

Cultural diversity and children's wellbeing

Other resources

The following resources have been compiled for parents, carers and teaching staff who may be seeking further information about families from culturally and linguistically diverse backgrounds. A range of resources have been included but the list is not exhaustive. Since materials have been selected to represent differing perspectives, inclusion of a particular item on the list should not be taken as endorsement by KidsMatter.

Information For parents and Carers

The Australian Government Department of Immigration and Citizenship provides information about settling in Australia. *Beginning a Life in Australia* is a comprehensive booklet that explains the types of settlement services available. It is available for each state and territory in 24 community languages. Available from:

www.immi.gov.au/living-in-australia/settle-in-australia/beginning-life/index.htm

The Australian Childhood Foundation offers parenting information in a range of community languages. Both text and audio versions are available from:

www.kidscount.com.au/website/default.asp

New South Wales Health Multicultural Health Communication Service provides multilingual health resources for CALD communities. A wide range of fact sheets on child health and parenting is available in numerous languages from:

www.mhcs.health.nsw.gov.au/mhcs/topics/Parenting.html

NSW Department of Community Services provides translated information on parenting topics in Arabic. Available from:

www.community.nsw.gov.au/DOCS/STANDARD/PC_100222.html

Victorian Department of Human Services provides a range of translated parenting information via its website at: www.healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PreSentEnglishResource?Open&x=&s=Parenting

The Parenting Research Centre, has translated Triple P's *Positive Parenting* resources and tip sheets into numerous languages that are available for purchase within Victoria. Audio cassettes of the resources in several languages are also available. See:

www.parentingrc.org.au/vp/programs/programview.php?id=10&page=resources

ABCD Parenting Young Adolescents provides practical information on common parenting issues in several different languages. Although the information is focused on young adolescents, it may be useful for parents and carers of older primary-aged children. Available from: www.abcdparenting.org/index.php?pageID=9608

The Australian Government, Child Support Agency helps to support separated families. Information is available in Arabic, Chinese, Spanish, Turkish and Vietnamese. The Child Support Agency also provides a translating and interpreting service. Available from: www.csa.gov.au/translated/index.aspx

Children's mental health information and services

The NSW Transcultural Mental Health Centre has produced two excellent multilingual resources on children's mental health:

- *The Family Help Kit* provides information and tips relating to a range of children's mental health problems. Available in a number of languages from:
www.health.nsw.gov.au/policy/cmh/publications/Family_Help_Kit.pdf
www.dhi.gov.au/tmhc/resources/translations.htm
- *Healthy Kids: A Parent's Guide* is available in several languages, both in print and as audio files, from: www.chw.edu.au/healthykids

The Victorian Transcultural Psychiatry Unit has compiled a webpage with translated mental health information from across Australia. It includes information on children's mental health. Available at:

www.vtptu.org.au/resources/translatedmentalhealth.html

Multicultural Mental Health Australia (MMHA) promotes the mental health and wellbeing of Australia's diverse communities. Information is available in a variety of languages. See: www.mmha.org.au/mmha-products/fact-sheets/supporting-parents-and-families-the-mental-health-and-wellbeing-of-children-and-young-people/

www.mmha.org.au/mmha-products/fact-sheets/mental-health-in-a-changing-world-the-impact-of-culture-and-diversity-1/

MMHA also provides a national service finder on its website to help with identifying local services that can provide culturally appropriate support for mental health issues:

www.mmha.org.au/find/services

In addition, the following State-based organisations offer services and/or links to further assistance with mental health issues.

State	Service	Contact Information
ACT	Mental Health ACT - Transcultural services	www.health.act.gov.au/c/health?a=da&did=10051295&pid=1 Ph. 02 62374697
NSW	NSW Transcultural Mental Health Centre	www.dhi.gov.au/tmhc Ph. 1800 648 911
NT	Top End Association for Mental Health	http://www.teamhealth.asn.au/whatwedo.html Ph. 08 8948 4399
QLD	Queensland Transcultural Mental Health Centre	www.health.qld.gov.au/pahospital/qtmhc/default.asp Ph. 07 3240 2833
SA	The Government of South Australia's Human Services Finder	www.hsfinder.sa.gov.au
TAS	Phoenix Centre, Migrant Resource Centre	www.mrchobart.org.au/p_home.shtml Ph. 03 6221 0999
VIC	Victorian Transcultural Psychiatry Unit	www.vtptu.org.au
WA	WA Mental Health	www.health.wa.gov.au/mentalhealth/getting_help/service_search.cfm Ph. 08 9224 1761

Cultural diversity resources for schools and teachers

The Centre for Multicultural Youth (CMY) is a community based organisation that advocates for the needs of young people from migrant and refugee backgrounds. The CMY website provides a range of information and resources, including Opening the School Gate, a resource to assist schools in engaging effectively with parents and carers from CALD backgrounds. Available from: www.cmy.net.au
www.cmy.net.au/Assets/181/1/OpeningtheSchoolGate.pdf

Making Multicultural Australia assists teachers to find quality resources on multiculturalism and explore new strategies to promote cultural diversity and tolerance. www.multiculturalaustralia.edu.au

Racism, No way! is an Australian anti-racism education initiative managed by the NSW Department of Education and Training on behalf of education systems nationally. www.racismnoway.com.au

The table below provides links to State Education resources on multicultural, ESL and/or anti-racism education.

State	CALD relevant education resources
ACT	<p>www.det.act.gov.au/teaching_and_learning/literacy_and_numeracy/english_as_a_second_language_esl This website provides information about English as a second language teaching in the ACT as well as links to key sites and services that support cultural diversity.</p>
NSW	<p>www.schools.nsw.edu.au/learning/yrk12focusareas/multiculted/index.php This website provides information about programs and services to support multicultural education and links to a range of translated information resources.</p>
QLD	<p>http://education.qld.gov.au/student-services/inclusive-cultural-resources.html This website provides resources and links on cultural diversity, anti-racism and refugee support.</p>
SA	<p>www.decs.sa.gov.au/curric/pages/ESL/about/ This website provides links to a range of information and resources related to English as a second language. The following resource on supporting refugees is also available. www.decs.sa.gov.au/curric/files/links/Count_me_in.pdf</p>
TAS	<p>www.education.tas.gov.au/school/educators/support/esl This website provides links to a range of information and resources related to English as a second language. The following resource on countering racism is also available. www.education.tas.gov.au/school/health/inclusive/antidiscrimination/racism/countering_racism_in_schools</p>
VIC	<p>www.education.vic.gov.au/studentlearning/programs/multicultural/default.htm This website provides information on multicultural education for schools and for parents and carers. Multiple languages and audio files available. See also www.education.vic.gov.au/studentlearning/programs/esl/default.htm for additional information to support new arrivals and refugees.</p>
WA	<p>www.det.wa.edu.au/education/esl/contents.htm This website provides links to information and resources related to English as a second language.</p>

Cultural diversity resources for schools and teachers

Cont.

Foundation House, The Victorian Foundation for Survivors of Torture has developed the following resources for schools working with children and families from refugee backgrounds:

- *School's In for Refugees: Whole-School Guide to Refugee Readiness* (Updated 2007)
- *Klassroom Kaleidoscope A program to facilitate connectedness and well-being in the culturally diverse classroom* (2007)
- *Education & Refugee Students from Southern Sudan*.

Available from:
www.foundationhouse.org.au/resources/publications_and_resources.htm

Queensland Program of Assistance to Survivors of Torture and Trauma (QPASTT) provides resources aimed at helping school staff to support children from refugee or displaced backgrounds. Available from:
www.qpastt.org.au/__data/page/8980/RS2_-_Student_Support_Kit_TOC_Coloured.pdf
www.qpastt.org.au/__data/page/8980/handbook_2007.pdf
www.qpastt.org.au/__data/page/8980/School_teachers_guide_2007.pdf

Support services for CALD families

A wide range of organisations provide information, advocacy and family support to parents and carers from CALD backgrounds. The following agencies/organisations provide information and links to assist with locating local services for particular community groups and/or for specific issues.

The Australian Government, Department of Immigration and Citizenship provides a range of information and resources for families newly arrived in Australia. A search engine for multicultural services and community support agencies that are available in different areas of Australia is available from:
www.immi.gov.au/panoptic/search.cgi?collection=help_providers&form=simple

Federation of Ethnic Community Councils of Australia (FECCA) is the peak, national body representing Australians from culturally and linguistically diverse backgrounds. Its website provides information about Australia's cultural diversity, migration and government policy relevant to CALD families and communities, as well as links to local multicultural councils in all states and territories. Available from:
www.fecca.org.au
www.fecca.org.au/members.cfm

Centre for Multicultural Youth provides extensive links to information and support for CALD youth and families. Available from:
www.cmy.net.au/Usefullinks
www.cmy.net.au/Assets/164/1/CLDParentingResources.pdf

Infoxchange is a not-for-profit organisation that provides an Australia-wide online service seeker search function to assist community members to locate current, government and non-government services and agencies. A range of search functions are available to assist with locating local organisations that provide services for specific groups and interests. Available at: www.serviceseeker.com.au

Refugee information and support services

Forum of Australian Services for Survivors of Torture and Trauma (FASSTT) is a network of agencies in each state of Australia that provide services and resources for survivors of trauma and torture and their families. The contact information for the service centres in each state are included the table below. The FASSTT website is located at: www.fasstt.org.au

State	Service	Contact Information
ACT	Companion House – Services for Survivors of Torture and Trauma in the ACT	www.companionhouse.org.au Ph. 02 6247 7227
NSW	STARTTS – Service for the Treatment and Rehabilitation of Torture and Trauma Survivors.	www.startts.org.au Ph. 02 9794 1900
NT	Melaleuca Refugee Centre – Torture and Trauma Survivors Service of the Northern Territory	www.melaleuca.org.au Ph. 08 8985 3311
QLD	QPASTT – Queensland Program of Assistance to Survivors of Torture and Trauma	www.qpastt.org.au Ph. 07 3391 6677
SA	STTARS – Survivors of Torture and Trauma Assistance and Rehabilitation Service	www.sttars.org.au Ph. 08 8346 5433
TAS	Phoenix Centre	www.mrchobart.org.au/p_torture.shtml Ph. 03 6234 9138
VIC	Foundation House – The Victorian Foundation for Survivors of Torture.	www.foundationhouse.org.au Ph. 03 9388 0022
WA	ASeTTS – Associations for services for torture and trauma survivors.	www.asetts.org.au Ph. 08 9227 2700

STARTTS, The NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS), provides downloadable multilingual resources suitable for parents and carers on post-traumatic stress, refugee trauma and sleeping better. Available from: www.startts.org.au/Default.aspx?id=115

Resources for Counsellors

Multicultural Mental Health Australia (MMHA) promotes the mental health and wellbeing of Australia's diverse communities. Information on a range of topics is available in a variety of languages. Available from:

www.mmha.org.au/mmha-products/books-and-resources/cultural-awareness-tool-cat

www.mmha.org.au/mmha-products/synergy/2004_No2/Listeningtodiversevoices/

Marymead Child and Family Centre has produced a resource based on their successful Parenting between cultures program. It provides advice and structured activities for parenting educators to use with CALD parents and carers. Available from:

www.marymead.org.au/files/Parenting%20Between%20Cultures%20Manual.pdf

Queensland Program of Assistance to Survivors of Torture and Trauma (QPASTT) has produced a guide for school counsellors working with refugees. Available from:

www.qpastt.org.au/__data/page/8980/School_counselling_2008.pdf

Foundation House, The Victorian Foundation for Survivors of Torture, has developed the following resources for those involved in counselling children and families from refugee backgrounds:

- *Rebuilding Shattered Lives* (1998) is a guide to working with adult survivors of torture and trauma, suitable for understanding trauma effects and types of interventions.
- *A guide to working with young people who are refugees* (1996 & 2000) outlines the effects of trauma and presents three group programs for young refugees.
- *Raising Children in Australia – A resource kit for early childhood services working with parents from African Backgrounds* (2007) - a specific and comprehensive resource for providing parenting support to families from African backgrounds

Available from:

www.foundationhouse.org.au/resources/publications_and_resources.htm

STARTTS, The NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS), has developed the following resources for those involved in counselling children and families from refugee backgrounds:

- *Settling In*, a group program for newly arrived refugee and migrant students which aims to help students adjust to life in Australia.

See: www.startts.org.au/default.aspx?id=119#settlingin

- *Families in Cultural Transition (FICT)*, a ten week series of workshops designed to help newly arrived refugees learn about Australia and settle successfully in their new country.

See: www.startts.org.au/default.aspx?id=126

Victorian Settlement Planning Committee has developed guidelines for services and organisations working with young people from refugee backgrounds: Good practice principles: Guide for working with refugee young people. Available from: [www.youth.vic.gov.au/Web21/ofy/rwpgslib.nsf/GraphicFiles/Good+Practice+Principles+Guide+for+Working+with+Refugee+You/\\$file/Good+Practice+Principles+Guide+for+Working+with+Refugee+You.pdf](http://www.youth.vic.gov.au/Web21/ofy/rwpgslib.nsf/GraphicFiles/Good+Practice+Principles+Guide+for+Working+with+Refugee+You/$file/Good+Practice+Principles+Guide+for+Working+with+Refugee+You.pdf)

The **KidsMatter Primary Programs Guide** provides information on school based mental health programs suitable for use with children from CALD backgrounds. Each program provides detailed information and resources for councillor or teacher use. Many programs provide information for parents and carers as well. Available at: www.kidsmatter.edu.au/programs-guide/

Articles

Diversity Health Institute Clearinghouse is a central access point for Australian multicultural health services, resources, research and projects, training and events. It provides an online directory that allows users to search for information and articles according to topics. See: www.dhi.gov.au/clearinghouse

Centre for Multicultural Youth (2006) A Three-Way Partnership? Exploring the experiences of CLD families in schools. Carlton, VIC: Centre for Multicultural Youth. Available at: www.cmy.net.au/Assets/306/1/ThreeWay_Partnership.pdf

Lemerle, K. & Prasad-Ildes, R. (2004). Final Report on the Development and Pilot of the "BRiTA" Program: Building Resilience in Transcultural Adolescents. QLD: Queensland Transcultural Mental Health Centre. Available from: www.health.qld.gov.au/pahospital/qtmhc/projects.asp#1

Sawerikar, P. & Katz, I. (2008). Enhancing family and relationship service accessibility and delivery to culturally and linguistically diverse families in Australia (ARFC Issue No. 3, 2008). Melbourne: Australian Institute of Family Studies. Available from: www.aifs.gov.au/afrc/pubs/issues/issues3.html

Selvamanickam, S., Zgryza, M. & Gorman, D. (2001). Coping in a New World: The social and emotional wellbeing of young people from culturally and linguistically diverse backgrounds. QLD: Queensland Transcultural Mental Health Centre; Youth Affairs Network QLD. Available from: www.yanq.org.au/images/stories/Documents/coping_in_a_new_world.pdf

Sims, M. Guilfoyle, A., Kulisa, J., Targowska, A. & Teather, S. (2008). Achieving Outcomes for Children and Families from Culturally and Linguistically Diverse Backgrounds. Perth WA: Australian Research Alliance for Children and Youth. Available from: www.aracy.org.au/AM/Common/pdf/Topical%20Papers/Achieving_Outcomes_for_Children_and_Families_from_CaLD_Backgrounds-Final_Website_Version.PDF

Thomas, T. & Lau, W. (2002). Psychological Well Being of Child and Adolescent Refugee and Asylum Seekers: Overview of Major Research Findings of the Past Ten Years. Sydney, NSW: The Human Rights and Equal Opportunity Commission of Australia. Available from: www.humanrights.gov.au/human_rights/children_detention/psy_review.html

Thomas, T. & Witenberg, R. (2004). Love Thy Neighbours: Racial Tolerance Among Young Australians. Melbourne: Australian Multicultural Foundation. Available from: http://amf.net.au/library/file/Love_Thy_Neighbours_Report.pdf

Local community organisations and interpreter services

(School to fill in)

This resource is part of the KidsMatter Primary initiative. The team at KidsMatter welcomes your feedback at www.kidsmatter.edu.au



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Department of Health and Ageing



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