

Uniting Care Mental Health Family and Carers Program.

Understanding Mental Health from
the Arabic communities
Perspective

□ Uniting Care Mental Health (UCMH)

- Provides a range of mental services including HASI, PHAMS, Lifeline, Headspace Mt Druitt, the Parramatta Leisure Club, Day to Day Living, supported accommodation program, and the Family and Carer Mental Health Program
- Across western Sydney and North Sydney and the central coast
- Working under the Recovery Model

□ The Family and Carer Mental Health Program

- Education and training
- Individual Support
- CALD Project

□ CALD Project

- Funded utilising rollover funds with permission from NSW Health and the Mental Health and Drug and Alcohol Office
- 1 Arabic speaking staff member 3 days per week for 12 months
- Focus on Arabic speaking communities

□ The project

- Research Arabic speaking communities to explore:
 - Definitions of mental health
 - Role of culture in accessing services
- Expected Outcomes
 - Educational resources to improve access to mental of health services of this population

□ Literature review

- Heterogeneous community (24 countries and territories, population ~324million)
- Words such as 'mad' and 'crazy' commonly used
- Belief in supernatural causes of physical and mental illness
- Stigma

□ Literature review cont..

- Family is central
- Collectivism over individualism
- Need to engage family and community leaders

□ Methodology

- Qualitative
 - Participant observation
 - In-depth interviews
 - Focus groups

□ Current situation

- Ethics approval from Uniting Care Burnside
- Community links being developed
- Advertising strategy in place
- Recruiting to replace staff member

□ Where to from here?

- Collect information through interviews, focus groups etc.
- Identify key issues
- Develop educational resources
 - Arabic speaking communities
 - Service providers
- Use these to inform culturally competent practice