

WHY IS THERE A NEED FOR ASeTTS?

ASeTTS responds to the psycho-social needs of refugees who have experienced trauma, including torture. About a quarter of refugees have been subjected to torture or severe psychological violation. Approximately 7 in 10 will have been subjected to experiences with less severe violence but still traumatic in impact.

HOW ARE REFUGEES AFFECTED BY TORTURE AND TRAUMA?

Being a refugee is in itself traumatic. Many refugees have experienced intense and often prolonged fear in relation to their own and others safety and well being. They may have directly experienced or witnessed shocking acts of violence including rape, other forms of torture or people, including family members, being killed.

Depression, severe anxiety, grief and loss, sleep disorders, hyper-vigilance and paranoia, mood swings, memory and concentration problems are all common symptoms experienced by torture and trauma survivors.

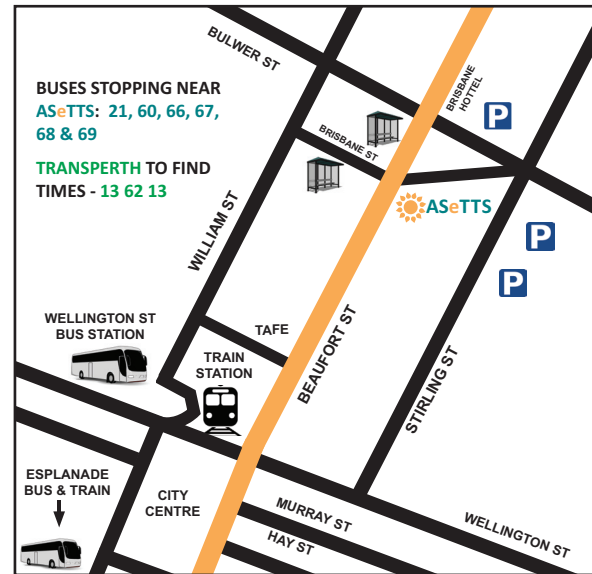
HOW DO I REFER SOMEONE TO ASeTTS?

All you need to do is provide some basic details about the client, obtain their permission and forward these to ASeTTS using a referral form available on our website. ASeTTS will follow up directly with the client and arrange an appointment.

Anyone from a refugee or refugee-like background can access ASeTTS services free of charge. They do not have to hold a protection/humanitarian visa.

www.asetts.org.au/referral

ASSOCIATION FOR SERVICES TO TORTURE AND TRAUMA SURVIVORS



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ASeTTS provides services to people who are humanitarian entrants or are from a refugee type background and who have experienced torture or trauma in their country of origin, during their journey to Australia, or while in detention. All ASeTTS services are provided free of charge to clients. Interpreters are also provided free of charge for non-English speaking clients.

w: asetts.org.au

e: reception@asetts.org.au



Providing holistic services to refugee survivors of torture and trauma



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SERVICES AT ASeTTS

COUNSELLING. ASeTTS provides specialist interventions to survivors of torture and trauma. These include individual counselling, family counselling and support groups. Counselling may be short or long term, depending on individual client needs.

Appropriate interventions are determined by the counsellor and client together in response to the client's needs and their individual process of recovery.

Counselling services are available to all eligible clients, whether they are newly arrived or have been in Australia for many years. Referrals to ASeTTS come from a range of sources: IHSS providers, schools, GPs or the client themselves.

Additional services allied to counselling include advocacy, referral to other service providers or to the ASeTTS psychiatrist.

CHILDREN SERVICES include **ASeTTS Multicultural Playgroup** to encourage parents to play with their children by providing a friendly and playful environment as well as play resources; **Children in Cultural Transition (CICT)** program, providing further support to primary school students with refugee backgrounds who are transitioning into mainstream schooling and Australian culture; and, the **Fun Learning Activities Program (FLAP)** program which aims to improve educational and developmental outcomes for children from new and emerging communities in the 8 – 12 yr age range and attending schools in the Mirrabooka

area. The **Family Links and Connections (FLAC)** supports families through holiday programs, family fun days and individual links to sports and recreational activities.

FAMILIES IN CULTURAL TRANSITION PROGRAM (FICT) is a series of workshops designed for refugees living in Western Australia. Its aim is to simplify the process of understanding and adjusting to their new environment. Bicultural facilitators are trained to conduct the program in small groups within their own communities.

STRENGTH TO STRENGTH is a joint program between ASeTTS and Relationships Australia WA. Its goal is to help refugee families build stronger relationships and enhance the lives of individuals, families and communities. Strength to Strength provides counselling, information, community development activities, referral and advocacy for families.

GOOD FOOD FOR NEW ARRIVALS. Using a community development approach for the culturally and linguistically diverse (CaLD) population, this program is focused on developing culturally appropriate nutrition education resources

NEWLY ARRIVED YOUTH SERVICES (NAYS) delivers services to newly arrived young people who have arrived in Australia in the previous five years to assist them to overcome personal and social barriers and to increase their social and economic participation in Australian society.

HEALTHY RELATIONSHIPS FOR AFRICAN FAMILIES (HRAF) project focuses on preventing family and domestic violence against women and children in African communities by building community and leadership capacity to support community members experiencing family and domestic violence.

COMMUNITY GROUPS. ASeTTS operates centre based groups aimed at breaking social isolation and increasing clients' participation in broader society. The Former Yugoslav Group, Multicultural Women and Men's Group and Multicultural Parent and Child Group meet on a weekly basis throughout most of the year.

VOLUNTEER PROGRAM. ASeTTS Volunteers provide support for refugee families seeking to establish a new life in Australia. Volunteers receive ongoing supervision and support while in the program. The aim of the program is to support the settlement process for people from refugee backgrounds and foster their sense of confidence and independence in their new environment.

TRAINING. ASeTTS provides regular training opportunities for people working in the refugee and CALD fields. Customized training can also be arranged for your organisation.

