



Victorian Transcultural MENTAL HEALTH

*Working together to innovate in mental health care
to support the well-being of all Victorians because diversity matters*

Transcultural Clinical Discussion Service

Available to partner organisations as a component of the Partners in Diversity program

WHAT IS A TRANSCULTURAL CLINICAL DISCUSSION?

The Transcultural Clinical Discussion Service is an expansion of the VTMH External Enquiry Service. It offers service providers an opportunity to discuss the cultural relevance of a particular consumer's symptoms and help-seeking behaviours or difficulties with engagement. Referrers are expected to coordinate and participate in the transcultural clinical discussion.

The referrer/CPH will organise the venue and invite colleagues involved in the consumer's care to attend a 90 minute facilitated discussion by VTMH staff.

The discussion will cover transcultural issues and any new issues identified during the discussion will also be addressed.

SESSION OBJECTIVES

After a transcultural clinical discussion, the following should have been achieved:

1. Consolidation of cultural assessment and formulation skills previously learnt in cultural responsiveness training.
2. Consolidation of knowledge about culturally responsive recovery models of care.

3. Greater awareness of organisational-related ways of providing improved culturally responsive care including the central role of Cultural Portfolio Holders (CPHs).

At the end of the session, written feedback forms from participants will be requested by VTMH. A subsequent summary report from VTMH will be provided to the referring practitioner and CPH. A three month follow up evaluation will then be conducted with the referring practitioner and/or CPH by VTMH staff.

HOW TO ARRANGE A TRANSCULTURAL CLINICAL DISCUSSION

This initiative is available to staff in services that are currently, or have previously been, in an organisational partnership with VTMH. We prefer that the referrer has previously undertaken cultural responsiveness training with VTMH.

To arrange a session, speak to the CPH based at your service. The CPH can contact VTMH on (03) 9231 3300 and ask to speak to a consultant psychiatrist or the psychiatric registrar. After this discussion, a referral form will be provided and must be completed before the transcultural clinical discussion takes place.

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ABOUT VICTORIAN TRANSCULTURAL MENTAL HEALTH

Victorian Transcultural Mental Health (VTMH) aims to strengthen the capacity of organisations to address inequity in mental health service provision and improve the mental health, social and emotional wellbeing of culturally diverse individuals, families and communities.

WHY FOCUS ON CULTURE?

Culture plays a significant role in how people experience mental health issues. Culture also shapes mental health practice and how services are structured.

Culture is formed by many intersecting socio-political factors, including ethnicity, sexual and gender diversity, religion, spirituality, class, economic status, power, and life experience.

WHAT DOES VTMH OFFER?

Our team works across the state of Victoria delivering services in line with four program areas. In addition to the Workforce Education and Practice Support program area, our other program areas are:

- Organisational development
- Community engagement
- Research, evaluation and projects

FURTHER INFORMATION

For more information please visit our [website](#) or contact us by phone or email to speak with an Education and Service Development Consultant.

VTMH is funded by the Mental Health, Drugs and Regions Division of the Victorian Department of Health and Human Services and administered by St Vincent's Hospital, Melbourne.

Victorian Transcultural Mental Health (VTMH)

Level 1 Bolte Wing (Building F)
St Vincent's Hospital, Melbourne
14 Nicholson Street, Fitzroy

p. (03) 9231 3300

w. www.vtmh.org.au

e. vtmh@svha.org.au

