

## Metro South Addiction and Mental Health Services

# BRiTA Futures

## Adults and parents program outline

### *Building resilience in transcultural Australians*

Aims of the session		
1	Healthier and BRiTA Futures	<ul style="list-style-type: none"> <li>To establish the foundation for the program's progress</li> <li>To start developing a sense of group belonging and</li> <li>To introduce the concept of risk and protective factors for wellbeing</li> </ul> <p>NOTE: A pre-program evaluation tool (<i>Adult Acculturation and Resilience Scale</i>) is applied during Session 1.</p>
2	A different and common journey: The migratory process	<ul style="list-style-type: none"> <li>To raise participants' awareness of the different stages and associated emotions of the migratory process</li> <li>To raise participants' awareness of the risk and protective factors of the migratory process</li> </ul>
3	Building a new society: The meeting of cultures	<ul style="list-style-type: none"> <li>To expand understanding of the importance of culture in rebuilding cultural identity as part of the acculturation process</li> <li>To introduce negotiation as a skill to deal with acculturation stress</li> </ul>
4	Challenges and strengths to bounce back: Resiliency	<ul style="list-style-type: none"> <li>To increase knowledge about resilience and other coping skills to bounce back from adverse situations related to the migratory and acculturation process</li> </ul>
5	Weaving links: Social connectedness	<ul style="list-style-type: none"> <li>To increase understanding of the importance of social connectedness</li> <li>To increase understanding of ways to build meaningful relations within family, other migrants, services and the host society</li> </ul>
6	Communication: Steps to a better dialogue	<ul style="list-style-type: none"> <li>To review ways to communicate</li> <li>To review different styles of communication and, more specifically, the parent-child communication process</li> </ul>
7	Family: Evolving roles	<ul style="list-style-type: none"> <li>To look at the impact of migration on the roles of men, women and parental roles</li> </ul>
8	Intergeneration: Challenges for all	<ul style="list-style-type: none"> <li>To highlight the difficulties that migration can create between different generations of family members</li> </ul> <p>NOTE: The same evaluation tool is applied at the end of this session.</p>