

translinks

Newsletter of the Queensland Transcultural Mental Health Centre

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Issue 31, April 2006
Editor: Penny D'Ath

Welcome

We recently celebrated our 10th anniversary and what a wonderful occasion it was! You will see from the photos in this issue that it was a great opportunity for our workers, past and present, and our stakeholders from the multicultural communities, multicultural sector organisations and mental health and related organisations to come together to celebrate 10 years of transcultural mental health in Queensland. We were fortunate that many of our interstate colleagues in transcultural mental health were also able to join us.

The celebration was about a lot of things: an opportunity to reflect on our work, a trip down memory lane, a reunion with old colleagues and friends, an occasion to mark our achievements, an opportunity to celebrate our survival and most of all an opportunity to thank everyone who has undertaken this journey with us and have helped to establish transcultural mental health in Queensland as a solid force within Queensland Health.

We entered 2006 with great optimism and anticipation following the completion of a review of transcultural mental health services in Queensland last year which was a timely stocktake of

the developments in transcultural mental health over the past 10 years and identification of how to build on the work undertaken to date to ensure maximum impact across the state.

The *Review of Transcultural Mental Health Services in Queensland* and its recommendations have been endorsed by Queensland Health and approval has been received to commence the implementation of the recommendations. The recommendations are a mixture of operational arrangements addressing issues related to safety, quality and capacity of the QTMHC as well as



QTMHC Team: (back row from left): Kurene, Polly, Aloma, Jose, Deb, Elvia and Penny. (front row from left): Greg, Rita & Maria Teresa. Absent: Lara

the establishment of a model of multicultural mental health coordinator positions in district mental health services across the state, in services with a significant population of people from culturally and linguistically diverse background in its local catchment area.

These are very exciting times in transcultural mental health. Not only will our reach and capacity significantly increase in the near future, there are also a number of processes underway in relation to planning and development of future directions in mental health at both the state and national levels that we are currently actively engaged in, to ensure the integration of culturally inclusive strategies related to the whole spectrum of mental health, from prevention to treatment to rehabilitation and recovery. We will continue to provide updates in future editions of *Translinks*.

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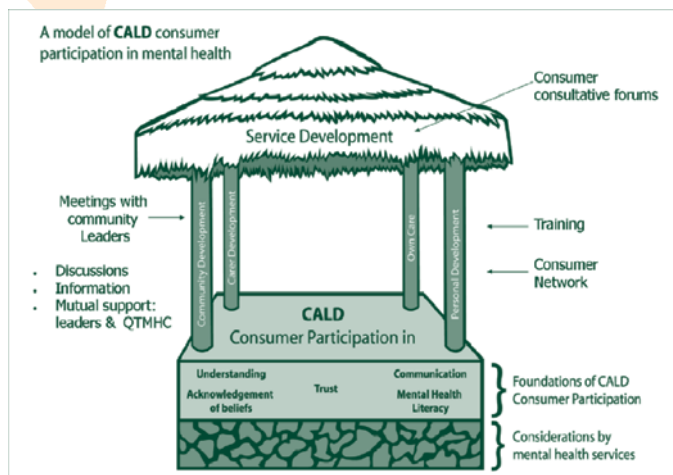
Lara Denman
Project Officer

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Consumer and community participation in mental health

We are very pleased to announce that the report **A Model for CALD Consumer Participation in Mental Health** – January 2005 is now available on the QTMHC website: (www.health.qld.gov.au/pahospital/docs/qtmhc/CALD_consumer.pdf). The model is the result of the Multicultural Consumer and Community Participation in Mental Health Project completed in 2005. It utilises the graphic of a house to illustrate the key components of what is really an extremely complex and multi-layered process.



The foundations of the house are the pre-requisites to consumer participation with the primary foundations of the house being the considerations by mental health services and the secondary foundations the underpinning strategies to overcome many of the barriers for consumer participation. The pillars of the house are the participation opportunities in four key areas: consumer 's own care, consumer 's personal development, carer 's development and community development. At the top of the house is the roof which represents participation in service development. The report is sprinkled with reflections and practical examples of the project that may assist other services in consumer participation.

QTMHC has been implementing and further polishing the model. Consumers have been consulted about how they as CALD consumers could work with QTMHC regarding mental illness prevention and the influence of culture on taking medications prescribed

because of mental health problems. The later is part of a national project led by Multicultural Mental Health Australia. These consultations included language-specific groups and even home visits. In regard to the application of the model in consumer's personal development, consumers themselves are establishing a CALD Consumer Network which is supported by the two QTMHC Consumer Workers. The network aims to inform and support consumers.

The community development component of the model is also being implemented by holding very successful discussion sessions with leaders of CALD communities as they are often the first point of contact for individuals and families experiencing mental health problems.



Community leaders meeting, March 2006

For further information, please contact:

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Transcultural Clinical Consultation Service Update

The clinical consultation service has been as busy as ever with increasing referrals, in fact, when comparing referral numbers to the same time last year; we are about 20% busier! Thanks to Lara Denman who filled in for both Deb and Polly while they took leave over the holidays. We have also recruited 12 new bilingual mental health consultants from a range of professional and cultural backgrounds providing us with a greater capacity to respond to referrals for consumers from diverse cultural backgrounds. We are particularly pleased to have recruited workers from some of the communities in which we don't have many workers for such as Cambodian, Fiji-Indian and Congolese to help us work with consumers from these communities.

Polly Nip

Clinical Services Co-ordinator

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Education and development update

The education and development program has gotten off to a flying start this year with a number of new initiatives. This includes the development of a two-day workshop on "*The Mental Health Care of Refugee Survivors of Torture & Trauma*". This workshop utilises the latest research and evidence base to support government and non-government agencies that provide services to refugees settling in Australia. Following requests from IHSS providers in Tasmania two workshops were delivered in February with 53% of participants rating the training as "Excellent" and 45% returning a "Very Good" rating in regard to meeting the stated Learning Objectives. For a copy of the Learning Objectives or for further information on this course please contact me.

Module Nine of the Managing Cultural Diversity in Mental Health Train-the-Trainer program, "*Transcultural Issues in Aged Care Mental Health*" has now been completed following a review and a validation trial. I would like to thank everyone who has been involved in the development of this course. This course is now available to be delivered by QTMHC to both government and non-government agency staff as a 1.5 day Train-the-Trainer workshop or as a direct training course, or the provision of components of the course. We are also putting the finishing touches to a Multimedia Self Directed Learning CD-ROM "*Transcultural Issues in Aged Care*". This resource will be available at no cost to Qld Health services and at a nominal cost-recovery fee to non-Qld Health agencies.

The education program has also been busy this year responding to requests for conference presentations. I recently developed and delivered a presentation on *Post Traumatic Stress in Elderly Migrants and Refugees* to a statewide ACAT professional development symposium. This was a learning experience for me in that it required considerable research in an area that does not have a strong evidence base. The event organisers reported that participants gained a lot from the presentation, particularly as ACAT staff are seeing greater numbers of older persons from migrant and refugee backgrounds presenting with symptoms of delayed onset trauma. We have been invited to provide a number of conference presentations throughout the year to a range of professional groups and on a range of topics. The *Introduction to Transcultural Mental Health* course, run in partnership with the School of Mental Health and UQ Dept of Psychiatry, has commenced with most workshops booked out. There are still some spaces available for modules 5, 6, 7 & 8. Contact Penny D'Ath to register.

Needless to say, as QTMHC embarks on the exciting journey that Rita has written about in this edition there will be many opportunities and challenges facing the education and development program. The Multicultural Mental Health Coordinator positions being rolled out across Queensland will provide us with an excellent opportunity to embed transcultural mental health education into the education being provided at the District level. There will also be greater opportunities to develop and deliver mental health education to members of ethnic communities in order to enhance their capacity to respond to mental health issues.

Finally, I would like to close by saying that for me it has been a great privilege to have been a part of QTMHC for the past seven years of its 10 year life. However, it is particularly stimulating to be involved in this exciting time of QTMHC history as we broaden and strengthen our services across Queensland. I look forward to working with you all as we venture forward.

Greg Turner

Education & Development Coordinator

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Upcoming seminars

16th May 2006 9.00am-12.00 noon - *Mental health issues for older people from a CALD background.*

Venue: Conference Theatre, Qld Health Pathology & Scientific Services, 39 Kessels Road, Coopers Plains. Please contact Penny D'Ath to reserve your place.

20th June 2006 8.30am-12.00 noon – *Developing and maintaining culturally competent mental health services: A presentation by Professor Harry Minas.*

Venue: Sapphire Resort, 55 Boundary St, South Brisbane. Please contact Penny D'Ath to reserve your place. This seminar is aimed at Qld Health mental health service staff.

20th June 2006 1.00pm-4.30pm – *Clinical issues in transcultural mental health assessment & treatment: A presentation by Professor Harry Minas.*

Venue: Sapphire Resort, 55 Boundary St, South Brisbane. Please contact Penny D'Ath to reserve your place. This seminar is aimed at Psychiatrists and Psychiatric Registrars employed with Qld Health.

18th July 2006 10.00am-12.00 noon – *Indian perspective of mental health and mental illness.*

Venue: Russell Strong Auditorium, PA Hospital, Ipswich Rd, Woolloongabba. Please contact Penny D'Ath to reserve your place.

QTMHC 10th Anniversary Celebration



Attendees at the 10th Anniversary Celebration were asked to share their culture's words of wisdom by writing these quotes on cards and hanging them from the *Tree of Cultural Wisdom for Wellbeing*. We share some of these words of wisdom on the following pages.



Certificate presentation to Cora Gatbonton

*Quien a buen arbol se arrima,
Buena sombra le cobija! - See a
good tree and you will have good
shade.*

*We are like the fruits of a tree and we
are like the leaves of a branch of a
tree - we are all one and united and
we belong to one source.*

*Ua fuifui faatasi ae vao eseese - Gathered
into a flock from different parts of the
forest.*



Certificate presentation to Ivan Frkovic



The Kurenes and Samoan facilitators

*Trees are embodiments of unconditional
love. The Mango tree does not discriminate
who she gives her fruit to. We can learn
much from the Mango tree.*

*Good deeds are the best prayer. Serbian
proverb.*

Friday 3rd March 2006



Sandra Kovac on the Tabla drum

*The leaves signify our future, our children.
The trunk signifies ourselves. The roots
signify the world.*



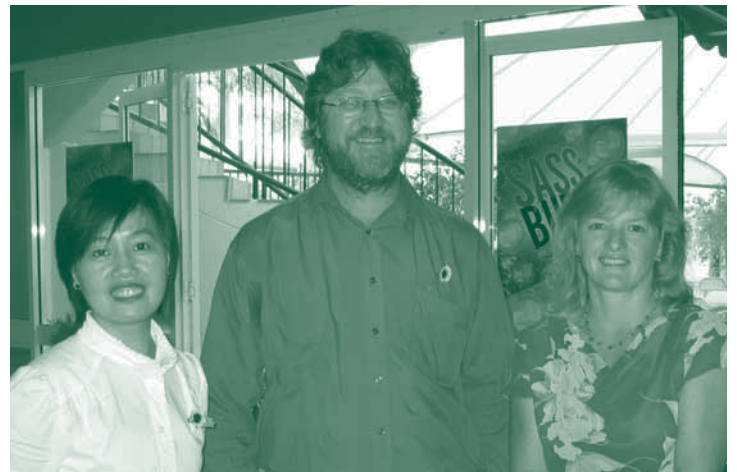
Certificate presentation to Tauline Virtue

*Sell brothers who are far away, buy neighbours
who are close by. Vietnamese proverb*



Certificate presentation to Meg Griffiths, MMHA

*When you remove the religion, clothes,
culture, colour, we are all equal, have the
same needs and desires for our children,
ourselves and others.*



Polly Nip, Greg Turner & Karen Grimley

Hope is the fuel of life



Maria Teresa Montenegro-Vega & Deb Mitchell

What's on.....

17th-18th May 2006. *Promoting mental health and wellbeing – Progress through partnerships.*
Venue: London, UK. For more information email: registration@charity.demon.co.uk.

24th-26th May 2006. *5th International Conference on Drugs and Young People.*
Venue: Sydney, Australia. For more information Ph. (03) 9278-8137 or email: DYP@adf.org.au.

28th-31st May 2006. *Royal Australian and New Zealand College of Psychiatrists: 41st Congress.*
Venue: Perth, Australia. For more information Ph. (03) 9417-0888 or email: ranzcp2006@meetingplanners.com.au.

31st May – 1st June 2006. *Mater 'Kids in Mind' 12th Annual Conference.*
Venue: Brisbane, Australia. For more information email: colleen.whittaker@mater.org.au.

4th-5th August 2006. *7th International Mental Health Conference.*
Venue: Gold Coast, Australia. For more information, Ph. (07) 5577-3397.

29th August – 1st September 2006. *TheMHS 16th Annual Conference: Reach out – Connect.*
Venue: Townsville, Australia. For more information Ph. (02) 9810-8700 or email: info@themhs.org.

New reports

- *Promoting stronger families "Fausia o aiga ia mautu". Family violence prevention in the Samoan community.*
- *A model for CALD consumer participation in mental health. A report on the Multicultural Consumer and Community Participation in Mental Health Project.*

These reports are now available to download from our website: www.health.qld.gov.au/pahospital/qtmhc/projects.asp OR phone Penny on (07) 3240-2833 to request a copy.

Promoting stronger families within the Samoan Community

The focus of the project in recent months has been on facilitating relationships between Samoan community leaders and key services in the field of family support, domestic violence, child protection and the police as well as engaging with young people on the issues of violence prevention:

- In Logan an appreciation and thanksgiving celebration for Samoan church and community leaders was organised by the project in partnership with local services (YFS, WAVSS and the Police) to build relationships at the local level. This was very well received by all involved and ongoing meetings are occurring to facilitate community leaders and service providers to work together at the local level to support families in crisis and dealing with family violence issues.
- Community Facilitators have now commenced meetings and presentations at schools in the Logan, Caboolture and Ipswich areas with significant numbers of students from Pacific Islander backgrounds. This has also involved other key personnel such as school principals, guidance officers, chaplains as well as visiting youth workers. The reception of the project by the students has been overwhelmingly positive. Many spoke personally of their experiences with family conflict and violence and asked the project to also work with their families and extended families.

Kurene Faalolo Kurene
Project Officer
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Providing culturally responsive mental health care to deaf Indigenous and CALD people in Queensland

Providing accessible, culturally responsive mental health care to people from an Aboriginal, Torres Strait Islander or CALD background who also have a degree of hearing loss presents clinicians with several challenges, especially those located in Queensland's rural and regional areas.

Challenges such as:

- eliciting and incorporating traditional cultural beliefs and practices in regard to mental illness and hearing loss (explanatory models) into the way services are provided;
- having limited access to appropriate training, resources, communication aids (eg. TTY phone) and interpreters.

Recommendations to address these and other challenges will be developed during the Centre's new CALD, Aboriginal and Torres Strait Islander Deafness and Mental Health project.

Over the next 12 months this project aims to explore and address these challenges by:

- ◆ consulting with people who are deaf or hearing impaired and from a CALD, Aboriginal or Torres Strait Islander background (project's target population), as well as their significant others and communities;
- ◆ examining existing service responses to meeting the needs of mental health consumers who are deaf or hearing impaired and from a CALD, Aboriginal or Torres Strait Islander background;
- ◆ identify ways in which the equitability, accessibility and appropriateness of mainstream mental health care could be enhanced to meet the needs of mental health consumers who are deaf or hearing impaired and from a CALD, Aboriginal or Torres Strait Islander background;
- ◆ increasing the capacity of the Princess Alexandra Hospital Health Service District, Division of Mental Health Deafness and Mental Health Centre of Excellence to serve eligible mental health consumers from a CALD, Aboriginal or Torres Strait Islander background.

For further information about the project please contact Lara Denman.

Lara Denman
Project Officer

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QTMHC Library new additions

Books

Bot, H. (2005) *Dialogue interpreting in mental health*. Rodopi: Amsterdam: 293. (INTE.16)

Constantine, M. and Sue, D.W. (Ed.) (2005) *Strategies for building multicultural competence in mental health and educational settings*. John Wiley & Sons: US: 328. (MULT.16)

Department of Health and Ageing. (2005) *National Mental Health Report 2005: Summary of Ten Years of Reform in Australia's Mental Health Services under the National Mental Health Strategy 1993-2003*. Commonwealth Govt: Canberra: 173. (NATI.18)

Disability Services Qld. (2005) *Disability Services Queensland Strategic Plan 2005-09*. Qld Government: Brisbane: Qld: 16. (DISA.13) www.disability.qld.gov.au

Duffy, J., Harmon, R., Ranard, D., Thao, B., Yang, K. and Herr, P. (2004) *The Hmong. An introduction to their history and culture*. Center for Applied Linguistics: Washington: 53. (HMON.3) www.culturalorientation.net

Dunn-Marcos, R., Kolehlon, K., Ngovo, B. and Russ, E. (2005) *Liberians. An introduction to their history and culture*. Center for Applied Linguistics: Washington: 74. (LIBE.1) www.culturalorientation.net

Gordon, R. and Adam, M. (2005) *Family harmony. Understanding family violence in Somali and Eritrean communities in the western region of Melbourne*. Women's Health West: Melbourne: 30. (FAMI.9) www.whwest.org.au

Human Rights and Equal Opportunity Commission. (2005) *Face the Facts: Some questions and answers about refugees, migrants and indigenous peoples in Australia*. Human Rights & Equal Opportunities Commission: Canberra: 39. (FACT.1) www.humanrights.gov.au/racial_discrimination/face_facts/index.html

Jenkins, J.H. and Barrett, R.J. (Ed.) (2004) *Schizophrenia, culture, and subjectivity*. Cambridge University Press: UK: 357. (SCHI.5)

Mental Health Council of Australia. (2005) *Not for service: Experiences of injustice and despair in mental health care in Australia*. Mental Health Council of Australia: Canberra: 1006. (MENT.27)

Peterson, G.W., Steinmetz, S. and Wilson, S. (Ed.) (2005) *Parent-youth relations: cultural and cross-cultural perspectives*. Haworth Press Inc: US: 622. (PARE.4)

Refugee Council of Australia. (2006) *Australia's refugee and special humanitarian program: Current issues and future directions - view from the community sector*. Refugee Council of Australia: Melbourne: 70. (REFU.32) www.refugeecouncil.org.au

Saeed, A. (2004) *Muslim Australians. Their beliefs, practices and institutions*. Commonwealth Govt: Canberra: 82. (MUSL.6) www.amf.net.au

Thomas, T. and Witenberg, R. (2004) *Love thy neighbours: Racial tolerance among young Australians*. RMIT University & Australian Multicultural Foundation: Melbourne: 49. (RACI.3) www.amf.net.au

UQ Boilerhouse Community Engagement Centre. (2005) *Defending human rights: Community-based asylum seekers in Queensland*. University of Qld: Ipswich: Brisbane: 81. (ASYL.5) www.uq.edu.au/boilerhouse/docs/scull-asylumseekers.pdf

World Health Organization. (2005) *WHO multi-country study on women's health and domestic violence against women: summary report of initial results on prevalence, health outcomes and women's responses*. WHO: Geneva: 28. (WOME.6) www.who.int

If you would like to borrow any of the above items or use the Resource Library please contact Penny D'Ath on (07) 3240-2833.