



Image by Mark Wingrave

Doing it differently: Putting 'community' at the centre of mental health practice

Forum Program
Thursday 1st August 2019
Victorian Transcultural Mental Health (VTMH)

Presented by Victorian Transcultural Mental Health (VTMH),
together with North Western Melbourne PHN



Doing it Differently: Putting 'community' at the centre of mental health practice

2019 VTMH Forum

What is the 'Doing it Differently' Forum?

The 'Doing it differently: Putting 'community' at the centre of mental health practice' forum aims to showcase communities and services finding innovative ways to put community at the centre of mental health care.

The program features inspirational keynote speakers, innovative programs, panel discussions, Q&A sessions, and live scribing by Digital Storytelling. It will also explore a new framework for engaging diverse communities.

Date & Time:

Thursday 1st August 2019

Registration open from **8:45 - 9:15am**.

Forum commences 9:15am sharp and concludes at 4:15pm.

Venue:

Hume Global Learning Centre, Broadmeadows

1093 Pascoe Vale Road, Broadmeadows Victoria 3047

Getting to the Venue:

By car:

Complimentary parking is available on the day. Please arrive 15 minutes early on the day to allow time to collect your permit from reception and place on your dashboard. The parking is to the rear of the Hume Global Learning Centre in the 2 hour or 4 hour parks only. The permits will not assist in the 30minute zones or the staff parking areas. This carpark is accessible via Dimboola Road.

By public transport:

The venue is located directly opposite Broadmeadows train station.



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Who should register?

Consumer, carer and community representatives, mental health practitioners, educators and leaders, and health and community workers with an interest in mental health are invited to register.

Ticket prices

Tickets: \$80

Complimentary tickets

A limited number of free places for consumer, carer and community representatives are available. To enquire if you are eligible, please contact on 03 9231 3245 or vtmh@svha.org.au.

Closing date for registrations

Registrations close **Monday 22nd July** unless sold out prior.

Invoicing information

Payment for tickets will be taken by credit/debit card via Trybooking however if you would prefer to make payment by way of invoice, please contact us for more information.

Catering:

Morning tea, lunch and refreshments will be provided. When you register, please advise us of any dietary requirements you have.

Program:

Whilst every attempt is made to bring you the Program as advertised, amendments to the Program may occur due to unexpected circumstances beyond our control.

General enquiries

Enquiries can be directed to Sylvia Piazza, VTMH Administration and Project Support, on 03 9231 3245 or vtmh@svha.org.au.

Registrations

www.trybooking.com/BDMON

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PROGRAM

Doors & registration opens
8:45am - 9:15am

Morning Sessions
9:15am – 12:45pm

Welcome & Opening

Sally Warhaft, MC

Welcome to Country

Kellie Loughron, Traditional Owner

Keynote presentation

The Community Context of Well-Being

Rebecca Wicks, Associate Professor, School of Social Science and the Director for the Monash Migration and Inclusion Centre, Monash University

Morning tea served
10:35am - 10:50am

Panel Discussion

Community-led approaches supporting mental health: A conversation with community leaders

Panellists

Matoc Mordecai Achol
Amina Liban
Dabessa Gemelal & Marama Kufi

Snapshot Presentations

Supporting mental health of communities: Showcasing innovative Community Health Service responses

Learning to Live Well Project

Kaye Graves, Bendigo Community Health

Supporting Minds Project

Bich- Hoa Ha & Abdi Moalin, cohealth

Q&A with Presenters & Panellists

Presentation

Wired for connection - Young people, mental health and technology

Lucy Thomas OAM, Project Rockit / Cofounder

Lunch served
12:45pm - 1:15pm

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PROGRAM (cont...)

Afternoon Sessions

1:15pm – 4:15pm

A Musical Interlude

Jessie Lloyd, composer, performer and creative entrepreneur

Keynote presentation

Supporting communities recovering from disaster and trauma

Rob Gordon, Clinical Psychologist, and consultant in disaster recovery for the Victorian Department of Health and Human Services and Australian Red Cross

Afternoon break

2:30pm – 1:15pm

Snapshot Presentations

Finding answers together: Showcasing innovative service-lead initiatives working with community

Opening Doors Into Community

Alex Mills, Community Development Worker, Link Health and Community

Tackling Mental Health Issues in the Muslim Community

Remzi Unal, Program Manager, Northern CSG, Australian Multicultural Foundation & Hakan Ay, AOD Counsellor, Odyssey House Victoria

Collaboratively Adapted Network Approach

Rachel Barbara-May & Paul Bennett, Narre Warren and Dandenong Headspace Youth Early Psychosis Service (Alfred Health)

Presentation

An evaluator's story

Sue McDonough, Victorian Transcultural Mental Health

Q&A with Presenters

Summary, Door Prizes & Close

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FORUM MC Sally Warhaft



Sally Warhaft is a Melbourne broadcaster, anthropologist and writer and the host of the Wheeler Centre's live journalism series, *The Fifth Estate*, now in its fifth year.

Sally is a former editor of *The Monthly* magazine and the author of the bestselling book *Well May We Say: The Speeches that Made Australia*.

Sally is a regular host and commentator on ABC radio and has a PhD in anthropology. She did her fieldwork in Mumbai, India, living by the seashore with the local fishing community.

WELCOME TO COUNTRY Kellie Loughron, Traditional Owner

Details coming soon...

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LIVE SCRIBING

Devon Bunce, Scribe
Artist/Graphic Facilitator

Digital Storytelling

Did you know that our ability to remember something increases up to six times when we see words paired with images?

Today Devon will be live scribing, a way of bringing the content to life by listening to the presentations and conversations and synthesizing them on the spot into an illustrated visual record that can serve as a way of better relating to and remembering the content and ideas explored today.

The illustration will then live on beyond the event today, and you will receive a digitised version that you can reference going forward. Think of it as "colouring in our conversation"!



Devon calls herself a graphic facilitator. She works with colouring in complexity; where her curiosity about the world and ideas intersects with illustration; where visuals are used as a way of sharing experiences, conversations and learnings. It's all about making magic with metaphors

KEYNOTE PRESENTATION

**Dr Rebecca Wickes,
Associate Professor at the
School of Social Science and
Director for the Monash
Migration and Inclusion
Centre at Monash University**

The Community Context of Well-Being

Internationally there is an increasing focus on the community context of well-being. With the recent availability of administrative data at micro levels of analysis, studies have examined the relationship between the community context and crime, school readiness, anti-social behaviour in adolescence, heart disease, mental health, fast food consumption and exercise. Common to many of these studies is the importance of social networks. Informal and formal community networks are associated with fostering social cohesion, which in turn positively influences mental health and wellbeing.

When residents feel connected to each other, they work together to resolve local problems, leading to lower rates of crime, disorder and adolescent anti-social behaviour. This presentation discusses the important advances in the study of the community context, highlighting the lessons learned from this body of work for urban neighbourhoods in Australia.



Rebecca is the Chief Investigator of the Australian Community Capacity Study (ACCS), a multi-million, multi-site, longitudinal study of 298 urban neighbourhoods in Victoria and Queensland.

Rebecca's research centres on the spatial concentration of social problems with a particular focus on how physical and demographic changes in urban communities influence social cohesion, the informal regulation of crime, crime and victimisation.

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Dr Wickes has published extensively in leading criminology and sociology journals. She is the Associate Editor for the Australian New Zealand Journal of Criminology and is the Vice President for the Australian New Zealand Society of Criminology. She is also a member of the Welcoming Cities Australia advisory Board

COMMUNITY-LED APPROACHES SUPPORTING MENTAL HEALTH: A CONVERSATION WITH COMMUNITY LEADERS

Panel Discussion:

- **Matoc Mordecai Achol**
- **Amina Liban**
- **Dabessa Gemelal & Marama Kufi**



Matoc Mordecai Achol, Melbourne 3ZZZ Radio Broadcaster.

Matoc is the 2018 Community Broadcasting Association of Australia (CBA) Community Radio Award winner for Outstanding Volunteer Contribution, and a Melbourne South Sudanese community leader.

Matoc has found community radio as a platform for Melbourne's South Sudanese community to create meaningful conversations about mental health.

Conducted in English and Arabic, and streamed live on social media each week, Matoc brings mental health professionals in to the studio, providing community members with unique opportunities to ask mental health professionals questions relevant to the community.



Amina Liban is the Program Coordinator of both Himilo Homework Club and the Himilo Mental Health. She has been with Himilo Community Connect for just over a year.

Amina first began her work with Himilo Community Connect as a university placement student and later joined the team as a staff member, supporting the development of school aged learning activities and mental health workshops.

She received a Bachelor in Human Services from La

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Trobe University and is currently completing her final year of a Masters in Social Work.

Her professional interests focus on providing opportunities to all members of the community, to improve quality of life and learning opportunities through the Himilo Homework Club and the Himilo Mental Health programs. In addition, she currently serves as the Acting Secretary of the Somali Australian Council of Victoria (SACOV). Amina has been volunteering for a little over 10 years with various organisations and is currently active through Darusalam and SACOV.

Dabessa Gemelal & Marama Kufi, Advocacy for Oromia Association in Victoria Australia



Dabessa Gemelal is an Oromo Australian man originally from Oromia, East Africa. He is an active and kind member of his community.

Currently, he is studying bachelor of social work at Victoria university.

Dabessa is passionate about social change for people seeking asylum and refugees and wants to be part of leading that change he wants to see.



Marama Kufi migrated to Australia in 1999. He graduated from Monash University with a degree in Social Work and Health Social Science.

He has extensive experience working with new, emerging, refugee-background communities; developing, implementing and supporting with a range of projects.

Currently, Marama is working as a community Development Worker at Monash Health. His passion is mostly human rights, community health and wellbeing and development.

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SUPPORTING MENTAL HEALTH OF COMMUNITIES: SHOWCASING INNOVATIVE COMMUNITY HEALTH SERVICE RESPONSE

Snapshot Presentations:

- Learning to Live Well Project
- Supporting Minds Project

Learning to Live Well Project

Kaye Graves, Team Manager Cultural Diversity and Relationships, Bendigo Community Health Services (BCHS)

The Learning to Live Well project aimed to increase BCHS understanding of the service gaps and issues that the local Karen population experience. Because of this project, BCHS were able to identify several gaps in service and issues that the local Karen population experience. Three areas that became a priority were; maternal and child health, youth and service provider cultural capacity building. The presentation will outline the process of investigation, the findings, and way forward.



Kaye Graves has worked in public and community for many years which has enabled her to understand community need and to design and implement programs to enhance quality of life in the areas of men's and women's health, young parents, workplaces, employees and jobseekers. For the past 10 years Bendigo Community Health Services has been privileged to manage a suite of refugee settlement programs, of which Kaye has been involved.

Supporting Minds Project

Abdi Moalin, FARREP Community Worker & Bich Hoa Ha, Community Programs Manager, cohealth.

The cohealth Family and Reproductive Rights Education Program (FARREP) works with the Female Genital Cutting (FGC) affected community in the prevention of FGC practice and the promotion of good sexual reproductive health outcomes for

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women/girls impacted by FGC. Through our work with these communities, the community had identified mental health as a priority health issue that needs to be addressed. The Supporting Minds Project works together with four Horn of African communities that come from countries affected by the FGC practice to raise awareness, improve understanding, improve mental health literacy, reduce stigma relating to mental health issues, improve community health and wellbeing and improve community access to services and support.



Abdi Moalin is a FARREP (Family and Reproductive Rights Education Program) Community Worker at cohealth. Abdi engages men to facilitate a respectful conversation about the prevention of FGC Practice and support good sexual reproductive health outcomes for women/girls impacted by the practice.

Abdi has worked various roles in community development and community health over the last 17 years. He has an educational background in Science and Public Health and is interested in health equity and social justice.

Bich Hoa Ha is the Community Programs Manager at cohealth. Bich has a background in Social Sciences and Community Development and experience working with diverse communities. She supports the FARREP team with activities and projects, such as the 'Supporting Minds' project.

PRESENTATION
Lucy Thomas OAM,
Cofounder of Project
Rockit.

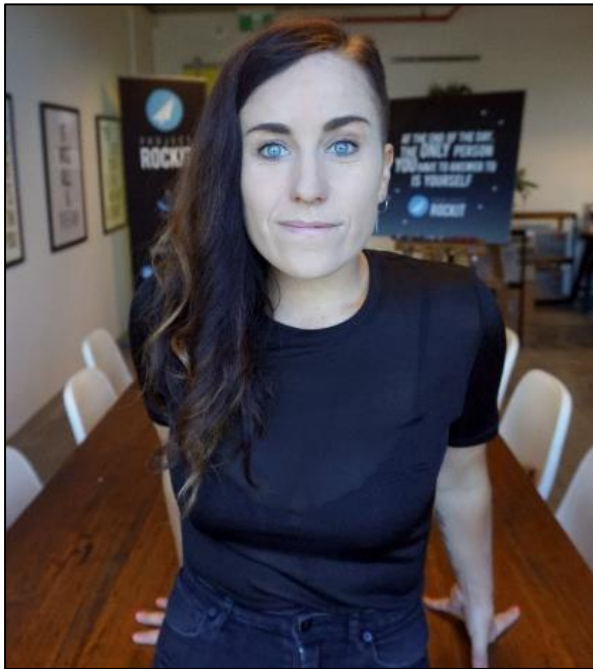
Wired for connection: **Young people, mental** **health and technology**

As our lives spill further online, young people are increasingly striking an interdependent relationship between technology and mental health. By focusing solely on the potentially negative impacts of technology, we deny young people the opportunity to utilise many benefits and opportunities that the online world affords.

This presentation explores how we can take a strengths-based and intersectional approach to empower young people to build kind and empathetic communities online.

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Growing up, **Lucy** always figured that “someone should really do something about bullying.” Then she realised: I am that someone. Now, more than a decade after launching PROJECT ROCKIT, Lucy has dedicated her whole life to the cause.

As a keynote speaker, facilitator and MC, Lucy has personally worked with hundreds of thousands of young people all over the world; from Wangaratta to Texas, Wollongong to Auckland, Atherton to Fremantle. Her work has been honoured by UNICEF, The University of Melbourne, The Foundation of Young Australians and the global Family Online Safety Institute.

Lucy is a recipient of an Order of Australia Medal for her service to youth and the issue of bullying.

A MUSICAL INTERLUDE Jessie Lloyd, Composer, performer and creative entrepreneur.



A composer, performer and creative entrepreneur, Jessie Lloyd is a cultural practitioner of Aboriginal and Torres Strait Islander music.

Dedicated to the continuation of song traditions through the presentation of stories and song.

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KEYNOTE PRESENTATION

Rob Gordon, Clinical Psychologist, and consultant in disaster recovery for the Victorian Department of Health and Human Services and Australian Red Cross.

Supporting communities recovering from disaster and trauma

Human life is lived in community and the impact of threatening events is not just on the individuals, but on the community they comprise.

These consequences can lead to rapid change from high morale and cohesion to loss of support and destructiveness within the affected units.

This presentation will discuss ways of understanding and working with community processes based on 30 years of experience with large and small disasters in Australia and New Zealand.



Rob has worked in disasters since the Ash Wednesday bushfires in 1983 and most recently has consulted to the Alberta Health Services following the Fort McMurray wildfire in 2016 and the Tasmanian fire.

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FINDING ANSWERS TOGETHER: SHOWCASING INNOVATIVE SERVICE- LEAD INITIATIVES OF WORKING WITH COMMUNITY

Snapshot Presentations:

- Opening Doors into Community
- Tackling Mental Health Issues in the Muslim Community
- Collaboratively Adapted Network Approach

Opening Doors into Community

Alex Mills, Community Development Worker & Opening Doors Leadership Program Coordinator, Link Health and Community

Social isolation is a leading burden of disease in Australia and around the world. The Opening Doors Program was created in 2009 to support grass roots leaders who are passionate about reducing isolation, and creating more connected and inclusive communities. The Program has graduated more than 200 leaders and supported the development of more than 120 grass-roots community initiatives, connecting an estimated 40,000 people with their communities in new and positive ways.



Alex Mills is a community development worker based at Link Health and Community in Melbourne, where he coordinates the Opening Doors Leadership Program.

Alex is also working with the Sons of The West Program in Footscray, and is a passionate White Ribbon Ambassador.

In 2014, Alex was one of four Australians shortlisted for The Tony Fitzgerald Memorial Community Award at the Australian Human

Rights Commission, recognising individuals with a track record in promoting and advancing human rights in Australia.

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Tackling Mental Health Issues in the Muslim Community

Speakers: Remzi Unal, Program Manager, Northern CSG, Australian Multicultural Foundation & Hakan Ay, AOD Counsellor, Odyssey House Victoria

A presentation on the unconventional methodologies used by the MYAF (Multicultural Youth and Families) and Northern Community Support Group programs in addressing the dynamic needs of the Muslim community, in the mental health space.



Remzi Unal is a community development specialist with over fifteen years' experience working in the public and community sector.

He has spent the best part of the last decade developing and implementing integration and support programs for marginalised, at-risk individuals. Remzi currently manages the Northern Community Support Group, run by the Australian Multicultural Foundation in partnership with the Muslim community. He has also served on boards of several community organisations.

Ramzi is passionate about creating opportunities for communities, in particular for young people, to help them achieve their full potential. Remzi holds a Bachelor of Commerce from the University of Melbourne, majoring in Economics.



Hakan Ay is an AOD counsellor from Odyssey House Victoria.

Since its inception, Hakan has been working within the consortium of MYAF (Muslim Youth, Adult and Families) AOD service in partnership with other AOD & Islamic organisations. Having worked with cohorts of young people in out of home care, early school leavers and those within the justice system, Hakan's 8 year career has largely been based working with disengaged and at risk Youth across the North-West region of Melbourne.

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Collaboratively Adapted Network Approach

Speakers: Rachel Barbara-May, Social Worker, Alfred headspace Youth Early Psychosis Program & Paul Bennetts, Team Leader for Narre Warren and Dandenong Headspace Youth Early Psychosis Service (Alfred Health).

The Alfred headspace Youth Early Psychosis Program in South East Melbourne commenced an adaptation of Open Dialogue in early 2017. After nearly two years of practice development and learning, the service is launching phase two of this practice, hYEPP's Collaboratively Adapted Network Approach. This presentation will provide some background into the genesis of this service direction, our learning and our vision for the service's future with dialogical practice.



Rachel Barbara-May is a social worker who has worked in for many years in child and youth mental health.

Rachel is currently leading the implementation of Dialogical Practice at South East Melbourne headspace Youth Early Psychosis Program.

Rachel is currently completing the St Vincent's Open Dialogue Trainers Training Certificate with trainers from Finland.



Paul Bennetts is the Team Leader for Narre Warren and Dandenong Headspace Youth Early Psychosis Service (Alfred Health).

Paul has been working as a Registered Nurse since 1998. He has a Master's Degree in Emergency Nursing and has worked in various roles within Child and Adolescent Mental Health, Youth Justice and Critical Care. Paul has a strong interest in increasing family involvement in mental health treatment and developing services that are open, accountable and client directed.

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PRESENTATION

**Sue McDonough,
Victorian
Transcultural Mental
Health**

An evaluator's story

This presentation will discuss how we went about evaluating a grants program that involved 13 agencies delivering community projects with a focus on mental health promotion, and share some of what we learnt.



Sue McDonough has worked at VTMH since 2010, before that she worked in international development, as an occupational therapist in community and correctional mental health, and also in mental health education and service development roles in early psychosis and recovery-oriented practice. She has MA (Research) in Anthropology and has taught Health Sociology, and Anthropology.

Sue is currently completing a PhD at La Trobe University that explores the work of practitioners who assist people experiencing mental health issues with whom they share a similar cultural, linguistic or faith background.

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About Victorian Transcultural Mental Health

Victorian Transcultural Mental Health (VTMH), formerly known as the Victorian Transcultural Psychiatry Unit (VTPU), is funded by the Mental Health, Drugs and Regions Division of the Victorian Department of Health and Human Services (DHHS), and administered by St Vincent's Hospital, Melbourne.

We acknowledge that VTMH is located on the traditional lands of the Wurundjeri People of the Kulin Nation and pay our respects to Elders past and present. VTMH celebrates the continuing culture of Aboriginal and Torres Strait Islander peoples. In a spirit of reconciliation, we commit to walking the journey of learning and healing together.

VTMH works with organisations and agencies to strengthen their capacity to address inequity in mental health service provision, with the overarching goal of improving the mental health, social and emotional wellbeing of culturally diverse individuals, families and communities.

Victorian Transcultural Mental Health (VTMH)

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