



NAVIGATING NEW HORIZONS

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CONTEXT

- Navigating New Horizons is a health promotion program designed with the goal of decreasing the occurrence of negative mental health cases among immigrant children.
- By working with the Ottawa-Carleton District School Board and the Ottawa Catholic School Board, the program aims to promote knowledge and awareness of mental health and create inclusive environments in public and Catholic school settings.

WHY IS IT NEEDED?

- The mental health of Ottawa's immigrant community is comparatively poorer than that of the general population.
- Immigrant children face higher rates of social detriment in school (i.e. bullying, peer aggression, and harassment) on the basis of factors central to immigrant children, including race and ethnicity, in comparison to native-born children.
- Poor mental health has been linked to poor Quality of Life, attention deficit disorders, cognitive disturbances, and lack of motivation.

WHY MUST THIS NEED BE MET?

- According to 2021 Census data, there are approximately 47,000 immigrant children aged 5-14 years living in Ottawa.
 - This represents ~40% of the total population.
- This is a worsening issue.
 - Recent immigrants self-reported poorer mental health than other citizens during the COVID-19 pandemic.

WHO IS IT FOR?

- **Primary Audience:** Immigrant children between the ages of 5-12 residing in Ottawa.
- **Secondary audience:** All children between the ages of 5-12 residing in Ottawa.

KEY PARTNERS

- **Core:** Navigating New Horizons
- **Involved:** City of Ottawa
- **Involved:** City Studio Ottawa
 - Program Specialist: M Kibria
 - Program Coordinator: Leah Beauer
- **Involved:** University of Ottawa
 - Instructor: Lara Pilutti
- **Supportive:** Ottawa-Carleton District School Board and Ottawa Catholic School Board

OUTCOME OBJECTIVES

- **Long-term objective**
 - To improve the quality of life of children [with a focus on immigrant children] between the ages of 5-12 who reside in Ottawa by 20%, by March 2028.
- **Medium-term objective**
 - To increase by 25% the number of children [with a focus on immigrant children] between the ages of 5-12 with poor mental health who seek mental health services from organizations in Ottawa, by March 2025.
- **Short-term objectives**
 - To increase by 25% the amount of knowledge and awareness children [with a focus on immigrant children] between the ages of 5-12 who reside in Ottawa have about mental health by March 2024.
 - To increase by 25% the amount of knowledge and awareness children between the ages of 5-12 who reside in Ottawa have about diverse communities by March 2024.

HOW IT WORKS

Strategy #1: Health Education

Mental Health Awareness Assemblies Activity

- Assemblies featuring short, animated videos that describe mentally healthy behaviours and provide information on how and where to seek mental health assistance.
- The aim of this activity is to promote knowledge and awareness of mental health, while simultaneously creating an entertaining experience for children to look forward to with excitement.

Strategy #2: Community Development and Mobilization

Project Based Learning Activity

- One class in each school delivers an informative announcement on a specific culture, society, or community from any part of the world.
- Students will be involved in the decision-making process by having the opportunity to suggest any topics for the announcements.
- The aim of this activity is to familiarize students with diversity in the school environment and empower them to take on the responsibility of creating an inclusive environment for one another.

ANTICIPATED IMPACT

Improve the quality of life of children in Ottawa.

Enhance the psychological well-being of children in Ottawa.

Decrease in the number of children feeling hopeless, worthless and depressed.

Increase in the exploitation of Ottawa's mental health services among children with poor mental health.



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HSS 4101
Development and Evaluations of Health Programs

