



Culturally and Linguistically Diverse Project



Phase 1 Literature Review

What is CaLD

- ▶ Culturally and Linguistically diverse.
- ▶ CaLD encompasses a diverse community
- ▶ Can be :
 - ▶ Refugee, asylum seeker, migrant- temporary and permanent visas , Australian citizen and Australian born citizen.
- ▶ Almost 49% of Australians were either first generation or second generation Australians. (1)
- ▶ Came to Australia for a better life
- ▶ Common problems they face
 - ▶ Cultural and linguistic problems, racism, discrimination, employment problems, family conflicts and settlement issues. (2)



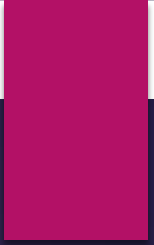
Literature review

- ▶ Barriers to positive mentally healthy actions in CaLD population. (2,3)
 - ▶ Cultural barriers
 - ▶ Linguistic barriers
 - ▶ Not understanding mental health
 - ▶ Being unaware of facilities or unable to access facilities eg. Community groups
 - ▶ Daily responsibility eg family, work commitments.
 - ▶ Unaware of services available or inability to access the services
- ▶ Strong stigmatism of Mental health for many cultures
- ▶ Lack of research surrounding the different CaLD communities. Often studies have small participant numbers. (4)

Positive mental health promotion activities

- ▶ Community activities
 - ▶ Community gardens
 - ▶ Physical activity classes and health education classes
 - ▶ Men's shed
 - ▶ Educational classes (community English classes, health education, parenting class and Living skills class)
- ▶ The Arts
 - ▶ Photo voice
 - ▶ Community music eg Drumbeat
 - ▶ Mental health education through theatre





Phase 2

Interview and Focus group

Purpose

- ▶ To identify the most relevant method to deliver the Act-Belong-Commit to the CaLD population of Western Australia.
- ▶ Objectives
 - ▶ To identify the most relevant method to deliver the Act-Belong-Commit message to CaLD population.
 - ▶ To find what are the current Act-Belong-Commit behaviours are in CaLD population.
 - ▶ To identify the current gaps in the preventative/ positive mental health action within this community.

Interviews

- ▶ Rehab Ahmed- Ishaar Multicultural Women's Centre
- ▶ Maria Bun- Multicultural Association of WA / Multicultural Aged Care Solutions
- ▶ Karen Lipo- Health Promotion Officer-CALD, Katanning
- ▶ Helen Maddocks and Catherine Colvin- Office of Multicultural Interest
- ▶ Doris Sant- North West Area Mental Health Service (VIC)
- ▶ Bernadette Wright- Transcultural Mental Health

Results

- ▶ Enjoy being part of the community and social interaction with friends and family.
- ▶ Enjoy activities associated to the Arts, crafting, music, gardening.
- ▶ Difficulties:
 - ▶ Language barrier to understanding health services
 - ▶ Lack of confidence
 - ▶ Family responsibilities
 - ▶ Isolation, acculturation
 - ▶ Engage in living not just being resilient

Recommendations for resources

- ▶ Interviewers identified that the Act-Belong-Commit message would be beneficial for the population however the message would be slightly difficult to understand for the clients.
- ▶ Lots of pictures
- ▶ Simple English, very worded can be daunting or not appealing
- ▶ More culturally relevant activities
- ▶ Best to provide in person workshops with discussion
 - ▶ Train the trainer style



Focus groups

- ▶ Ishaar Multicultural Women's groups (Mirrabooka and Bentley)
 - ▶ Female
 - ▶ Aged 30-60+
 - ▶ n=15 and n=7

- ▶ ASeTTS -Association for Services to Torture and Trauma Survivors (ASeTTS)
 - ▶ Male
 - ▶ Aged 30-60+
 - ▶ n=12

Results

- ▶ There were many common results from the focus groups
- ▶ Benefits of living in Australia was the safety, friendliness of people, government and non-government assistance, professionalism of health workers
- ▶ Negatives included crime, quietness living within the suburbs, miss their families back in their home country, isolation, difficulties navigating services, immigration process- strict and difficult
- ▶ Described someone who is mentally healthy would :
 - ▶ Help others
 - ▶ Think positively
 - ▶ Be social
 - ▶ Be active and eat right

Results

- ▶ Activities they enjoy doing
 - ▶ Attending the community groups ie Ishaar or ASeTTS benefited with their mental health
 - ▶ Going out to shops, café or city etc
 - ▶ Enjoyed social gatherings friends
 - ▶ Enjoyed calling their families and friends in home country
- ▶ Activities they would like to try or do
 - ▶ Swimming
 - ▶ Fishing
 - ▶ Yoga



Gap findings

- ▶ Numerous participants during the focus group and some interviewer identified there was a lack of awareness or connection between the importance of Act-Belong-Commit activities and mentally healthy effect.



Recommendations

- ▶ Mixed approach
- ▶ Simple resources
- ▶ Lots of pictures less words
- ▶ Mixed opinions on English or translated documents preference
 - ▶ Some commented they would like in English to improve their literacy skills however some felt that they would benefit more in their translated language
- ▶ Both Ishar and ASeTTS participants agreed that an interactive workshop delivery would be most appropriate for message communication. Important to include discussion session.

Multicultural places or events to spread the Act-Belong-Commit message

- ▶ Target through multicultural events as well
 - ▶ Lunar new year events throughout Perth
 - ▶ Harmony week
- ▶ CaLD churches
- ▶ Cultural community groups
 - ▶ <https://www.omi.wa.gov.au/CommunitiesNetworks/Pages/EthnicOrganisations.aspx>
- ▶ CaLD communication channels eg newspapers and or radio channels



The screenshot shows the ABC News website interface. At the top, there's a navigation bar with 'Sites', 'ABC', and a search icon. Below that, the 'NEWS' logo is prominent, along with the location 'Perth, WA' and a 'Change' dropdown. The date 'WEDNESDAY' and temperature '30°C' are also visible. A secondary navigation bar lists various news categories like 'Just In', 'Australia', 'World', etc. The main article is titled 'Christianity's increasingly multicultural face revealed in Australian church survey' by Hemangini Patel. It includes a sub-headline, a byline, and a photo of a woman and a child in a church setting. The article text discusses the findings of the National Church Life Survey, noting that more than a third of churchgoers are born overseas. A 'TOP STORIES' sidebar on the right lists other news items.

Christianity's increasingly multicultural face revealed in Australian church survey

By Hemangini Patel for The Religion and Ethics Report
Posted 4 Oct 2017, 6:56am

More than a third of Australian churchgoers were born overseas, according to the latest National Church Life Survey report.

Featuring data from more than 280,000 church attendees, it's the largest survey in the country after the census and is conducted every five years.

The latest figures demonstrate that first- and second-generation migrants make up an increasingly significant segment of the churchgoing population.

Survey director Ruth Powell says the multicultural face of Australia is highly evident in church congregations.

"The proportion of attendants born overseas was 28 per cent in 2006, and it's now 36 per cent in 2016," she said.

"I don't know it for certain yet, but I believe we may

TOP STORIES

- Eight dead after ute ploughs through crowd in Manhattan terror attack
- A bike path, a school bus and a paintball gun: How the Manhattan terror attack unfolded
- Opinion: Make no mistake, Donald Trump is at his zenith
- The life and crimes of Aussie mafia's 'don of dons'
- Neighbours heard woman's screams as man stabbed to death in home
- Our searches reveal how quickly we'll move on from the latest attack
- Here's what's stopping the major parties from agreeing to a citizenship audit
- Utah nurse dragged screaming from hospital settles for \$653,000
- Rescued women insist they're telling truth about 'five-month' ordeal
- School of the Air parents in WA opting out because of funds shortage
- \$1 million a month skimmed from illegal migrant 'slave workers'
- 'Extraordinary' Australian WWI charge at Battle of Beersheba

Final words

- ▶ Don't be afraid to approach and ask
- ▶ Question?

Reference

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2. Roberts S, Scorsonelli L, Brewerton R. Review of the Multicultural Mental Health Australia (MMHA) project [Internet]. 2011 [cited 2017 30/10/2017]. Available from: <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-multi-review>.
3. Brewer R. Culturally and Linguistically Diverse Women in the Australian Capital Territory: Enablers and Barriers to Achieving Social Connectedness: Women's Centre for Health Matters; 2009.
4. Minas H, Kakuma R, San Too L, Vayani H, Orapeleng S, Prasad-Ildes R, et al. Mental health research and evaluation in multicultural Australia: developing a culture of inclusion. International journal of mental health systems. 2013;7(1):23.