

# WELCOME...



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## **LGMN Multicultural Mental Health- Report Launch and Sector Development**

We are here to launch the LGMN Multicultural Mental Health Report 2018.

The session will also be used by speakers to describe to the community sector the progress that has been made on the recommendations and how workers can access the resources and supports that have resulted from this progress.

# Agenda:

- Welcome and overview
- Meeting Etiquette
- Welcome to Country – Aunty Stacy Etal
- Report Snapshot
- Speakers & Discussion
- Breakout Rooms
- Report back
- Meeting Close





# Welcome to Country

Aunty Stacy Etal – Darug Country Elder



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# **Mental Health & Well Being in CALD Communities Summary of Symposium 2018**

# Today's Presentation- setting the scene

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- Background to the symposium
  - Summary of the presentations
  - Conclusions and recommendations in the report



# Background

- Lack of research on how migrants use mental health service
- Many challenges for CALD communities to use mental health services
- Symposium held 24 October 2018



# Summary of Presentations -Themes

- Understanding socio cultural context critical
- Trauma informed practice is best practice
- Lack of academic literature combining mental and CALD communities
- Need for working in collaboration between sectors
- Mental Health Services and Transcultural Mental Health Services  
partnering with Allied Health, other services and community groups
- Programs involving tools that do not rely on language show promise

# Conclusions

- Gap in knowledge due to absence of data
- CALD consumers not represented in health services hence program design
- LGMN advocates for whole of community approach
- LGMN commits to collaborating with Federal and State government

# Recommendations

- Support for CALD specific mental health service
- Data collection of CALD consumers use of mental health service
- Advocate for people seeking asylum for free mental health service
- Collaborate with TIS and other services on interpreter needs
- Aspire for Community, family and person centred mental health service



## Speakers & Discussion

- **Damien Burke:** Psychosocial Supports Information and Linkage Office
- **Michele Sapucci:** Transcultural Mental Health Centre
- **Heidi Toa & Olive Toa:** Pacific Communities Centre
- **Susie Eve:** Settlement Services International
- **Gabriela Martinez:** South Western Sydney Local Health District

# Breakout Room Questions

*What information provided today is new?*

*How will you use the information provided by today's speakers in your future practice?*

Pick someone to report back to the group (10mins discussion)

# Special Thanks to...

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