



QPASTT

Queensland program of assistance
to survivors of torture and trauma

Newsletter March, 2016

Welcome to QPASTT 2016



Welcome to QPASTT's first newsletter for 2016. We hope that everybody's start to the year was peaceful and happy. We hope this newsletter allows us to stay connected with you throughout the year by sharing information about our services, staff, projects and upcoming events. Please also remember that you are always welcome to come and say hi to us. As always, please feel free to send us feedback about the newsletter or anything you may wish to see included in it in the future. Happy reading from the QPASTT Team!

- QPASTT Management

"Let our resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word" - Goran Persson, Former Prime Minister of Sweden

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Multicultural, Mental Health legislation energises Queensland

We are happy to share some exciting developments that not only benefit our QPASTT community, but also all Queenslanders with the recent passing of two significant Bills in Parliament. *The Multicultural Recognition Bill 2015* was passed in February 2016. This is great news for communities and individuals from culturally and linguistically diverse backgrounds and for all Queenslanders because the Bill:

- promotes Queensland as a united, harmonious and inclusive community and will foster opportunities for people from culturally and linguistically diverse backgrounds to participate in all aspects of life in this prosperous state;
- acknowledges that a diverse, dynamic and cohesive society will deliver important benefits for all Queenslanders, including the community, government and business sectors; and
- recognises our diverse cultural heritage and aims to ensure that government services are responsive to the needs of our multicultural communities.

The Bill also:

- establishes the Multicultural Queensland Charter;
- establishes the Multicultural Queensland Advisory Council;
- provides for the Queensland Government Multicultural Policy and Action Plan; and
- establishes reporting obligations for government entities.

The Multicultural Recognition Bill 2015 will also go a long way to complementing existing government legislation, such as *the Queensland Anti-Discrimination Act 1991* and the Language Services Policy. For more information please visit

<https://www.communities.qld.gov.au/multicultural/policy-and-governance/queensland-multicultural-recognition-bill-2015>.

Another important piece of legislation recently passed by the QLD Parliament is *the Mental Health Bill 2015*, enacting *the Mental Health Act 2016*. Passage of this Bill provides a green light for Queensland to undertake its biggest mental health reform in 15 years.

The Act represents a major step forward for patient rights, strengthens the role of family and support persons for patients and better aligns the legislation with superior clinical practice. A range of new measures will now be introduced which will ensure improved outcomes not only in the area of systemic reforms but also for mental health patients across the state.

It also includes major reforms about how persons who may have a mental illness are dealt with before a magistrate.

(Partly adapted from a Statement by the Minister for Health and the Minister for Ambulance Services, The Hon. Cameron Dick.)

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Date Claimer

Future Community Leaders Dinners

Please save the following dates for upcoming Community Leaders Dinners for 2016:

- Thursday the 19th of May
- Thursday the 18th of August
- Thursday the 17th of November

If you have any questions regarding these dinners, please contact Robert Mukombozi on 3391 6677 or robertmukombozi@qpastt.org.au

Support, Skill and Connect Program

Pilot Program seeking volunteers!

QPASTT is excited to be partnering with TAFE Queensland Brisbane to trial a new pilot program in April this year. This program is geared towards providing specialised support to TAFE English as Second Language (ESL) students from refugee backgrounds. The Support, Skill and Connect Program will focus on enhancing wellbeing and recovery from trauma, while providing some of the critical elements of job seeking and economic participation that are often missing for people who have come from overseas and experienced disruption to their work and education. The pilot program will run one day a week for the eleven weeks of Term 2 as part of a selected TAFE Queensland Brisbane AMEP class. It will include community volunteering and engagement opportunities for the participants, interaction with volunteers to build networks, and information and educational activities designed to enhance wellbeing and capacity to effectively navigate the employment landscape and systems.

We are also very pleased to be working in collaboration with QUT in the evaluation of the program in order to measure how well it is able to meet its intended outcomes and to help inform how it may be rolled out in the future.

QPASTT has been very grateful for the support of the Support, Skill and Connect Reference Group comprised of representatives from refugee communities, TAFE Queensland Brisbane, Department of Human Services, MDA, QUT, and the Commonwealth Department of Employment. The reference group has provided invaluable expertise, along with knowledge and energy that has helped guide the pilot and ensure it is relevant for both the participants and the sector. We look forward to their ongoing input.

We are currently looking for volunteers to assist in the classroom with the participants on the pilot. If you are interested in volunteering, please contact one of the project officers: Vicky Eroles or Letitia Casagrande on 3391 6677 or email Letitiacasagrande@QPASTT.org.au



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New Resources!

Health Translations Directory

The Health Translations Directory provides links to more than 10,000 translated health resources produced in Australia. You and your GP can search by topic or language at:

<http://www.healthtranslations.vic.gov.au/>

Cancer Council Australia Resource

The Culturally and Linguistically Diverse (CALD) Cancer Resources Directory is a free search tool developed by Cancer Australia that includes a wide range of resources available in languages other than English.

<http://cald.cancer.org.au/Home.htm>



AMPARO Advocacy Inc. Translated Resources

AMPARO is a non-profit community based organisation that provides individual and systemic advocacy. They advocate for vulnerable adults and children from a non-English speaking backgrounds, from 0-65 who live within the Brisbane area. Working with migrants and refugees with a disability and their families, creates an awareness of the additional barriers that prevent people accessing important information, services and supports.

AMPARO Advocacy has developed two translated resources:

Factsheet 1 Understanding Disability in Australia

Factsheet 2 What is the National Disability Insurance Scheme?

They are now available on AMPARO Advocacy's website in multiple languages:

www.amparo.org.au/factsheets

Logan Updates

Bigger and better things in Logan

A particularly significant event has been QPASTT's relocation from Wembley Road, Logan Central to new premises at **390 Kingston Road, Slacks Creek**. It was very exciting moving into our own larger and newly refurbished office earlier this year. The space includes additional counselling rooms, work stations and a large meeting room. There has been extra enthusiasm from staff with the inclusion of a wet area in one of the counselling rooms, which will cater perfectly for therapeutic painting and craft.

QPASTT's main office is still located at 28 Dibley Street, Woolloongabba.



Homework Club Support Continues in 2016

The doors are open to homework support in Logan at Headspace Meadowbrook, 260 Loganlea Road. From this location, QPASTT will be offering homework support to students from a refugee background (aged 12-24 years) every Thursday between 3pm and 5:30pm during school term. Light snacks will also be provided. For more information, please call Amin on 3391 6677. Alternatively you can email Nilissa Livingston, the Regional Team Coordinator at nilissalivingstone@qpastt.org.au



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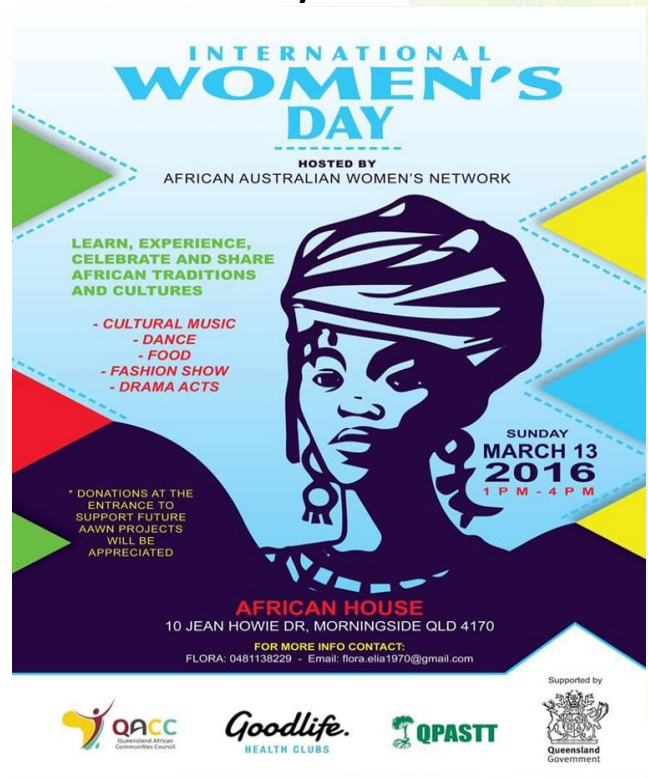
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Upcoming Events

African Australian Women's Network International Women's Day Event

The African Australian Women's Network (AAWN), which is a subcommittee of QACC, is hosting an event to celebrate International Women's Day. Partly funded by Multicultural Affairs Queensland (MAQ) and other sponsors, the main focus of this celebration is to promote community cohesion and harmony within the community. In order to increase awareness of Africa's diversity, the event will bring together women from different African communities to showcase their rich traditional cultures through beautiful African attire, food, music and dance. This occasion will also enable African women in Brisbane to join millions of women worldwide in celebrating the economic, political and social achievements of women, particularly in recognising and acknowledging the achievements of African Australian women in Queensland. You are all welcome to come and celebrate with AAWN.



Harmony Day in Inala

The Multicultural Community Network invites you to attend their annual Harmony Day Celebrations on Saturday the 19th March at the Inala Civic Centre between 9am and 12pm. The festival will include interactive activities, dance and musical performances, cultural sharing and most importantly a wide variety of delicious food to sample. For more information, email stakada@carersqld.asn.au or phone 3723 5001.

Ipswich Information Forum – SAVE THE DATE!

On Thursday May 12th between 8.30am and 11.00am, QPASTT and Ipswich City Council will be partnering to deliver an information session on The Refugee Experience and QPASTT Services. This forum will also provide space for an expo of other service providers who support people from refugee backgrounds, and there will be networking opportunities for service providers working in Ipswich and surrounding areas. This forum is open to those who work, or are interested in working, with people from refugee and asylum seeking backgrounds, and who would like to have a better understanding of referral opportunities for this group. If you are interested in attending, please contact our Capacity Building Officer, Dan Nguyen at dannguyen@qpastt.org.au

DINKA AGAR'S LAKES STATE COMMUNITY CULTURAL FESTIVAL 2016

On 26 March 2016, between 12pm and 11pm, over 64 ethnic groups from the South Sudanese community will showcase the best of their diverse culture through music and dance recitals, stories, food, fashion and cultural performances. This free public event is supported by funding from the QLD Government. Everyone is welcome. For more information please contact Makuel on 0422021386. The venue is located at 16 Noel St, Slacks Creek. (Off Kingston Road)

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Training Opportunities

QPASTT 2016 Training Calendar

This year QPASTT has endeavoured to streamline its registration process for our Professional Development Training Calendar. To register for any of the sessions below, please go to the Training page of our website and follow the prompts <http://qpastt.org.au/training/professional-development-calendar/>

Date	Time	Topic
Tuesday 1 st & Wednesday 2 nd March	9:30 - 4:30	Workshop: Engaging with the Imaginal. The Use of Sand-play, Metaphor and Story in Complex Trauma Therapy
Thursday 3 rd March	10 – 11:30	Information session about QPASTT.
Thursday 28 th April	9:30 – 1:30	Workshop: Introduction to the Refugee and Settlement Experience - the Impact of Trauma.
Friday 6 th May	10 – 11:30	Information Session about QPASTT
Thursday 19 th May	9:30 - 4:30	Workshop: Supporting Trauma Recovery with Children from Refugee Backgrounds.*
Thursday 9 th June	9:30 - 4:30	Workshop: Incidental Counselling with People from Refugee Backgrounds. *
Thursday 23 rd June	9:30 - 4:30	Workshop: Working with Young People from Refugee Backgrounds including Unaccompanied Minors *
Friday 22 nd July	10 – 11:30	Information Session about QPASTT
Thursday 4 th August	9:30 - 4:30	Workshop: Trauma Recovery Models I: Frameworks. *
Thursday 11 th August	9:30 - 4:30	Workshop: Trauma Recovery Models II: Therapeutic Interventions. #
Thursday 1 st September	9:30 – 4:30	Workshop: Working Cross-culturally in the Trauma and Re - Settlement Context
Thursday 8 th September	10 - 11:30	Information session about QPASTT.
Thursday 27 th October	9:30 – 4:30	Workshop: Working with Families from Refugee Backgrounds. *
Thursday 10 th November	9:30- 4:30	Workshop: TBA - Depending on demand
Thursday 24 th November	9:30 – 4:30	Workshop: Vicarious Trauma, Burnout & Self-Care. *

All training workshops are held at the Brisbane Multicultural Centre, 28 Dibley Street, Woolloongabba.

To acknowledge the fantastic work done by Community Leaders, QPASTT is offering a discount on the usual cost of attending these training sessions. Please talk to our Training Coordinator, Elise Barton, for more information.

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Meet QPASTT Staff



Meet Steph!

Steph has been working at QPASTT since July 2014 first as the Coordinator of the Asylum Seeker Support Team and then Coordinator of the Counselling Services Team. Steph currently works as Direct Services Manager. Steph has a Bachelor of Social Work and is currently completing her Masters of Social Work with research interest in vicarious trauma.

Outside of QPASTT, Steph enjoys a leisurely cycle to and from work on her bike which she made from her mum's old Malvern Star from the 1960s. Swimming in the ocean is one of her favourite things and makes Steph feel most happy.



Meet Dan!

Dan's role as a Capacity Building Officer aims to enhance the capacity of a range of service providers who work with clients from refugee backgrounds, through project collaborations and the provision of consultation and training. Dan holds a Bachelor of Psychology degree with honours, and has clinical experience in the areas of relationships and addiction including gambling and substance abuse.

When Dan isn't working, he enjoys spending time with his family, eating lots of food and riding his motorbike slowly.

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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