

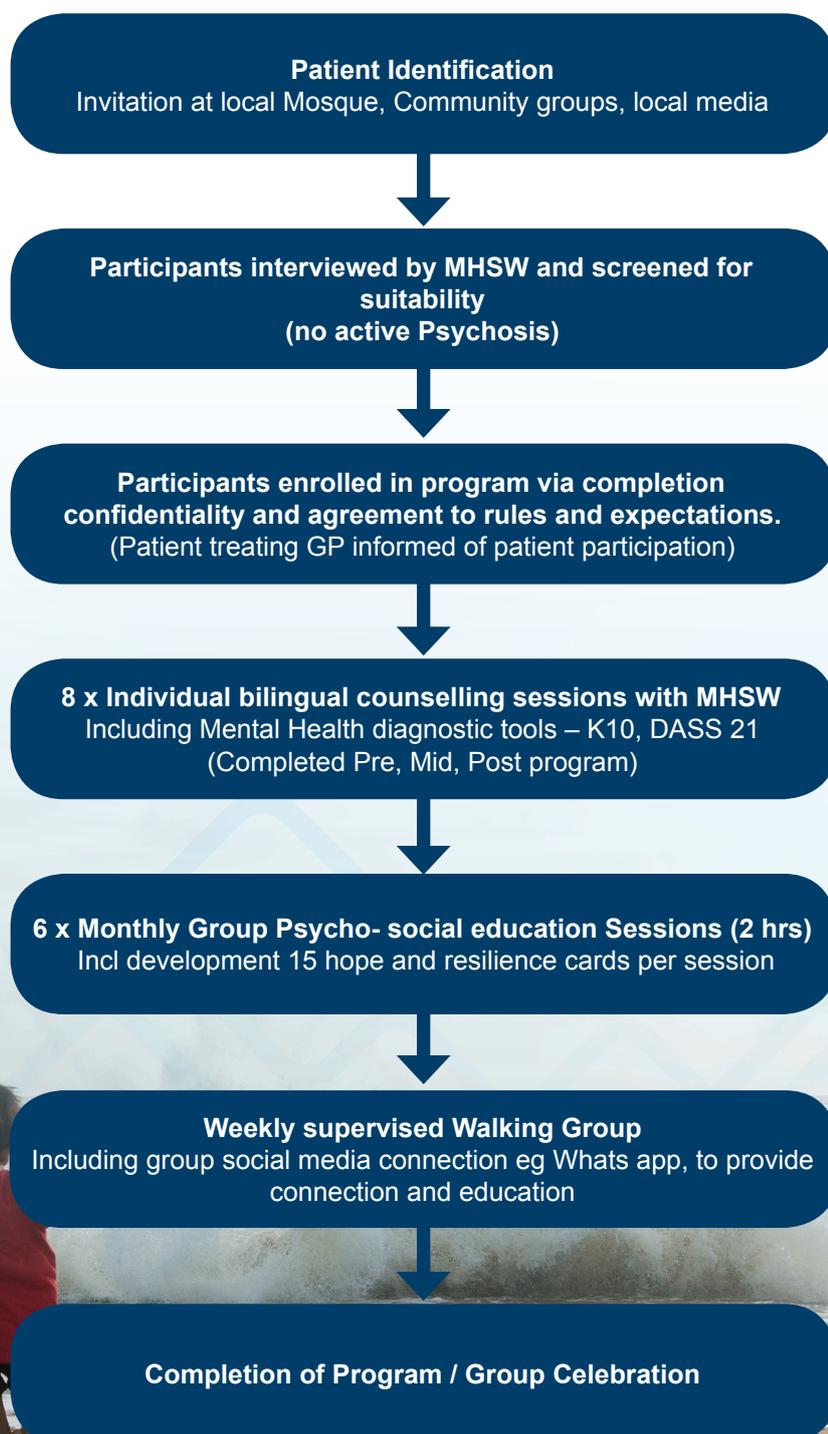
# MODEL OF CARE

## Psycho-social education on mental health

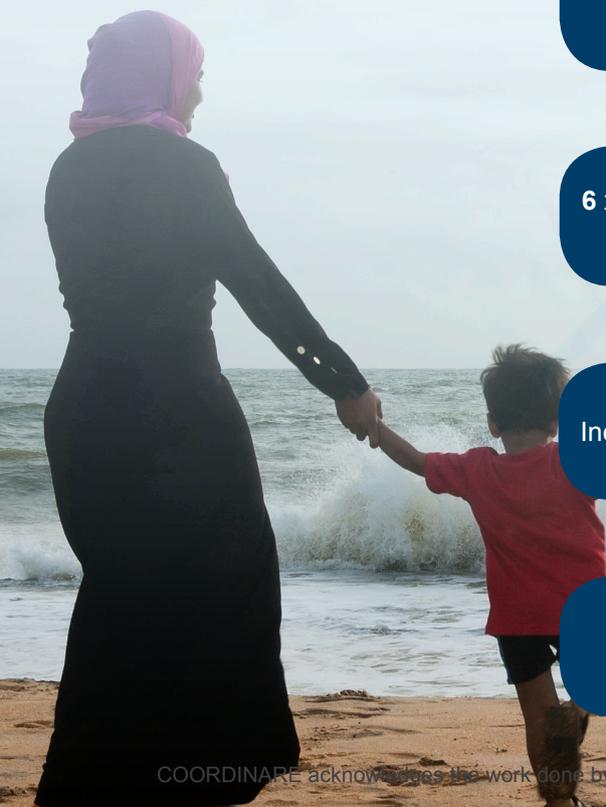
*“Psycho-social education on mental health, lifestyle & self-care for Arabic speaking survivors of war trauma with support to self-actualise”*

### Program Goals;

- **Goal one** - to assist patients in setting appropriate goals to work towards improved understanding and psycho-social functioning for their individual circumstances and experiences of trauma.
- **Goal two** - Patient reflection on modifiable risk factors for healthy lifestyles.
- **Goal three** - To develop bilingual educational resources that help support recently arrived war Refugee’s mental health needs.



Core Program delivered over 6 months



# MODEL OF CARE

## Psycho-social education on mental health

### ACCREDITED MH SOCIAL WORKER / GP/ PM

1. Community consultations with GP's, allied health, recent & former refugees & informal supports to identify trauma & mental health needs or gaps in existing services that compound complex bio-psycho-social issues.
2. Develop Psycho-education topics and content for translation into Trauma informed framework with culturally appropriate delivery
3. Research suitable content for translation and develop educational resources for topics; PPT presentations, create bilingual sample values cards, session plans,
4. Reach out to key stakeholders to inform them about the project and invite to share information or to refer suitable participants.
5. Set commencement & key project dates.

### ACCREDITED MH SOCIAL WORKER – INDIVIDUAL SESSIONS

1. Coordinate Eight 90 minute weekly individual sessions, face to face and / or telephone bilingual Counselling sessions with participants
2. The individual sessions included a combination of CBT; ACT; Narrative therapies and culturally appropriate psycho-education on emotional self- regulation, trauma and stress specific to the individual's circumstances.
3. Inclusive of Mental Health diagnostic toll assessment (K10, DASS 21)
4. The approach for these sessions involved offering individual interventions and education that included:
  - Normalising trauma symptoms
  - Emphasising the need for GP/ Psychiatric medications compliance
  - Minimising the stigma of mental health care
  - Relate trauma, stress and psychosomatic symptoms (showing connection between the trauma, stress and psychosomatic symptoms)
  - Facilitate appropriate grieving
  - Provide awareness of successful trauma treatment methods including exercise; mindfulness; relaxation techniques; developing hope; skills development in building new social connections; and spirituality

### ACCREDITED MH SOCIAL WORKER / ALLIED HEALTH – GROUP PROGRAM

#### Six sessions of 2 hours per month of Psycho-social education workshops and focus groups

##### Structure:

- Topic specific PPT psycho-education presentation case scenario discussion
- Break out focus groups separate male / female to discuss sensitive issues related to topic.
- Joint discussion on current topic from focus group to develop new cards every session
- Development 15 hope and resilience cards per session

##### Session Topics;

1. Recognition of trauma symptoms and management, mindfulness
2. Emotional self-regulation skills and coping strategies, spirituality
3. Healthy family relationships
4. Learning structured problem solving and applying them with scenarios
5. Practicing conflict resolution skills through role plays of problem scenarios
6. Physical activity for stress management, healthy habits; drinking water; smoking cessation

### ACCREDITED MH SOCIAL WORKER / ALLIED HEALTH – WEEKLY WALKING PROGRAM

- 1 hour duration
- Combined and separate male/female groups
- Physical activity
- Forum to share and discuss problems.
- Accessible by Public transport