

# MMHA's Achievements

AUSTRALIA'S CULTURAL DIVERSITY  
AND MENTAL HEALTH

A Snapshot 2007-2011

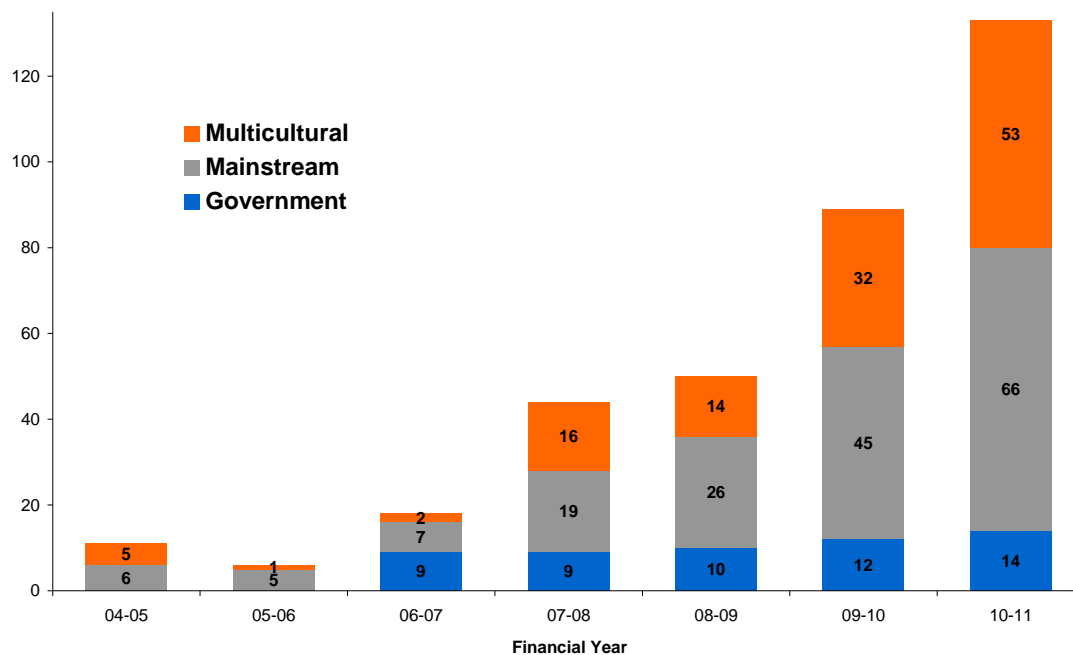


## 1. MMHA partnerships with Government, Mainstream and Multicultural (including ethno-specific) Services

There has been strong growth in project partnerships with mainstream mental health organisations, multicultural and ethno-specific agencies, and government departments under the administration of the MMHA project by Sydney West Area Health Service and the Diversity Health Institute (SWAHS/DHI).

Figure 1.1 below demonstrates the growth in partnerships since the 2004-05 financial year. Particular growth occurred during the 2009-10 financial year due to the implementation of a number of projects including the Stepping Out of the Shadows Stigma Reduction Project, the development of the National Cultural Competency Tool, the organisation of the mental health stream of the Diversity in Health conference, and the development of the MMHA Speakers Bureau resource Pack and the *Hear Our Voices* DVD.

**Figure 1.1 Growth in MMHA Partnerships**



## Partnerships with key stakeholders developed by MMHA

MMHA's partnerships with **government departments and committees** for the implementation of MMHA project objectives

Jurisdiction	Number
National	7
State & Territory	8
<b>Total</b>	<b>15</b>

MMHA's partnerships with **mainstream organisations & services** for the implementation of MMHA project objectives

Overall strategic goal: Continue to negotiate partnerships and joint ventures with mainstream organisations to undertake a wide range of projects and activities with a CALD focus to promote cultural inclusiveness in their mainstream activities.

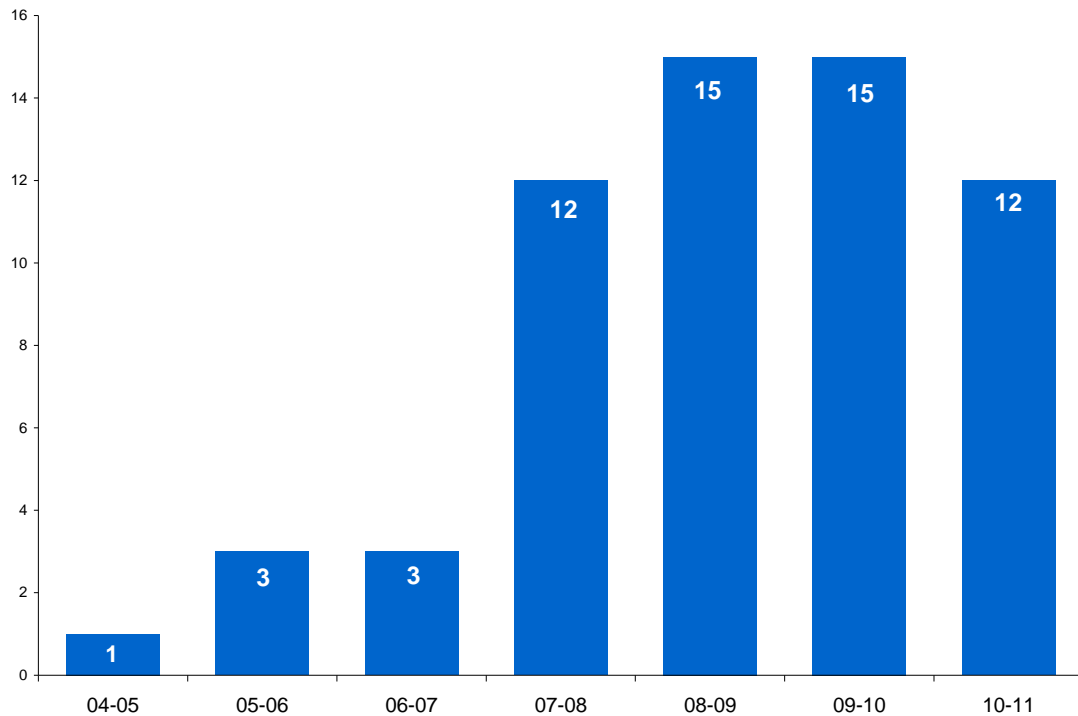
Jurisdiction	Number
National	29
ACT	3
NSW	11
NT	2
QLD	2
SA	3
VIC	9
WA	4
TAS	3
<b>Total</b>	<b>66</b>

MMHA's partnerships with **ethno-specific and multicultural organisations** and networks for the implementation of MMHA project objectives

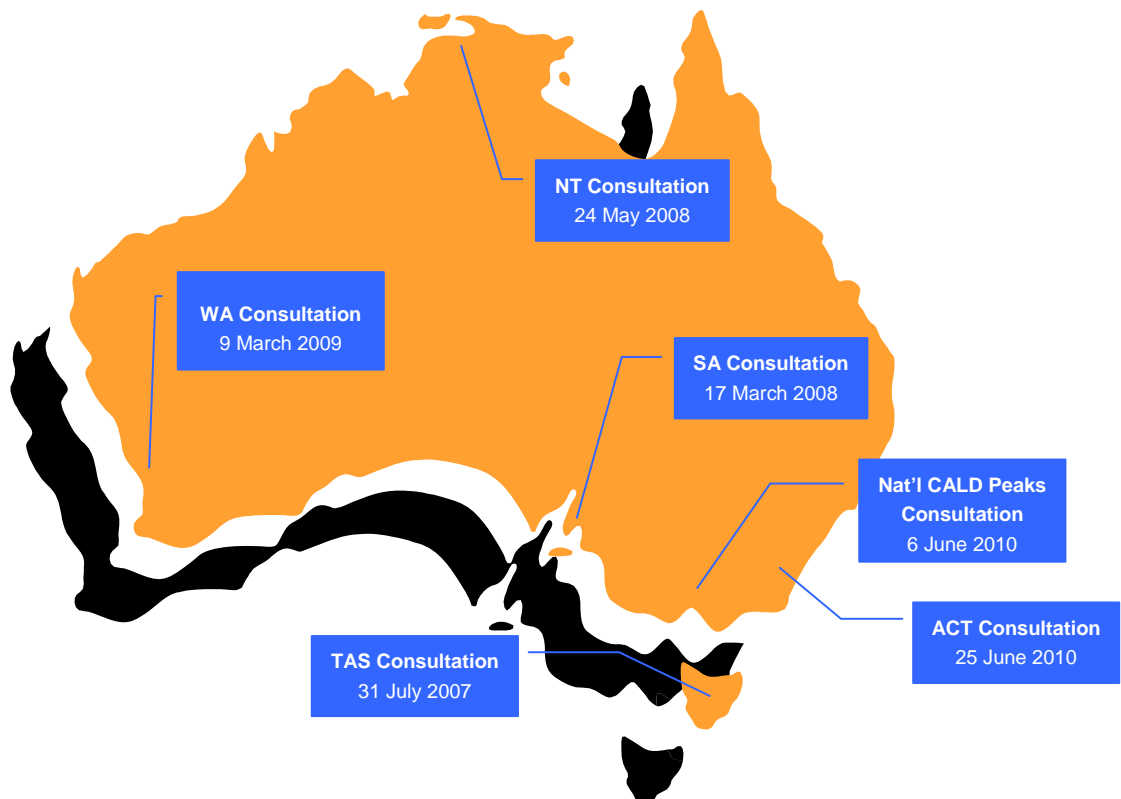
Overall strategic goal: Continue to collaborate with ethno-specific and multicultural organisations with a focus on mental health promotion.

Jurisdiction	Number
National	19
ACT	1
NSW	9
NT	2
QLD	4
SA	6
VIC	6
WA	5
TAS	3
<b>Total</b>	<b>55</b>

## 2. Policy Submissions

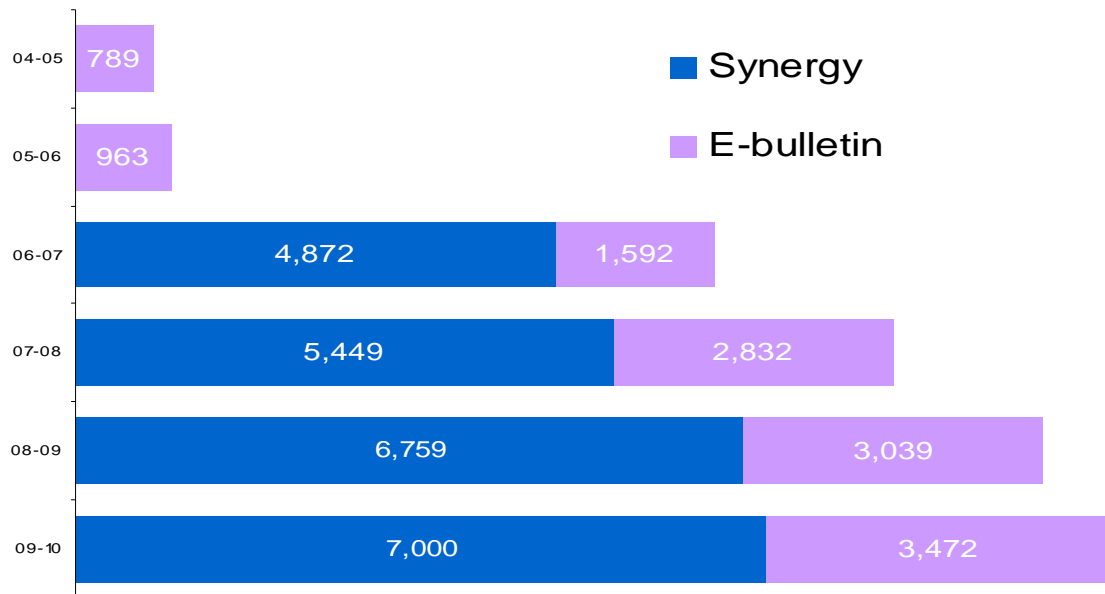


## 3. Consultations 2007 - 2010

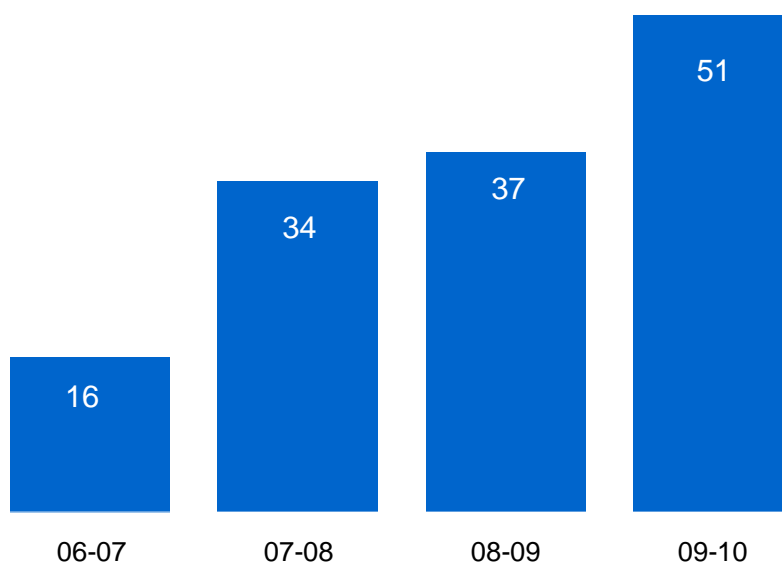


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## 4. Synergy and e-Bulletin distribution

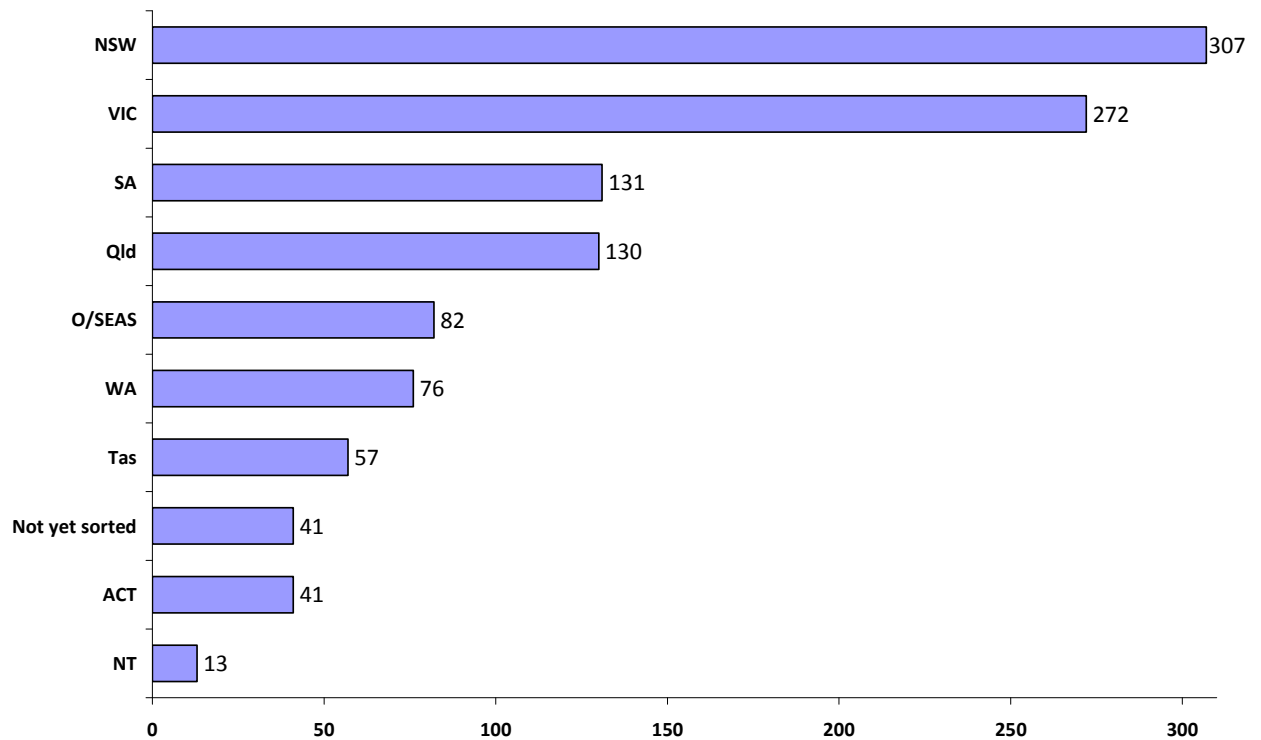


## 5. Speakers Bureau growth

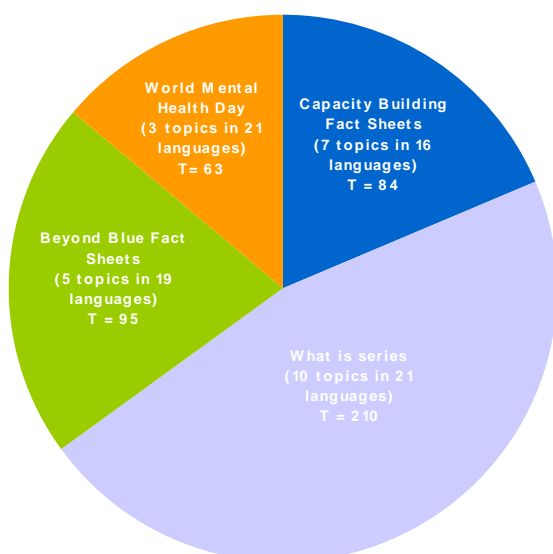


## 6. National Cultural Competency Tool Expressions of interest at June 2011

(Total = 1150)



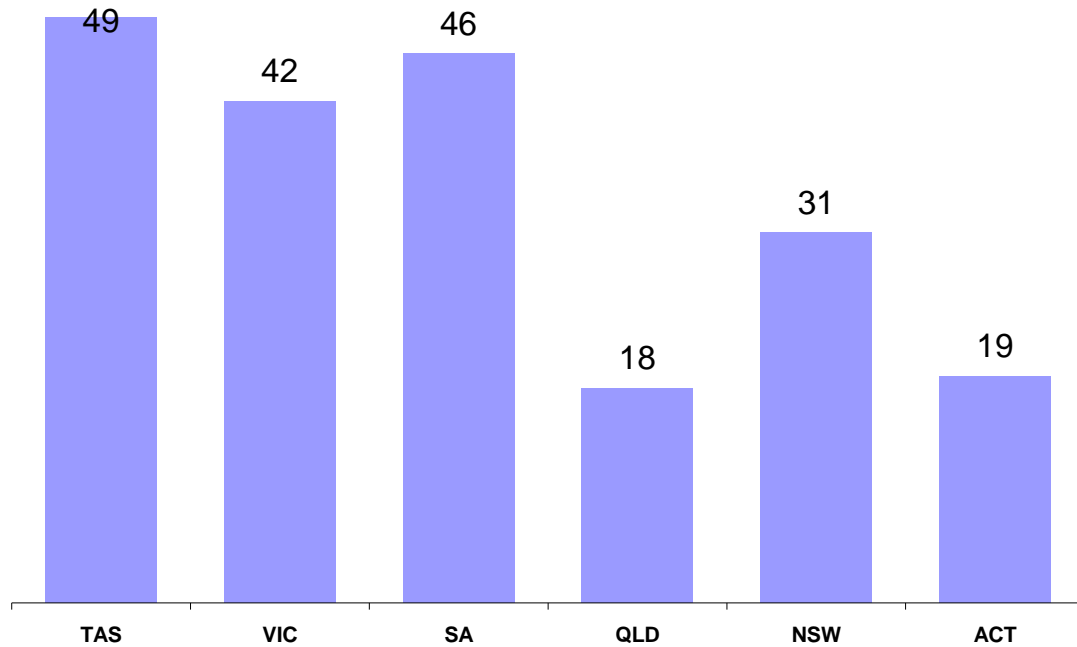
## 7. Number of Fact Sheet Brochures, CDs series developed



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## 8. NCCT training attendance rates



## 9. Other key resources developed by MMHA - 2008 to 2011

**Homelessness amongst CALD People with a Mental Illness**  
An Australian Study of Industry Perceptions

**National Cultural Competency Tool for Mental Health Services**

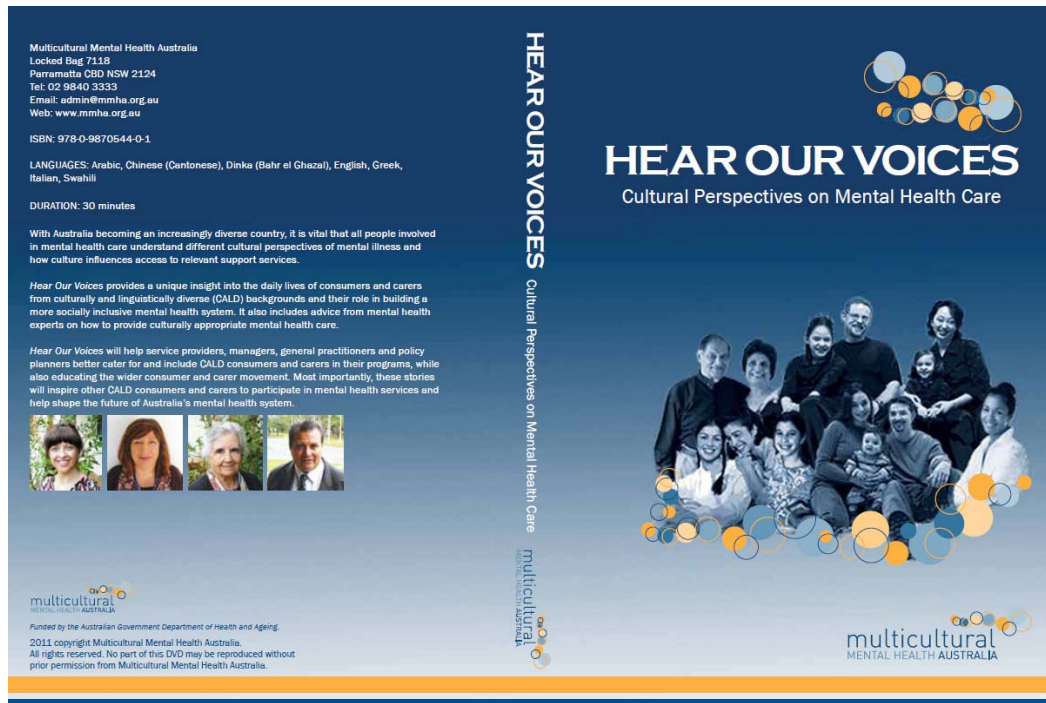
**Speakers Bureau Resource Package**

**The State of Play**  
Key Mental Health Policy Implications for CALD Communities



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**Hear Our Voices DVD** – CALD consumer, carer and professional perspectives on the intersection between culture, diversity and mental health



**Stepping Out of the Shadows Stigma Reduction Project** - Expert & Community Trainer Manuals, CD of multilingual factsheets, & multilingual DVD of family scenario



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## 10. Regular publications

**Synergy Magazine** - 12 editions completed between July 2008 and June 2011,



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### CALD consumers and carers meet with Australian Mental Health Minister

*By Vicki Katsifis, Consumer and Carer Project Officer, Multicultural Mental Health Australia*

On Monday 28 February, 2011 the Australian Mental Health Minister, the Hon Mark Butler, met with members of Multicultural Mental Health Australia's (MMHA) culturally and linguistically diverse (CALD) Consumer and Carer Reference Groups in Parliament House to discuss the mental health needs of Australia's CALD communities.

This meeting was a first for the sector. The consumers and carers involved were able to share their personal experiences of Australia's mental health system and were excited that their opinions were finally being heard and valued by our political leaders.


The group members presented their items for discussion in a confident, passionate and articulate manner and I was genuinely moved by their personal and professional growth made during the time I have known them.

Some of the issues canvassed included the need for transcultural mental health centres in every state and territory, arguments for improving data collection, the lack of CALD mental health support groups, the need to address cultural competency in the mental health workforce, and funding for more education and stigma reduction activities.

In previous years, MMHA reference groups have tendered many submissions to government, sometimes with only scant acknowledgement. A face-to-face meeting with a Federal Minister confirmed to group participants that their concerns were now being heard by the Australian Government.

The MMHA National CALD Consumer Reference Group and the National CALD Carer Reference Group have been in operation since November 2007 and December 2009 respectively.

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*I felt both emotional and empowered as I expressed the sadness that CALD families experience as a result of the level of stigma attached to mental illness in their communities. To have the opportunity to advocate for carers was a privilege. I am confident the Minister heard us.* Nail Paxinos, Greek-Australian, Victorian Carer Representative

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The Australian Mental Health Minister, the Hon Mark Butler, with Multicultural Mental Health Australia staff and consumer and carer advocates.

While CALD consumers and carers are difficult to engage in advocacy, policy and service development (due to reasons of stigma, shame, limited English language skills, lack of familiarity with the Western model of health care, etc), MMHA takes very seriously the right of consumers and carers to participate in our national activities and contribute to mental health reform.

Consumers and carers participate in MMHA projects in a myriad of ways, including policy planning and reviews, project priority setting in the organisation and annual projects (such as the educational DVD 'Hear our Voices'), and mental health promotion through interviews, public speaking and the recent theatre performance at the 2010 TheMHS Conference.

When I first set up the CALD Reference Groups three years ago, national CALD consumer and carer participation was minimal. Today, these CALD mental health advocates have shaped many projects and have set national benchmarks in culturally appropriate mental health care.

Meeting Minister Butler was another significant milestone and a definite high point.

It is imperative the Reference Groups meet with the Minister on a regular basis and express their views. This will serve a dual purpose: achieving social change and also further empowering CALD consumers and carers to advocate for relevant mental health services and programs to suit people from CALD communities.

**MMHA is recruiting new members for its Consumer and Carer Reference Groups. To find out more, please email [admin@mmha.org.au](mailto:admin@mmha.org.au)**



*The best part of this experience was speaking on a topic I am very passionate about: mental health issues in Australia's immigrant communities. Yvette Ambrosetti Tovey, Italian-Australian, South Australian Consumer Representative*

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