Transcultural Mental Health and Wellbeing in Cairns and Hinterland HHS

About the project
The Cairns and Hinterland HHS has a culturally and linguistically diverse (CALD) population, with a large percentage of residents of Aboriginal and Torres Strait Islander origin and many residents being born overseas. Outside of south-east Queensland, Cairns has the highest proportion of overseas-born residents (19% born overseas) and our cultural and ethnic diversity continues to grow.

The Cairns and Hinterland Mental Health and ATOD Service (MHATODS) is partnering with the Queensland Transcultural Mental Health Centre (QTMHC) to understand the mental health issues, needs, and current service gaps for our culturally and linguistically diverse population.

Goals for the project
Identifying strategies and actions to be implemented to deliver culturally responsive services that are best able to meet the needs of people from culturally and linguistically diverse backgrounds.

Key questions:
- What are the key needs within Cairns CALD communities?
- How culturally responsive is our service?
- How can we enhance service provision?

Project steps
1. Development of a population and service utilisation profile.
2. Consultations with stakeholders via interviews, focus groups and surveys to identify existing needs and gaps. Stakeholders include:
   - MHATODS managers and clinician
   - MHATODS CALD consumers
   - Key community cultural and religious groups
   - Primary and NGO sector service providers
   - Other service providers
   - Consumer case studies and perspectives.
3. Consolidation of information and identification of key challenges and priorities for MHATODS.
4. Implementation of the Framework for Mental Health in Multicultural Australia: Towards culturally inclusive service delivery— including Organisational Cultural Responsiveness Assessment.
5. Strategies developed in consultation with QTMHC.
6. Draft action plan circulated to stakeholders.
7. Action plan finalised.

Want to find out more?
Please contact Senior Project Officer Anita.Seinen@health.qld.gov.au