



Health. Wellbeing. Diversity.

Drug and Alcohol Multicultural Education Centre

Alison Jaworski – Project Officer

**Proportion of NSW's
population born overseas
(2011 Census)**

a) 6%

b) 16%

c) 26%

d) 36%

**Proportion of NSW AOD closed
treatment episodes for clients
born overseas (2014-15)**

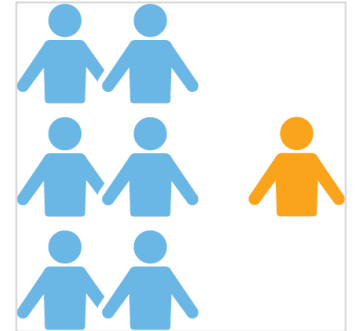
a) 1%

b) 11%

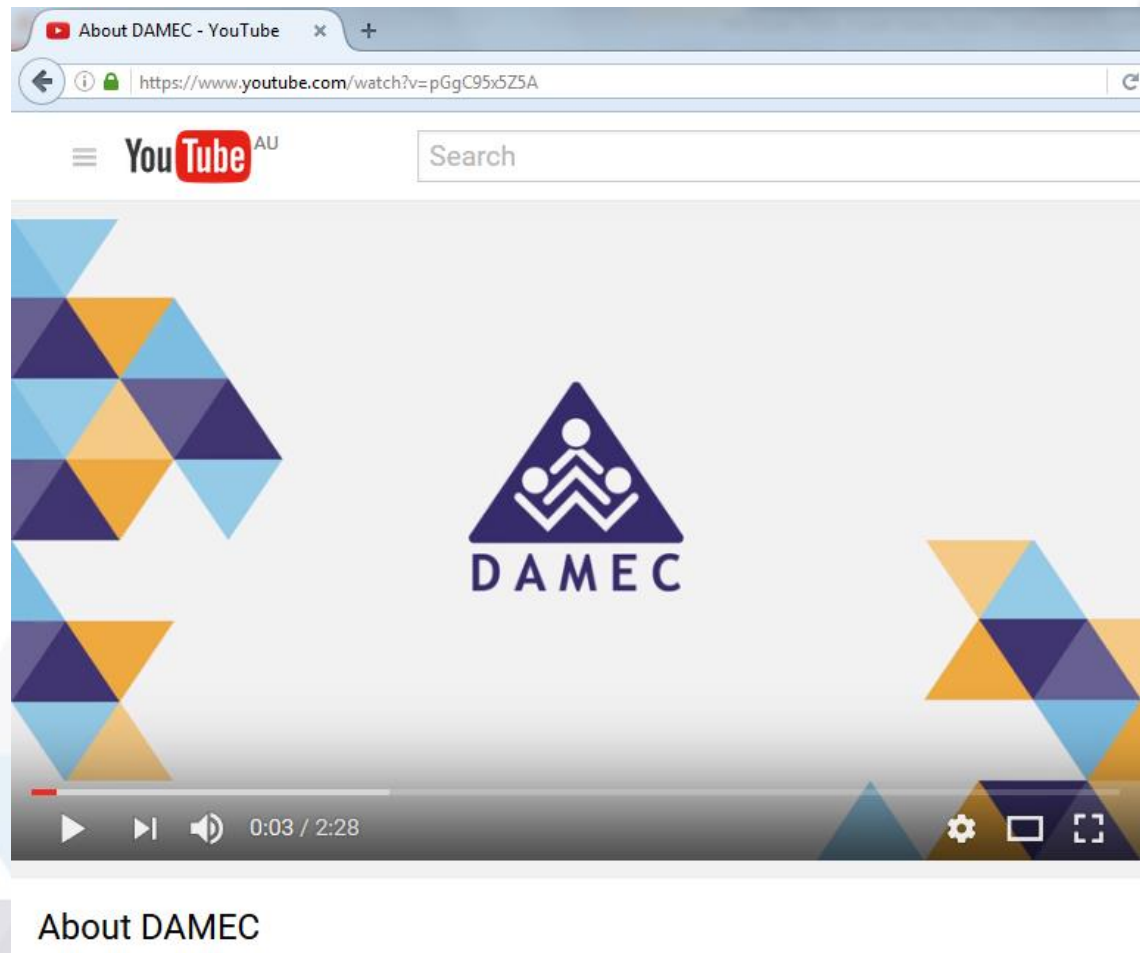
c) 21%

d) 31%

- ▶ Rates of problematic AOD use may be lower in overseas-born communities
- ▶ But this doesn't explain the entire gap we see
- ▶ Likely to be other factors involved:
 - ▶ Lack of knowledge of Australian health and treatment systems
 - ▶ Lower rates of referral to some programs
 - ▶ Lack of culturally accessible services
 - ▶ Fear of visa/immigration implications



About DAMEC



Drug and Alcohol Counselling

- ▶ Free, no professional referral required
- ▶ Bilingual/Bicultural Counsellors, Family Worker, Psychologist
- ▶ Individual and family counselling
- ▶ Group programs (anger management, relapse prevention)



Transitions

- ▶ Arabic or Vietnamese-speaking people with drug and alcohol issues who are leaving prison, intending to live in Western or South Western Sydney
- ▶ 3 months pre-release to 6 months post-release
- ▶ Intensive case management
 - ▶ Home visits/ community based support
 - ▶ Linkage to housing services, AOD treatment, financial support, health, education, employment
 - ▶ Family support



Research, Health Promotion and Workforce Development

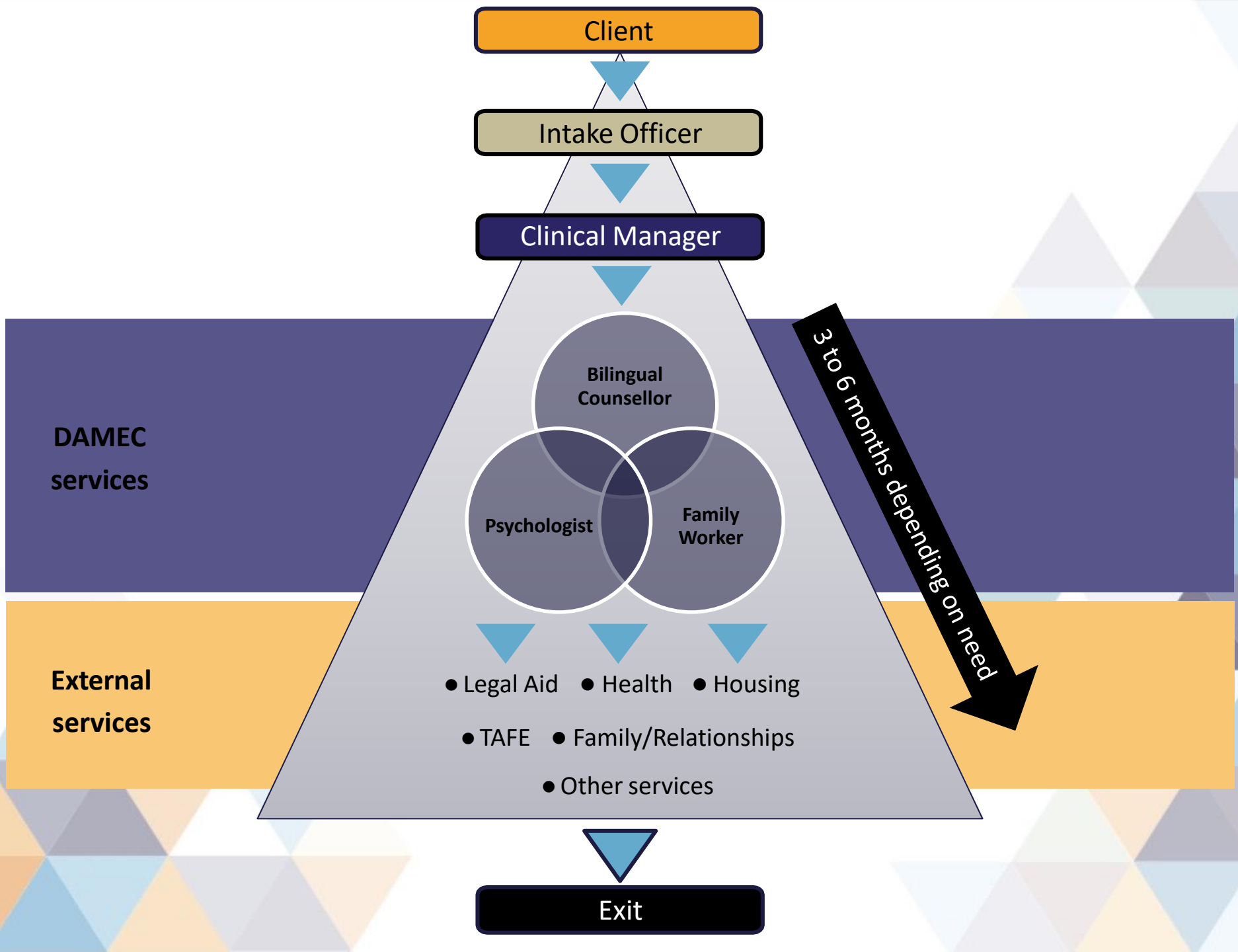
- ▶ Supporting health / welfare professionals to provide accessible and equitable services to CALD communities.
- ▶ Consultancy and support for AOD initiatives within CALD communities



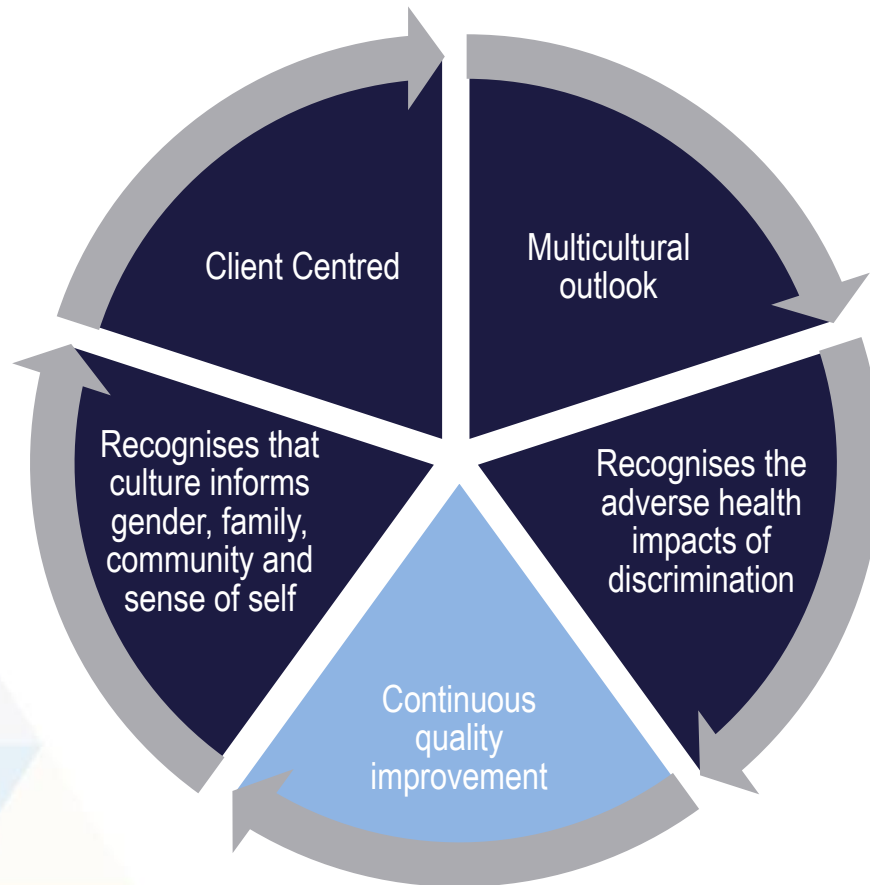


Case Study 1: “Peter”

- ▶ Refugee background
- ▶ Use of heroin, methamphetamines and cannabis
- ▶ Treated for depression
- ▶ Other issues: unemployment, homelessness, Hepatitis C; traumatic brain injury; cultural disconnection



DAMEC's culturally responsive model





What was useful for engaging “Peter” in treatment

- ▶ Worker understanding of community background, cultural norms, migration experiences and using these understandings in treatment
- ▶ Working with the family
- ▶ Cross sector collaboration and accompanying “Peter” to mainstream services

www.damec.org.au



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Alpha Listing

ABCDEFGHIJKLMNOPQRSTUVWXYZ

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Search results for keyword: arabic

Results 1 - 2 of 2

Sawatt Rewais

[Sawatt Rewais, MD, MPH](#)
[Category: Bilingual Alcohol, Other Drug and Mental Health Professionals](#)

[Gender: Male](#)
[Occupation: Psychiatrist, Psychotherapist](#)
[Languages: Arabic](#)
[Phone: \(647\) 246-1053](#)
[Area\(s\) of expertise: Personality Disorders, Anxiety, Depression](#)

[View](#)

Romy Kayrouz

Respect:

Best practice approaches for working with culturally diverse clients in AOD treatment settings

- (1) Be sure that your client is giving informed consent**
 - Make time to patiently explain treatment options, rationale and processes to your client and their caregivers on more than one occasion. • Drugs are understood in many ways across cultures. You can enhance outcomes in treatment by knowing about the way your client understands drug-release and addiction. • Think about the interpretability of certain concepts that are central to AOD treatment provided by your service. Since the Australian health system is predominantly Anglo-centric in its research, you might ask your client and their caregivers if the process and terms used in treatment make sense to them. • You could use the 'teach-back' method, where you ask your client to describe how they understand the treatment process or provide translated terms integral to their therapy, to check that you are both on the same page. • Encourage your service to provide informational resources in major community languages on the service's principles and the treatment that you offer.
- (2) Support your client and their caregivers to access services**
 - CALD communities, particularly among young people, are likely to be unfamiliar with service provision in Australia. • Your clients may feel underserved or reluctant to ask for help. You can address these things by offering to contact them with additional support resources if your client accepts your offer, try to make the referral in their presence. • Know your local specialist services and offer clients a choice. Client assume that all people from CALD backgrounds can access culturally-specific support services or such services exist.
- (3) Find out about the importance of the client's cultural identity to them**
 - Cultural treatment means giving every client the same openness, sensitivity and non-judgment. This means that every client requires a different approach. • Asking is always the best way to find out. • It is embarrassing to ask people questions. It's a good way to learn your assumptions in check and deliver the best service. • Don't be judgemental.

Workforce

development resources



في محاضراتنا

What is crystalline methamphetamine (ice)?

ما هو **crystalline methamphetamine (ice)** (المشمط المنبوي (اليس)؟

المشمط المنبوي المنبوي المعروف أيضاً باسمه الشائع "يس" أو "تلج" هو مشط منبوتة، أي مادة إلى الإبراع في نقل الرسائل بين الدماغ والجسم، وهو من أواع المشمط المنبوي، لكنه عموماً أروع وأكثَر (تسبباً في الإدمان و آثار جانبية، خاصة أكثر من نوع المشمط المعروف باسم "سبيد".

يكون مادة يس من شكل بوليت شفافة صلبة مكرترة ذو لون أبيض أو يكون أبيض على شكل مسحوق أبيض أو على شكل شبيه بالبرشوت أو زخاتة فويل ويصنع من:

المواد الأخرى:

- اليوس من كرسبات مثل: شايو كرسبات (زجاج قدر يهر).

كيف ينتج المشمط؟

من مادة متدوية أو من مطه، وهو المشط المنبوي يتألف من خلايا 9 إلى 7، مواد: حمض أسيك (يبلغ 150 إلى 200 مليلية للشعير البوليتات) أو ششفة 15 إلى 20 مليلية (شعير بوليتات).

تأثيرات المشمط المنبوي

لا يوجد شعور، يكون الشعور المشمط في استخدام أي مشط ينطوي دائماً على بعض المخاطر، من النوع الذي يتسبب شعور من تأذي في نوع من أنواع التخاطبات:

• يمكن أن يتسبب الإدمان على المشط المنبوي، 6 ساعات و يكون من الصعب إيجاد مادة يس بعد استخدام المشط.

• يؤذي الرأس على الناس بطرق مختلفة، لكن أكثرها أذى: تشنط على يدي.

- الشعور بالغث والقلقة
- زيادة الشهية (الطعام والسجوة)
- الكراهة، الهبة، سيطرة على 3-4
- قشعريرة

Links to translated

information

Contact Us

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