



CALD Social and Mental Health Navigation Project 2021-2022

Commissioning with Partners

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Community Development

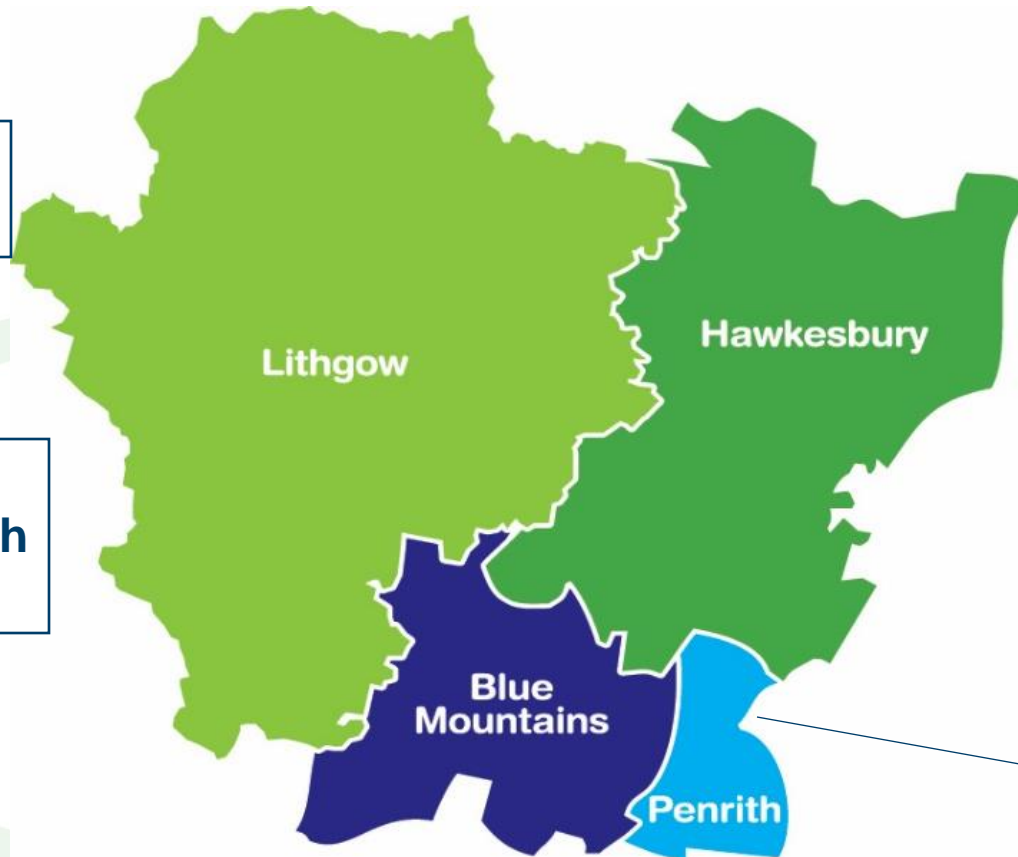
Today's Presentation

- Setting the scene
- Challenge—social and mental health
- Approach
- Impact and
- Learnings

Nepean Blue Mountains

19.7% of residents were **born overseas**

13.9% of residents **speak language other than English** at home



Wide **geographical diversity** and **varied weather** conditions makes us **vulnerable** to natural disasters & adverse weather conditions such as **bushfires, floods, droughts & heatwaves**
(NBM has a blend of urban, rural, bushland, industrial & commercial lands, large river systems & National Parks, with extreme heat through to cold & snow)



Sydney
49km

387,316 people
Cities, towns, villages and 184 suburbs over 9,179 sq km
5 river systems, a mountain range, urban, rural and remote locations
vast tracks of bushland and national parks

The Challenge

Significant presence of mental health issues in the NBM CALD Communities

- Due to resettlement and migration, trauma, isolation, family separation
- 13.7% of active patients between 4-17 years in NBM region have a coded mental health disorder
- Access and awareness of services and supports

The Challenge

Social isolation and loneliness in the region

- Anyone can experience social isolation and/or loneliness
- Social Isolation and loneliness associated with increased risk of chronic conditions and mental health issues

The Approach

- Based on Compassionate Communities Model projects
- Directly approached two multicultural community organisations
- Utilised Navigator/linker

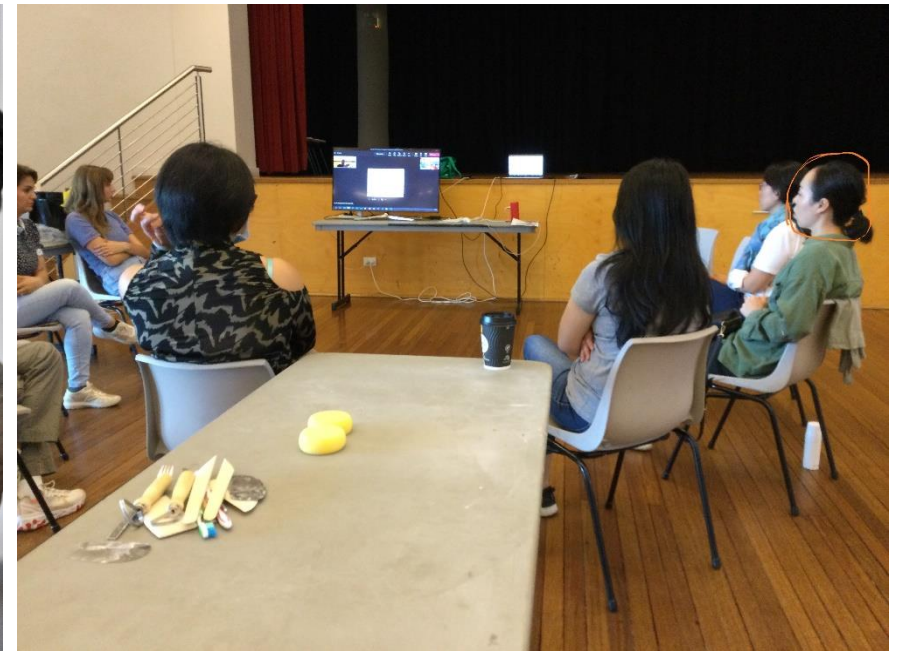


The Approach

Aims

- Support access to services for CALD communities
- Increase mental health literacy
- Build capacity of services to better meet needs of clients

The Impact Nepean Multicultural Access (NMA)



Participants in the Towards Better Days program, Nepean Multicultural Access, St Marys 2022. Photo: Adam Hollingsworth for PCC

The Impact-NMA

- Engaged with seven priority populations
- Reached 250 clients
- Referred 37 community members to health services
- 12 accidental counselling opportunities

The Impact-NMA



NEPEAN MULTICULTURAL ACCESS PRESENTS

ArtWest 2022

An Art and Craft Exhibition in Western Sydney

Opening Fri 28th October, refreshments from 6:30pm
Sat 29th & Sun 30th October 10am-3:30pm

ADDRESS

Memorial Hall, Building 1, St Marys Corner,
29 Swanston Street, St Marys 2760.

Wheelchair accessible

Celebrate the making
Everyone welcome | Suitable for all ages
FREE Entry | Inclusive Event

ARTIST AND MAKERS CONTACT:

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The Impact-SydWest



The Impact-SydWest

- Attended 25 events and activities
- 25 CALD communities
- Reached 535 people
- Assisted 169 people
- Assisted 67 young people

Case studies-SydWest

Ethiopian Family

- Advocacy and referral to health providers

Malaysian family

- Advocacy and referral to obtain Medicare and drivers license



The Learnings

- Language
- Flexible data collection
- The model can be replicated to support other health issues especially mental health

Thank you

