

Newcomer Youth's Mental Health and School Experience During COVID

TITLE OF RESEARCH: **Newcomer, Refugee, and Immigrant Youth's Experience with COVID-19**

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SUMMARY: This study surveyed 244 refugee and immigrant youth in Windsor, Ontario, to understand their mental health during the COVID-19 pandemic and the relationship between youth's academic persistence and their school environment.

LINK: Click [here](#) to read the executive summary and [here](#) to read the publication, and [here](#) to read the second publication

KEY FINDINGS

FOOD INSECURITY

and more time spent in Canada increased mental health problems.

Food insecurity had the strongest impact on newcomer youth's mental health.



RESILIENCE

was the second most important predictor of mental health

NUMBER OF SIBLINGS

(social connectedness) was shown to decrease mental health problems during COVID-19.



NEWCOMER YOUTH

displayed higher academic persistence when they perceived that their teachers supported them, their peers were interested and open to cultural diversity, and the school environment encouraged diversity and inter-group relations.

Recommendations:

- The significance of food insecurity in this study suggests that policy makers must prioritize adequate social assistance levels and living wage policies to ensure that everyone is food secure.
- Immigration policies that remove barriers for family reunification would be instrumental in helping build resilience in newcomer families by maximizing social support and minimizing isolation.
- Community partners should be consulted and welcomed into schools to reinforce the diversity of the communities from which newcomer youth come.
- School boards should consult with community partners to identify best practices for creating a culturally aware and competent school environment.

The views and opinions expressed in this article are those of the researchers and do not necessarily reflect the official position of the Child and Youth Refugee Research Coalition.

This research was supported by the Social Sciences and Humanities Research Council of Canada.



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Research Council of Canada

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