



# **MYAN NSW Sector Development Forum: Multicultural Young People and Mental Health**

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**Transcultural**  
Mental Health Centre

# Strategic Framework



# Policy and Planning Context

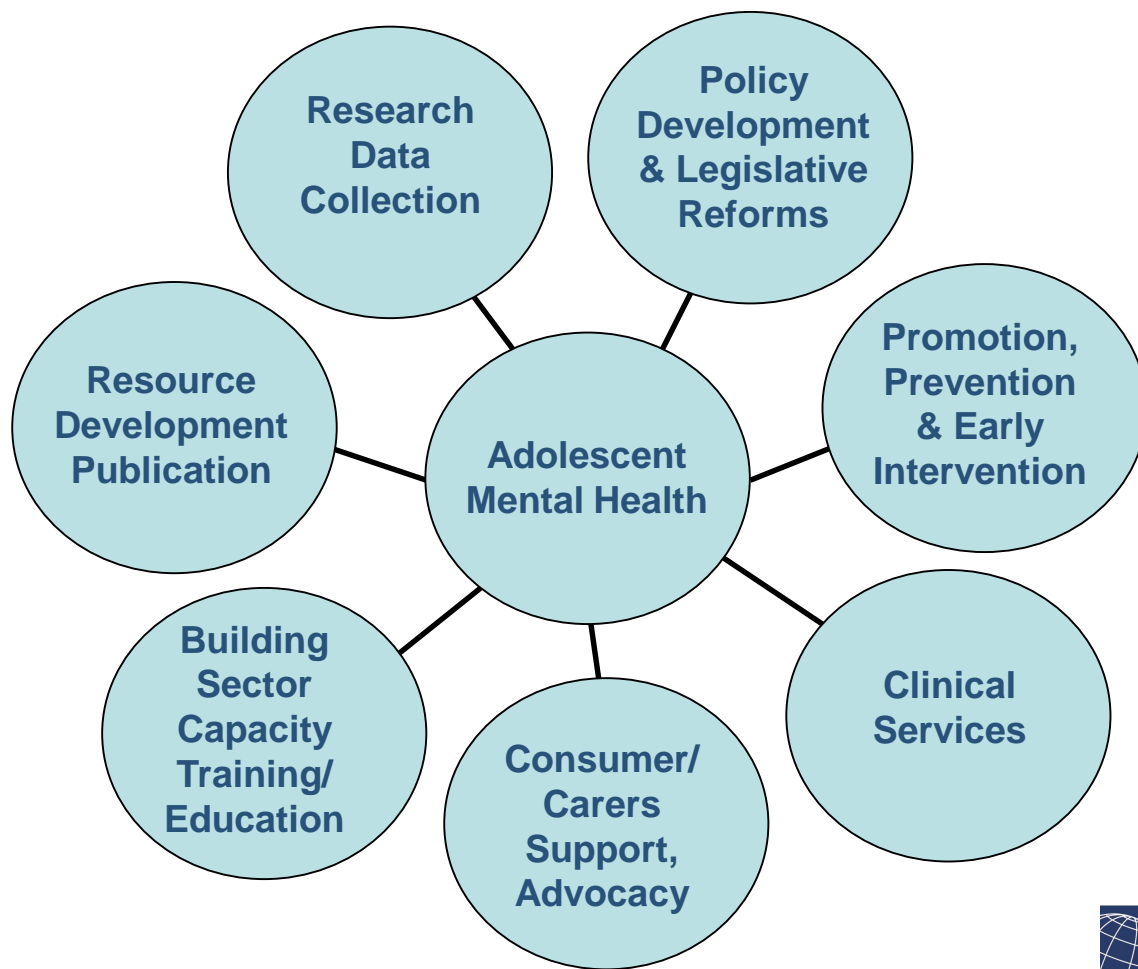
## National Policy

- **National Standards for Mental Health Services 1996**
- **National Mental Health Plan 2003 – 2008**
- **Framework for implementation of the National Mental Health Plan 2003 – 2006 in Multicultural Australia**
- **Mental Health Statement of Rights & Responsibilities 1991**

## State Policy

- **A New Direction for NSW: The State Plan**
- **A New Direction for NSW: The State Health Plan**
- **NSW Health Caring for Mental Health in a Multicultural Society 1998**
- **NSW: A new direction for Mental Health 2006**
- **NSW Mental Health Act 2007**
- **Community Relations Commission & Principles of Multiculturalism Act 2000**
- **NSW Multicultural Mental Health Plan 2008 –2012**
- **NSW Suicide Prevention Strategy 2010 – 2015**

# Adolescent Mental Health Inter-related Strategies



# National Adolescent Mental Health Initiatives

- **Beyond Blue**
- **Headspace**  
30 Headspace services  
[www.headspace.org.au](http://www.headspace.org.au)
- **Inspire Foundation**  
Reach Out  
Reach Out Central  
Reach Out Pro  
Act Now  
Between The Lines
- **Mind Matters**  
(Mental Health Initiative for  
Secondary Schools)
- **National Helplines**  
Kids Help Line  
Lifeline
- **DOCS**  
(Reporting Child abuse)



# NSW Adolescent Mental Health Initiatives

- Youth Health Services
- Adolescent and Family Mental Health Services
- Adolescent Medicine (Children's Hospital Westmead)
- NSW Children of Parents with a Mental Illness (COPMI) program
- NSW School-Link Initiative & Coordinators located in different LGA's
- Mind Matters NSW
- 11 Headspace Services
- Inspire Foundation (Reach Out Sydney Team)
- Young Carers NSW
- Mental Health Coordinating Council (MHCC)
- State Youth Websites



# Multicultural Health Services

- NSW Transcultural Mental Health Centre
- NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS)
- NSW Refugee Health Service
- Drug and Alcohol Multicultural Education Centre in NSW (DAMEC)
- Multicultural Mental Health Australia



# Mental Health Facts & Figures At 2009

- One in four Australians under 25 years will experience a mental illness in any year (Australian Bureau of Statistics, *Survey of Mental Health and Wellbeing 2007*)
- Mental illness is a young person's disease – 75% of all mental illness manifests before the age of 25 years (McGorry, *Making Sense of Orygen Youth Health*, [www.orygen.org.au](http://www.orygen.org.au))
- Anxiety and depression are the leading mental health problems among adolescents accounting for 17% of the males disease burden and 32% for female.
- Up to 25% of adolescents experience a mental or substance use disorder any given time
- Behavioural disorders, such as ADHD and Conduct Disorder (CD) are common among young males aged 12-17 years.
- CALD young people may be at risk of poor mental health as a result of the stresses associated with their displacement , experience of migration and resettlement ,as well as exposure to traumatic experiences.





# What We Know:

- There is a shortage of data on the prevalence, protective and risk factors of mental illness as these specifically relate to CALD young people in Australia.
- The literature documents widespread under utilisation of voluntary mental health services by CALD young people .
- There are many barriers to CALD young people accessing community mental health services including communication difficulties lack of culturally sensitive and linguistically appropriate services.
- Depending upon the resilience and the resources of the young person , such as life changes, the young person may be more vulnerable to mental health problems such as anxiety , depression, drug and alcohol problems, distress and poor self esteem
- Research indicated that young people from CALD backgrounds are unlikely to seek help.



# Challenges Faced By CALD Young People

- Pre and post migration experiences
- Resettlement and acculturation.
- Language problems
- Changes in family roles/dynamics
- Issues arising from living between two cultures
- Lack of understanding of mental illness within the family
- Parental expectations of young people
- Societal expectations of young people
- Domestic violence
- Child abuse
- Intergenerational conflicts
- Confusion about their ethnic identity.
- Experiences of education/employment
- Exposure to racism or discrimination



# Challenges for CALD Young People From Refugee Background:

- Inadequate /interrupted parenting
- Separation from loved ones
- Limited support networks
- Grief loss
- Isolation
- Exposure to war & associated trauma
- Guilt about surviving /leaving families
- Post Traumatic Stress Disorder



# Why A Transcultural Mental Health Centre?

- Cultural diversity of NSW
- Local, international evidence on:
  - unequal access
  - poor mental health outcomes of some CALD communities
- Limitations of culturally sensitive mental health models, services
- ‘Untapped’ bilingual/bicultural MH capacity in NSW (Mitchell, Malak & Small, 1998)
- Local MH policy reform/legislative change

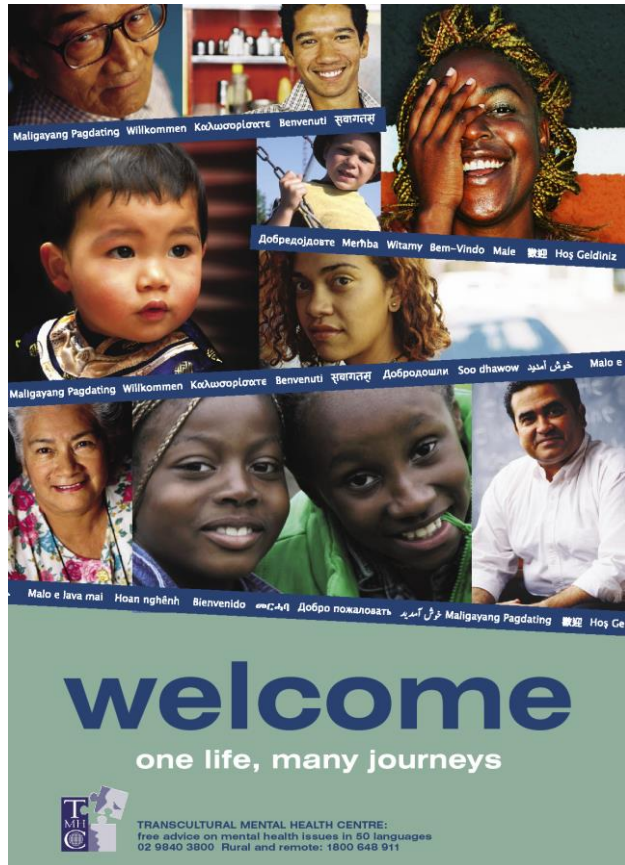


# Barriers To Mental Health Services

- Communication difficulties
- Stigma
- Inaccurate assessment
- Physical manifestations
- Vocabulary
- Resistance towards help seeking
- Mistrust



# Transcultural Mental Health Centre



- State-wide, established 1993
- Promote access & equity
- Improve outcomes in MH
- Specialist complimentary service ‘Adding value’
- Whole of life span
- Different phases of migration/settlement process
- Metropolitan/rural
- Partnerships with other care providers & CALD communities



# TMHC Model

## 1. Action Research/Policy & Planning

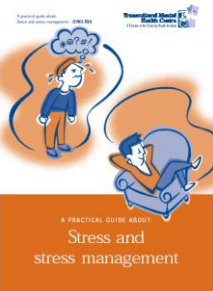
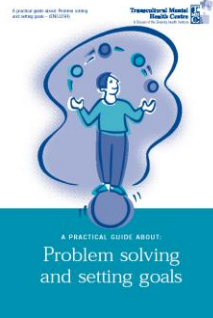
- Community needs/Population based

## 2. Communities Engagement & Participation

- Promotion, prevention and early intervention
- Capacity building (mental health literacy and pathways to care)
- Multilingual/multimedia campaigns
- Community resource development

## 3. Workforce Development

- Transcultural mental health education and training (e.g. clinical skill development, working with HCIS)
- Clinical supervision program
- Psychology Intern Program
- GP training
- Publications and resource development



# TranSCRIBE Young Writers Competition

# TranSCRIBE 09

Young Writers Competition 2009

Theme

“ Like a fish out of water ”





# TransPOSE Playback Youth Theatre



#### 4. Specialist Transcultural Clinical Services

- Expert clinical consultancy and advice
- Information, triage, & referral
- Culturally sensitive assessments
- Cultural formulation of diagnosis
- Capped hours for clinical intervention
- Specialist case management
- Outreach clinics - rural, language, population specific
- Extended hour support line
- Clinical governance

#### Provided via:

- Central team of senior multilingual clinicians
- Over the phone, face to face, tele-psychiatry
- Pool of 136 bilingual/bicultural clinicians covering 61 languages



# Clinical Consultation and Assessment Service

Hours: Monday to Friday 8.30am - 5.00pm

Phone: Intake Officer  
(02) 9840 3767 or  
(02) 9840 3899

Toll free: 1800 648 911

Visit our website for free on line resources:  
[www.dhi.gov.au/tmhc](http://www.dhi.gov.au/tmhc)



# Co-Exist NSW: Diversity Health Comorbidity Service

- Co-Exist NSW is a statewide service for CALD individuals and their families who have substance use problems and concurrent mental health problems
- Service aimed at 'hard to reach population' hence different branding
- Reference Group with membership from DAMEC and representation from AHSs



# Multicultural Problem Gambling Service (MPGS)

- **Multicultural Problem Gambling Service (MPGS) for NSW** offers a statewide FREE bilingual counselling to individuals and their families affected by problem gambling.
- **MPGS**
- Funded by the Responsible Gambling Fund.
- Joint initiative of the Community Relations Commission of NSW and the Sydney West Health Area Service
- Located on the grounds of Cumberland Hospital in North Parramatta.
- **MPGS** aims to increase public awareness of the various issues surrounding problem gambling through community education and partnership with other service providers, in order to facilitate people's access to professional help.



# Why Youth Mental Health Matters

- Adolescence and early adulthood are crucial periods of physical, social, educational and vocational development, and the failure to recognise and treat mental illness can have lasting adverse effects in all these areas.
- Early intervention is required to prevent the onset of mental illness or minimise the impact of mental illness on a young person's learning, growth and development, thus improving the health outcome of those affected by mental illness.
- Youth mental health must be a priority to ensure **all young people** affected by these disorders have access to timely, appropriate and engaging health services.





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