

Overcoming Barriers:

Working with CALD Children in their Own Right



**WOMEN'S HEALTH
IN THE NORTH**

14 March 2018



About NIFVS

Northern Integrated Family Violence Services (NIFVS) is the partnership that leads the integration of family violence and related services in Melbourne's northern metropolitan region.

Our Mission

To maintain and continually develop the integrated family violence service system in the North, in order to improve the safety of women and children and to hold perpetrators accountable for their use of violence.

Our Partners

- 25 committee members
- 125 services responding to family violence
- 880 professionals linked to various initiatives





What to Expect from Today

The forum will use the popular *Overcoming Barriers* resource to:

- **Explore** the specific support needs of CALD children who have experienced family violence
- **Consider** how cultural assumptions can impact the safety of children and their mothers who have experienced family violence
- **Strengthen** family violence response to children from CALD backgrounds



Agenda

Activity One 'Culturally competent' family violence response

Presentation Jennifer Dawson, *The Empty Jar Resource*

[BREAK]

Panel Discussion In Touch, Berry Street, Merri Health and Anglicare

Activity Two Reflecting on your practice with CALD children



What we've heard so far

Consultations to develop this forum found that:

- We are all conditioned to be biased, to make assumptions about each other, regardless of our cultural backgrounds.
- Some assumptions are based on stereotypes and can contribute to oppression.
- Our concern about 'doing the wrong thing' regarding cultural sensitivity can get in the way of human connections.
- Being curious and asking questions helps us connect.
- We should be open to discussing the complexities of culture, to making mistakes, to apologising, to learning from one another.



Family violence occurs in all cultures

The incidence of **family violence amongst refugee and migrant families is not higher** when compared with non-migrant women.



However, the consequences can be more damaging **because women, and therefore their children, are likely to face greater barriers to accessing safety.**

Cavallaro, L. (2010), *"I lived in fear because I knew nothing" Barriers to the Justice System Faced by CALD Women Experiencing Family Violence*, InTouch Inc. Multicultural Centre Against Family Violence





Overcoming Barriers

A toolkit to improve responses to CALD women and children who have experienced family violence

Overcoming Barriers provides practitioners with advice and resources to support their response to CALD women and children who have experienced family violence.

It was first informed by contributions made at a NIFVS Practice Exchange Forum between CALD and mainstream services in November 2015.

The toolkit draws from the expertise of service providers in the northern metropolitan region.



Overcoming Barriers

The toolkit includes seven chapters about different practice issues:

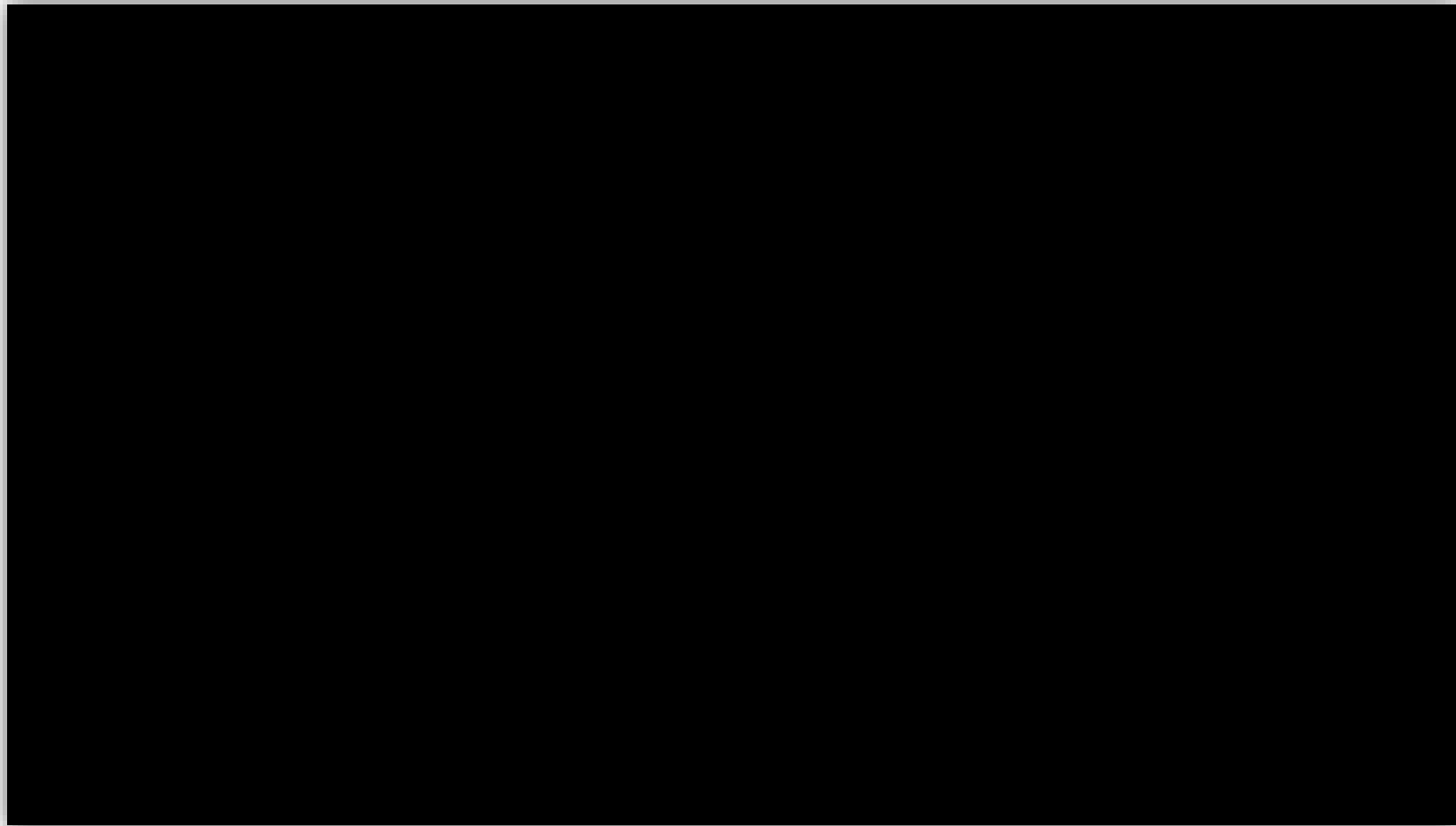
1. Engaging in anti-racist, human rights-based practice
2. Understanding structural and systemic barriers to help-seeking
3. Understanding community barriers and enablers impacting upon help-seeking
4. Understanding the impact of trauma
5. Understanding tactics of abuse and assessing risk
6. Working with interpreters in a family violence context
7. Working with CALD children

Each chapter also includes a self-reflection tool that poses questions to enhance good practice.



Anti-Racist Human Rights Practice

voice • choice • power





Activity One

At your table, introduce yourself and your role.

Discuss the following:

What do you think a ‘culturally competent’ family violence response might look like?

[20 minutes]





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Jennifer Dawson

Psychologist, The Empty Jar

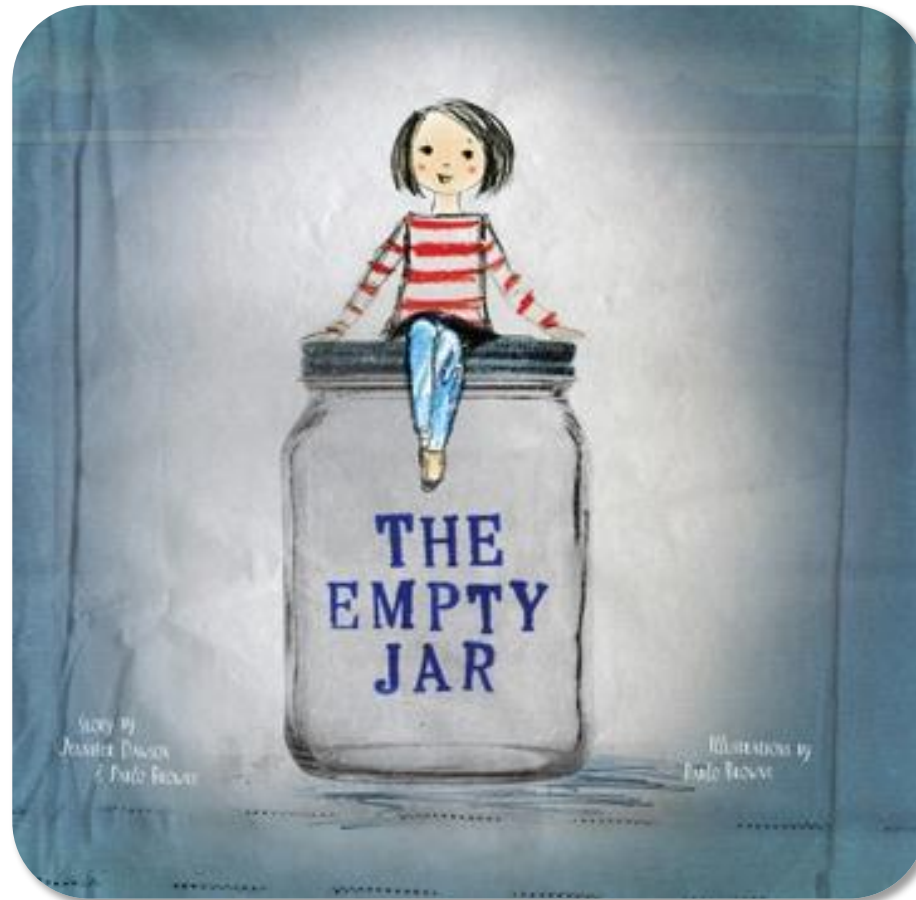


OVERCOMING BARRIERS: WORKING WITH CALD CHILDREN IN THEIR OWN RIGHT

THE EMPTY JAR THERAPEUTIC RESOURCES

**JENNIFER DAWSON
PSYCHOLOGIST**

THE EMPTY JAR BOOK



DEVELOPMENT OF RESOURCES

The Empty Jar Therapeutic Resource Kit Working In Partnership

- Anglicare CfC Frankston
- inTouch



**Funded by the
Australian Government
Department of Social Services**

inTouch



INTRODUCING THE THERAPEUTIC RESOURCE KIT

The Empty Jar book

Practitioner manual

Cards

Colouring pages

Stickers

Parenting tip sheets



DEVELOPING THE RESOURCES

Stages of Development

Practitioner Advisory group

- Meetings
- Consultation on core elements

Safe Futures Children's group

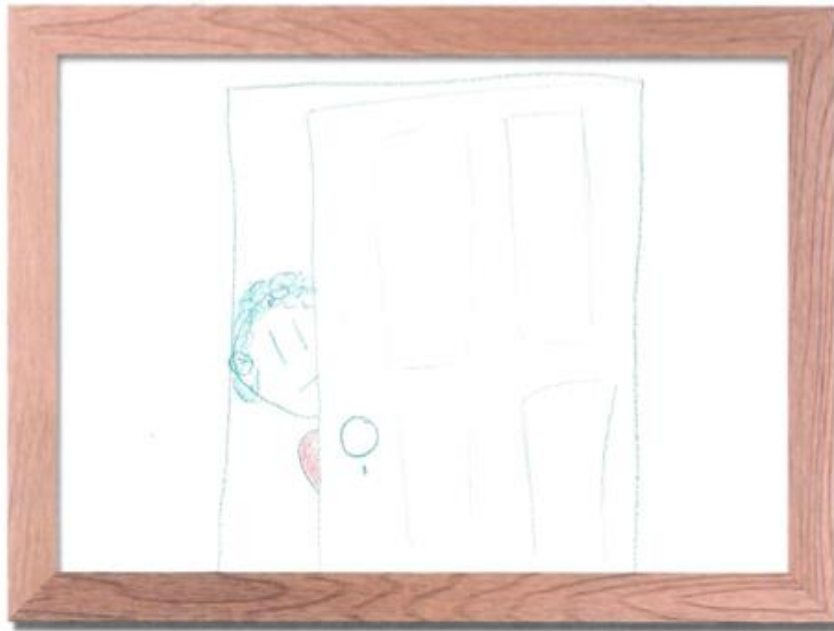
(aged 6-13 years)

- Testing the resources through games and drawing
- Hearing children's voices



DEVELOPING THE RESOURCES

Children's drawings inspired our illustrator



"Looking quietly through a door that's slightly opened"



TAKING CARE WITH THE CHILDREN AND FAMILIES

- Building trust and rapport
- Ensure children have safe relationships and are able to emotionally regulate before cognitive work
- Awareness of limits of confidentiality
- Children are in control of disclosures
- Tune into trauma triggers and levels of arousal
- Holistic and coordinated care plan led by children and families
- Support protective parents
- Engage professional interpreters



THROUGH A CULTURAL LENS

Culture is dynamic and fluid with visible parts (language, food and dress) and invisible parts (concept of values, beliefs, justice and gender roles).

Additional challenges for CALD families

- Displacement
- Spending time in refugee camps or detention centers
- Witnessing torture and trauma
- Unsafe travel to Australia
- Loss of extended family and community networks
- Learning at school while acquiring a 2nd language
- Navigating new social rules
- Children living between two sets of social rules
- Parenting style that differs from main stream culture
- Different expectations around gender roles
- Discrimination and racism in the wider community



ADDITIONAL COMPLEXITIES FOR CALD FAMILIES EXPERIENCING FAMILY VIOLENCE

- Loss of family through migration (possible trauma history)
- Loss of cohesive family unit due to DV
- Challenge navigating mainstream services (and unconscious biases)
- Fear of being ostracized from their community (fall out for children)
- Permanent residency applications being reliant on the abusive partner causing fear of deportation
- Religious and cultural expectations regarding marriage and divorce
- Users of violence often engage manipulative tactics that rely on their partner's lack of knowledge of legal rights in Australia and efforts toward independence
- Children being used as interpreters



PROTECTIVE FACTORS FOR CALD CHILDREN

- Resourcefulness and resiliency to respond to change
- Sense of belonging and connection to extended family and community networks
- Strong sense of cultural pride and identity
- Emphasis on extended and community ties can provide consistent caring adults to nurture and support children
- Understanding and being sensitive to cultural nuances
- Speaking multiple languages



THEORETICAL UNDERPINNINGS

- Strength and Feminist Based Framework
- Developmental and attachment trauma
- Trauma focused Cognitive Behaviour Therapy
- Attachment focused Family Therapy
- Narrative Therapy
- Neurobiology Informed Trauma Interventions
- Acceptance and Commitment Therapy (A.C.T) & Mindfulness



IMBEDDED IN THEORY: PRACTICE EXAMPLES

Understanding Trauma

Fight



Flight



Freeze



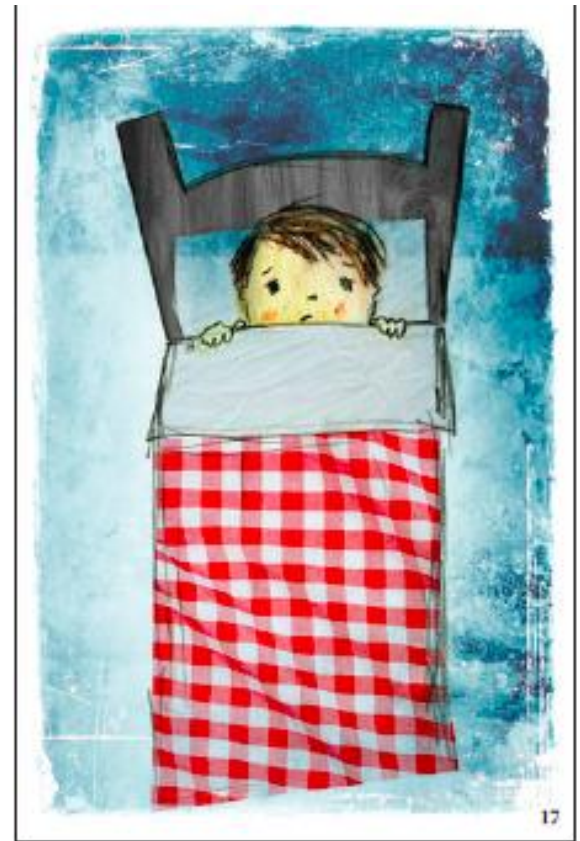
THE CARDS



THE CARDS AND CODES



THE CARDS

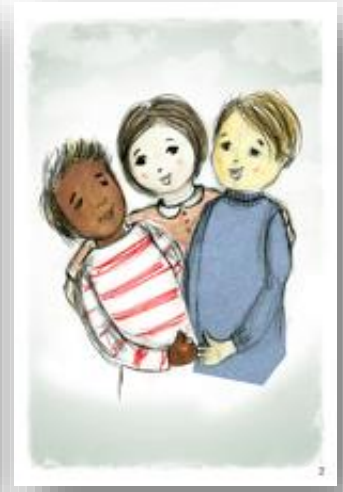
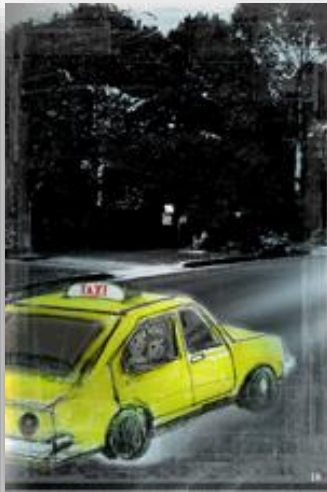


THE CARDS



TRAINING AND PRACTICE EXAMPLES

Sharing narratives with children and families



ILLUSTRATIONS ABOUT FAMILY VIOLENCE



QUESTIONS AND CONCLUSIONS

- THANKS FOR LISTENING-





Take a break

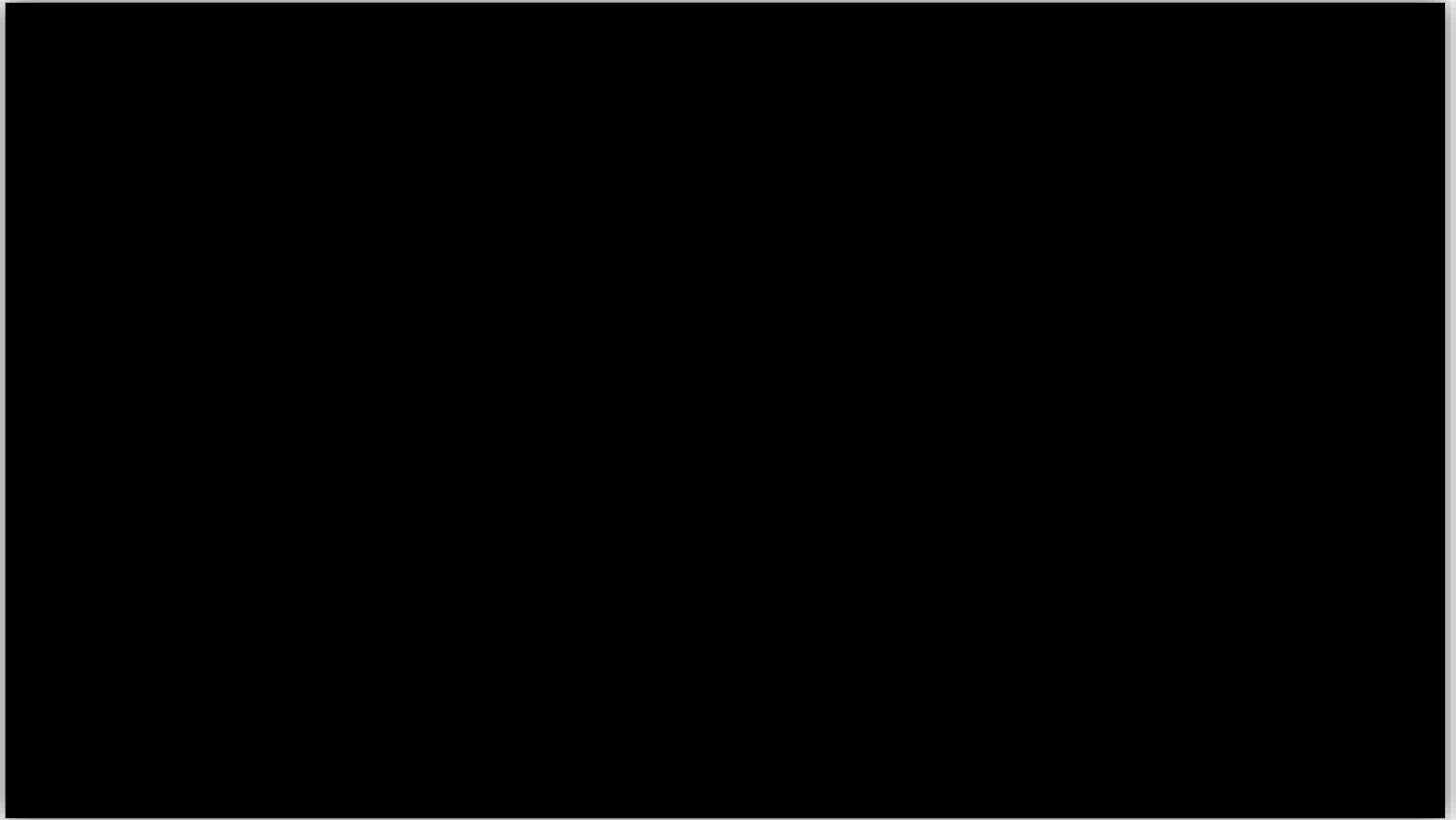


See you in 20 minutes!



Working with CALD Children

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Panel Discussion

Lucy Prinzi In Touch: How our assumptions about parenting can disrupt the mother child bond

Amuna Abdella Merri Health: Human rights and cross cultural communication

Allen Jeffress Berry Street: Anti-Oppressive practice and how culture can build resilience

Margarita Karamitros Anglicare: Agility, creativity and curiosity

[30 minutes]





Activity Two

In pairs, discuss and record on your worksheet:

- 1. What enables your work with CALD children experiencing family violence?**
- 2. What inhibits your work with CALD children experiencing family violence?**
- 3. How might you partner with mothers to understand and then address the unique needs of CALD children experiencing family violence?**

[20 minutes]



Stay Involved

There are a number of ways to stay connected with the work of family violence integration:

- **Attend** Regional Family Violence Induction (18 April)
- **Participate** in *Identifying Family Violence: Responding to Women* training (18 April)
- **Participate** in *Working with Male Perpetrators of family Violence: Considerations on Collusion* training (10 May)
- **Join** a Local Family Violence Network
- **Order** Family Violence Posters
- We will **subscribe** you to monthly NIFVS eNews

www.nifvs.org.au



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Supported by the Victorian Government.



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