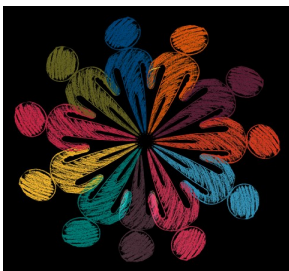


Mental Health Network  
Multicultural Subnetwork Steering Committee Newsletter

# Cultural Lens



## Inside this issue:

- Who are we ? **1**
- Steering Committee Members List 2021 **1**
- Psychological Service for ELD communities **2**
- Questions to ask when investigating ELD mental health needs **2**
- Save the Date ! Multicultural Subnetwork Open Forum **2**

## Who are we ?

Welcome readers to the first quarterly issue of our newsletter, *Cultural Lens*. As the Steering Committee of the Multicultural Subnetwork, we hope this newsletter will act as a conduit to both facilitate connection and engagement with the wider Multicultural Subnetwork membership and to collectively use our cultural lens to raise awareness of:

***WHAT's happening within the sector;***

***WHY it's happening;***

***WHERE it's happening and to which communities, age cohort etc.***

We also welcome your contribution, input or comments on issues that are relevant for the cohort

whom our Steering Committee represent. These can be emailed to:

MHNetwork@mhc.wa.gov.au with the subject line '*Cultural Lens*'.

In this edition, we would like to familiarise you with members of the current Multicultural Subnetwork Steering Committee. The membership list is set out below. The Steering Committee is the organizing body for the Multicultural Subnetwork which is one of the 10 subnetworks under the Mental Health Network (MHN).

Committee members represent sub-population groups within the multicultural population e.g. disability, LGBTIQ+, carers, consumers, families, AOD, primary



health, child and adolescent, general practice, and policy. We are currently seeking a member to represent WA Country Health Services. Please contact us if you are interested.

The Committee's role is to primarily engage, inform and learn in order that policy and initiatives are aligned with current mental health needs of ethnoculturally and linguistically diverse (ELD)\* groups. Anyone may join the MHN and its subnetworks.

## Subnetwork Steering Committee Members 2021

**Jose Cicilamma**  
LGBTIQ+ Advocate

**Elaine Collins**  
Carer Advocate

**Christina Foo**  
Snr Social Worker, CAMHS

**Iren Hunyadi**  
Consumer Advocate

**Manjit Kaur**  
Subnetwork Steering Committee Co-Chair  
Consumer Advocate

**Ruth Lopez**  
Snr Policy Officer, Cultural Diversity Unit, WA Health

**Leanne Mirabella**  
Social Worker, Disability and AOD Consultant

**Dr Mark Porter**  
MST Program Manager, Specialised CAMHS

**Wendy Rose**  
Chief Executive Officer, Ethnic Disability Advocacy Centre

**Dr Aesen Thambiran**  
General Practice & Steering Committee sponsor representative

**Dr Bernadette Wright**  
Subnetwork Steering Committee Co-Chair  
Clinical Psychologist, Primary Health Services

**VACANT**  
WA Country Health Services (WACHS)

*Ex-Officios:*

*Rod Astbury - Mental Health Network Co-Lead*  
*Ashleigh Owen - Mental Health Commission Liaison*

\* We have chosen to use the term 'ethnoculturally and linguistically diverse' (ELD) to refer to the target population for which our subnetwork has been established. We believe this term recognises that ethnicity, as much as culture, can significantly influence values and belief systems surrounding timely mental health service access, utilisation and perceived anticipated outcomes.



*“it is well known that consultation-fatigue is commonly experienced among ELD stakeholders”*



## New psychological service for people from ELD

Now operational, Life Without Barriers has established a program that will provide a psychological service to people from 12 years old who are from ethnoculturally and linguistically diverse groups.\* The service, funded by the WA Primary Health Alliance, is for individuals who present with mild to moderate psychological distress. Access is free but individuals must not currently hold refugee or asylum seeker status.

Services are located in Langford, Leederville and Mirrabooka. A GP Mental Health Care Plan is required to receive short term counselling (up to 10 sessions). Interpreters may be used as needed. For further information please email [CaldPsychService@lwb.org.au](mailto:CaldPsychService@lwb.org.au).

## What questions need to be asked when investigating ELD mental health needs ?

A project by Curtin University on behalf of WA Health includes, as one of its multiple foci, the mental health issues experienced by people from ELD communities. It is well known that consultation-fatigue is commonly experienced among ELD stakeholders. However, we also recognise that over time, priorities of needs have changed. This project aims to understand the *current* priorities that should be further investigated and that are relevant to ELD consumers, carers, families, practitioners and policy makers in WA. Findings that emerge may inform policy and funding possibilities towards improved mental health service

provision and clinical outcomes for this cohort.

The Steering Committee has had the opportunity to advise the project on various issues including whether its current understanding of the mental health among ELD groups is accurate; and, to inform on how to ensure culturally appropriate processes are undertaken to reach all stakeholder groups.

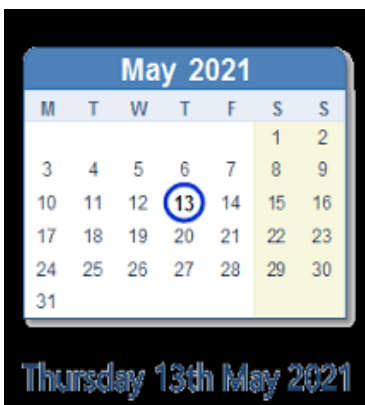
You can also contribute by contacting the project team: (Peter McEvoy, Ben Horgan, Vivian Chiu) at [co-roamers@curtin.edu.au](mailto:co-roamers@curtin.edu.au).

## Save the Date ! Multicultural Mental Health Subnetwork Open Forum

As the organizing body of the Multicultural Subnetwork, the Steering Committee, as does all other Subnetwork Steering Committees, must each year submit a Work Plan to the Mental Health Commission. This Work Plan will act as the blueprint for activities or initiatives that the Steering Committee may pursue on behalf of the Subnetwork. The

initiatives will be evaluated by key performance indicators to demonstrate the achievements of the Steering Committee’s work to ensure the relevance of its activities in this space. In order to engage and inform, we are organizing an Open Forum to which all Multicultural Subnetwork members are invited to exchange knowledge

and inform on what may be included in the Steering Committee’s Work Plan for 2021/2022. It will also be an opportunity to showcase examples of effective transcultural mental health engagement in the multicultural sector.



**Open Forum - SAVE THE DATE - Invitations will be sent out soon**

**When: Thursday 13th May 2021**

**Time: 2:00 - 5:00 pm**

**Venue: Mental Health Commission, 1 Nash Street, Perth**

\* We have chosen to use the term ‘ethnoculturally and linguistically diverse’ (ELD) to refer to the target population for which our subnetwork has been established. We believe this term recognises that ethnicity, as much as culture, can significantly influence values and belief systems surrounding timely mental health service access, utilisation and perceived anticipated outcomes.