



QPASTT

Queensland program of assistance
to survivors of torture and trauma

Newsletter August, 2015

From the Acting Director



My name is Megan Leitz and I'm usually the Direct Services Manager at QPASTT. However, I have had the absolute pleasure of acting in Tracy Worrall's position as Director whilst she has been on a well-deserved break visiting her family. The activities at QPASTT have shifted slightly over the past couple of months such as the addition of a new Peer Mentoring Program for young people, which is being developed out of the previous success of the UHM Peer Mentoring Program run last year. The UCAN2 Program at TAFE will be re-commencing soon. We have been continuing to deliver our women's groups in the Brisbane area and we have expanded further out to places such as Toowoomba and The Gold Coast. We hope you enjoy reading more about our work in this edition – Megan Leitz

What is Counselling at QPASTT?

Counselling is a space created to talk with another person about things that are worrying you. Maybe when you were back home you were able to talk about your worries with a friend, an elder, a family member or a religious leader. In a new country those links are not always so accessible and it is very common that because of experiences in a country of origin and the journey of coming to Australia people can feel sad, have bad dreams at night, feel angry or have thoughts about the past continuously coming into their minds. When this happens regularly and starts impacting in your everyday life, by not allowing you to study, work, read, spend quality time with friends and creating conflict with the family etc. is important to look for help. At QPASTT there are people who are trained to support others with these challenges. They will be open to listen to you, understand what you are going through and together find ways of dealing with it. As you may remember, we told you that our green logo, the tree portraits the recovery process from torture and trauma. Counselling is one of the services that we offer to achieve this.

Who can attend counselling at QPASTT - Everyone. QPASTT offers counselling for individuals and families and it is also available for children, young people and adults.

How can I receive counselling - You can call or come to QPASTT and self-refer or ask your doctor, teacher, friend, family member or anyone that you trust to contact QPASTT and refer you.

If you prefer to get to know us better first, then you are welcome to attend one of our activities like Family Fun Day, School Holiday Activities, Community Leaders Dinner, Homework Club, etc. and meet the staff and see our office so you can have a taste of how we work. Or simply come to our office and ask for a duty counsellor to have a chat and get to know more about our services.



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CAMS; A Footprint of Success across Multicultural Queensland



From Brisbane, the heart of Queensland to as far regional Queensland as Cairns, Gladstone, Rockhampton, Toowoomba and Townsville the Community Action for a Multicultural Society Program or CAMS as it is widely known is not just leading the multicultural dialogue to shape government policy, it also continues to build stronger communities and social connectedness.

For QPASTT this initiative has enabled us to build stronger and self-reliant communities through project based work and systemic advocacy on behalf of individuals from refugee background and new and emerging communities

from Middle East, Asia, Papua New Guinea and Africa among others on a number of issues.

Among key areas in which we have had significant outcomes include but not limited to; Improving access to mental health services, Use of interpreters and contribution to the design of the language services policy, Housing, Employment and training and cultural competence training to key service providers working with refugee communities such as Queensland Police Service, Universities, Schools, Hospitals and legal systems.

As a result, we have seen not only the creation of a good relationship between key services and individuals from refugee background and their communities but also documented improvement in the quality of services and outcomes to people with multiple barriers.

Our community leaders' dinner is another example of our CAMS success story. Bringing together over 90 community leaders on a quarterly basis, this forum has registered enormous results. The leaders have had input into the review of the Queensland Mental Health legislation, supported the design of the mental health kit to support community leaders with making appropriate referrals in the area of mental health and wellbeing, CALD employment advocacy and improved inter-community collaborations and partnerships.

The creation of Moreton District Police Ethnic Advisory group has also improved relationship between the community and police in Moreton District and senior police officers here have been very resourceful in incorporating the needs of refugee and Culturally and Linguistically Diverse Communities in their services. There's no doubt that all communities across Queensland are very supportive of the CAMS initiative. This is particularly reflected in the way the community is socially connected and tolerant of each other's values, traditions and beliefs as well being very supportive to disadvantaged members of the community with significant barriers to accessing services. From volunteer casework and language support, social connectedness to cultural celebrations that is what makes our Queensland community unique. It is great news that CAMS initiative is strong and continuing to build on these outstanding achievements.

For more information about CAMS please visit the following link

<http://www.communities.qld.gov.au/multicultural/programs-and-initiatives/community-action-for-a-multicultural-society-cams-program#s-2-brisbane>

Robert Mukombozi – CAMS/Community Development Worker (QPASTT)

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New Resources!

New Health Videos in Afghan Languages

The South Eastern Medicare Local has developed some videos in Afghan community languages (including Dari, Hazaragi and Pashtu). They cover topics such as:

Talking about health

When you need to see a doctor

Getting help when the medical clinic is closed

Having a baby in Australia

When you are feeling sad or worried

Getting ready for school

You can watch the videos online here at the South Eastern Medicare Local YouTube channel: <https://www.youtube.com/channel/UC2xMXFh2XiiUZWUTVf1vqNA/videos>

Metro South Region Tele-triage Service NOW available

The Metro South community can access local mental health services for information and assistance in times of mental health crisis 24 hours a day via a centralised phone number **1300 MH CALL (1300 64 22 55)**.

For more information check out the Metro South website at <http://metrosouth.health.qld.gov.au/mhcall>

Regional Update

CQUni English Language Students Hear from Trauma Counselling Service.



Before finishing up in her role as Counsellor/Advocate in Rockhampton, Anna Perry was busy delivering QPASTT information sessions to English Language Students on the CQU Biloela and Rockhampton campuses. As a result of the wonderful sessions Anna presented, she made the CQUni News – to read the full article check out: <https://www.cqu.edu.au/cquninews/stories/general-category/2015/cquni-english-language-students-hear-from-trauma-counselling-agency>

QPASTT would like to take this opportunity to acknowledge all of the work Anna was involved in during her time with us and thank her for her significant effort and the enthusiasm she contributed to her role in Rockhampton. We wish Anna the best of luck with her new ventures.

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Upcoming Events

QACC Gala Dinner

QACC are inviting all their supporters, the community, government and non-government organisations to join them for a night to celebrate 10 years of service to Queensland African communities and other community organisations.

The Gala Dinner is an opportunity for QACC to thank all their supporters, sponsors and volunteers for sharing the vision towards tackling essential issues, taking advantage of our shared opportunities and fostering African Australian communities in Queensland.

The Celebration of QACC Black and Gold event offers guests a night of fun, music, fine food and an opportunity to reminisce about the years since the establishment of QACC. All proceeds will go towards renovating the newly acquired Africa House.

Date: Saturday, 3 October 2015

Time: 5:00 PM to 11:45 PM (AEST)

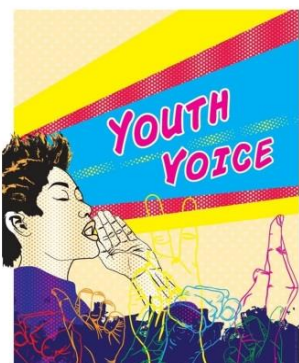
Venue: Africa House 10 Jean Howie Dr Morningside, QLD 4170

Please book your ticket here: <https://qacc-gala-dinner.eventbrite.com.au>

FORMAL EVENT OF THE YEAR

Gala dinner

Celebrating
10TH ANNIVERSARY OF QACC



Youth Voice Brisbane Presents Youth Leaders Forums 2015/16

During August, November 2015 and February 2016 Youth Voice Brisbane will be running Youth Leader Forums at the Brisbane Multicultural Centre in Woolloongabba to empower Young Harmony Ambassadors. The focus of these forums will be on inspiring action against discrimination and will be attended by student leaders in Years 10 and 11 from Logan and Brisbane High Schools. For more information about being involved or hearing about the outcomes from the forums please contact Victor Kollie on 3120 1551 or email at victorkollie@qpastt.org.au

Ipswich Principals Breakfast Forum

QPASTT together with the Ipswich City Council will be inviting Principals from Ipswich and surrounding schools to attend a forum to discuss how services can work together to support their students from refugee backgrounds. The breakfast will be held on Thursday the 15th of October and there will be presentations from The Department of Social Services, The Principal from Milperra State High School and also QPASTT. This event is support by CAMS and PASTT funding.

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Training Opportunities

Changes to QPASTT 2015 Training Calendar

Due to unforeseen circumstances two workshops in July were postponed. The 'Working with Families from Refugee Backgrounds' has been moved to Thursday the 10th of September and 'Working Cross-culturally in the Trauma and Settlement Context' has been rescheduled to Tuesday 10th of November. For more information and to register go to <http://qpastt.org.au/training/professional-development-calendar/>

Thursday 27 th August	9:30 - 4:30	Workshop: Incidental Counselling with People from Refugee Backgrounds.
Thursday 10 th September	9:30 - 4:30	Workshop: Working with Families from Refugee Backgrounds.
Tuesday 22 nd & Wednesday 23 rd September	9:30 – 4:30	Workshop: Engaging with the Imaginal. The Use of Sand-play, Metaphor and Story in Complex Trauma Therapy
Thursday 1 st October	10 - 11:30	Information session about QPASTT (Free).
Thursday 29 th October	9:30 – 4:30	Workshop: Supporting Trauma Recovery with Children from Refugee Backgrounds.
Tuesday 10 th November	9:30- 4:30	Workshop: Working Cross-culturally in the Trauma and Settlement Context
Thursday 26 th November	9:30 – 4:30	Workshop: Vicarious Trauma, Burnout & Self-Care.

All training workshops are held @ Brisbane Multicultural Centre, 28 Dibley Street, Woolloongabba. For more information or to register go to www.qpastt.org.au/training . There is a cost for this training but talk to our Training Coordinator, Elise Barton about a discount for Community Leaders

Event Update

WELCOMEfest Wrap-up

Once again WELCOMEfest brought Brisbane's diverse cultural communities together to create a warm welcome; discover cultures and provided a platform to celebrate everyone's contribution to multicultural Australia.

The event was again very well attended and featured wonderful food, music, dance, workshops and activities that catered for everyone.

Many of QPASTT staff and their families attended the festival and helped at our information stall throughout the day.

Congratulations to MDA and their partners for hosting another fantastic event, one that is quickly becoming Australia's largest multicultural festivals and one of the sunshine state's signature community events.



Winning family of the QPASTT Competition at the WELCOMEfest stall

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Event Update

World Wellness Group shines at Queensland Multicultural Awards 2015



The Queensland Multicultural Awards 2015 were not only glamorous but also well styled and very rich in a sense of cultural diversity and great entertainment. That was not all, however, it was a great show of high achievers from City Councils to school based projects and individual players in the multicultural services sector. Nominee after nominee, their profiles were as intimidating as their achievements. Winners were announced in the Communication and Media, Business Excellence, Education and Training Innovation, Services and Communities, Outstanding Volunteer, Multicultural Ambassador, Minister's Multicultural Award, Minister's Multicultural Youth Award categories. It was a pretty amazing moment to celebrate ordinary people doing extraordinary things that are changing lives of individuals and communities across Queensland. A good example is The World Wellness Group Ltd that won the Business Excellence award. They pride in their motto, which is 'a social business where the community's health profits'. According to World Wellness Group, their innovative and sustainable business model addresses health inequity for marginalised migrants, refugees and asylum seekers.

The Queensland Multicultural Awards (QMAs) promote awareness of the benefits of a multicultural society by celebrating the work and volunteering efforts of individuals and businesses that develop cohesive and inclusive communities. For more information please check the following link; <http://www.qld.gov.au/about/events-awards-honours/awards/queensland-multicultural-awards/2015-nomination/>.

Meet QPASTT Staff



Meet Niloofar!

Niloofar Danaei has been working as a Youth Counsellor at QPASTT since August 2015.

Outside of QPASTT Niloofar enjoys reading, playing Setar (an Iranian musical instrument) and photography.



Meet Victor Kollie!

Victor has recently joined the Children and Youth Team as a Youth Worker. Victor coordinates the Ucan2 Program, Homework Club and Youth Voice Committee.

In his spare time Victor enjoys mentoring young professionals and spending time with his family.

The Editorial Team
Robert Mukombozi & Elise Barton
QPASTT - Community Relationships and Capacity Building Team

Have something you want to add to the next newsletter? Email
robertmukombozi@qpastt.org.au

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