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Webinar

An interdisciplinary panel discussion

Collaborative Care and Mental Health of People from Migrant Backgrounds

Tuesday, 3rd June 2014

"Working together. Working better."

Supported by The Royal Australian College of General Practitioners, the Australian Psychological Society,
the Australian College of Mental Health Nurses and The Royal Australian and New Zealand College of Psychiatrists

This webinar is presented by



Tonight's panel

- Dr Joanne Gardiner (General Practitioner)
- Dr Harry Minas (Psychiatrist)
- Dr Lata Satyen (Psychologist)
- Ms Vivienne Braddock (Social Worker)

Facilitator

- Dr Michael Murray (General Practitioner)

Ground Rules



To help ensure everyone has the opportunity to gain the most from the live webinar, we ask that all participants consider the following ground rules:

- Be respectful of other participants and panellists. Behave as if this were a face-to-face activity.
- Post your comments and questions for panellists in the 'general chat' box. For help with technical issues, post in the 'technical help' chat box. Be mindful that comments posted in the chat boxes can be seen by all participants and panellists. Please keep all comments on topic.
- Your feedback is important. Please complete the short exit survey which will appear as a pop up when you exit the webinar.

Learning Outcomes



Through an interdisciplinary discussion about Rishika, the webinar will:

- Raise awareness of the migrant experience and associated mental health risks, particularly for women with young families
- Identify the key principles of the featured disciplines' approach in screening, diagnosing, and supporting the mental health of people from migrant backgrounds
- Explore tips and strategies for interdisciplinary collaboration among practitioners working with migrants experiencing mental health issues

NB: The case study is designed to be open ended in order to raise questions, provoke thought and generate discussion.

General Practitioner Perspective



“Rishika looks intently at the floor...”

- Take a deep calming breath and tune into inner alarm bells!
 - Rishika’s posture
 - Ishan’s attitude
- Arrange to see Rishika on her own
 - “Women’s business” – easier if female
 - If male, ?refer to female doctor or nurse in practice
- Offer a trained interpreter – phone/interstate/alias



**Dr Joanne
Gardiner**

General Practitioner Perspective



Family issues

- Possibility of domestic violence
- Anisha’s sleeping problems and ? failure to thrive
- Rishika’s social isolation and need for support
- Ishan’s stress



**Dr Joanne
Gardiner**

General Practitioner Perspective



Intimate Partner Violence – what the GP can do

- Allow discussion – ask the question; 3rd person
- Non-judgmental and empathic listening
- Validation of experience
- Ongoing support no matter what choice
- Offer information and resources in appropriate language
- Safety plan



**Dr Joanne
Gardiner**

General Practitioner Perspective



Cultural and legal considerations

- Be non-judgmental over culture/arranged marriage
- Ask about family of origin attitude to separation/divorce; dowry issues?
- Implications of visa status – provisions made for abused spouses
 - May need to seek asylum
 - Will need good medical documentation and report



**Dr Joanne
Gardiner**

General Practitioner Perspective



Possible support

- Enhanced/home visiting maternal child health nurse support
- Immigrant Women's Domestic Violence Service



Dr Joanne
Gardiner

Psychiatrist Perspective



Background

- Hindu family
- Arranged marriage
- Ishan is an overseas student – struggling
- Rishika is looking for but cannot find suitable work
- ? Significant financial problems
 - Living in “shared accommodation”
 - Ishan working as a taxi driver
 - Rishika's inability to find work is a problem



Dr Harry Minas

Psychiatrist Perspective



Concerns about Rishika, Ishan and Anisha

Rishika

- Tenuous living arrangements in Australia
 - No job or independent income
 - Shared accommodation
 - Spouse visa
- Possible (probable) intimate partner violence
 - Bruises and other indicators
- Possible depression
 - ? Not sleeping – “dark circles under her eyes”
 - Feels unsupported by Ishan
 - “She’s all I have...”

Ishan

- Finding it difficult to study
- Working nights as a taxi driver
- Shared accommodation
- Anisha doesn’t sleep
- Frustrated at Rishika’s no job
- Possibly physically abusing Rishika

Anisha

- Small for her age
- ? other problems with development
- Poor sleep



Dr Harry Minas

Psychiatrist Perspective



Problems in assessment of Rishika

- Ishan unlikely to allow private interview with Rishika, even if Rishika would like this to happen
- Should Rishika be the focus?
- Can Rishika’s (and Anisha’s) situation be improved without engaging Ishan?
- Should there be concern also for Ishan?



Dr Harry Minas

Psychiatrist Perspective



Risks

Rishika

- Violence
- Worsening mental health problems
- Possibly unable to remain in Australia

Ishan

- ? Perpetrator of violence
- Loss of wife and child
- Failure in studies - ? consequences

Anisha

- ??? At risk of violence
- Failure to thrive

Family

- Break-up

- Unlikely to be able to do anything effective about these multiple risks without fully engaging Ishan in identifying the problems and developing solutions
- Who is best placed to do this?



Dr Harry Minas

Psychiatrist Perspective



A family in trouble

- Focus on presenting problem
 - Anisha's fever, poor sleep, ? not thriving
 - Contribution of family's social/economic circumstances, and Ishan's and Rishika's individual problems
- Concern about Anisha is likely to be the most acceptable entry point to assessment of family function (including mental health issues and violence)
- Specialist assessment?
 - Psychiatrist
 - Domestic violence counsellor?
 - Paediatrician with psychiatric skills



Dr Harry Minas

Psychologist Perspective



My experience

- Rishika would voluntarily approach me – she would become aware of my service through friends, Google search, Facebook, an organisation (unlikely)
- Contact me informally
- Advice I provide would be professional



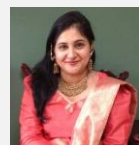
Dr Lata Satyen

Psychologist Perspective



How to assist an Indian woman who might be going through abuse

- Understand her
- Be informed of culture, cultural orientation, cultural practices
- Be aware that she may not want to seek formal assistance
- How then can we encourage her to seek assistance?



Dr Lata Satyen

Psychologist Perspective



How I respond

- Make an initial assessment of the mental health concerns
- Usually, there are a range of factors impacting on their mental health
- Mental wellbeing cannot be enhanced unless the other (usually very urgent) matters are taken care of
- How can I assist with those other matters?



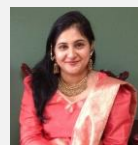
Dr Lata Satyen

Psychologist Perspective



Need for an inclusive, collaborative response

- Challenges for a holistic response
- How can those challenges be overcome?
- How can Rishika and the family's wellbeing be ensured?



Dr Lata Satyen

Social Worker Perspective



Assessment

Thorough assessment including:

- Mental health presentation
- Medical history
- Personal history
- Family and social context
- Cultural context
- Risk and protective factors

Ms Vivienne
Braddock

Social Worker Perspective



Cultural considerations

- Expectations of themselves
- Expectations from extended family
- Explanatory model
- Cultural explanations
- Language barriers

Ms Vivienne
Braddock

Social Worker Perspective



Social considerations

- Immigration status
- Eligibility for services
- Child protection obligations
- Safety for the mother
- Formal and informal supports

Ms Vivienne
Braddock

Social Worker Perspective



Ongoing care

- Health care
- Mental health care
- Informal supports
- Formal supports
- Legal advice

Ms Vivienne
Braddock

Social Worker Perspective



Final thoughts

- This mother has experienced a substantial change in her roles in life
- As a new mother she has very limited supports
- This father is balancing significant expectations around study and work and family life
- Normal supports for this family are less available
- Accessing services may be difficult given language barriers, cultural barriers and visa restrictions

Ms Vivienne
Braddock



Q&A session

Thank you for your participation



- Please ensure you complete the *exit survey* before you log out (it will appear on your screen after the session closes). Certificates of attendance for this webinar will be issued in 4-5 weeks
- Each participant will be sent a link to online resources associated with this webinar within 1-2 days
- Our next webinar *Mental Health, Parenting, Recovery; an Interdisciplinary Panel Discussion* will be held on Thursday, 26th June 2014. Visit www.mhpn.org.au/upcomingwebinars to register



MHPN acknowledges the support of MHIMA in producing this webinar.

www.mhima.org.au





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MHPN can support you to do so.

Please fill out the relevant section in the exit survey. MHPN will follow up with you directly.

For more information about MHPN networks and online activities, visit www.mhpn.org.au



Thank you for your contribution and participation