

# Consultation outcomes

We learnt:

- There are two distinct waves of Chinese migration, each requiring a tailored response
- Chinese people are interested in engaging in ‘culturally tailored’ activities
- Chinese carers will often ‘hide’ people with mental illness – requiring trust to be built before access is willingly provided
- There was a need to reduce stigma towards people with mental illness
- Psycho-social education is more readily accepted when delivered in Chinese languages
- Positive role models of people with mental illness are important
- Western medical models are not readily trusted

# Stage 3: Program Implementation

## Research/Evaluation Questions:

- How do workers implement a CALD-sensitive community-based engagement program?
- What factors facilitate or act as barriers to Chinese community members engaging with services?
- What are the outcomes for Chinese community members in engaging with a mental health service?
- What are the related health and social inclusion outcomes, other secondary benefits?

## Research/Evaluation measures:

- Demographic data (carers and consumers)
- Service use data re engagement of Chinese PIR consumers
- Survey re understanding of mental health services
- Balanced lifestyle questionnaire re connections with family, friends and community
- Levels of self-stigma

# Results (pilot)– Who did we support?

## Chinese Community Mental Health Engagement & Stigma Reduction Project

Consumers: 18

Carers: 20

Country of origin: China 22; Hong Kong 4; Malaysia 6; Singapore 1; Vietnam 1; Indonesia 1; The Netherlands 1; Australia 1; unspecified 1.

Language preferred/spoken at home: Mandarin 17; Cantonese 11; Shanghainese 2; Indonesian 1; English 5; Auslan 1, unspecified 1.

# Results – Engagement so far...

## Chinese Community Mental Health Engagement & Stigma Reduction Project

### Peer Led/Supported Activity Groups:

Consumers:

Art Therapy N = 41

Consumers and carers together:

Photography N = 28

Laughing yoga (consumers and carers together) N = 25

Carers:

Tai Chi N = 77

Carer outing N = 23

# Art Therapy art



# Art Therapy participants



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**wellways**