

Meeting Summary Communiqué

Discussion points:

- Casework has proved important with clients facing increasing **cost-of-living pressures**
- **Mental health referrals still challenging:** FASSTT network referrals (e.g. Foundation House in Vic) facing 1-2 month waiting lists, GP referrals to other services also with long waiting lists and private mental health referrals out of reach for many clients. Clients facing long wait times at risk on giving up on seeking further supports
- **Group activities important in reducing isolation**
- SETS provider update about intra-agency connection with program **supporting carers of those with mental health** issues. A note that many carers do not identify as such (often family)
- **Gender-specific and ethno-specific group work** helps broach mental health issues
- **SETS provider update on the use of social media**, with livestreams interviewing in-language area specialists (GPs, professors, psychologist). Social media is a good dissemination platform, often reaching thousands of people. Time for question and answers allows people to (often anonymously) ask challenging questions. The topics are often on taboo issues – examples include family relationships, end-of-life, vaping, mental health.
- SETS providers discussed the removal of the 5-year limit with requests for further information on this process
- **SETS providers discussed the important of training and looking after staff mental health**, when addressing mental health issues in settlement. A SETS provider update about trainings they have conducted on psychological hazards, and mental health first aid training.

Subgroup outcome(s):

Mental Health Referrals Resource – The CoP subgroup has developed a resource for SETS providers to use to support referrals to mental health services. This includes referrals to mental health practitioners who can provide in-language services.

- A graphic mapping the process will be inserted at the start of the resource
- The subgroup discussed community health programs and triage services, which differ by state and will be elaborated on in the relevant section
- Further notes on private networks will be added
- The resource will be a “living document” and updated with relevant information over time
- After these final edits, the resource will be finalised, submitted for design, published and disseminated

Next meeting: Will be scheduled for February / March 2024

Attendees (12 SETS staff):

Nick Ross (SETSCoP Secretariat)

Maria Rosales (SETSCoP Secretariat)

Vincent (Chinese Community Services -Victoria)

Maggie (Bundaberg House)

Hiba (Whittlesea Community Connections)

Sana (Southeast Community Links)

Kim (Jesuit Social Services)

Elisa (MIC East)

Sandra (Chaldean)

Houra (MIC East)

Say Htoo (Wyndham)

Carmen (Assyrian)

Katie (CatholicCare)

Say Nay (LCMS)

Apology: Ella (MRC Tas North)

Apology: Victoria (Pilbara CLS)

Contact:

secretariat@setscop.org.au