

NoVA Refugee Mental Health Council  
Organizational Meeting  
August 19, 2016  
Participants' Expectations

**In your work, what part of mental health services do you consider the most challenging?**

- Payment and interpreters
- communication outreach
- Encouraging clients to pursue treatment.
- Dual diagnosis
- Cultural barriers to seek and receive MH services; Language access; meeting clients' case management needs
- cultural/linguistic barriers, access to care, finding local, affordable resources
- Care
- Addressing chronic complex PTSD
- Client follow-up
- making the person understand about mental health since many cultures don't relate to this issue
- Access to services and capacity to meet needs
- Engagement of ethnic and immigrant populations
- Access to mental health services
- ensuring equal and timely access to services

**In the short term, what do you expect the council to achieve?**

- referral system
- collaboration
- Better coordination of resources.
- Discuss the care of refugee population with mental health need.
- --making recommendations to policy maker and hopes for integrating MH assessment/services as part of settlement process
- --identify providers and provide guidelines, resources, and support for providers
- --educational guidelines in regards to MH services and including culturally informed material to consumers
- to address some of the challenges faced by newcomers in accessing mental health services
- Actionable next steps for the council and the community
- Develop plan for increasing access to mental health services for refugees
- Share best practices for client obtaining and successfully utilizing MH resources to assist with acculturation
- Best practices in providing mental health services that are culturally sensitive and appropriate.
- Identify barriers to services for refugees and immigrants
- In the short term, address gaps in systems that prevent or halt access by immigrant and ethnic populations to culturally and linguistically sensitive services.
- identify unmet needs and increase capacity to meet those needs of the
- refugee/immigrant community

<b>In the long term, what do you expect the council to achieve?</b>
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- Policy change to eliminate the gaps in Medicare
- collaboration
- 1. Decrease stigma attached to seeking mental health services among clients.  
2. Increase access by decreasing long waiting lists.
- strategy to handle the mental health need in refugee population.
- Integrated Care
- to eliminate the barriers to mental health and wellness
- Care
- Integrated mental health services for refugees and immigrants
- Provide MH resources that accepts Medicaid and offer interpretive services
- To make sure that there is a cross discipline cooperation and collaboration when delivering MH services.
- Improved access and increased capacity
- In the long term, address the stigma that prevents ethnic and immigrant populations from requesting support. Develop programs and other supports that are culturally and linguistically sensitive resulting in an increase in enrollment across all existing Fairfax M. H. programs.
- Work directly with the community to address their needs for support and resources
- Identify/implement evidence-based practices with immigrant minority community