

Symposium | Community care : [Symposium 31] A Comparison and integration of clinical perspectives from psychiatric multidisciplinary outreach in Canada and Japan

📅 Fri. Sep 26, 2025 10:40 AM - 12:10 PM JST | Fri. Sep 26, 2025 1:40 AM - 3:10 AM UTC 🏢 Session Room 2 (Main Hall B)

[Symposium 31] A Comparison and integration of clinical perspectives from psychiatric multidisciplinary outreach in Canada and Japan

Moderator: Lisa Andermann (Department of Psychiatry, University of Toronto), Fumie Hisanaga (National Institute of Mental Health, National Center of Neurology and Psychiatry)

Discussant: Miyuki Shiida (Social Welfare Corporation Machi ni Kurasukai (Community Living Association) "Team KUINA")

[SY-31-01] A Culturally Responsive Psychosocial Approach to Enhancing Quality of Life in Ethnocultural Communities: Experience from the Mount Sinai Hospital Assertive Community Treatment Team

*Lisa Andermann¹, *Maria A.Y. Choi² (1. University of Toronto (Canada), 2. Court Support Program & Seniors Wellness Centre (Canada))

Keywords : Assertive community treatment、 Ethnocultural matching、 cultural psychiatry、 Recovery、 Quality of Life

Established in 1999, the Mount Sinai Hospital Assertive Community Treatment Team (MSH ACTT) has been providing interdisciplinary and culturally responsive mental health care in Toronto for the past 26 years. The team consisting of psychiatrists, social workers, nurses, occupational therapists, mental health clinicians and peer support workers integrates ethnocultural perspectives to meet the diverse needs of clients with severe mental illness (mainly schizophrenia and schizoaffective disorder) and their families. Our team offers individualized language and culturally matched support for Asian and South Asian families in the greater Toronto metropolitan area to better connect with psychiatric treatment as well as psychosocial supports including housing, managing finances, vocational support, emotional regulation, enhancing self-esteem, and improving daily functioning.

MSH ACTT fosters a sense of belonging and empowerment, engaging clients in meaningful activities that align with their interests. Through personalized support and wellness group activities, clients develop coping strategies, enhanced social connections, and achieve greater independence, ultimately improving their quality of life. The culturally familiar environment and wellness groups help reduce stigma, while the family-as-unit-of-care model strengthens family involvement and eases concerns about seeking mental health services. This approach extends beyond clinical symptom management, promoting holistic recovery through community integration, self-determination, and personal growth.

By prioritizing culturally and linguistically appropriate mental health services in improving long-term outcomes for marginalized populations, our ethnocultural ACT model demonstrates that these tailored interventions can enhance client stability and quality of life.