

Resilience is learning to cope with the challenges and difficulties we face and being able to bounce back from them.

BRiTA Futures at a Glance

- Find ways to live harmoniously with their culture of origin and Australian culture
- Strengthen relationships with family, peers and community
- Learn to cope with change and other stressful events
- Try to stop bad habits and feel good about yourself
- Set and reach your goals

If you are interested in finding out more about BRiTA Futures contact:

Queensland Transcultural Mental Health Centre
1st Floor, 519 Kessels Road, MacGregor QLD 4109
PO Box 6623, Upper Mt Gravatt QLD 4122

Phone: (07) 3167 8333

Toll free: 1800 188 189

(outside Brisbane metropolitan)

Fax: (07) 3167 8322

Email: QTMHC@health.qld.gov.au

www.health.qld.gov.au/pahospital/qtmhc/default.asp

Building Resilience in Transcultural Australians

A program for promoting resiliency lifeskills in children and young people from culturally and linguistically diverse backgrounds



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What is the BRiTA Futures Program?

BRiTA Futures is a group-based program that aims to strengthen the resiliency of children and young people and help them to find ways to live harmoniously with their culture of origin and Australian culture.

This is done by strengthening protective factors such as:

- positive cultural identity
- self-esteem
- good relationships with family, peers and community
- conflict resolution skills
- goal setting

These protective factors help to reduce the risk of depression and anxiety in young people.

Who is BRiTA Futures for?

There are two different BRiTA Futures programs, one for adolescents and one for primary school aged children.

BRiTA Futures Adolescents is a program for young people aged 12–18 years, who:

- Migrated here from overseas, either recently or some time ago.
- Were born in Australia, but who have at least one parent who was born overseas.
- Come in regular contact with the above.

The program consists of 10 x 2-hour sessions which can be conducted either as a weekly series of group-based sessions, or in a 2-3 day “camp” format.

BRiTA Futures Primary School is for children in grades 5-7 or aged between 9-12. The program consists of 8 x 2-hour weekly sessions.

What does the program look like?

Each session includes information about the topic of the session as well as fun activities to give the child a chance to practice and learn some helpful new skills.

Some of the topics include:

- Cultural identity
- Habits of thinking and feeling
- Conflict resolution
- Stereotypes* and stress
- Humour, values & spirituality
- Building positive relationships
- Life goals and future planning*

* these are for the adolescent program

The program allows participants to share with other young people and learn from each other's ideas and experiences.