

- PEACE services are for *me*, my *family*, my *friends* and my *community*
- PEACE can help me *build* and *maintain strong* and *healthy relationships* in all that I do
- PEACE understands and *respects culture* and traditions

personal education and community empowerment

From the Manager's Desk

Dear readers,

We welcome you to the 19th edition of our PEACE newsletter, and wish you happy reading.

Every 6 months when it is time to produce this newsletter, the PEACE team go through a challenging time as we collectively decide on how to maintain a high level of curiosity and interest in our newsletter. We strive to make it interesting, informative and useful, so please let us know what you think. We always love to hear your views.

I also would like to take the opportunity to invite you to join forces with me to spread some very important and life saving messages to your clients, communities, workers and anyone else you know.

Travelling overseas? Plan ahead, take condoms and always use them

Unfortunately, HIV travels with people without discrimination and without borders, which makes it hard to detect

who has HIV and who does not. From statistics, we know that some people take risks when they do not take appropriate precautions, then regret it for the rest of their lives. Do not be one of those people. Buy your ticket, prepare your suitcase, make sure you take condoms with you and always remember to use them. Condoms can be purchased from supermarkets or you can get them from the AIDS Council, from SHine SA and from PEACE.

Diagnosed with hepatitis B? Visit a hepatitis B friendly doctor regularly, even if you feel healthy

There is compelling evidence internationally, nationally and locally that hepatitis B is directly responsible for liver cancer, which is one of the fastest growing cancers amongst culturally and linguistically diverse people (CALD) who come from high prevalence countries. Most of the literature also highlights the low level of awareness/knowledge about hepatitis B amongst CALD communities and low level of understanding of hepatitis B management across general practitioners.

If you know of anyone who has been diagnosed with hepatitis B, please ask them if they know what to do and if they are aware of the treatment plans available. All people who are diagnosed with chronic hepatitis B must be on a monitoring plan through a GP and a liver specialist. Please do not ignore this message; let your client know about our services and we will guide them and help them understand what to do. We will also help them find a GP who understands their condition.



Enaam, Manager of PEACE

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www.socialrelations.edu.au

Relationships Australia
SOUTH AUSTRALIA™

www.rasa.org.au



Men and women can now take responsibility for their sexuality: We now stock female and male condoms

Many community members have asked questions such as 'why do we not make HIV testing compulsory?' and 'Why do we not lock people with HIV away from everyone?'. Indeed, those questions and concerns stem from fear and lack of control over what someone might do to them. Stigma, lack of information and myths contribute to their fear and prevent them from seeking help and advice. PEACE is available to provide individual support and information in order to address and answer questions such as 'why compulsory testing is not effective' and 'why taking self responsibility is the only way to stop HIV from spreading'. We urge you to encourage everyone: men, women and young people to take control of their health and to always use condoms.

For the first time, women and girls can also be in control - female condoms are now available through PEACE Multicultural Services



Do you know someone with a gambling problem?

Many people know of someone in their community who has a gambling problem but choose to do nothing about it; not because they don't care, but because they don't know how to help. PEACE can help you work together to help your family member, or a friend, address their gambling issue before it gets worse. We can provide you with a number of strategies to help you reach out to your loved ones and are always available to help. Just call us on (08) 8245 8100 and ask speak to a PEACE worker.

Multi agency approach to respond to HIV prevention amongst CALD population

In response to the increasing number of HIV notifications amongst the heterosexual population and CALD people, SA Health's HIV/AIDS, Hepatitis C Policy and Program Unit in collaboration with PEACE Multicultural Services established the CALD HIV Inter-agency Project (CHIP) coordinating Committee. This consisted of a number of organisations that work in improving better health outcomes for migrant communities. The coordinating committee works in partnership to plan and deliver HIV prevention response to priority CALD communities in South Australia.

The objectives of the Committee are:

1. To identify the current priorities and challenges for addressing HIV transmission amongst priority CALD communities in South Australia
2. To develop, implement and evaluate prevention initiatives aimed at reducing the rates of HIV infection amongst CALD people in South Australia
3. To ensure that HIV prevention responses are based on data, evidence and sharing of practice wisdom
4. To improve the sexual health and well being of CALD people by working holistically and undertaking advocacy where appropriate with the aim of preventing HIV transmission in this population
5. To identify issues where there is a lack of data/ evidence and advocate for that research to occur.

The Committee is planning to conduct its first forum on 8 April, 2011 entitled "Building the evidence on HIV prevention in CALD population" to be held at the Goodwood Community Centre. This is the first time that the government, non-government and multicultural sectors will be coming together to develop a meaningful and relevant response to this pressing and serious issue.

For further information, please contact Enaam Oudih, PEACE Manager on (08) 8245 8100.



Celebrating and honouring women on World AIDS day 2010

The HIV Women’s Project at Women’s Health Statewide was once again delighted to co host an AIDS awareness week women’s event with PEACE Multicultural Services. The lunch and celebration was a great success with approximately 120 people attending and many diverse cultures represented.

Here is an excerpt from the speech by Katherine Leane, Peer Support Worker at the HIV Women’s Project Women’s Health State Wide:

*“The 2010 national theme for World AIDS day is **“ Take Action- No Discrimination.”***

Globally, there are 33 million people living with HIV. More than half are women and children. In Australia, World AIDS day is a time when we focus on the impact for those who live with HIV and those closely affected.

As a woman who has lived with HIV for 22 years, I would like to celebrate the strength of women and to honour those who came before me.

On this World AIDS day, some of us will celebrate the great strides taken in understanding the HIV disease and treatment options that have improved quality of life for many, while others will feel frustration that 30 years later there is still no cure or vaccine, and so many of the worlds population do not have access to treatments. We are all discouraged that there is still stigma and discrimination in spite of our efforts to educate.

We all know that it is not HIV that discriminates but people – out of ignorance, fear, denial or inaccurate information.

We know that HIV positive people still experience discrimination in the areas of housing, employment, travel, relationships and health services. (Futures 6, Latrobe University, 2010)

So how do I personally “take action?”

By being passionate, proactive and sharing my story in the hope of challenging stigma and discrimination.

Each of us can make a difference by recognising what stigma is and challenging it when we see HIV positive people being judged in our communities.

For AIDS awareness week 2010, I would like to see:

- *A greater visibility of HIV positive and affected women*
- *Stronger and more active leadership by women on all levels*
- *Greater government accountability on the deliverables in the 6th National HIV/AIDS strategy*
- *More opportunities to educate young people about HIV, STI and safe sex information. Talking about sex can make people uncomfortable but we have to have these conversations because as we know, the main way that women become HIV positive is through unprotected sex*
- *Increased information and access to the female condom to increase women’s sexual and reproductive health choices.*

I believe that we all have something to add to the legacy of HIV. . .in the face of stigma, silence and inaction is deadly. So I invite everyone on World AIDS day 2010 to take personal responsibility and promote community action.”

Photos from World AIDS Day 2010 Women's Event
by Naomi Ebert-Smith



Travel Safe Campaign

National and state epidemiological information shows an increase in HIV notifications in recent years, and this information shows that many new HIV notifications arise from transmission overseas.

The SA HIV Action Plan 2009-2012 reported that between 2003 and 2007 in South Australia, 26% of new HIV notifications were likely to have been acquired overseas. This was reflected in the STD Services Quarterly Surveillance Report no. 53 (2009), which reported that from 1 January 2009 to 30 September 2009, 9 of the 37 new HIV notifications were attributed to heterosexual contact overseas. The Sixth National HIV strategy 2010-2013 lists people from or travelling to countries with high HIV prevalence as a priority population. The SA HIV Action Plan includes as part of its Targeted Prevention Education objective "a targeted community awareness campaign to prevent HIV infection among South Australians travelling overseas, including heterosexuals, gay men and MSM, which increases knowledge of HIV transmission and the need for continued safe behaviours." The performance indicators of this objective notes that migrants and frequent travellers are the target population.

PEACE Multicultural Services has developed the Travel Safe campaign in response to this objective. It is an HIV awareness campaign targeted at South Australians travelling to countries with high HIV prevalence. The campaign aims to convey the message, "Be prepared for sex overseas, always take condoms with you, and always use them," in a way that de-stigmatises sex and avoids acting as a 'scare campaign'.

The poster will be launched at the April Forum entitled "Building the Evidence on HIV Prevention in the CALD Population" and from there it will be distributed widely to mainstream and CALD service providers, including services that deal with international students, ethnic travel agents and ethnic communities. It is anticipated that PEACE workers will also use the poster as a talking point or conversation starter, to engage CALD communities in conversations about HIV and sexual health.

If you would like to obtain a copy of the Travel Safe poster, please contact PEACE Multicultural Services on (08) 8245 8100.

Travelling overseas?

- Plan ahead
- Take condoms*
- Always use them

Remember to pack the condoms

Wearing condoms* during sexual activity prevents sexually transmitted infections, including HIV.
Plan ahead, pack the condoms* and always use them during sexual activity.
*Use condoms with water-based lubricant (lube) to prevent breakage.

For free condoms, call PEACE: (08) 8245 8100, ACSA: (08) 8334 1611, visit: www.shinesa.org.au, or buy your own from pharmacies or supermarkets

PEACE Multicultural HIV and Hepatitis C Service is funded by the Government of South Australia, Department of Health through HIV and Hepatitis C Policy and Programs.

PEACE
Multicultural HIV & Hepatitis C Services

Relationships Australia
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Government of South Australia
SA Health

Multicultural Liver Clinic

In the last edition of the PEACE newsletter (Issue 18, May 2010), Enaam gave a brief overview of the Multicultural Liver Clinic project and the reasons why one is needed in SA for people from CALD backgrounds. We are still in the process of working out the finer details of the running of the clinic and are pleased to let you know that we hope to launch the clinic in the upcoming months.

Please feel free to contact the PEACE team for further details on (08) 8245 8100.

The Australian Federation of AIDS Organisations (AFAO) is responding to the change of the HIV statistics

In Australia HIV has previously been a disease that mainly affected Australian-born gay men, but the situation seems to be changing. According to the most recent national data, HIV infections in Australia are rising among people from countries where HIV is prevalent. In 2009, 24% of new diagnoses of HIV in Australia were among people from Asia or sub-Saharan Africa, compared to less than 13% in 2005.

Fortunately, the overall number of HIV infections in Australia remains very low compared to many countries; however this shift in the epidemic is affecting HIV community services. Traditionally gay-oriented 'mainstream' HIV services such as the Bobby Goldsmith Foundation and the Western Australian AIDS Council, are now seeing more heterosexual clients, more women, more people who acquired HIV overseas (usually in their country of birth) and also more temporary visa holders. CALD support groups are emerging at HIV positive support services in several capital cities.

In response to these changes, the Australian Federation of AIDS Organisations (AFAO) has been researching how HIV was affecting African communities and migrant workers in Australia. We decided to focus on Africans because this is where the most noticeable changes have been occurring for services (at a national level) and in the epidemiological data. Our aim is to support the development of an African community response to HIV.

AFAO's investigation confirmed previous research findings that migrants who are diagnosed with HIV in Australia can face a unique set of challenges including late and unexpected diagnosis of HIV, uncertain immigration status as a result of their diagnosis,

limited access to treatments if they are not eligible for Medicare, and fear of stigmatisation from within their own communities. In addition, African communities have been subject to racist attacks and media slurs accusing them of spreading AIDS in Australia.

All of these challenges can add up to poor health outcomes for migrants or temporary workers who are HIV positive. They can also have a negative impact on HIV prevention if people are reluctant to test for HIV or access support due to fears of stigmatisation or breach of confidentiality.

In February 2010, AFAO published a discussion paper which provided an overview of key issues in relation to HIV prevention and awareness for African communities in Australia, outlined some of the innovative health promotion strategies and initiatives currently in operation, and made some preliminary recommendations for HIV policy reform and research to inform prevention, care and support strategies.

AFAO has also been conducting consultations around Australia with African community leaders and HIV service providers, and with HIV-positive African Australians. In May 2011, these consultations will culminate in a national forum in Sydney which will provide an opportunity to network, share information and best practice, and develop recommendations for future policy work.

Jill Sergeant is a Project Officer at AFAO. For a copy of the discussion paper or more information about the AFAO project email: web@afao.org.au.

PEACE shares its successes with colleagues from across the country at the Diversity in Health Conference, June 2010

The Centre for Culture, Ethnicity & Health in Victoria brought together around 800 health and community services practitioners, researchers and policy-makers for three days packed with dynamic debate and discussion by high-profile keynote speakers, peer-reviewed papers and a spectacular cultural program on diversity, health and wellbeing. The conference had three main themes; Cultural integrity and service delivery, Right to Health, and Modern Multiculturalism.

PEACE had submitted two abstracts of which both were selected and represented in the Cultural Integrity in Service Delivery and the Right to Health sections. The first paper, presented by Shabeena Laundry was entitled 'Beyond Community Education'. This paper highlighted the creative ways in which we use

community education to influence change and build community capacity. The second was entitled 'Shapes of Therapy' and was presented by Goran Jovanov. The presentation highlighted how certain principles and practices improve help seeking behaviours and make clients feel less isolated, ashamed and/or stigmatised.

Both presentations were received with great interest and curiosity and many stated it was an eye opener to see how an integrated approach made up of community education, community engagement and therapeutic strategies work together to make a difference in peoples' lives.

It was a fantastic opportunity to meet people; not only interstate, but internationally and to hear the stimulating panel debates and discussions on issues that affect all CALD communities. The strength in advocacy and the rights of migrant communities as a united front was inspirational and exciting to be a part of.



Goran, Cholly, Rosemary and Shabeena at the Diversity in Health Conference in Melbourne

SARHN – Refugee Men's Health

PEACE program was invited to the Refugee Men's Health seminar organised by South Australian Refugee Health Network (SARHN). Goran Jovanov, Support Services Coordinator presented at the seminar, which was attended by a large number of workers working with refugee populations.

Based on PEACE's local knowledge and experience of working with CALD men, particularly refugees around problem gambling and other addictions, the presentation explored meanings and reasons

for development of addictions, issues and concerns relating to help seeking behaviour and ways in which service providers need to respond to them. The presentation was well received by the audience and prompted lots of curiosity around their practice when working with refugee men.

PEACE model of intervention and care influencing psychological professionals

Following the success of the SARHN presentation, Goran was again invited to present at the Australian Psychological Society dinner event organised by Migrant Health Service in collaboration with South Australian Refugee Health Network (SARHN).

The presentation highlighted how individuals from CALD backgrounds affected by problem gambling and other addictions, respond to help offered by counselling professionals. Furthermore, how our help should aim to respond to barriers and promote understanding of how addiction fits into their lives and the space of healing.

PEACE challenges how we help CALD people affected by problem gambling at the National Association for Gambling Studies (NAGS) Conference in the Gold Coast

PEACE Manager, Enaam Oudih, presented her team's experience, knowledge and creative professional practice to at least 60 conference delegates in a presentation titled "IT'S A WINNER" A GAMBLING HELP SERVICE MODEL THAT WORKS!

The presentation highlighted a three different methodologies used across three significantly different communities which all resulted in a significant increase in people seeking support as well as in a greater number of clients complying with treatment that has resulted in remarkably improved outcomes for individual clients and their families.

The 30 minute presentation generated lots of interest and Enaam was interviewed by the local Sunday Mail. Since then, she has been invited to run a number of workshops for Gambling Help Counsellors in NSW which are scheduled for April 2011.

Diverse responses and collaboration improves outcomes for clients affected by problem gambling

Problem gambling affects thousands of people and causes high levels of emotional, financial and relationship issues on an ongoing basis. Often people from CALD backgrounds seek help at a crisis point when interventions aim mainly to ensure clients sense of safety and/or prevent the problem from getting to a serious point such as divorce or other losses. As cultural and language barriers prevents people from seeking help early, it is paramount and essential that we initially create multiple possibilities for people to enter a service and secondly to create a space where all relevant agencies bring their expertise to the client through a collaborative approach in order to make a difference in people's lives.

Indeed, PEACE recognises that the experiences and issues of CALD people are unique and diverse and that using one strategy in getting help or recovering from problem gambling does not fit with client or community expectations. Therefore, we created many opportunities for the message of concern to be delivered by many significant others in that persons life in order to make a positive impact and inspire the person to seek help.

- Community engagement such as “one off” educational events with specific communities, or series of community sessions that are specially designed to address problem gambling and other related issues
- Community participation projects that involve families and communities in naming and recognising their experience within the context of problem gambling and other related issues
- One on one help and assistance in helping individuals and families to seek help or change their lives through a dedicated, friendly and caring worker
- Working with the gaming industry to break

down the barriers of referrals and engage with vulnerable client groups

- Participating in network meetings to raise awareness of multicultural issues and/or of recognising problem gambling when dealing with CALD people
- Engaging with community leaders and their community to develop pathways so that individuals and families of the community can feel safe and supported to seek help for gambling.

PEACE also recognises that the causes of problem gambling and its impact on people brings many challenges as we are often dealing with more than one person whilst addressing multiple issues at the same time. Referring clients to relevant services is not good enough as people affected by problem gambling not only need to navigate their way through the system, they also need to negotiate privacy and confidentiality because of stigma; all of which makes people more vulnerable and likely to stop their journey of recovery. However, bringing the different services to the client and negotiating with them about issues and concerns such as the ones mentioned above and responding collectively to the holistic needs would make a big difference in people's lives. When services collaborate in a way that is meaningful to people, the client feels empowered, hopeful and safe as many people say to us, “I feel that everyone cares for me”.

Filipino Fun Days

By Cholly Winter

PEACE Multicultural Services conducted a project management of activities put together by the core group of the Filipino Community Work Program. Two days of activities were undertaken by Geraldine Dato, Jovie Stevens, Prescilla Perez, Ruth Martin, Sylva Karapetis and Vicky Davey who brought out interesting learning activities to the Filipino community.

Some of the highlights of the activities were:

- Bingo games
- Tai-Chi conducted by a professional instructor Tommy Hung
- Line dancing which was enjoyed by all participants
- Filipino quiz highlighting the Philippine history and entertainment
- Participants on the day received wonderful prizes, which were mainly donated by the core group
- There were also kids' activities such as drawing, painting and face painting.

The most important component of the program was the information and learning that participants brought with them when PEACE facilitated conversations about topics such as:

- Building meaningful relationships
- Understanding grief and loss and its impact on the individual, family and the community
- Seeking help strategies.



Building capacity is PEACE's expertise

One of PEACE's roles is to help build capacity for people from CALD backgrounds. We do this through:

- Work force/professional development opportunities
- Community education workshop
- Open discussion forums
- Nationally Recognised Training.

Workforce/Professional Development

- We have held a number of cross cultural training workshops
- We conducted a training for settlement workers on family violence and culture
- In collaboration with other Relationships Australia (SA) programs we conducted leadership training for at least 3 different communities
- Diversity in health: PEACE submitted two abstracts of which both were selected and represented in the Cultural Integrity in Service Delivery and the Right to Health sections.

Community Education Workshops

We have conducted various community workshops on HIV, hepatitis, problem gambling and relationships:

- Sudanese Hepatitis B forum
- Difference between recreational and problem gambling for the new arrival program at Thebarton Senior College
- Vibol Sok Family Centre – it has been a whole year since the establishment of Vibol Sok Family Centre, we are very pleased to observe an increase in the number of people dropping in to receive a service or attend our group activities at our Salisbury office. Late 2010, we celebrated a Family Fun Day where a large number of young people were given information on a wide range of issues affecting their life through very creative activities and educational games
- Youth and Parenting Program – two different and separate activities are about to commence for parents and their teenagers in response to emerging youth and parenting issues. This program aims to close the gap of acculturation level between the young people and their care givers.

Open Discussion Forums

- International Day Against Homophobia
- Filipino Fun Days (*for more details please refer to Cholly's article on page 9*)
- Women's Group Activities, which explores ways in which women assumes leadership and responsibility
- The role of men in addressing family violence
- Addressing stigma and discrimination.

Nationally Recognised Training

Recently, we commenced a Skills Based Nationally Recognised Training course comprised of 25 participants who were diverse in gender, age and nationality.

We were thrilled because more than 50% of participants were females, meeting a target that PEACE has aimed for allowing women to enter the workforce.

The aim of this training is to raise awareness and help participants develop a holistic understanding of key issues such as HIV, viral hepatitis, problem gambling, mental health, family violence, STIs, alcohol and other drugs etc. that can affect individuals, families and communities.

Participants are given the opportunity to explore their fears and challenge myths that exist in relation to some of the issues listed above. Issues of diversity, respect, learning are fully explored to ensure safety and influence change. The group has demonstrated a high level of curiosity and ability to change some of the cultural views on some of the taboo issues.

Congratulations to all involved.

Letter to PEACE from Finda Moyima

My name is Finda Moyima this is my story and experience with Relationship Australia (SA).

I first came into contact with Relationship Australia (SA) through the Australian Refugee Association. We needed a counsellor to help my mother as she was feeling depressed about the way she was treated by her employer. Consequently, we met Enaam who listened to my Mother and was able to refer her to a free counsellor and helped with the situation. She was able to assure us that my mother would not be alone during this difficult time. I hadn't heard of Relationship Australia (SA) before and I am so glad we were able to meet them and help my mother get some peace of mind.

I highly recommend the organisation to everyone. Because of my recent involvement and support to my mother, they have offered me an opportunity to start in a career pathway within their ranks, so I am excited to be involved and will be able to create a great career path and help other people.

If this is the first time you have read these articles be assured it won't be your last. I would like to thank Enaam for recognising the potential in me as it means a lot to me and my family.

Kind regards

Finda Moyima



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PEACE Support Services Coordinators

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PEACE Cambodian Support Services Officer

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Community Support Workers

We train and work closely with Community Support Workers from more than 30 different cultural and language groups.

CALD Counsellor

Fattaneh Scott - f.scott@rasa.org.au

Help is available at these Relationships Australia (SA) offices:

Hindmarsh

49a Orsmond Street, Hindmarsh SA 5007

192 Port Road, Hindmarsh SA 5007

Phone: (08) 8245 8100 (Orsmond Street office)

(08) 8340 2022 (Port Road office)

Languages spoken: Greek, Arabic, Persian, Italian, Polish, Spanish, Filipino, French, Macedonian, various Sudanese languages, English and other languages

Help available: Specialised gambling help service to the multicultural community including one on one assistance, financial and relationships counselling, family mediation

Salisbury

Shop 8a, Salisbury Cinema Complex

Corner James and Gawler Streets, Salisbury SA 5108

Phone: (08) 8250 6600

Help available: Gambling, financial and relationships counselling, family mediation and Vibol Sok Family Centre.

Adelaide

55 Hutt Street, Adelaide SA 5000

Phone: (08) 8223 4566

Help available: Gambling, financial and relationships counselling, family mediation

Marion

Office Suite 500a, Westfield Shopping Centre,

297 Diagonal Road, Oaklands Park 5046

Phone: (08) 8377 5400

Help Available: Gambling, financial and relationships counselling, family mediation

Berri

9 Kay Street, Berri SA 5343

Phone: (08) 8582 4122

Help Available: Gambling, financial and relationships counselling, family mediation

Other Gambling Help Services

Statewide Gambling Therapy Service (Flinders)

Southern Metro & Rural Areas

Flinders Medical Centre, Bedford Park SA 5042

Phone: (08) 8204 4779

20b John Street, Salisbury SA 5108

Phone: (08) 8182 4911 or (08) 8182 4090

Suite 9, 60 Marryatt Street, Port Adelaide SA 5015

Phone: (08) 8240 0522 or 8240 0833

Offenders Aid and Rehabilitation Service (OARS) SA

231 Morphett Street, Adelaide SA 5000

87 Dyson Road, Christies Beach SA 5165

Phone: (08) 0700 8218

Help Available: Specialised gambling help service to people who are in, or at-risk of, entering the criminal justice system including one on one assistance.

Pokies Anonymous

Bowden Brompton Community Centre

19 Green Street, Brompton SA 5007

Phone: (08) 8340 4262

Help Available: Group meetings

Anglicare SA

9 Mary Street, Salisbury SA 5108

Phone: (08) 8256 2170

Help Available: Gambling and financial counselling

Vietnamese Services

Vietnamese Community in Australia (SA)

62 Athol Street, Athol Park SA 5010

Phone: (08) 8447 8821

Languages Spoken: Vietnamese, English

Help Available: Specialised gambling help service to the Vietnamese community including one on one assistance

Chinese Services

Overseas Chinese Association

110 Crittenden Road, Findon SA 5023

Phone: (08) 8445 1677

Languages Spoken: Cantonese, Mandarin, English

Help Available: Specialised gambling help service to the Chinese community including one on one assistance