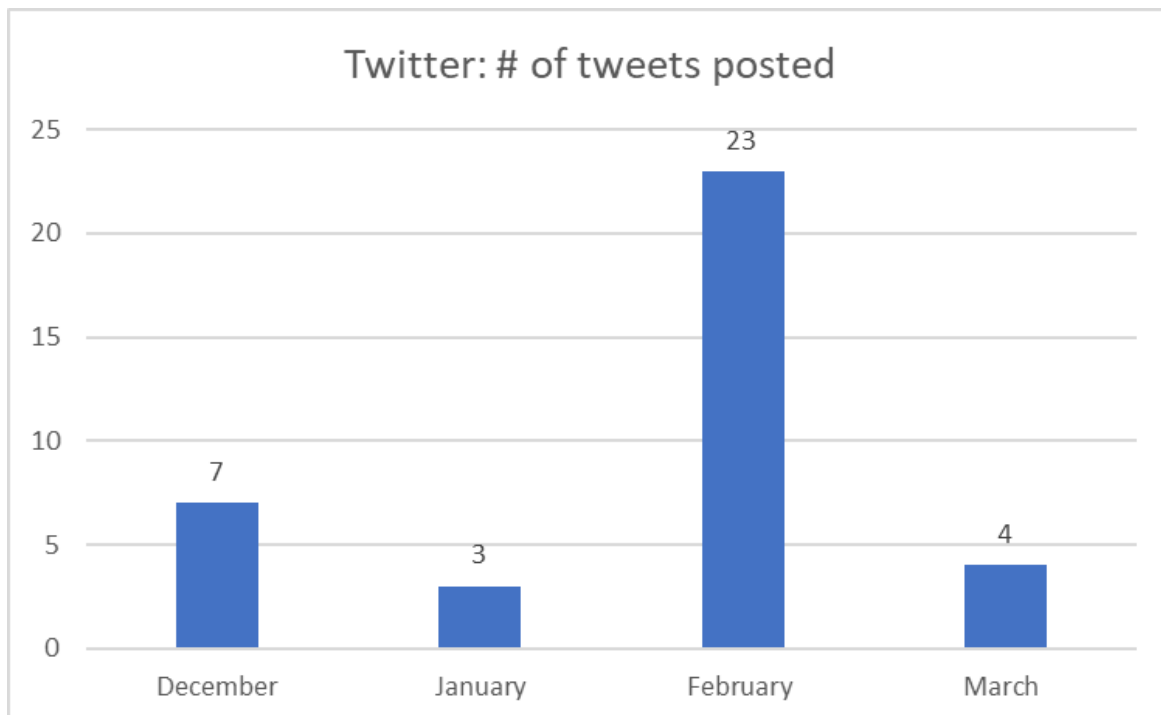
Takeaways for Twitter Analytics

- PtC was most active on Twitter during the month of February (23 tweets) which helped increase their reach and engagement. In February, they reached 10,237 accounts and had engagement from 537 accounts.
- For the months of December, January and March, their reach ranged between 201-1,155. Moreover, their engagement from other accounts ranged between 11-70.
- Finally, the average engagement rate between December-March ranged from 6-9%.

Discussion and 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 data in this report gives some insight of the various experiences within the project. The methods selected allowed for participants to reflect on the positive changes they have seen throughout the fiscal year, and discuss how the project is making a difference for themselves and for their respective communities.

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 showed that Black parents and caregivers 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. The results from the pre- and post-workshop surveys indicated an increase in mental health knowledge.

Although participants gained mental health knowledge, they still did not feel entirely comfortable or confident enough to navigate mental health organizations and services on their own. These findings highlight how intimidating and overwhelming it can feel for Black parents and caregivers to find the proper mental health care and resources for their children. Black families face several barriers when accessing resources in their communities, with the most common themes including systemic racism, mental health stigma, lack of cultural awareness from mental health professionals, lack of Black mental healthcare workers and Black-specific services, financial barriers, alienation, and lack of trust. These barriers emphasize why it is crucial for the Black community to have programs such as Pathways to Care to help support them access culturally-responsive mental health services and resources in their community.

It is evident through the results in this report that 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, organizational partners, and committee members to provide valuable feedback that will help inform and strengthen the mental health system in future years. The voices gathered suggest that PtC has been helpful in addressing barriers and improving access to mental health care for Black youth and their families so they can experience optimal health and well-being.

Appendix

Pathways to Care Evaluation Plan 2023

Overarching Question	Indicator	Research Question
1. **Among our stakeholders, who is most interested in contributing to the conception, development, and implementation of the Pathways to Care Project?**	# of participants on PtC groups/committees (# on community advisory, # on expert reference, # on youth advisory subcommittee) **#** of committee members who positively comment on their committees' involvement in project direction	1.1 How many participants are on the PtC groups/committees (advisory, expert reference, youth advisory subcommittee respectively)? 1.2 How many organizations are involved in the Systems Leadership Table? 1.3 How many group/committee meetings were held quarterly?
	# of group/committee meetings (held quarterly) # of stakeholders signed up for the PtC newsletter	1.4 How many stakeholders have signed up for the PtC newsletter? 1.5 How effective is the PtC website at being a resource hub for information? 1.6 How representative of PtC's target population is the website?
	# of participants at each knowledge disseminating events. # of participants engaged in focus group sessions in each region of PtC project	1.7 How many participants attended knowledge disseminating and research events?

2.What extent have PtC outreach and community engagement efforts been successful in reaching mainstream mental health organizations?	# of Black children and/or youth in each region engaging with PtC partner organizations	2.1 How many Black children and/or youth have engaged with PtC partner organizations?
3.How effective has PtC been in reducing mental health stigma	# of Black children and/or youth in each region reporting decreased mental health stigma	3.1 How many Black children and/or youth in each region reported experiencing decreased mental health stigma?
4. To what extent are Black agencies and organizations equipped to assist members in accessing the care they need?	# of Black agencies/organizations that implement PtC	4.1 How many Black agencies/organizations have implemented PtC?
	Increase (%) in perceived social support	4.2 How effective has PtC been in increasing perceived social support among Black children and youth?
	# of Black children and/or youth who participated in workshops/webinars	4.3 How many Black children/and or youth in each region have engaged with PtC organizational stakeholders?
5.To what extent are Black parents and caregivers equipped to support young people?	# of Black parents per region engaged in capacity building workshops. Workshops will also have a focus on strategies specific to children 15 and under.	5.1 How many Black parents per region have engaged in capacity building workshops?

	# of Black youth aged 16+ engaged in capacity building workshops (educational sessions).	5.2 How many Black youth aged 16+ have engaged in capacity building workshops?
	Increase (%) in perceived social mental health support.

Note: Additional data will be included annually. | 5.3 How much do Black parents and caregivers feel the amount of social mental health support for Black children and youth has increased? |
| | Increase (%) in parents/caregivers' knowledge about where to access resources for mental health.

# of participants reporting increased accessibility to mental health resources. | 5.4 To what extent are Black parents/caregivers knowledgeable about where to access resources for mental health increased? |
| | # of knowledge products (i.e. summaries/briefings, infographics, fact sheets, web resources, workshops | 5.5 How many knowledge products have been created? |
| | # 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. | 5.6 How many mainstream organizations/institutions have completed PtC implementation/education workshop/webinars? |

	# of training participants applying acquired knowledge in their professional activities.	
6. Have PtC project activities and tools been effective in improving youth mental health and access to services for Black children, youth, and their families?	# of Black children and youth who report increased knowledge about where to access mental healthcare services due to interactive map the map	6.1 How effective was the interactive map at helping Black children and youth find the services they want? To what extent did the interactive map meet the needs of Black children and youth?
	# of Black youth and children who self-report improved access to mental health resources	6.2 How many Black youth self-report improved access to mental health and addiction resources?
	# of participants who self-report improved perceived mental health	6.3 How many Black children and youth participants self-report improved perceived mental health outcomes?

Qualitative Analysis: Focus Groups 2021-2022

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)

Organizational Level Challenges and Barriers	Organizations not committing to cultural competence/responsiveness
	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
	Peer to peer youth support

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Community Level Solutions	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

Qualitative Analysis: Knowledge Products 2021-2022

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 allowed for an in-depth review of barriers and facilitators to care. Product available upon request.	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 care for Black children and youth.	The virtual panel audience consisted of McMaster university students; attendance around was 10-15 participants and fluctuated.
Article: Project forging Pathways to Care for Black	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 publication of this article raises awareness to not only the Pathways to Care initiative, but also towards their mission. It explains the organization of	Article published for the public on www.toronto.com

kids, youth in 6 Ontario cities	the addition of 5 new cities. It includes quotes from Black Health Alliance and public health researchers. Product URL: https://tinyurl.com/rpfz9bwh	the project as well as the importance of such project in the community.	
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 toll of anti-Black racism	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 trauma of anti-Black racism. Product URL: https://tinyurl.com/4uefdxwc	The article aims to raise awareness in order to create more funding opportunities. It also acts as a reminder that Black people remain on the outskirts of the health-care system.	Article published on www.cbc.ca
Article: Calls for culturally-specific care amidst concerns over mental health	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	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	Article published on www.cbc.ca

issues in Black communities	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	the form of culturally-appropriate services.	
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 resources and information in this sector. The content was developed from original research conducted by Pathways to Care. Product URL: https://tinyurl.com/tsdm6wrp	This product helps PtC find future implementing partners for the Pathways to Care framework (improve understanding of which 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	The reach of this article and infographic was tracked through Google Analytics; this report was accessed 97 times.

	children, youth, and their families.		
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 prerecorded 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	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.	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.

Children, Youth, and their Families in Ontario.	Product available upon request.		
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 to 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 Confronting Anti-Black Racism Unit Advisory Committee: Pathways to Care: Mental Health for Black Children, Youth and their Families in Ontario.	The Confronting Anti-Black Racism Advisory Committee works to help advance the objectives of the 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.	Opportunity to connect with the city's Deputy Mayor to discuss how to share PtC knowledge products with constituents, and potential future funding for BHA.	Approximately 25 participants.

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. Key concepts/definitions explained, historical overview, common practices today, benefits shared and connections to PtC research shared. Slide deck available upon request.	This workshop provided participants with some insights into African traditional religions/ spiritualities and their connections to mental health. Participants engaged through asking questions to the facilitator.	26 Participants (youth, service providers, and community members).
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.

Sharing the Stories Youth Program Evaluation – The Students Commission of Canada

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 and Social Services	An overview of our project and research findings as well as a 'how to' session on using our publications, tools, and events to better support their clients. Available upon request.	This presentation had a significant impact as the Toronto Employment and Social Services engages with a large number of our audiences.	Toronto Ontario Works Caseworkers.
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 Available 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	This presentation impacted policy decisions for youth in Hamilton, London, and Windsor.	Approximately 10 staff were in attendance.

	Presentation Available Upon Request		
Finding the missing links between masculinity, race, culture, and mental health	Presentation at the Caribbean Studies Annual Conference Presentation 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. Presentation 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. Presentation 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	Contributed to a session that was included in training for mental healthcare workers who wish to work with Black youth and combat anti-Black	Invited talk.	N/A

Combatting Anti-Black Racism Youth Opportunity Fund	racism. Training is comprised of four modules (17 lectures).
	https://youthrex.com/wp-content/uploads/2021/01/ABR-Certificate-Two-Pager-Final.pdf

Google Analytics 2020-2022

Pathways to Care measured their website goals and impact using Google Analytics. From Jan 2020 to March 2022, PtC has tracked user activity on the PtC website. 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 engaged with the site content in some capacity.

Google Analytics - Unique Pageviews

Page	Jan 2020 - Mar 2020	Jan 2020 - Mar 2021	Apr 2021 - Mar 2022
Home	480	2933	1726
About the Project	280	1962	960
Who We Are	172	963	590
Research	131	849	459
Get Involved	104	779	405