



ASeTTS

Assisting Torture
and Trauma Survivors

July 2007

ASeTTS Newsletter

Association for Services to Torture and Trauma Survivors

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World Refugee Day 2007



Young Refugees with ASeTTS Worker
left to right: Tijan (Sierra Leone), Hassan
(Somalia), Hanin & Ashtan (Iraq), Anju. Eh
Paw (Burma) and Eric (Burundi).

ASeTTS joined with the Amnesty Refugee Group and ten other service providers including CARAD, CASE, Centrecare Migrant Centre, Edmund Rice Centre and the WA Refugee Alliance to host "The Voice of Young Refugees" on World Refugee Day- June 20th at UWA. This exceptional collaboration along with the dedication of all involved ensured a successful night.

A diverse intergenerational audience of nearly 300 people listened to talks from Professor Linda Briskman (Chair of Human Rights Education at Curtin University) about the impact of detention

on children, followed by Sue Hoffman (WA Refugee Alliance) who gave an update on the movement of Iraqi refugees.

This set the scene for six youth from diverse refugee backgrounds who shared their personal testaments: Hassan Hassan from Somalia; Ashtan and Hanin Aboud from Iraq; Tijan Jusu from Sierra Leone; Eh Paw Thaung from Burma; and Eric Bukuru Ngayandika from Burundi. This provided the audience with insight into the hopes and dreams of young refugees for their lives in Australia.

The young refugees spoke eloquently and any fears we had that they may be reluctant public speakers were dispelled once they got in front of a microphone. A highlight of their personal stories was their gratitude for the protection offered to them by Australia, after their traumatic experiences in their countries of origin and subsequent journeys to find security.

The event closed with a performance of "A Question of Belonging" by students from Melville and Northlake Senior High Schools, facilitated by RRaFT Educators.

All the speakers and performers were excellent, and had a profound impact on the audience. The night had a similar theme to the community we currently live in - *variety*. This included young and old; male and female; theory and reality along with sadness and laughter.

The event demonstrated the value of collaborating with other organizations to spread the message that Australia should give refugees their rights along with a voice.



**Students from Melville and
North Lakes High Schools
RRaFT Performance**

Anju Sivarajah

Norma's Notes



Robert Grant in an expansive mood while training the ASeTTS Staff in June.

With 39 staff, a satellite office in Girrawheen and another planned for south of the river and 20 significant contracts we can no longer say ASeTTS is a small agency.

We have had a welcome addition of increased core funding through the Department of Health and Aging as well several other grants so have a significant number of new staff members. Therefore, we will be spending the first half of the 2007/2008 financial year ensuring that everyone is ready and able to do their specific job.

A six hour workshop with Robert Grant, renowned Trauma Specialist from the USA recently was a good way for our clinical and community staff members to focus on individual, group and community interventions.

ASeTTS has completed its first agency self assessment against national standards, (Forum of Australian Services to Survivors of Torture and Trauma, FASSTT) and its Service Delivery Plan for 2007/2008 and has updated its Strategic Plan. A number of evaluations have taken place on specific services including the African Women's Service with very pleasing results.

We are particularly looking forward to the establishment of our Training and Research Unit under the capable leadership of Maria Osman this financial year. ASeTTS has maintained its accreditation with the International Rehabilitation Council for Torture, IRCT and I will be attending the Council meeting in Istanbul, Turkey in December.

We are looking forward to ASeTTS 15 year celebration to be held 10th December, 2007 Human Right's Day and hope you will join us to witness multiculturalism in action.

Norma Josephs, Director

Training and Research Update

As a recognized specialist in torture and trauma services ASeTTS role is to support both individuals and organisations who work with communities from refugee backgrounds. ASeTTS continues to offer high quality professional development and in the past year we have delivered regular training modules as well as specialised customized training to well over 1400 people. We have provided training across a diverse range of sectors to welfare workers, social workers, health workers, lecturers, GPs, financial advisers, child care workers, emergency relief workers and legal advisers.

Our programs are designed to equip workers with the awareness, knowledge and skills that will enable them to provide effective, culturally sensitive and quality services for people from refugees backgrounds, their families and communities. Our regular modules include:

- Orientation: The Refugee Experience;
- Introduction to Working with Refugees;
- Working with Young Refugees;
- Skills for Working with Refugees in Non-Clinical Settings; and
- Culturally Sensitive Counselling Approaches for Working with Refugees and with people from culturally and linguistically diverse backgrounds.

The Year Ahead...

ASeTTS will be offering a series of new workshops especially designed for teachers, principals, welfare staff and school support staff. We will also be developing workshops in cultural competency, cross-cultural communication and diversity, starting with a two day program planned for October. We are also planning a series of community diversity dialogues and going on the road to regional WA. So watch out for our 2008 training calendar. You can request training by completing a training request form on our website www.asetts.org.au

Maria Osman, Manager of Training and Research

Enrichment Fund Update

Following a recommendation from Janet Holmes à Court, ASeTTS was fortunate to be selected as the chosen charity for the Swan Lake Theatre Production, which took place at the Burswood Theatre between May 4 and May 14. ASeTTS received a \$1 donation for every ticket sold, which resulted in a net total of \$11,000. We also raised a further \$1000 from the opening night party and collections at intermission. The \$12,000 will be put towards the Enrichment Fund, which currently stands at \$40,000.

We are currently working with the Rotary Club of Heirisson to develop the selection criteria and application process and wish to thank them for their assistance with this project.

We anticipate being able to announce the successful recipients of the Enrichment Fund (whether through scholarships or other financial assistance) at ASeTTS 15 year celebration, which we will celebrate on December 10 to coincide with Human Rights Day.

Kirsten Webster, Executive Assistant



NAYSS

One year has elapsed since the commencement of the Newly Arrived Youth Support Services (NAYSS) Program, funded by the Commonwealth Department of Families, Community Services and Indigenous Affairs. Under the NAYSS initiative, ASeTTS has been assisting newly arrived culturally and linguistically diverse young people who are homeless or at risk of homelessness to overcome personal and social barriers and achieve greater social and economic participation in their communities.



ASeTTS Men's Cooking Group 2007

In the first year NAYSS workers have assisted a total of 113 young people both through individual support and group workshops. NAYSS workers receive referrals from many different organisations including schools, Centrelink, and other youth service providers. An effective initiative in the NAYSS program has been that of forming partnerships with schools in the target area. This led to a NAYSS worker running a series of in-school workshops looking at self identity, past trauma, and future hopes. As well NAYSS ran a very exciting second school term vacation program attended by 30 students from Mirrabooka High school. This incorporated a series of interactive educational workshops culminating in an adventure camp held at Explorus in Margaret River. NAYSS's partnership with the relevant schools has also enabled it to deliver professional development training to school teachers.

Another initiative has been that of starting cooking workshops for young men. The workshops have been facilitated by Natalie (ASeTTS nutritionist), and Christian (NAYSS Coordinator). The workshops teach young people to cook simple, economical dishes that are also nutritional, all in a casual and fun environment. In the context of providing services under the NAYSS program workers acknowledge that structural and social circumstances often impede young people in benefiting from the wellbeing of their community. In response to this we have joined forces with the National Multicultural Youth Issues Network (NMYIN). This national body has representatives from all States and Territories around Australia and is aimed at providing advice to State and Commonwealth governments on youth multicultural issues. Through this body we hope to highlight the needs of young people, especially those who are newly arrived, both through the promotion of good practice and by advocating for change on State and Federal youth policies.

Christian Cavaniglia, NAYSS Coordinator

ASeTTS 2008 Calendar



Photographer Sue McLeod working on next year's ASeTTS Calendar.

The next annual report and calendar for 2008 is currently in production. With the theme, 'Children of the World', it promises to be another lovely publication showcasing the work of ASeTTS and the strength and beauty of our clients. Once more photographer Sue McLeod is offering her expertise and time to ensure the calendar's visual appeal. Due to be released later this year, the calendar will also be available at our AGM and 15th year celebration on 10th December, just in time for Christmas.

Let's Talk About the Proposed Human Rights Act

ASeTTS has copies of the draft Bill and the community consultation guide which can also be accessed from the following website: www.humanrights.wa.gov.au. The consultation committee will be accepting submissions until August 2007. They will also be conducting community consultations throughout WA that you or any of the community groups you work with can attend. ASeTTS will be working with the United Voices to develop a submission.



good food for new arrivals

Good Food For New Arrivals

The Good Food for New Arrivals Project has been working with the Department of Health and various other interested parties on a campaign to highlight those at risk of Vitamin D deficiency. The campaign **Spot • Screen • Supplement** aims to raise the awareness amongst health professionals of those people at risk of deficiency of Vitamin D and its appropriate treatment.

Vitamin D is formed through the action of sunlight on our skin and many people, especially during the winter months, can be at risk of low levels of this vitamin due to not getting outside very much or practises of covering. It is still important to heed the messages around sun safety of Slip, Slop, Slap for the majority of the population. However, certain groups can be at higher risk of Vitamin D deficiency and these people need to:

- **Spot** – Consider if they might be at risk?
- **Screen** – Attend the family doctor for testing of their blood level to check.
- **Supplement** – Take supplements only as prescribed by the doctor.

Included as an insert in this newsletter is information on recognising and treating Vitamin D deficiency in those people who may be at risk. If you have any concerns that you might have low level of Vitamin D talk to your family doctor.

Natalie Vicca, Project Dietitian & Nutritionist

For a complete list of ASeTTS programs and services go to www.asetts.org.au

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