



# Metro South Addiction and Mental Health Services



## ***BRiTA Futures* for Adults and Parents Group Program Facilitator Training**

The Queensland Transcultural Mental Health Centre (QTMHC), Metro South Addiction and Mental Health Service is offering training for workers in the mental health and multicultural sectors as well as active volunteers in cultural communities who have the current capacity to deliver the *BRiTA Futures* for Adults and Parents group-based program as part of their existing roles and using their own organisational and/or association resources.

### **What is the *BRiTA Futures* Program?**

***BRiTA Futures*** – “Building Resilience in Transcultural Australians” – is a group-based program designed for adults with a culturally and linguistically diverse (CALD) background who are learning to live in a new and different culture. The program uses an adult learning approach and the strengths of cultures of origin to help the process of acculturation, which is the emotional journey of migration. It includes learning activities to strengthen participants’ personal and social resources – to build **resilience** – so they can have a brighter life in their everyday environment.

***BRiTA Futures*** was developed by the QTMHC. The program has two other versions, one for children and another one for adolescents. Each ***BRiTA Futures*** group program is delivered by two trained Program Facilitators who may be bilingual and/or bicultural.

The **Adults and Parents** program consists of 8 x 2 hour sessions that relies more on oral than written activities. Each session includes information about relevant topics as well as interactive activities to allow practicing and learning helpful new skills. Some of the topics are: cultural identity, emotions of the migration process, acculturation stress, help-seeking attitudes, building positive family relationships, communication and conflict resolution skills, spirituality and bicultural values. Handouts for participants have been now translated into Standard Modern Arabic, Simplified Chinese, Farsi and Spanish languages.

**Dates:** **Thursday 20<sup>th</sup> and Friday 21<sup>st</sup> August 2015**  
**Time:** 8:45 am to 4:30 pm  
**Venue:** Conference Room One, Ground Floor, 519 Kessels Road, MacGregor

**Facilitators:** Elvia Ramirez and Shameera Osman, QTMHC  
**Parking:** "Park & Ride" at ANZ Stadium, Mains Road, Macgregor (Refer to map below).  
**Cost:** Metro South Addiction and Mental Health Service staff – No cost  
 Metro South Hospital and Health Service staff - \$110 + \$150 (cost of manual)  
 Other Hospital and Health Service staff - \$280 + \$150 (cost of manual)  
 External organisation staff and volunteers - \$300 + \$150 (cost of manual)  
 CALD background people that can demonstrate that they are volunteering in own cultural community association - No cost

**How to apply:** Complete the *BRiTA Futures Training Application* form attached and email it to [elvia.ramirez@health.qld.gov.au](mailto:elvia.ramirez@health.qld.gov.au) or fax to 3167 8322 by **Thursday 6<sup>th</sup> August 2015**. **You will receive a response to your application the following day.** If successful you will also receive instructions regarding payment.

**During the training you can expect:**

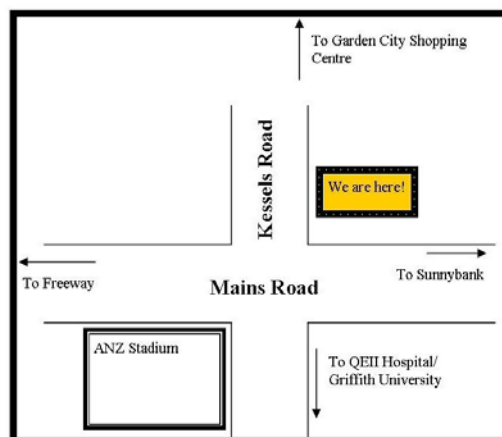
- Interactive sessions with an opportunity to demonstrate your facilitation skills and receive feedback from peers and trainers.
- Time for discussion about acculturation issues and issues associated with organising and facilitating a group.

**As a trained Program Facilitator you will receive:**

- A facilitator’s manual
- A Certificate of Competence (not accredited)
- Limited ongoing support

**To be eligible to attend this training you will need to demonstrate that you:**

- Have lived in Australia for at least one consecutive year.
- Can recruit adults with a CALD background through your work or volunteer activities.
- Have the support of a service, association, organisation or group who is willing to issue you with a letter describing the support they would provide to you in delivering this program.
- Are able to run *BRiTA Futures* as part of your existing role.
- Are able to deliver a *BRiTA Futures* program **within 3-4 months** of completing this training.
- Are willing to apply pre- and post-program (quantitative and/or qualitative) evaluation to participants and provide this data to the QTMHC.
- Have identified a **co-facilitator** who will be delivering *BRiTA Futures* with you.
- Have access to an adequate venue for delivering *BRiTA Futures*.
- Have access to basic art materials (pens, paper, textas, coloured pencils, butchers paper) and a photocopier.
- Are able to provide child minding and language assistance if required by participants.



**For additional information please contact Elvia on 3167 8333.**

**About the Queensland Transcultural Mental Health Centre (QTMHC)**

The QTMHC operates within Metro South Addiction and Mental Health Services. The Centre provides specialist state-wide consultation services for CALD individuals, families, communities and organisations to facilitate culturally responsive mental health care with a focus on complex mental health problems across all age groups and continuum of care.

Primary, secondary and tertiary consultation is provided at consumer, carer, clinician, support worker and organisational levels. In addition, a number of specialist functions are delivered in relation to service development, workforce education and mental ill-health prevention and early intervention.