TMHC Bulletin March 2018

March 2018
Welcome to the Transcultural Mental Health Centre Bulletin for March 2018.

The Bulletin aims to keep you up to date with all the latest news from the TMHC and the wider mental health and multicultural sectors.

Updates – At a Glance

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Introducing - Community Capacity Building in Strengthening the Mental Health of New and Emerging Refugee Populations
In the last newsletter, we introduced the clinical component of TMHC’s new project ‘Building the capacity to meet the mental health needs of newly arrived refugees in New South Wales’. The project aims to support the mental health of new and emerging refugee populations across New South Wales by building community and clinical capacity. The community component of the project has recently begun and will be delivered by Chelsea Muscat, Mental Health Consultant.

The aim of the community capacity building component is to improve mental health and wellbeing among newly arrived refugee communities, with a focus on prevention and staying well. This reflects the shift in contemporary practice towards a more holistic approach to mental health. Early intervention initiatives will concentrate on mental health literacy, stigma reduction and pathways to care.

Activities to be implemented will include:

- Mental health and wellbeing information sessions with community groups, as well as service providers who work closely with communities.
- Distribution of mental health and wellbeing resources, including language-specific resources.

Initiatives will be tailored to community and service provider needs. For more information about the community component of the project, please contact Chelsea Muscat, Mental Health Consultant, Transcultural Mental Health Centre at: Chelsea.Muscat@health.nsw.gov.au (mailto:Chelsea.Muscat@health.nsw.gov.au).

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MPGS Update

The Multicultural Problem Gambling Service for NSW and Multicultural Problem Gambling Program for Chinese Communities would like to wish everyone a Happy Chinese Year of the Dog!
We have updated our website!

The Transcultural Mental Health Centre and the Multicultural Problem Gambling Service for NSW have updated our website!

Our website now has a fresh new look and plenty of updated content. We have redesigned the site to make it easier for you to find information and to navigate through the site.

The updated site will go live in late March. Why not take a look at the site and let us know what you think! Visit our updated website (/transcultural-mental-health-centre-tmhc/transcultural-mental-health-centre) and email us at tmhc@health.nsw.gov.au (mailto:tmhc@health.nsw.gov.au) with your feedback.
Multicultural March

Each year at this time we celebrate ‘Multicultural March’.

Multicultural March is an initiative of the NSW Government that provides an opportunity for all sections of society to promote and celebrate multicultural diversity as a core part of our identity as Australians. Multicultural March culminates in Harmony Day on March 21. To find out more about Multicultural March visit the Multicultural March website (http://multicultural.nsw.gov.au/awards/multicultural_march/multicultural-march-calendar/).

Mental Health Month 2018 – Share the Journey

October each year is Mental Health Month. During Mental Health Month WayAhead coordinates several projects designed to increase awareness and decrease stigma surrounding mental health and wellbeing for culturally and linguistically diverse communities throughout NSW.
Small Grants

Each year, WayAhead – Mental Health Association NSW offers a number of small grants to support community events. Grants are available for initiatives targeting Culturally & Linguistically Diverse (CALD) communities. Additionally, any project can apply for a grant in the “General” category.

There are 1 x $1000 grants and 6 x $500 grants available specifically for events by and for CALD communities. Grants will open mid-May, and close at the end of June. For further information about the grants visit the Mental Health Month website. (http://mentalhealthmonth.wayahead.org.au /information-and-categories/)

The Transcultural Mental Health Centre can support you in your application for CALD specific grants. Please contact Michele Sapucci, Mental Health Promotion, Prevention and Early Intervention Program Leader on 02 8838 2189 or via email Michele.Sapucci@health.nsw.gov.au (mailto:Michele.Sapucci@health.nsw.gov.au).

Culturally and Linguistically Diverse (CALD) Communities Award

WayAhead also host the Mental Health Matters Awards, which includes the Culturally and Linguistically Diverse (CALD) Communities Award. The Award recognises programs, projects or events whose key aims are to improve the mental health and wellbeing of CALD communities and facilitate access to culturally appropriate information and services.

Award winners receive:

- A prize of $1000 for the winner in each award category.
- Presentation of their award at the launch of Mental Health Month at NSW Parliament House

Nominations for the award open at the beginning of May and will close mid-July. The awards are an excellent way to acknowledge the hard work done by community-led groups.

For further information please visit the Mental Health Month website. (http://mentalhealthmonth.wayahead.org.au /about-the-awards/)
Have your say on preventing suicide in NSW

Over the coming month, the NSW Mental Health Commission will consult with individuals and organisations across the state on the creation of a ‘Strategic Framework for Suicide Prevention in NSW’, on behalf of the NSW Government.

The project is focused on understanding the unique strengths and needs of individual communities and applying these to an effective state-wide approach. A key part will be listening to community feedback on what is working and where more or new effort is needed.

Individuals and organisations can have their say by completing an online survey before 15 April, or by attending one of four consultations happening around NSW in the coming weeks.


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New Research and Resources

This report looks at the experiences of refugee and asylum seekers in Adelaide in relation to housing, wellbeing and social inclusion. Although many participants recounted positive experiences, the report describes a range of barriers, including rental affordability, discrimination and social isolation that influenced the ability of refugees and asylum seekers to find appropriate housing and establish social networks.

Improving health literacy about dementia among older Chinese and Vietnamese Australians (http://www.publish.csiro.au/AH/AH17056)
Betty Haralambous and Paulene Mackellet al; (2017) Australian Health Review 42(1) 5-9
It is known that health literacy is low among older people and even lower among older people born overseas. This paper describes findings from a recent research study which developed and used the Cultural Exchange Model to increase health literacy among older people born overseas. The model is based on a process of collaboration, where researchers, service providers and community members work together to build evidence about a particular topic, in this case dementia.

Improving the capacity of community-based workers in Australia to provide initial assistance to Iraqi refugees with mental health problems: an uncontrolled evaluation of a Mental Health Literacy Course (https://ijmhs.biomedcentral.com/articles/10.1186/s13033-018-0180-8)
The aim of this study was to evaluate a face-to-face mental health literacy (MHL) Course that teaches community-based workers how to provide initial help to Iraqi refugees with depression and post-traumatic stress disorder (PTSD) related problems.

Multicultural Centre for Women’s Health (MCWH), 2017
This guide has been developed by the MCWH for anyone who is working to prevent violence against women. This guide aims to help people and organisations develop violence prevention
approaches, strategies and activities in a way that effectively engages immigrant and refugee communities to prevent violence against women.

This study looked at the adaptation differences between refugee and non-refugee immigrant youth in Australia. The study revealed that refugee youth experienced more maladjustment compared to non-refugee immigrant youth, showing significantly lower psychological adaptation and poorer socio-cultural adaptation. Study results also demonstrated that both refugee and non-refugee immigrant youth with higher levels of perceived discrimination tended to experience more maladaptation.

This study compared how Indian-Australians and Anglo-Australians feel about disclosing experiences of depression to family, friends and in the work context. The findings illustrate how stigma, culture, and setting are linked when it comes to disclosing mental illness and the impact this can have on wellbeing.
Events and Training

21 March 2018
Locations throughout NSW

Moving Towards Integrated Mental Health Services (https://www.criterionconferences.com/event/mental-health-conference/)
18 - 19 April 2018
Novotel, Sydney Central

19 April 2018
Novotel Parramatta
350 Church Street, Parramatta

Users Guide to the NSW Mental Health System ()
20 April 2018
Mental Health Carers NSW
80 William St, Woolloomooloo, Level 5, Sydney, NSW 2011

Royal Australian and New Zealand College of Psychiatrists 2018 Congress: becoming well together.
Partnerships in mental health (https://www.ranzcp2018.com/)
13 – 17 May 2018
SKYCITY Auckland Convention Centre
Auckland, New Zealand

One Door Mental Health 2018 Symposium 'Living Well: Do What You Can Do'
19 May 2018
Aerial UTS Function Centre, Ultimo, Sydney