



Strategic Plan

2020-2024



Vision, Purpose and Values

Our Vision

Our vision is for people from refugee backgrounds to live lives liberated from the harms of torture, trauma and human rights injustice.


Our Purpose


Our purpose is to nurture meaningful futures by assisting people from refugee backgrounds to heal, belong and thrive in our community.


Our Commitment


We are committed to supporting survivors of torture and trauma and their families and communities in Queensland.


Our Values

- 

KINDNESS We care. In all our work, survivors of torture and trauma come first.
- 

OPTIMISM We believe in meaningful futures. We are committed to healing being a journey of recovery across mind, body and spirit.
- 

PERSEVERANCE We don't give up. We understand that healing requires time, patience and courage for individuals, families and communities.
- 

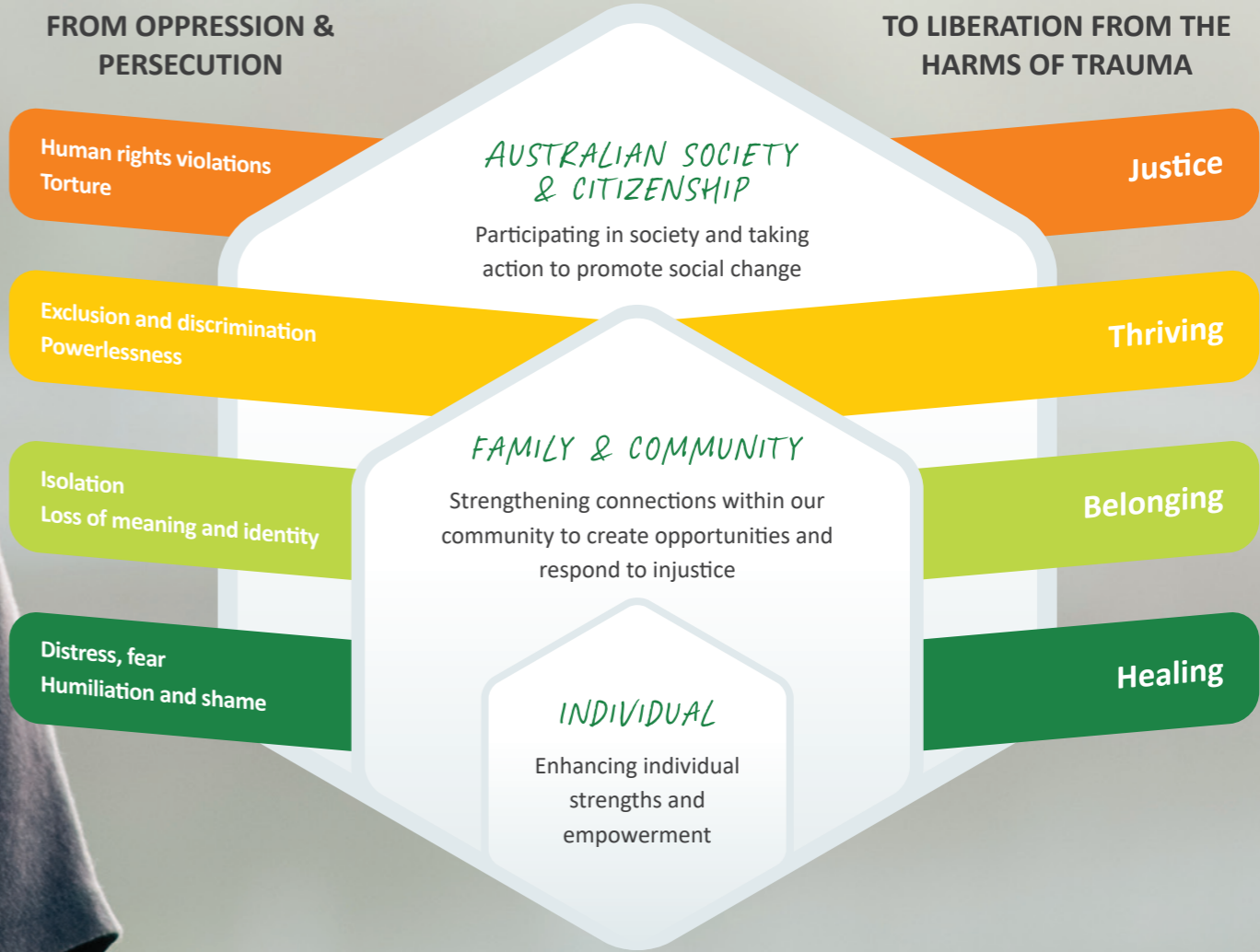
FAIRNESS We believe that recovery from trauma is about justice and that to heal is a human right. We strive to build opportunities so that survivors of torture and trauma are able to belong and thrive in the community.
- 

HONESTY We act openly and ethically. We are committed to delivering impactful services.

The QPASTT Strategic Framework

QPASTT's services are based on a refugee trauma recovery framework that sees trauma recovery as a journey from oppression and persecution towards liberation from the harms of trauma and human rights injustice.

Our refugee trauma recovery framework



Our Challenge

Oppression, persecution and human rights violations can impact on daily living and shatter trust in humanity.

A survivor’s ability to recover from trauma is impacted by:

- Feelings of powerlessness, anxiety, grief, distress, fear, humiliation, guilt and shame within individuals
- Separation from family and isolation and stigma within communities
- Social and economic disadvantage and lack of opportunity in the community
- Public opinion, including discrimination in Australian society

Our Response

IF WE ... BY ...

NURTURE HEALING

Providing compassionate and caring counselling where everyone feels:

- Safe, welcome and understood
- Assisted with their needs and aspirations
- Supported in their individual and family recovery journey

BUILD BELONGING

Enabling opportunities for survivors to connect and heal with others in groups where:

- Body, mind and spirit are nourished through new friendships and traditional wellness
- Wellbeing is nurtured through a focus on movement, relaxation and creative therapies (art, music, dance, drama, craft)

ENABLE THRIVING

Supporting children and young people:

- To prosper at home, at school, at work and in the community
- To be influential voices and grow to be our future leaders

Creating opportunities so that trauma is not a barrier to participation in family, social and economic life including:

- Helping people manage the impacts of trauma and to develop the knowledge and skills to enhance their success in education and employment
- Supporting parents to prevent intergenerational trauma
- Helping people to adjust to settlement stressors related to establishing life in Australia

RESTORE JUSTICE

Building empathy for the refugee experience and skills to support trauma recovery including:

- Advocacy to uphold equity of outcomes
- Training to enable colleagues in other agencies to become trauma-informed and culturally safe
- Partnering with community leaders to foster community healing and reduce stigma

Our Opportunity

Working together with refugee and local communities we can:

- ✓ Reduce stigma and support people to heal from the impacts of trauma
- ✓ Build safety and connection so that people feel a sense of belonging
- ✓ Support individuals, families and communities by creating opportunities for them to thrive
- ✓ Advocate for community empathy and justice for survivors

Our Impact

WE WILL EQUIP PEOPLE THROUGH:

- Empathy, compassion and self understanding to support recovery
- Knowledge, skills and connections for themselves and their families
- Equity of opportunity

THIS WILL RESULT IN ...

PEOPLE FEELING:

- Safe and valued
- Healthy and well
- Empowered and in-control
- Included
- Hopeful for their future

PEOPLE WILL HAVE:

- Improved wellbeing
- Better connections
- Greater opportunities

AND THEN ...

- ✓ People are free from the disabling impacts of trauma
- ✓ People feel that they are valued and belong
- ✓ People are active citizens and contributors to our community life
- ✓ Children and young people have the opportunity to grow and thrive without intergenerational trauma
- ✓ Our society is fairer and has greater empathy for the refugee experience

Our Goal

People are able to live lives liberated from the harms of trauma and human rights injustice



Strategic Plan 2020-2024

QPASTT will achieve our vision by supporting people from refugee backgrounds to heal, belong and thrive in our community.

Healing The Past

Healing the past is a journey of recovery across mind, body and spirit.

We will enable recovery from trauma for individuals, families and communities.



1

Building Belonging

A sense of safety is fundamental for healing. Without belonging safety is not felt. In this way, healing and belonging are interlocked.

We will work with communities to build belonging for refugee survivors of torture and trauma.



Nurturing Thriving Futures

Positive social and economic conditions for families are critical for reducing the risks of intergenerational trauma.

We will decrease the future burden of trauma for families and nurture thriving futures.



2

Restoring Justice

The needs of trauma survivors can be misunderstood by agencies, local communities and service systems which results in inequity of outcome.

We will empower the service environment and local communities so that they are better able to respond to the aspirations of survivors of torture and trauma.



Collaborating for Impact

The social determinants of health are a barrier to trauma recovery.

We will work with others to ensure the experience of trauma is not a barrier to social and economic success for survivors of torture and trauma from refugee backgrounds.



3






Contact Details

ALL OFFICES

 connect@qpastt.org.au

 www.qpastt.org.au

 @QPASTT

ABN: 50 043 097 082

ACN: 638 201 779

BRISBANE

P: 07 3391 6677

Brisbane Multicultural Centre
28 Dibley Street,
Woolloongabba, QLD 4102

CAIRNS

P: 0409 574 925

LOGAN

P: 07 3089 4310

19/390 Kingston Road,
Slacks Creek, QLD 4127

TOOWOOMBA

P: 07 4573 4391

Toowoomba Multicultural Centre
15 Snell Street (cnr Russell Street),
Toowoomba, QLD 4350

TOWNSVILLE

P: 07 4772 9000

410 Ross River Road,
Cranbrook, QLD 4814



QPASTT acknowledges Aboriginal and Torres Strait Islander peoples as the traditional custodians of the land where we live and work and we pay our respect to their cultures, their ancestors and their elders – past, present and emerging.

We recognise the continuing trauma caused by losses of children, language, lore and land and the impact that this continues to have on psychological, physical and spiritual wellbeing. We recognise that since time immemorial, Aboriginal and Torres Strait Islander peoples have nurtured communities of belonging and thriving and we work in solidarity towards a future of healing and justice.



QPASTT is committed to creating a safe, inclusive and equitable environment for people from all genders, sexualities, religions and cultures - for our clients, communities and our staff.

