

CATALOGUE OF VIDEO AND DVD RESOURCES



Qld Transcultural Mental Health Centre

Resource Library

This catalogue contains a list of video and DVD resources which are available in Australia or internationally.

These items are available from the QTMHC Resource Library. Please contact the Information & Resource Officer for assistance by phoning (07) 3167 8333 or via email: QTMHC@health.qld.gov.au.

AGED

Opening Doors to Health - Health Care for Older People in a Diverse Community

Available in: *Arabic, Chinese, English, Greek, Italian, Macedonian*

Produced by: South Eastern Sydney Area Health Service, 1999.

Format & Length: VHS - 25mins

Subject: This video was produced for health and welfare workers, older people, their families and carers to demonstrate the role and function of an ACAT (Aged Care Assessment Team) and encourages access and use of ACAT services. The video shows CRAGS (Calvary Rehabilitation and Geriatric Service) services users telling their story, explaining their experiences with their illness and the assistance they received from their local ACAT. CRAGS staff also demonstrate their services and disciplines.

QTMHC Location Code: Vid039

Mental health issues for older people from CALD backgrounds

Available in: *English*

Produced by: QTMHC, 2006.

Format & Length: DVD

Subject: Recording of a cross-cultural seminar detailing the perspectives of CALD communities in Australia related to mental health and mental illness and the elderly

QTMHC Location Code: CD029

In good company

Available in: *English*

Produced by: NSW Health

Format & Length: VHS & DVD

Subject: *In Good Company* gives a frank, warm and affirming look at older people who are coping with the challenge of living and ageing in a culture other than that of their origin. Interviews with six people from five non-English speaking backgrounds deal with issues such as isolation, language and communication difficulties, access to information and services, mobility, cross-cultural friendships and associations, health and expectations of family and community.

QTMHC Location Code: VID103, CD041

Grief and older people

Available in: *English*

Produced by: Speaking from Experience Pty Ltd, N/A.

Format & Length: VHS - 40mins

Subject: Whilst the process of ageing may reflect a time of great achievement, satisfaction and excitement for many, it is not uncommon for some older people to feel isolated and concerned about some aspects of their lives - past, present and future. For some, experiences of family isolation, social withdrawal, decline in health, role and status, death of a partner, family members and friends creates a great sense of loss and grief. As people age, anticipated, and more often multiplied losses go unrecognised and unacknowledged. This video aims to increase understanding of the grief and loss experienced by older people and raises awareness of the unique issues and needs of older people in our community.

QTMHC Location Code: Vid074

Life Paths

Available in: *English*

Produced by: The Chung Wah Association, 2008.

Format & Length: DVD, 26mins

Subject: Australia has one of the most advanced aged health care services in the world, but surprisingly not all seniors take advantage of this service. *Life Paths* is a glimpse into the lives of 4 Asian seniors now living in Australia. The characters, Cambodian Lam Sao, Vietnamese Thi Huong Nguyen, Southern and Northern Chinese How Sing Loe and Zhao Fang Sun, share their life stories. Some of their accounts are horrific, some tragic and not surprising each expected life in Australia to be so much better. Sadly for some, the dream of a better life didn't eventuate with cultural and linguistic barriers presenting a completely new set of challenges. *Life Paths* looks at how we can break down these barriers and in doing so enrich the lives of these special Australian citizens.

QTMHC Location Code: CD092

ALCOHOL & DRUGS

The divine lotus

Available in: *English*

Produced by: Zammataro, S. and Acquisto, L., 2002.

Format & Length: DVD - 15mins

Subject: This video portrays the struggles of a young Vietnamese heroin addict who is also raising her young daughter

QTMHC Location Code: CD031

ASYLUM SEEKERS

Seeking asylum

Available in: *English*

Produced by: SBS Independent & Piper Films, 2002.

Format & Length: VHS

Subject: *Seeking Asylum* is narrated by Jack Thompson and includes harrowing interviews with asylum seekers who have risked their lives at the hands of people smugglers and now live in the community for 30 months on Temporary Protection Visas. Having made a perilous open sea journey on unseaworthy wooden river boats, all speak with fear and trepidation about their escape from persecution, torture and often death at the hands of fanatical fundamentalist regimes including Afghanistan's former Taliban government.

QTMHC Location Code: Vid076-R

AUTISM

Autism awareness DVD

Available in: *English*

Produced by: ABIQ, 2007.

Format & Length: DVD

Subject: Raises awareness of autism in children

QTMHC Location Code: CD051

CARERS

Carers Coping: You are not alone

Available in: *English*

Produced by: ARAFMI, 1996.

Format & Length: VHS - 27mins

Subject: All three stories on the video illustrate different aspects of interaction with a family member who is suffering from a mental illness. 1) The family. Tells the story of how a family deals with a child diagnosed with a mental illness. 2) Marriage. Tells the story of how a wife and children deal with their father/husband diagnosed with a mental illness. 3) Mother and son. Tells the story of how a child deals with the mental illness of his mother. This video is contained in '*Carers coping skills learning package: Facilitator's guide*'.

QTMHC Location Code: Vid018-R (FOLDER 5-R)

CONFERENCE PROCEEDINGS

From Here to Where? A Seminar Addressing the Issues of Multicultural Needs in Residential Care

Available in: *English*

Produced by: 1996.

Format & Length: VHS -2hrs, 25mins

Subject: Proceedings of a seminar held 17th May, 1996. Papers presented include: Current opportunities, future directions; Demographics of multiculturalism; Background to best practice; Aspects of best practice.

QTMHC Location Code: Vid004

Proceedings of a Conference "Recollections of Croatia" - War Related Loss & Grief in the Brisbane Croatian Community

Available in: *English*

Produced by: 1994.

Format & Length: VHS - 3hrs

Subject: Conference proceedings, 1994

QTMHC Location Code: Vid040

CONSUMERS

Wellness recovery action plan (WRAP)

Available in: *English*

Produced by: Copeland, M.E., 2002.

Format & Length: VHS - 32mins

Subject: This three-part videotape series, based on a workshop with renowned author Mary Ellen Copeland, presents simple, effective, and non-invasive self-help strategies for anyone dealing with emotional, behavioural or psychiatric challenges. Used separately or together, these videos provide useful information about how to get well and stay well. They are invaluable for in-service training and for self-help and support groups. This video provides a simple system for monitoring and managing emotional and psychiatric symptoms, as well as avoiding unhealthy habits or behaviour patterns. In this video, Ms Copeland discusses with her group the steps to develop a WRAP. In order to arrest symptoms and hasten remission and recovery, participants both learn and share personal strategies for dealing with each level of relapse

QTMHC Location Code: VID028

CULTURE

Understanding Indochinese Patients

Available in: *English*

Produced by: 1998.

Format & Length: VHS - 40mins

Subject: This video discusses the health, attitudes and behaviour of Indochinese people. Includes excerpts from the movie, *The Killing Fields*.

QTMHC Location Code: Vid056

Enhancing cultural competency

Available in: *English*

Produced by: NSW Transcultural Mental Health Centre, N/A.

Format & Length: VHS - 13mins

Subject: The training package revolves around six video scenarios dealing with transcultural interactions between clients and health workers. Embedded in each scenario are many common issues in such interactions. The scenarios should invite exploration and analysis from cultural, sociological, psychological and personal perspectives.

QTMHC Location Code: Vid067 (FOLDER 12)

Through our eyes: Aragtidayada

Available in: *English, Somali*

Produced by: North East Region Migrant Resource Centre, 1998.

Format & Length: VHS - 30mins

Subject: Members of the Somali community, who now live in Melbourne tell their stories. Stories of life in Somalia before the outbreak of war in 1990; stories of Somalis during the war; of the experience of fleeing Somalia; of seeking asylum in neighbouring countries; of applying to migrate to Australia and some of the realities of settling in their new home.

QTMHC Location Code: VID085

The Multicultural Health Series

Available in: *English*

Produced by: Lesser, J.A., 2003.

Format & Length: DVD - 88.5mins

Subject: The video cases studies and accompanying manual are designed to give direct health care professionals an understanding of cultural competence that is attitude, skill and knowledge based. Contains 10 scenarios:- *Walking in beauty* (12mins - variance between a patient's cultural understanding of health and healing processes and that of his doctor); *Day of rest* (10mins - demonstrates the clash of two differently based routines: one based religious observance, the other based on hospital work patterns); *Changes* (9 mins - anxiety of patient when confronted with changes in his care plan); *The voice inside the phone* (9 mins - describes the telephone interpreting system); *Rebirth* (11mins - Variation in cultural concepts of death and the practice of organ donation and transplantation); *A pocketful of medicines* (6mins - deals with the issues of language literacy and the use of alternative medicines); *Proof* (7mins - domestic violence and culture); *Between two worlds* (8.5mins - Adaptation to life in a new country and the reason behind hoarding of medicine); *Lupe's dilemma* (8mins - Deals with family involvement in health care treatment); *Lost opportunities* (8mins - Deals with social class and race issues).

QTMHC Location Code: CD037

It's not all black and white: an African story

Available in: *English*

Produced by: Brisbane City Council, 2006.

Format & Length: DVD

Subject: This DVD aims to help Brisbane people begin to get to know and support our new residents from Congo, Eritrea, Ethiopia, Liberia, Rwanda, Sierra Leone, Somalia and Sudan. DVD provides snapshots on these cultural groups. Booklet also available

QTMHC Location Code: CD039 (Contained within AFRI.3)

Communicating between cultures

Available in: *English*

Produced by: Learning Seed, 2004.

Format & Length: DVD - 23mins

Subject: Some 'cultural givens' are so deeply imbedded in thought patterns that they lead to communication backgrounds. View and discuss this series of eye opening cross-cultural situations. Observe how 'cultural givens' such as 'getting right to the point', 'saving face', taking turns in conversation, and saying 'yes' or 'no' complicate inter-cultural communication. Allow a multicultural cast to teach your students practical guidelines for communicating between cultures

QTMHC Location Code: CD056-R

Making space: Cultural perspectives from Australia's far north

Available in: *English*

Produced by: Kamaka Creative, 2007.

Format & Length: DVD - 16mins

Subject: Explores the different cultural perspectives of five migrant communities in Cairns who share their views and experiences about their need for creating cultural and spiritual spaces

QTMHC Location Code: CD058

DEMENTIA

Understanding Alzheimer's

Available in: *Arabic, Cantonese, Croatian, English, Greek, Italian, Macedonian, Maltese, Mandarin, Polish, Portuguese, Russian, Serbian, Spanish, Turkish, Vietnamese*

Produced by: 1992.

Format & Length: VHS - 12mins

Subject: This video was produced to create a better awareness of the disease for all sections of the community aimed at school children, family carers, neighbours, shop assistants, trainee non-professional carers, day care centre volunteers, transport employees and taxi drivers

QTMHC Location Code: Vid008

A Time to Care: Helping People with Dementia and Their Families

Available in: *Arabic, Chinese, Croatian, German, Greek, Polish, Spanish, Vietnamese*

Produced by: 1995.

Format & Length: VHS - 1hr

Subject: This video explains the symptoms and effects of dementia conditions, such as Alzheimer's Disease, and provides information on how people caring for a relative or friend at home can cope with this demanding task.

QTMHC Location Code: Vid014

RUDAS: Rowland Universal Dementia Assessment Scale (A multicultural mini-mental state examination) Video guide to administration and scoring

Available in: *English*

Produced by: Liverpool Aged Care Service, 2002.

Format & Length: VHS & DVD

Subject: The Rowland Universal Dementia Assessment Scale (RUDAS) is a short cognitive screening instrument designed to minimise the effects of cultural learning and language diversity on the assessment of baseline cognitive performance

QTMHC Location Code: Vid072, CD074

Dementia: What's it all about?

Available in: *English*

Produced by: Rural Health Education Foundation, 2003.

Format & Length: VHS - 100mins

Subject: This program provides information on dementia including how often it occurs in Australia, the impact of dementia on the normal ageing process, causes and risk factors, types of dementia, the progression of dementia, the early signs and benefits of early diagnosis and assessment and care management and treatment options

QTMHC Location Code: VID090

No. 2 Dementia: Early diagnosis and the role of GPs

Available in: *English*

Produced by: Rural Health Education Foundation, 2003.

Format & Length: VHS - 1hr

Subject: This program focuses on the role of carers and GPs in caring for a person with dementia. Program topics include the importance of early diagnosis, the benefits of early diagnosis, the vital role played by GPs, family and carers; the range of tools available for early diagnosis; general symptoms and behaviours of dementia; and planning of an appropriate care regime

QTMHC Location Code: VID091

No. 3 The Dementia continuum: How to manage it

Available in: *English*

Produced by: Rural Health Education Foundation, 2003.

Format & Length: VHS - 1hr

Subject: This program focuses on aged care workers, managers, health professionals and carers. Program topics include classifying dementia symptoms and behaviours; understanding the care needs of the person with dementia; factors impacting on care, planning and managing challenging behaviours; the importance of the individual and their environment in planning and managing care; and recent national and international research into dementia

QTMHC Location Code: VID092

No. 4 Dementia: What difference does person-centred care make?

Available in: *English*

Produced by: Rural Health Education Foundation, 2003.

Format & Length: VHS - 1hr

Subject: This program focuses on aged care workers, managers, health professionals and carers. Program topics include the importance of person-centred care and how to apply it; multidisciplinary and holistic approaches to care; resources and strategies to support person-centred care; and effective communication strategies

QTMHC Location Code: VID093

No. 5 Dementia and the aged care worker

Available in: *English*

Produced by: Rural Health Education Foundation, 2003.

Format & Length: VHS - 1hr

Subject: This program focuses on aged care workers, managers, health professionals and carers. Program topics include training, education and support required for workers; resources available; managing behaviours of concern; culturally appropriate care

QTMHC Location Code: VID094

The dementia series 2

Available in: *English*

Produced by: Rural Health Education Foundation, 2007.

Format & Length: DVD

Subject: A series of educational television programs to assist GPs, geriatricians, aged care workers and other primary healthcare professionals across all settings to better understand and deliver quality care and support to people living with dementia, their carers and families

QTMHC Location Code: CD043

DEPRESSION

Advice and Initiatives to Help Handle Depression

Available in: *English*

Produced by: 1997.

Format & Length: VHS - 20mins

Subject: What is depression, what are the symptoms, what causes depression, what is the best treatment available, what medications help?

QTMHC Location Code: Vid050

What's Up? "Understanding Depression in Adolescence"

Available in: *English*

Produced by: 2000.

Format & Length: VHS - 32mins

Subject: Statistically depression affects one in every 20 teenagers. This video answers The following questions: What's depression? What are the major symptoms? Why do we get depressed? Who can help and what treatments are there? Now you're ready for fun again, how do you stay that way?

QTMHC Location Code: Vid063

Depression and Men

Available in: *English*

Produced by: Pfizer & Roerig, N/A.

Format & Length: VHS - 26mins

Subject: If you are a male suffering from depression, or someone you're close to is - then this video will help you understand what the condition is all about. Aspects of depression such as symptoms, understanding the illness, how treatment can help and the importance of taking medication are explained in a concise and effective presentation

QTMHC Location Code: Vid023

Understanding Depression in Your Senior Years

Available in: *English*

Produced by: Pfizer & Roerig, 1999.

Format & Length: VHS - 29mins

Subject: As many as 25% of the population suffer from depression some time in their lives and of these, one in seven will be aged in their late 50s or older. In this video, Judith and David talk about how they came to suffer depression and how they feel about their futures. Mr Shane Porteous (A Country Practice) discusses issues on depression with Dr Geoffrey Heise (GP with a special interest in depression)

QTMHC Location Code: Vid055

Understanding Depression

Available in: *English, Mandarin*

Produced by: 1999.

Format & Length: VHS - 20mins

Subject: If you are suffering from depression, or if someone you're close to is - then this video will help you understand what the condition is all about. Aspects of depression such as symptoms, understanding the illness, how treatment can help and the importance of taking medication are explained in this concise and effective presentation. This video also discusses treatment of depression with Zoloft

QTMHC Location Code: Vid054

EDUCATION

Inspiring Teachers - Volume 1

Available in: *English*

Produced by: Ithaka, R., 2008.

Format & Length: DVD - 50mins

Subject: Teachers are the unsung heroes of our community. Many people can remember at least one teacher who inspired them during their formative years - someone who played a pivotal role in their lives.

Inspiring Teachers is a four-part documentary series that will explore what makes four teachers in particular inspiring and the impact they have on their students. Inspiring Teachers celebrates the work of teachers who are often undervalued, underpaid and under appreciated. Where does this passion for teaching derive from and how is it conveyed to pupils?

QTMHC Location Code: CD076

Inspiring Teachers - Volume 2

Available in: *English*

Produced by: Ithaka, R., 2008.

Format & Length: DVD - 50mins

Subject: Teachers are the unsung heroes of our community. Many people can remember at least one teacher who inspired them during their formative years - someone who played a pivotal role in their lives.

Inspiring Teachers is a four-part documentary series that will explore what makes four teachers in particular inspiring and the impact they have on their students. Inspiring Teachers celebrates the work of teachers who are often undervalued, underpaid and under appreciated. Where does this passion for teaching derive from and how is it conveyed to pupils?

QTMHC Location Code: CD077

FAMILIES

Images of us: A photographic journey by women from the Eritrean, Ethiopian, Somali and Sudanese communities of Brisbane

Available in: *English*

Produced by: 2002.

Format & Length: VHS

Subject: Women are encouraged to photograph their families, friends, social events and each other as part of a 'photo journey' project to raise awareness of the issue of isolation. Through the photographic process and the discussion of the significance of resulting images the women began to collect a visual and oral personal history to be shared with each other and a wider audience

QTMHC Location Code: Vid068 (FOLDER 6)

Horn of Africa Family Support Program

Available in: *English*

Produced by: Commonwealth Department of Families and Community Services, 2003.

Format & Length: VHS

Subject: Background to the Horn of Africa Family Support Program

QTMHC Location Code: Vid069

The challenges of parenting in another land - discussing the issues

Available in: *Arabic*

Produced by: NSW Multicultural Health Communication Service, 2000.

Format & Length: VHS - 40mins

Subject: A short parenting scenario followed by a discussion amongst child protection workers, community representatives, and religious leaders commenting on parenting practices, the effects of migration, isolation and frustration, and how these can impact on children and parents. The discussion explores alternatives for parents and offers suggestions of services providing assistance

QTMHC Location Code: Vid071

Vox populi: Conflicting cultures

Available in: *English*

Produced by: SBS Television, 1999.

Format & Length: VHS - 11mins

Subject: Many Vietnamese immigrants sponsor parents to emigrate to Australia. The cultural differences of the Western lifestyle and the traditional Vietnamese family values have led to a crisis with many elderly Vietnamese parents, who emigrated sponsored by their children

QTMHC Location Code: Vid077

In between (Episode 1 and 2)

Available in: *English*

Produced by: Waner, C., Dalton, K. and SBS Television, 1986.

Format & Length: VHS - 2hrs

Subject: In Between is a four-part mini-series, with each program exploring the lives of inner-city multicultural communities through the eyes of four young people from different ethnic backgrounds (Turkish, Cambodian, Macedonian & Anglo-Australian)

QTMHC Location Code: Vid079

In between (Episode 3 and 4)

Available in: *English*

Produced by: Waner, C., Dalton, K. and SBS Television, 1986.

Format & Length: VHS - 2hrs

Subject: In Between is a four-part mini-series, with each program exploring the lives of inner-city multicultural communities through the eyes of four young people from different ethnic backgrounds (Turkish, Cambodian, Macedonian & Anglo-Australian)

QTMHC Location Code: Vid080

***Mo Long Voi Nhau: Opening our hearts. May our love bring us together.
The art of making families work***

Available in: *English, Vietnamese*

Produced by: Vivienne, S., Dung, N.T.N. and Vietnamese Community in Australia South Australian Chapter, 2001.

Format & Length: VHS - 58mins

Subject: Video discusses many of the problems faced by parents and their children in a new country relating to intergenerational conflict and offers solutions to assist families and youth

QTMHC Location Code: VID086

Raising kids together - Information for families who have a child or young person with a disability

Available in: *Arabic, Assyrian, Dari, Dinka, English, Juba Arabic*

Produced by: NSW Department of Ageing Disability and Home Care, 2008.

Format & Length: DVD - 20mins

Subject: Kit comprising of DVD and booklet that will help families from Afghanistan, Iraq and Sudan seek support for children with a disability

QTMHC Location Code: CD083

GENERAL

***Mental Health Services - the Way Forward- Hospital Redevelopment Project
- a Component of the Ten Year Mental Health Strategy for Queensland 1996***

Available in: *English*

Produced by: Qld Health, 1999.

Format & Length: VHS

Subject: Hospital redevelopment project. A component of the *Ten Year Mental Health Strategy for Queensland 1996*

QTMHC Location Code: Vid035

Hope awards 2005/06 Compilation

Available in: *English*

Produced by: Eli Lilly Australia, 2006.

Format & Length: DVD

Subject: Features eight short-listed finalists from a unique shore film competition launched to create stories of hope for people with mental illness, and their carers

QTMHC Location Code: CD032

HIV/HEPATITIS

Everybody's business. A resource in HIV, AIDS and Hepatitis C for multicultural Australia

Available in: *English, Indonesian, Somali, Thai*

Produced by: Multicultural HIV/AIDS and Hepatitis C Service, 2003.

Format & Length: VHS

Subject: This package contains a double feature video cassette and facilitator's handbook (with overheads & handouts) in a CD-ROM. The first film is about HIV/AIDS; the second about Hepatitis C. The films are a lively and entertaining blend of animation, drama, interviews and documentary. **WARNING:** The material contained in these films is explicit, with references to sexual and drug-injecting behaviour

QTMHC Location Code: VID098

INDIGENOUS

Last Night I Heard a Voice: Working with Indigenous Mental Health Clients

Available in: *English*

Produced by: Qld Health, 1996.

Format & Length: VHS/DVD - 22mins

Subject: This video was produced to form part of cultural awareness training for mental health clinicians working with indigenous clients.

QTMHC Location Code: Vid012, CD075

Through My Eyes

Available in: *English*

Produced by: Qld Health, 1999.

Format & Length: VHS - 24mins

Subject: Through my eyes is part of a mental health awareness project involving the indigenous communities of Brisbane, Palm Island, Thursday Island, Northern Peninsula area communities, Murri Image, Access Arts and Qld Health

QTMHC Location Code: Vid053

INTERPRETING

Counselling with Interpreters: Sexual Assault Interviews

Available in: *English*

Produced by: NSW Health, 1988.

Format & Length: VHS - 20mins

Subject: A video for counsellors about working with interpreters in sexual assault counselling including the importance of the pre-interview; some common mistakes and how to avoid them; examples of consecutive and simultaneous interpreting; and ways of facilitating communication

QTMHC Location Code: Vid001

A Word in Edgeways

Available in: *English*

Produced by: 1989.

Format & Length: VHS - 15min

Subject: This video explains the importance of the professional interpreter understanding that their role is to interpret only what is being said by the patient or the health professional

QTMHC Location Code: Vid003

Effective Use of Interpreters in a Health Care Setting

Available in: *English*

Produced by: Royal Children's Hospital, 1985.

Format & Length: VHS - 18mins

Subject: A simulated doctor/patient interview involving an interpreter highlights some of the problems of communication encountered by many interpreters working in health care

QTMHC Location Code: Vid005

Interpreting in Health Care

Available in: *English*

Produced by: University of NSW, N/A.

Format & Length: VHS - 20mins

Subject: There are many situations in medical practice when a professional interpreter is not available and you need to call on non-professional help. This program is designed to illustrate the main points to keep in mind but the principles are equally applicable to many situations

QTMHC Location Code: Vid006

Cross Currents

Available in: *English*

Produced by: SBS, N/A.

Format & Length: VHS - 30mins

Subject: The video illustrates problems with communicating cross-culturally between doctor and patient and the impact of culture

QTMHC Location Code: Vid009

Now Do You Understand?

Available in: *English*

Produced by: University of Sydney, N/A.

Format & Length: VHS - 14mins

Subject: This video portrays a number of incidents in a hospital emergency/outpatients scenario and highlights the problems with using non-professional interpreters

QTMHC Location Code: Vid038

Using Interpreters

Available in: *English*

Produced by: WA Health Department, 1995.

Format & Length: VHS - 10mins

Subject: This video succinctly and quickly provides basic information on using professional interpreters, both on the telephone and face-to-face. Contained in the *Using interpreters: a kit for health professionals*

QTMHC Location Code: Vid059 (FOLDER 25)

Working Effectively with Interpreters

Available in: *English*

Produced by: Attorney General's Department, 1996.

Format & Length: VHS - 14mins

Subject: This video demonstrates some of the issues involved in working with interpreters. The video highlights the vital communication role interpreters play in the federal court and tribunal system and demonstrates how to work most effectively with interpreters

QTMHC Location Code: Vid064

Mental health interpreting: A mentored curriculum

Available in: *English*

Produced by: University of Rochester, 1998.

Format & Length: VHS - 32mins

Subject: An educational resource for foreign language and sign language interpreters who find themselves working in the challenging world of mental health. The video features 11 interpreting vignettes.

QTMHC Location Code: Vid034

Medical interpreting: Improving communication with your patients

Available in: *English*

Produced by: Deakin University, 1998.

Format & Length: VHS - 24mins

Subject: When you don't speak the same language as your patient, and your patient doesn't speak English, how do you cope in a medical consultation? Use a medical interpreter. By watching the video in conjunction with the book and working through the activities, you'll come to a better understanding of key issues such as addressing the patient, managing 'turns to talk' with the interpreter and patient, and taking the medical history

QTMHC Location Code: Vid082

Working effectively with interpreters in mental health settings

Available in: *English*

Produced by: Victorian Transcultural Psychiatry Unit, 2006.

Format & Length: DVD

Subject: This DVD has been developed for staff in mental health service settings for in-house professional development and self-directed learning. Contains role plays on how NOT to work with an interpreter; how to work with interpreters effectively; and telephone interpreting

QTMHC Location Code: CD042

LEGAL ISSUES

Changing Justice: Seeking Unity in Diversity

Available in: *English*

Produced by: South Brisbane Immigration & Community Legal Service, 1997.

Format & Length: VHS - 75mins

Subject: Part 1: Searching for justice - raises core issues relating law, culture and justice in contemporary Australia. Part 2: Understanding then...and now - overview of the history of the imposition of English law on Australia and raises awareness about racism and the law. Part 3: Confronting racism - Explores the situation of Indigenous peoples and the law, racism and ethical behaviour in the police services and prisons, deaths in custody and Indigenous world views. Part 4: Sharing culture - Considers the fact that Western law has not understood nor respected Indigenous cultures and laws. Part 5: Looking forward - Community workers introduce some main issues concerning the migration and settling in process and the situation of refugees. Part 6: Getting the truth - Considers culture and communication and factors involved in ethical effective inter-cultural communication in interrogation, interviews and the courtroom. Part 7: Peace with justice - Considers the fundamental importance of values and the need for tolerance and a willingness to learn from each other. Contained within the *'Changing justice: Seeking unity in diversity. A training resource about culture, communication, conflict resolution and law'*

QTMHC Location Code: Vid019 (FOLDER 26)

MEDIA REPRESENTATION

Seen One, Seen 'Em All: Media Representation of Ethnic & Minority Groups

Available in: *English*

Produced by: Clearinghouse on Migration Issues.

Format & Length: VHS - 15mins

Subject: This video uses a zany quiz show format to raise questions about ethnic stereotyping using examples from advertising and answers the following questions: What is stereotyping? Is there an 'Australian' identity? What is ethnicity?

QTMHC Location Code: Vid044

MENTAL HEALTH

One in Five: Living with a Mental Illness

Available in: *English*

Produced by: Department of Human Services & Health, N/A.

Format & Length: VHS - 24mins

Subject: In *One in Five*, we meet Steven, a young man living with a mental illness. Steven tells about his experience of mental illness, and how the attitudes of friends, professionals and the community can affect his health and his quality of life

QTMHC Location Code: Vid007

Shine on Again Mind Caring Course - Video 1

Available in: *English*

Produced by: Schizophrenia Fellowship of South Qld, 1997.

Format & Length: VHS -2hrs 25mins

Subject: Proceedings of the Mind Caring Course, August 1996 featuring papers on: Bio-psychosocial impacts of psychiatric disorders; Schizophrenia - features and treatments; A few words on hope

QTMHC Location Code: Vid045

Shine on Again Mind Caring Course - Video 2

Available in: *English*

Produced by: Schizophrenia Fellowship of South Qld, 1997.

Format & Length: VHS - 2hrs 45mins

Subject: Proceedings of the Mind Caring Course, August 1996 featuring papers on: Bipolar & depressive disorders - features and treatments; Advances in medication and research; Consumers' concerns about medications

QTMHC Location Code: Vid046

Shine on Again Mind Caring Course - Video 3

Available in: *English*

Produced by: Schizophrenia Fellowship of South Qld, 1997.

Format & Length: VHS - 2hrs 40mins

Subject: Proceedings of the Mind Caring Course, August 1996 featuring papers on: Impact on community, families and individuals; Impact on community accommodation for the mentally ill; The impact of nursing education on community mental health; and Rehabilitation - a challenge for all

QTMHC Location Code: Vid047

Shine on Again Mind Caring Course - Video 4

Available in: *English*

Produced by: Schizophrenia Fellowship of South Qld, 1997.

Format & Length: VHS - 2hrs 19mins

Subject: Proceedings of the Mind Caring Course, August 1996 featuring papers on: Resources of caring organisations assisting carers/consumers in mental illness; Government organisations: a changing concern; Shattered health, ruined education, social outcast, youth suicide; and Prevention and early intervention in psychosis

QTMHC Location Code: Vid048

Understanding mental illnesses (& booklet)

Available in: *English*

Produced by: Commonwealth Government, 2000.

Format & Length: VHS - 36mins

Subject: Part 1: Montage of young people and their families talking about their experience of mental illnesses. Part 2: Changing people's attitudes using media campaigns. Part 3: Shows the use of role play technology in dealing with two situations involving young people. Contained within '*Mind matters. A mental health promotion resource for secondary schools*'

QTMHC Location Code: Vid057 (FOLDER 33)

Spanish-speaking communities perspective of mental health and mental illness

Available in: *English*

Produced by: Qld Transcultural Mental Health Centre, 2004.

Format & Length: VHS

Subject: Recording of a cross-cultural seminar detailing the perspectives of the Spanish-speaking community in Queensland related to mental health and mental illness

QTMHC Location Code: Vid081

An Arabic-speaking communities perspective of mental health and mental illness

Available in: *English*

Produced by: Qld Transcultural Mental Health Centre, 2004.

Format & Length: VHS

Subject: Recording of a cross-cultural seminar detailing the perspectives of the Arabic-speaking community in Queensland related to mental health and mental illness

QTMHC Location Code: Vid083

A Samoan community's perspective of mental health and mental illness

Available in: *English*

Produced by: QTMHC, 2004.

Format & Length: VHS

Subject: Recording of a cross-cultural seminar detailing the perspectives of the Samoan community in Queensland related to mental health and mental illness

QTMHC Location Code: VID084

A Vietnamese community's perspective of mental health and mental illness

Available in: *English*

Produced by: QTMHC, 2004.

Format & Length: VHS

Subject: Recording of a cross-cultural seminar detailing the perspectives of the Vietnamese community in Queensland related to mental health and mental illness

QTMHC Location Code: VID088

A Somali community's perspective of mental health and mental illness

Available in: *English*

Produced by: QTMHC, 2005.

Format & Length: VHS

Subject: Recording of a cross-cultural seminar detailing the perspectives of the Somali community in Queensland related to mental health and mental illness

QTMHC Location Code: VID095

A Filipino community's perspective of mental health and mental illness

Available in: *English*

Produced by: QTMHC, 2005.

Format & Length: VHS

Subject: Recording of a cross-cultural seminar detailing the perspectives of the Filipino community in Queensland related to mental health and mental illness

QTMHC Location Code: Vid013

A Sudanese community's perspective of mental health and mental illness

Available in: *English*

Produced by: QTMHC, 2005.

Format & Length: VHS

Subject: Recording of a cross-cultural seminar detailing the perspectives of the Sudanese community in Queensland related to mental health and mental illness

QTMHC Location Code: VID097

A Bosnian community's perspective of mental health and mental illness

Available in: *English*

Produced by: QTMHC, 2005.

Format & Length: VHS

Subject: Recording of a cross-cultural seminar detailing the perspectives of the Bosnian community in Queensland related to mental health and mental illness

QTMHC Location Code: VID099

Queensland Health Policy: Service delivery for people with dual diagnosis

Available in: *English*

Produced by: Qld Health., 2008.

Format & Length: DVD

Subject: Satellite broadcast 24/09/08

QTMHC Location Code: CD086

MENTAL HEALTH ACT

Take the next step. Making the most of your ITO Review Hearing

Available in: *English*

Produced by: Qld Health, 2007.

Format & Length: DVD - 22mins

Subject: Explains what an ITO (Involuntary Treatment Order) is and what to expect at a review hearing with the Mental Health Tribunal

QTMHC Location Code: CD045

Take the next step. Making the most of your FO Review Hearing

Available in: *English*

Produced by: Qld Health, 2007.

Format & Length: DVD - 26mins

Subject: Explains what a FO (Forensic Order) is and what to expect at a review hearing with the Mental Health Tribunal

QTMHC Location Code: CD050

MENTAL HEALTH WEEK

Exploring the wisdom within cultures: Mental Health Week 2004

Available in: *English*

Produced by: Qld Transcultural Mental Health Centre, 2004.

Format & Length: VHS

Subject: Activities held on Mental Health Day - 13th October, 2004 involving the *Community Participation in Mental Health Project*. Includes guest speakers and community showcases of how to keep mentally well.

QTMHC Location Code: Vid087

OCD

What You Really Need to Know About Obsessive Compulsive Disorder

Available in: *English*

Produced by: Roerig, 1997.

Format & Length: VHS - 50mins

Subject: In this special presentation by world renowned actor John Cleese and Dr Robert Buckman present valuable information designed to help people understand the medical illness, Obsessive Compulsive Disorder (OCD) and how treatment can help. Aspects of OCD such as its relationship with depression, common symptoms, how behavioural and medical treatment can help, and the importance of taking medication are explained in a concise and effective presentation

QTMHC Location Code: Vid060

PANIC DISORDER

Don't Panic

Available in: *English*

Produced by: Pfizer & Roerig, 1998.

Format & Length: VHS - 18mins

Subject: Understanding panic disorder. In our daily lives there are situations in which it is reasonable to feel uneasy or anxious. Physiological fear is an adaptive response that helps us face challenges. We experience it as an inconvenient discomfort occurring in a totally appropriate situation. Panic Disorder (PD) is different from everyday nervousness because it is a more intense fear, totally inappropriate for the circumstance in which it is occurring. Panic attacks occur spontaneously or 'out of the blue'. That is, they can occur independent of any stressful situation and this exaggerated fear may often interfere with daily life. Panic attacks can also be triggered by ordinary life events and situations or they can be triggered by anticipating such events or situations. In other words, panic attacks can be triggered by fearful thoughts. Feared situations can include supermarkets, crowded places, expressways, tunnels or bridges, social occasions, escalators or elevators, and many other situations

QTMHC Location Code: Vid025

PHOBIAS

Don't Look at Me

Available in: *English*

Produced by: Pfizer & Roerig, 2000.

Format & Length: VHS - 19mins

Subject: Understanding social phobias. Social phobia is a genuine medical condition and in most cases it can be treated. Social phobia affects as many as one person in 20 in Australia; men and women are equally affected. Many people, especially men, keep this condition a terrible secret. People with social phobia become anxious and tend to avoid situations where they must perform in front of other people. For some, just making ordinary social contact can be enormously stressful. The information on this video is intended to help you understand this problem, its symptoms and the treatments available.

QTMHC Location Code: Vid024

POSTNATAL DEPRESSION

Understanding Post Natal Depression

Available in: *English*

Produced by: Pfizer & Roerig, 2000.

Format & Length: VHS - 17mins

Subject: Statistically Postnatal Depression (PND) affects one in 10 women soon after the birth of a baby. The following questions are answered:- How is PND different from the 'baby blues'? When does PND usually occur? What are the major symptoms of PND? What do PND sufferers feel? What are the treatment programs available? Can mothers who are breast feeding take anti-depressant medications?

QTMHC Location Code: Vid058

Postnatal depression

Available in: *English*

Produced by: Rural Health Education Foundation, 2006.

Format & Length: DVD - 73mins

Subject: After viewing this program, participants will be able to:- identify symptoms of postnatal depression; understand the causal role of physical, emotional, hormonal and social factors in postnatal depression; identify support mechanisms for new mothers and families; identify management and treatment options for women with postnatal depression; and understand the risks

QTMHC Location Code: CD036

You are not alone: Emotional health for mothers - Amharic

Available in: *Amharic*

Produced by: WA Perinatal Mental Health Unit, 2007.

Format & Length: DVD - 19mins

Subject: *You are not alone* has been designed to help Ethiopian women and their families understand the emotional problems that can occur during pregnancy and in the post-partum period. The DVD should alert women to seek professional help. It also provides information on culturally appropriate services available to make the perinatal period more enjoyable

QTMHC Location Code: CD062

You are not alone: Emotional health for mothers - Dinka

Available in: *Dinka*

Produced by: WA Perinatal Mental Health Unit, 2007.

Format & Length: DVD - 27mins

Subject: *You are not alone* has been designed to help Sudanese women and their families understand the emotional problems that can occur during pregnancy and in the post-partum period. The DVD should alert women to seek professional help. It also provides information on culturally appropriate services available to make the perinatal period more enjoyable

QTMHC Location Code: CD064

You are not alone: Emotional health for mothers - Iraqi/Arabic

Available in: *Arabic*

Produced by: WA Perinatal Mental Health Unit, 2007.

Format & Length: DVD - 27mins

Subject: *You are not alone* has been designed to help Iraqi women and their families understand the emotional problems that can occur during pregnancy and in the post-partum period. The DVD should alert women to seek professional help. It also provides information on culturally appropriate services available to make the perinatal period more enjoyable

QTMHC Location Code: CD063

PSYCHOSIS

About psychosis. Essential facts for clients and carers

Available in: *English*

Produced by: McPhee Productions, 2007.

Format & Length: DVD - 88mins

Subject: This DVD is about real people's experiences of psychosis and its treatment. It has been developed to give you some idea of how you can work with family and friends, and your health care team to improve your outcome. Includes chapters on dealing with the diagnosis; substance abuse; treatment and service available and how to avoid relapse and maintain wellbeing

QTMHC Location Code: CD049

REFUGEES & MIGRANTS

Long journey...young lives

Available in: *English*

Produced by: Australian Film Commission and ABC New Media, 2004.

Format & Length: DVD

Subject: The experiences of asylum seeking youth, violence, detention and being a refugee

QTMHC Location Code: CD016

Third Class, Third Rate

Available in: *English*

Produced by: SBS Television, N/A.

Format & Length: VHS - 30mins

Subject: This video tells the story of one CALD woman who migrated to Australia with her husband, and of her experiences of exploitative employment and domestic violence

QTMHC Location Code: Vid052

Assessment of students with a refugee background

Available in: *English*

Produced by: Qld Transcultural Mental Health Centre, 2009.

Format & Length: DVD

Subject: Recording of the Bi-annual Forum of the Young Refugee Mental Health Interagency Meeting on 11th May, 2009. Topic discussed:- Assessment of students with a refugee background

QTMHC Location Code: CD089

Cross-Cultural Encounters

Available in: *English*

Produced by: Training Health and Educational Videos Pty Ltd, N/A.

Format & Length: VHS - 1hr

Subject: Miscommunication in service provision. Discussion triggers: 1. Female counsellor with Italian female client; 2. Female counsellor with male student from Pakistan; 3. Male counsellor with Yugoslav woman; 4. Male counsellor with German mother; 5. Male counsellor with African client; and 6. Male counsellor with older Chinese client. Triggers designed for use with ethnic workers:- 8. Teenager, school counsellor and ethnic welfare worker; 9. Woman and male ethnic welfare worker; 10. Pre-school principal and mother seeking child care; 11. Counter officer at Motor Registry Office and customer; and 12. Male counter officer and Asian customer. Also contains short vignettes. Video booklet available.

QTMHC Location Code: Vid022

Conflict or Challenge? Cross-Cultural Issues in Australia

Available in: *English*

Produced by: Training Health and Educational Videos Pty Ltd, N/A.

Format & Length: VHS - 45mins

Subject: 1 - Why don't you speak English? - This vignette is set in a family day care playgroup and demonstrates the isolation people feel when others speak in a language they don't understand, and the attitudes and responses of an English speaker to a group of non-English speakers. 2 - A barbecue lunch - A barbecue lunch is being given to welcome to Australia an overseas student from Nigeria. 3 - Organisational culture - The purpose of this trigger is to examine the concept of organisational culture, and to explore the similarities between adjusting to a new organisation and adjusting to a new country. 4 - But Mummy says no - This vignette is set in a child care centre and is designed to explore the value conflicts between the parent and teacher. 5 - Health issue, hospital interpreters - A patient in casualty is being given the results of x-rays after an accident. 6 - Contraception or not - A patient is being advised on contraception after childbirth. 7 - Should I breastfeed? - A patient in hospital is deciding whether or not to breastfeed her baby. 8 - After-hours work - Staff in a typing pool are asked to remain later than usual to do some emergency typing. 9 - Post-interview counselling - A member of a selection committee holds a post-interview counselling session with an unsuccessful applicant. 10 - English in the workplace - Trang is waiting for the elevator on his way to his regular afternoon English in the workplace course. 11 - Language or accent? - A well qualified candidate with a strong accent is interviewed for a public contact position. 12 - Identified position - A staff meeting at a suburban office of a government department discusses a newly created position. 13 - Does she need English lessons? - Nicole's supervisor brings her information about a newly organised English in the workplace course. 14 - English for promotion - Maria's supervisor discusses English training for Maria with his manager. 15 - Is English necessary? - Cleaning supervisor approaches the personnel officer and hands him job advertisements for members of a cleaning team. 16 - Overseas students in Australia and in Hong Kong - An Asian student discusses her university course with a local student. 17 - Family culture - This trigger looks at the different values, behaviours and attitudes each person brings to a relationship from his or her own family background. 18 - Views of Australian culture - people who have migrated. 19 - Views of Australian culture - Australian-born. 20 - The rules of the club. Video booklet available

QTMHC Location Code: Vid020

Counselling across Cultures: Working with People of Migrant and Refugee Backgrounds

Available in: *English*

Produced by: Fremantle Migrant Resource Centre, 1998.

Format & Length: VHS - 32mins

Subject: Through a series of interviews with people in the helping professions such as therapists, psychologists, social workers and counsellors, this video argues that to ensure the delivery of appropriate and effective service, providers must first understand, and then practice, the principles of cross-cultural counselling. Part 1: Considering culture in counselling and therapy; when cultural factors are ignored; understanding bias and understanding other cultures; and using and understanding stereotypes. Part 2: Cultural issues in intervention; overemphasising cultural factors; using interpreters; reconciling cultural clashes; and the challenge

QTMHC Location Code: Vid021-R

Australia Has No Winter - a Refugee Family Story

Available in: *English*

Produced by: Habibi Films, 1999.

Format & Length: VHS - 55mins

Subject: This video explores the experiences and responses of a refugee family coming to Australia to escape conflict, suffering and dislocation in the former Republic of Yugoslavia. Stevan is a Serb while his wife, Georga, is a Croatian. Becoming outsiders in their violently fragmenting homeland, they look forward to making a new life in Australia. Their initial enthusiasm is not sufficient to deal with the uncertainties, challenges and tensions generated in the transition. The family must not only come to terms with a new country, culture and language, they must also deal with the stress produced by separation from their friends and wider family as well as changing status and relationships within the family itself. Video booklet accompanies.

QTMHC Location Code: Vid016-R

Hybrid Life (Tape 1)

Available in: *English*

Produced by: SBS TV, 2001.

Format & Length: VHS - 3hrs 28mins

Subject: Explores the various experiences of second generation migrants in Australia and the ways in which these individuals strive to reconcile the expectations and acknowledge the influences of competing cultures. Eight part video: 1) Dear Bert, 2) Parra, 3) Delivery day, 4) Saturn's return, 5) The last Pechenink, 6) Always a visitor, 7) Missing Vietnam, 8) The brides of Khan

QTMHC Location Code: Vid027

Effort program: Men's exercise program

Available in: *English*

Produced by: Qld Transcultural Mental Health Centre, 2004.

Format & Length: DVD

Subject: A project incorporating a range of physical activities combined with psycho-education sessions for men from a refugee background. Involved 15 participants in a twice-weekly, 12 week program

QTMHC Location Code: CD014

A welcome for wellbeing: Promoting the mental health & wellbeing of new arrival communities

Available in: *English*

Produced by: Mental Health & Wellbeing & Health Inequalities Unit, 2003.

Format & Length: VHS - 15mins

Subject: New arrivals and service providers talk about supporting newcomers to build healthy lives in Australia. New arrivals, especially those fleeing war and human rights abuses, have limited access to the things we know are good for mental health, such as jobs, housing and social support. This video shows some practical ways to promote mental health and wellbeing through settings that newcomers make contact with each day such as schools, community groups, sporting clubs and workplaces. It is suitable for use as an education, training and awareness raising resource

QTMHC Location Code: VID089

"See Through our Eyes": a Refugee Perspective on Health

Available in: *English*

Produced by: GRIT Media, 2006.

Format & Length: DVD - 11.5mins

Subject: This DVD is an introduction to important concepts in refugee health care and is intended for use as a teaching and learning resource for students. Contains chapters on the diversity of refugees; familiarity with the health care system; communication and cultural competence in service provision

QTMHC Location Code: CD044

Assumptions, assumptions...Migration: a health hazard?

Available in: *English*

Produced by: South Metropolitan Area Mental Health Service, 2007.

Format & Length: DVD - 75.5mins

Subject: This training package has been created for the purpose of highlighting some of the difficulties facing immigrants and the impact these have on their general and mental health. The participants recorded on the DVD have spoken voluntarily about their personal experiences and these are representative of experiences encountered by past and present migrants. Includes vignettes on language competency versus accent; English language competency in work places; Assumptions based on appearance; Migration experience and adaptation; How significant a name is to an individual; Language and culture in therapy; Dealing with loss and powerlessness in new migrants; Post migration stress; Living in a 'first world country'; Doctor/client interaction using an interpreter; cultural identity; Cultural issues in mental health treatment and sense of belonging. This package also includes a supplementary DVD on the culture and practices of the Acholi of Southern Sudan.

QTMHC Location Code: CD060

Hybrid Life (Tape 1)

Available in: *English*

Produced by: SBS TV, 2001.

Format & Length: DVD - 3hrs 28mins

Subject: Explores the various experiences of second generation migrants in Australia and the ways in which these individuals strive to reconcile the expectations and acknowledge the influences of competing cultures. Eight part video: 1) Dear Bert, 2) Parra, 3) Delivery day, 4) Saturn's return, 5) The last Pechenink, 6) Always a visitor, 7) Missing Vietnam, 8) The brides of Khan

QTMHC Location Code: CD073

Welcome to Kakuma

Available in: *English*

Produced by: 2008.

Format & Length: DVD - 20mins

Subject: Filmed in Kakuma Refugee Camp in Kenya. Provides an overview of conditions in the camp, introduces some of the refugee families currently living there and the NGO's who provide services to the camp inhabitants. Includes a section which focuses particularly on the high degree of risk faced by women and girls in the camp. Ideal teaching tool for aid workers, community workers, secondary and tertiary students

QTMHC Location Code: CD078

SCHIZOPHRENIA

Help Yourself: A Video Package on Schizophrenia

Available in: *Italian, English text*

Produced by: Schizophrenia Fellowship NSW, N/A.

Format & Length: VHS - 15mins

Subject: Story of how a family deals with schizophrenia. How culture affects their view of the mental illness, treatment and associated stigma

QTMHC Location Code: Vid011

Schizophrenia and other psychotic illnesses

Available in: *English*

Produced by: Speaking from Experience Pty Ltd, N/A.

Format & Length: DVD - 37mins

Subject: Personal perspectives on medical and social issues provided by mental health consumers

QTMHC Location Code: CD038

SETTLEMENT

Australia - a new home. Settlement information for newly-arrived African refugees

Available in: *Amharic, Dinka, English, Kirundi, Sudanese Arabic, Swahili, Tigrinya*

Produced by: Department of Immigration and Citizenship, 2007.

Format & Length: DVD - 75mins

Subject: This DVD gives an overview of how things work in Australia and the services available. Includes information such as settlement services, translating and interpreting services, English language tuition, torture and trauma counselling, Centrelink, employment service providers. Also includes information about accommodation, visiting a doctor, emergencies, education, budgeting, employment, the law and more

QTMHC Location Code: CD081

STIGMA

A Little Understanding

Available in: Arabic, Cantonese, Croatian, English, Greek, Italian, Macedonian, Maltese, Spanish, Tagalog, Vietnamese

Produced by: Transcultural Mental Health Centre, 1997.

Format & Length: VHS - 15mins

Subject: Three people with mental illness talk about their experiences with the mental health system and community attitudes. The video also encourages people to examine their own ideas about mental illness and challenges some common myths

QTMHC Location Code: Vid015

What's Mad to You (Part 1)

Available in: English

Produced by: SBS Australia, N/A.

Format & Length: VHS - 30mins

Subject: While most people are happy to discuss their physical problems, there are very few who do not regard their emotional and psychological problems as something to be ashamed of - a stigma. This documentary focuses on the need for society to understand the issues surrounding mental health. It highlights the special difficulties faced in that area by Australians of non-English speaking origins

QTMHC Location Code: Vid062

What's mad to you? Part 2 (New approaches)

Available in: English

Produced by: SBS Australia, 1999.

Format & Length: VHS - 27mins

Subject: This documentary focuses on the need for society to understand the issues surrounding mental health. It highlights special difficulties faced in that area by Australians of non-English speaking origins, when faced with a mental health problem

QTMHC Location Code: Vid078

Off the rails. A short film to combat the stigma of mental illness

Available in: English

Produced by: GJW Productions, 2006.

Format & Length: DVD

Subject: This DVD aims to reduce the stigma associated with mental illness and offers a sense of hope to sufferers, carers and families. It educates society to become familiar with the possible causes of mental illness and encourages those at risk to take positive action and seek help

QTMHC Location Code: CD052

STRESS

What You Really Need to Know About Stress

Available in: English

Produced by: Roerig, 1997.

Format & Length: VHS - 50mins

Subject: Explains the symptoms, treatment and medication related to stress

QTMHC Location Code: Vid061

SUICIDE

Keep Yourself Alive: Youth Suicide - Recognising the Signs. Video 1

Available in: *English*

Produced by: Hickey, A., 1997.

Format & Length: VHS - 30mins

Subject: Contained within the *Keep Yourself Alive Resource Package*. The video cassettes are intended as a guide for professionals; they may be watched alone, or as part of a seminar or workshop. The video cassettes are not primarily intended to inform members of the general public

QTMHC Location Code: Vid030 (FOLDER 15)

Keep Yourself Alive: Youth Suicide - What Do I Do Now? Crisis Intervention. Video 2

Available in: *English*

Produced by: Hickey, A., 1997.

Format & Length: VHS -30mins

Subject: Contained within the *Keep Yourself Alive Resource Package*. The video cassettes are intended as a guide for professionals; they may be watched alone, or as part of a seminar or workshop. The video cassettes are not primarily intended to inform members of the general public

QTMHC Location Code: Vid032 (FOLDER 15)

Keep Yourself Alive: Youth Suicide - What Do I Do Next? An introduction to therapy. Video 3

Available in: *English*

Produced by: Hickey, A., 1997.

Format & Length: VHS - 30mins

Subject: Contained within the *Keep Yourself Alive Resource Package*. The video cassettes are intended as a guide for professionals; they may be watched alone, or as part of a seminar or workshop. The video cassettes are not primarily intended to inform members of the general public

QTMHC Location Code: Vid031 (FOLDER 15)

Keep Yourself Alive: After Suicide - Picking up the Pieces. Video 4

Available in: *English*

Produced by: Hickey, A., 1997.

Format & Length: VHS - 30mins

Subject: Contained within the *Keep Yourself Alive Resource Package*. The video cassettes are intended as a guide for professionals; they may be watched alone, or as part of a seminar or workshop. The video cassettes are not primarily intended to inform members of the general public

QTMHC Location Code: Vid029 (FOLDER 15)

The home song stories

Available in: *English*

Produced by: McMahon, C. and Watts, L., 2007.

Format & Length: DVD - 99mins

Subject: This is the true story of Rose, a glamorous Shanghai nightclub singer, who struggles to survive in 70s Australia with two young children. Based on writer/director Tony Ayres' own life, *The Home Song Stories* is an epic tale of mothers and sons, mothers and daughters, unrequited love, betrayal and secrets

QTMHC Location Code: CD085

SUPPORT GROUPS

Support Groups: A Guide to Setting up and Facilitating Support Groups

Available in: *English*

Produced by: Mental Health Association of NSW, 2001.

Format & Length: VHS - 30mins

Subject: This video is for mental health consumers, carers and workers who want to set up and run a mental health support group. It has interviews with several support group facilitators on their experiences both establishing and facilitating mental health support groups, plus some useful tips on handling common situations in groups

QTMHC Location Code: Vid049

TELEMEDICINE

Telemedicine - a New Step Towards Better Health (Information for Health Workers)

Available in: *English*

Produced by: Qld Health, 1998.

Format & Length: VHS

Subject: This video has been produced to inform health workers about the use of video conferencing equipment in Queensland mental health services

QTMHC Location Code: Vid051

Telemedicine - a New Step Towards Better Health (Information for Health Consumers)

Available in: *English*

Produced by: Qld Health, 1998.

Format & Length: VHS

Subject: This video has been produced to inform health consumers about the use of video conferencing equipment in Queensland mental health services

QTMHC Location Code: Vid010

TORTURE & TRAUMA

Bent Not Broken

Available in: *English*

Produced by: SBS Australia, N/A.

Format & Length: VHS - 30mins

Subject: It is estimated that between 60-70% of immigrants arriving in Australia with refugee status have been tortured in their home country. In this sensitive documentary, Kay Donovan interviews torture victims, mental health workers and others engaged in counselling or rehabilitation of immigrants who have experienced torture.

QTMHC Location Code: Vid002

Eye of the Needle

Available in: *English*

Produced by: Eastway Communications, 1991.

Format & Length: VHS - 40mins

Subject: Part 1: Torture and its effects - Provides information on the definition, purpose and processes of torture. Part 2: My father's daughter, the story of Mai - Depicts the experiences of people from Indochinese backgrounds and the ways previous traumatic events impinge on resettlement. Part 3: The two deaths of Raul Pacheco - Focuses on the experiences of people from Latin American countries and the way torture disrupts family relationships. Part 4: The survivor, the story of Zalmai - Focuses on the experience of people from the Middle East and explores some of the issues involved in survival in a new place. Video contained within the 'Eye of the needle' trainers kit.

QTMHC Location Code: Vid026 (FOLDER 10)

Recovery from trauma: What works

Available in: *English*

Produced by: Australian Centre for Posttraumatic Mental Health and Rural Health Education Foundation, 2009.

Format & Length: DVD - 29mins

Subject: This DVD is intended to assist people experiencing problems related to trauma, their families and carers. It will enable you to be better informed and to discuss issues related to symptoms and treatment with the relevant health professional. It will also enable you to make the right decisions about the best treatment for your situation.

QTMHC Location Code: CD087

Australian guidelines for the treatment of adults with acute stress disorder and posttraumatic stress disorder

Available in: *English*

Produced by: Australian Centre for Posttraumatic Mental Health and Rural Health Education Foundation, 2009.

Format & Length: DVD - 72mins

Subject: This DVD aims to improve practitioner and community knowledge regarding best practice approaches to the management of mental health conditions following trauma. It demonstrates these approaches through three case studies relating to recent trauma, suspected or diagnosed PTSD and PTSD with comorbidity. The program covers issues such as psychological first aid, screening, trauma-focussed therapy, medication and other comorbid disorders following trauma.

QTMHC Location Code: CD088

YOUTH

Koping: A Video Supporting Children and Young People Whose Parents Are Living with a Mental Health Problem

Available in: *English*

Produced by: Northside Central Public Health Unit Network, 2002.

Format & Length: VHS - 11mins

Subject: A video supporting children and young people whose parents are living with a mental health problem. The KOPING video has been developed to raise awareness of the experiences of children and young people whose parents are living with a mental health problem. The video and accompanying Facilitators Guide is designed for use in support groups, staff training, health promotion and community education

QTMHC Location Code: Vid033

Safe places

Available in: *English*

Produced by: Belle, A., 2002.

Format & Length: VHS - 15mins

Subject: Over six workshops, young people from a refugee background and living in Brisbane came together to talk, draw, paint and sing about their experiences of the past and their hopes for the future. This video is a snapshot of these reflections

QTMHC Location Code: Vid070

Given a chance

Available in: *English*

Produced by: Albert Street Productions, 1994.

Format & Length: VHS

Subject: Given a chance is a video which focuses on the life experiences of refugee young people in Australia. The video explores the refugee experience from the perspective of five refugee young people who have resettled in Australia from the countries of El Salvador, Vietnam, Afghanistan, Cambodia and Eritrea. The video also explores issues for service providers and contains interviews with experienced workers with refugee young people. Contained within *Given a chance. A video-training manual on working with refugee young people*

QTMHC Location Code: Vid073-R (FOLDER 22-R)

Songs of innocence

Available in: *English*

Produced by: Edgar, P. and Bardwell, H., 1992.

Format & Length: VHS - 1hrs

Subject: For children, family life has changed dramatically. Parents are older, children are fewer, often both parents work, one third of marriages end in divorce. This video features 13 children from nine Melbourne families, talking candidly and movingly about the often painful business of growing up in diverse family structures

QTMHC Location Code: Vid075

Raising children in Australia: A DVD for parents of young children from African backgrounds

Available in: Arabic, Amharic, Dinka, English, Liberian English, Kirundi, Kiswahili, Krio, Nuer, Somali, Tigrinya,

Produced by: Victorian Foundation for Survivors of Torture, 2007.

Format & Length: DVD

Subject: The DVD explores the opportunities and challenges of raising children in a new culture and provides information on child development; discipline; child protection; and services available. It aims to enhance parenting knowledge, capacity and confidence of raising children in Australia. Contained within *Raising children in Australia: A resource kit for early childhood services working with parents from African backgrounds*

QTMHC Location Code: CD057

UMOJA - A compilation of the experiences of young people from various African backgrounds in Brisbane involved in the Harmony Place Peer Mentoring Project

Available in: English

Produced by: Multicultural Centre for Mental Health and Well-Being Inc, N/A.

Format & Length: DVD

Subject: A compilation of the experiences of young people from various African backgrounds in Brisbane involved in the *Harmony Place Peer Mentoring Project*

QTMHC Location Code: CD079

See through me - Discrimination through the eyes of ten young Somali-Australians

Available in: English

Produced by: Refugee Health Research Centre, 2007.

Format & Length: DVD - 10mins

Subject: *See through me* was made in 2007 with a group of 10 young Somali-Australians living in Melbourne's northern suburbs. A team consisting of a research, drama facilitator and filmmaker worked with participants over a three-month period to produce the film. Participants were involved in all aspects of the film, from theme to content to final outcome. The film explores an issue of great importance to the participants, as it is to many people of refugee and migrant backgrounds - discrimination

QTMHC Location Code: CD080