

headspace Adelaide

Youth mental health in CALD communities

Dan Schmidt | headspace Adelaide
headspace Youth Early Psychosis Program (hYEPP)

A large, abstract, dark red shape in the bottom left corner of the slide, resembling a stylized wave or a piece of fabric.



headspace would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present.




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what we'll cover tonight

- headspace Adelaide overview
- headspace Youth Early Psychosis Program (hYEPP)
- working alongside culture
- difficulties in engagement
- case studies



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- all services are at no-cost to the consumer
 - for those aged 12-25 years of age
 - eheadspace online support
 - 110 centres across Australia
- 

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Primary service.

short-term, early intervention for high prevalence, mild to moderate mental health issues.



hYEPP

- Specialised early intervention for young people who are experiencing, or are at risk of developing, a first episode of psychosis
- Six other hYEPP services across Australia
- Assertive outreach to all Adelaide metropolitan area

Psychosis

A condition that involves some loss of contact with reality.

Most likely to happen in late adolescence or in the early adult years.

Can be frightening.

Important to get help early.



working alongside culture



We acknowledge:

- We are not leaders in this field
- Cultural background affects how someone views and describes symptoms along with how someone responds to treatment
- Our own culture and learnings can impact our clinical practice
- Engaging young people from culturally diverse backgrounds regarding mental health is difficult
- We have the skills, resources and staff to grow in this area

what we are doing


- Translated fact sheets
- Access to interpreters
- Increased engagement with international students
- Tailored online support
- Staff training
- Culturally diverse Youth Reference Group
- No 'wrong door' service

what we could be doing better

- Greater uniformity across headspace services
- More presence at cultural events
- Wider stakeholder engagement
- Increased collaboration with wider headspace network
- Showcasing our centre and services to more young people

how we do it



 eheadspace Group Chat

When mental health is understood differently in your community or culture

Mental health is understood differently among individuals, families, ethnicities, cultures and countries. Young people from different ethnic backgrounds, whether born in Australia or overseas, can feel as though they're caught between two sets of cultural values. Getting help if you're struggling can sometimes




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Support for International Students

NEW DATE 5th March 7-8pm
Managing work, study and life activities can be tough, particularly when you are new to the Australian culture and the various services. If you are an international student, no matter what type of study you are doing, whether you are here for a few months or a few years, ensuring you are aware of



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Does stigma stop us talking about what's important

Sometimes we don't feel able to talk about the things that are important to us, often this is because we worry about stigma and how we might be perceived if we express our opinions. You might want to talk about mental health, gender and sexuality, disability, being young, culture and ethnicity or other topics that you



Kim Participant

10th Feb, 7:35 pm

I find it really difficult to talk to my parents about my feelings and what I am doing as I don't speak fluent Vietnamese and my parents don't speak really good English?



Mallika eheadspace Moderator

10th Feb, 7:36 pm

Hey Kim, it sounds like it might be really important to you to share what's going on for you and how you have been feeling recently with your parents – but it also sounds like language might be a barrier. It can be really hard for many young people, whose parents first language is not the same as theirs, to feel like they can share what's going on for them and how they are feeling.

Some people find that speaking to a close friend or a family member can be helpful– are there any close friends or family members, who might speak Vietnamese that might be able to help you have that conversation with your parents?

Another option might be to share how you have been feeling with a close friend or family member, or even link in with some face to face support – it can be one way to explore how you have been feeling as well as develop some helpful coping strategies. Many face to face supports also have translation services – so for one of your sessions, you could have a translator come in and help you share what's going on for you with your parents.



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Kim Participant

10th Feb, 7:35 pm

I find it really difficult to talk to my parents about my feelings and what I am doing as I don't speak fluent Vietnamese and my parents don't speak really good English?



May Lyn hY NRG Participant

10th Feb, 7:40 pm

Hi Kim, thanks for joining the chat. :) I feel you - in Cambodian there's no word for "depression" either. It was really hard, but I've tried explaining it to my parents by relating it to physical illness, and that how I'm feeling isn't something I can control or change. If there's any other family you know or people close to you that also experience mental health difficulties, it could be worth asking your parents how they understand what that person is going through and use that to start the conversation.



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Lily Participant

10th Feb, 7:47 pm

I am 16 and I am sure I have depression and my mother keeps telling me that all I need is to do go to church more and pray, but I don't think that will help with what I am feeling. How can I tell my mother I want to see a professional?



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Flora eheadspace Moderator

10th Feb, 7:47 pm

Hi Lily, it sounds like your mum has strong religious beliefs that are influencing how she understands mental health issues. I can see that explaining your feelings to her would be difficult. It might be worth a try, to communicate with her what you are feeling and what type of support you would find helpful. Here is some information on how to talk to parents about challenging topics.

<https://kidshelpline.com.au/teens/issues/talking-your-parents>

Also, you might not be able to get that understanding you need from your mum in helping you see support from a mental health professional, but at 16 you are able to access these services independently. So you could call your local headspace centre and book in an appointment with them. Also your school counsellor, or your GP are good places to seek mental health support.



Jamir Participant

10th Feb, 7:49 pm

I get really angry when I hear the news and the politicians talking about African gangs and how bad they are, and it makes me feel guilty and ashamed and really bad about myself. I think everyone is looking at me like I am a bad person when I am not.



Blind Participant

10th Feb, 7:54 pm

I keep asking to see the counsellor at school and my parents won't let me, they tell me I can trust them, they will do bad things to the family



Anlma Participant

10th Feb, 7:11 pm

My parents are really controlling compared to the other people in my school, and I get a hard time from my parents about what my friends do. They even tell to not be friends with some of them.



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Yu Yan Participant

10th Feb, 7:35 pm

My parents don't believe in mental health and tell me that all I need to do is to work harder. But I am working hard and I don't feel any better



Basla Participant

10th Feb, 7:35 pm

I feel discriminated against when we go on outings or trips for school when there is gender neutral toilets because my parents won't let me go to outings because of this.



Kirra Participant

10th Feb, 7:56 pm

I am feeling really confused in my culture I have a gift because I can hear and talk to spirits but now that my family has moved to Australia I can't talk about my gifts to my friends because they get really scared and think I am going crazy. Am I crazy or do I have a gift? Help!



Hey Kirra - it's understandable that it might be a really confusing experience for you at the moment – especially as different things maybe be seen differently in different culture and communities. In some Western societies, being able to hear voices can be seen as a symptom of a mental health issue – however, in many cultures and countries across the world, being able to hear voices is normal, and a gift! Also, across the world, there is a growing positive movement called the Hearing Voices approach – where hearing voices is seen as meaningful human experience, rather than a symptom of mental illness. Did you know that 3-10% of the world's population will hear a voice or voices in their lifetime!!

**headspace.org.au/
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While it sounds like on one hand you are worried about people thinking that you might be 'crazy' for being able to hear and speak with spirits – it also sounds like this is something you are really proud of! Sometimes it can also be helpful to chat with other people, who also have similar experiences – do you have any friends or family who are also able to speak with and hear the spirits that you could talk to? There are also some groups across Australia, that provide a space for people who hear voices, to talk about their experiences –

- Voices Vic:
https://www.unitingprahran.org.au/ourservices/voices-vic/#page_1
- Hearing Voices Network NSW:
<http://voicesnsw.com.au/>
- Hearing Voices Networks SA: <https://hvnsa.org.au/>
- Hearing Voices Network of WA:
<https://www.rw.org.au/community-services/hearing-voices-network-of-wa/>
- Hearing Voices Group QLD:
<https://www.pirgoldcoast.com.au/event/hearing-voices-group-qld/>

if this, then that

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