



Victorian Transcultural
MENTAL HEALTH



ST VINCENT'S
HOSPITAL
MELBOURNE

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

Introduction to Culturally Safe and Responsive Practice

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Acknowledgment of Country

We acknowledge that VTMH is located on the traditional lands of the Boon Wurrung and Woiwurrung (Wurundjeri) peoples of the Kulin Nation.

We know this land has history, custodians and stories spanning tens of thousands of years.

We celebrate and recognise the First Peoples' continuing connection to the land and water, and pay our respects to their Ancestors and Elders, past, present and emerging.

In a spirit of reconciliation, we commit to walking the journey of learning and healing together.



Acknowledgment of Lived Experience

I would like to acknowledge individuals with lived experience of mental ill-health and recovery, and the experience of people who have been carers, families, or supporters. I would like to particularly recognise the contribution of lived experience workers among us.

Session Outline

About VTMH

Key concepts

- Expanding our understanding/s about culture, identity, and belonging.
- Applying an intersectional lens to relational mental health practice.
- Culturally safe and responsive care; enhancing health access and health equity.
- Cultural humility; centering the lived experiences of people and communities.
- Reflexivity; engaging in lifelong learning and critical self-reflection.
- Listening to people's stories; an explanatory models approach to collaborative care.

Further information and resources

Victorian Transcultural Mental Health

We work closely with the mental health sector, as well as the public health, human service, education, and community sectors; services which people also approach for mental health support.

OUR GOALS

- **Strengthen the wellbeing of communities**
- **Create a more equitable and socially just service system**
- **Build bridges between people, groups and systems**
- **Develop a responsive, reflective mental health workforce**
- **Share experiences, stories and evidence**



Working together
to create healthy
connected
communities, where
no one is left behind.

STORIES ABOUT OUR WORK



Reflections

Consider you are accessing a service for support:

- What is important for a service provider to know about your relationship with your loved one?
- What are 3 things that inform your identity? That make you – you?
- What would you want practitioners to understand about you and how you support your loved one?

A SENSE OF BELONGING

Culture and Identity

People's experiences and relationships are mediated by cultural, social and historical contexts

A national framework for recovery-orientated mental health services: Policy and Theory (AHMAC, 2013)



People shouldn't have to choose an aspect of their intersecting identities when accessing a service - they should feel like they're welcome and respected in their entirety.”

Lived Experience Consultation, VTMH, LGBTIQ Intersect 2018

An intersectional approach

Involves acknowledging, responding to, reflecting on, and designing services with the following understandings in mind:

- People cannot be explained by single categories, such as gender, race, ethnicity, sexual orientation, ability.
- Existing structures and systems that unintentionally provide inequitable mental health services can increase exclusion and experiences of marginalization
- Individuals, families, and communities can experience privilege and oppression simultaneously.

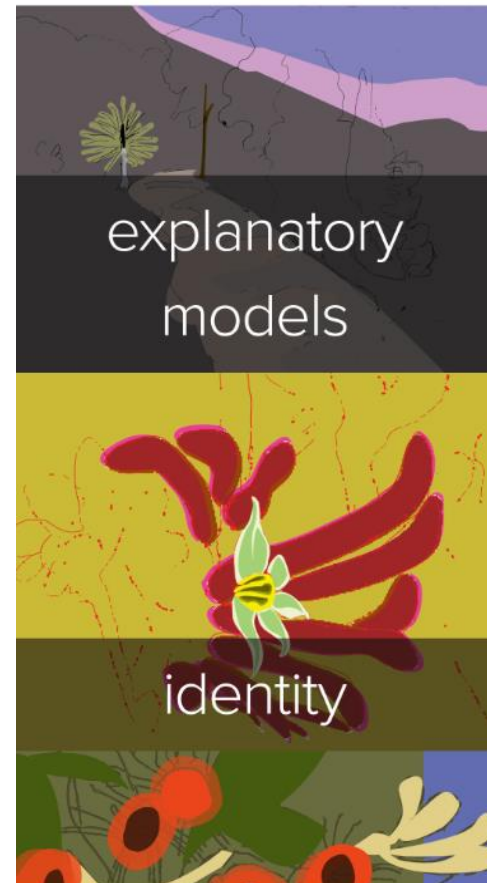
What are some of the implications for relational mental health practice?

- An intersectional lens can help us deepen our understanding of identity, the lived experience and expertise of family, carers, and supporters, and the diversity within the definition of family including kinship and families of choice
- People who have many identities associated with reduced social power can experience multiple and unique forms of discrimination that cannot be conceptualised separately.
- Creating a mental health system that is responsive to the needs and experiences of consumers, and families, carers, and supporters, requires us to examine structures, systems and institutional level factors that promote health access and health equity.

Culturally Safe and Responsive Practice

- De-centres the focus of power and authority from organisations and services, to the world view and experiences of individuals and communities.
- Invites us to critically examine inequities in our service delivery system when commissioning for priority populations.
- Recognises that providing the same care to all groups may actually be providing inferior care.

CULTURAL DIVERSITY & ASSESSMENT



Cultural safety...requires practitioners to be aware of their own cultural values, beliefs, attitudes and outlooks that consciously or unconsciously affect their behaviours.

Certain behaviours can intentionally or unintentionally cause consumers and family, carers, and supporters to feel accepted and safe, or rejected and unsafe.

Additionally cultural safety is a systemic outcome that requires organizations to review and reflect on their own policies, procedures, and practices in order to remove barriers to appropriate care.

Cultural Humility

Video – Melanie Tervalon & Jann Murray-Garcia (2012)

Documentary by Vivian Chávez on 'Cultural Humility'



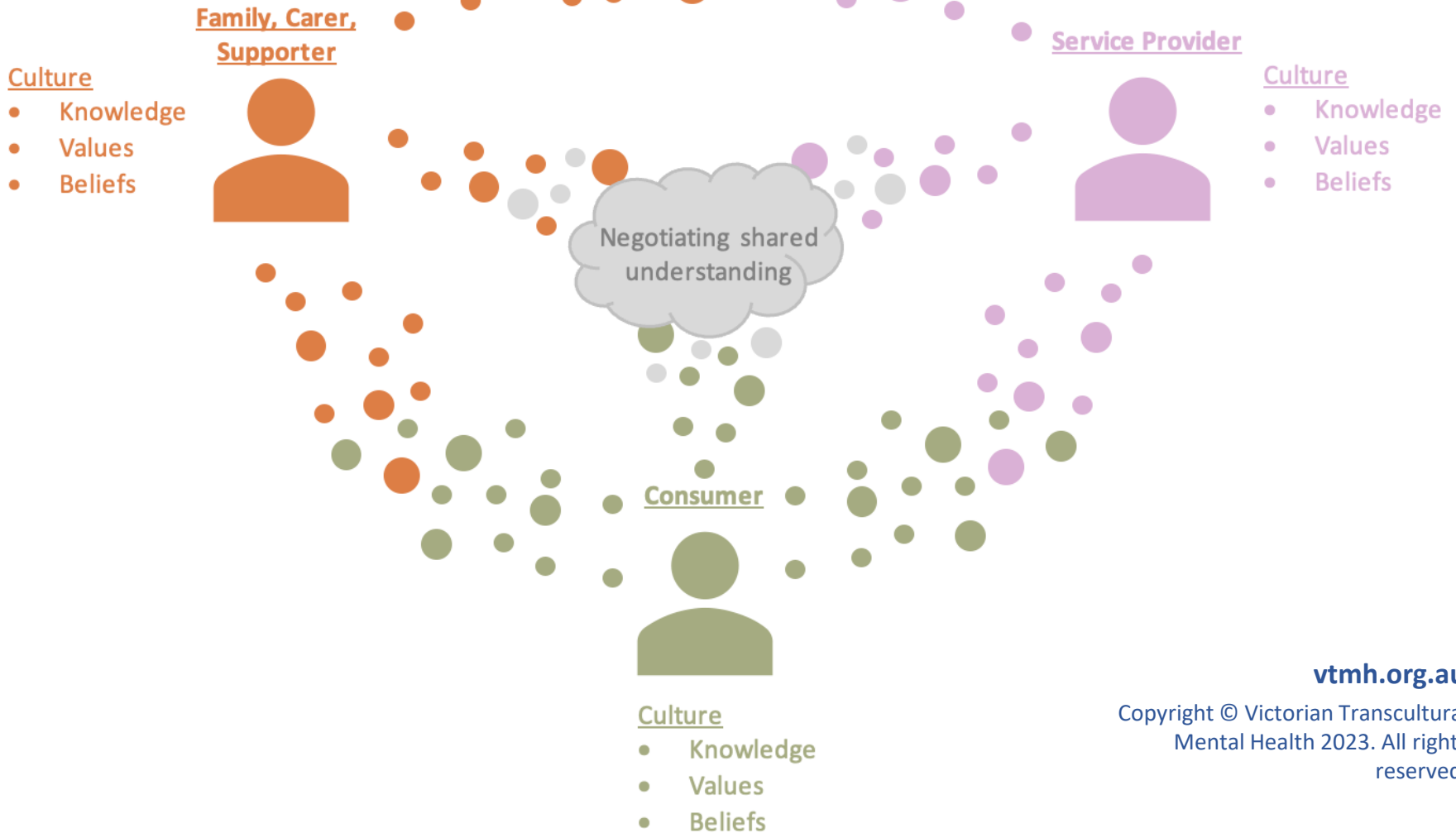
https://www.youtube.com/watch?v=_Mbu8bvKb_U

Reflexivity

Critical reflection increases awareness, about ourselves, our position in relation to others, our professional roles and our organisations.

If clinicians are better able to reflect on how family, carers and supporters are central in providing care to a consumer and can include them in treatment planning, this can lead to more positive outcomes for everybody.

Explanatory Models



Ongoing Professional Development



Victorian Transcultural
MENTAL HEALTH

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& FORUMS

EVENTS CALENDAR



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STORIES ABOUT OUR WORK



VTMH Workshops



- Foundations of Culturally Responsive Practice
- Approaching Work with Interpreters in a Mental Health Setting
- Approaches to Cultural Assessment and Supporting Personal Recovery



Thank you!

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