



Canadian Academy of Child and
Adolescent Psychiatry

Académie canadienne de psychiatrie de
l'enfant et de l'adolescent

Position Statement on Recent Changes to the Interim Federal Health Program

July 2026

The Canadian Academy of Child and Adolescent Psychiatry (CACAP) would like to join with other valued groups in expressing our deep concerns regarding the [changes to the Interim Federal Health Program \(IFHP\)](#) announced earlier this year by Immigration, Refugees and Citizenship Canada.

Canada is a haven for those seeking safety and refuge from the most extreme circumstances. Some of the families we serve have come from places where they have faced extreme malnutrition, violence and threats of death, and their entire education and healthcare systems have been decimated. Most have family they have left behind. Added to these traumas are multiple layers of medical, developmental, and psychiatric stressors.

The United Nations World Refugee Day occurred on June 20, 2026, with the theme of “Until Everyone Is Safe”. This, of course, should be our focus every day, every year.

The changes to the IFHP are not in keeping with this goal for some of the most marginalized people living in Canada who arrived with limited financial resources. The new costs are an inaccessible affront when already struggling with the most basic costs of food and shelter. Payments for each prescription and large co-payments for supplemental supplies and services are largely unaffordable. These are applicable to areas including rehabilitation services, assistive devices, and psychotherapies. There is also a cap on the allowed sessions of psychotherapy. These additional costs will be impassable for most asylum-seeking or refugee families.

As Child and Adolescent Psychiatrists, we are involved with those with intersectional and complex multimorbidity. Many refugees already face myriad barriers to accessing mental health care, and these changes will significantly worsen these disparities. Without the necessary indicated treatments, their conditions are likely to worsen and lead to greater personal and societal costs, including greater stress on our already strained health care system. Further, the economic impact of undertreated mental health conditions, such as PTSD and depression, is likely to be substantial. We wholeheartedly urge Immigration, Refugees and Citizenship Canada to reconsider these abject changes.

