

Resilience is the personal inner ability that helps us cope positively with challenges and difficulties. We can all improve our resilience



Building Resilience in Transcultural Australians

A program for promoting resiliency life skills in children young people and adults from culturally and linguistically diverse backgrounds

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Metro South Addiction and Mental Health Services

Opening hours

Monday – Friday
8.30am – 5.00pm

What is the evidence behind BRiTA Futures?

All versions of BRiTA Futures have been piloted, two with several hundred participants, but all with encouraging results. We are committed to building the evidence about what works to promote resiliency in people from culturally and linguistically diverse backgrounds and therefore request that evaluation data of BRiTA Futures programs be conducted.



BRiTA Futures
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Queensland Transcultural Mental Health Centre
Metro South Addiction and Mental Health Services

What is the BRiTA Futures Program?

BRiTA Futures is a group-based program that aims to strengthen the resiliency of children, young people and adults and help them to find ways to live harmoniously with their culture of origin and the Australian culture.

This is done by strengthening protective factors such as:

- ❖ positive cultural identity
- ❖ self-esteem
- ❖ good relationships with family, peers and community
- ❖ conflict resolution skills
- ❖ goal setting

These protective factors help to reduce the risk of depression and anxiety and assist the process of cultural transition and integration.

Who is BRiTA Futures for?

There are three different BRiTA Futures programs for Adolescents, Primary school aged children and Adults and Parents.

BRiTA Futures Primary School is for children in grades 5-7 or aged between 9-12. The program consists of 8 x 2-hour sessions.

BRiTA Futures Adolescents is a program for young people aged 12-18 years. The program consists of 10 x 2-hour sessions.

BRiTA Futures for Adults and Parents is a program for people over 18 years of age. The program consists of 8 x 2-hour sessions.

The three group programs can be delivered as a weekly series, in a 2-3 day 'camp' format, or 4-hour blocks.

What does the program look like?

Each session includes information about the topic of the session as well as fun activities to give the participant a chance to practice and learn some helpful new skills.

Some of the topics include:

- ❖ Cultural identity
- ❖ Habits of thinking and feeling
- ❖ Conflict resolution
- ❖ Acculturation stress and resilience
- ❖ Humour, values and spirituality
- ❖ Intergenerational issues
- ❖ Life goals and future planning
- ❖ Migration and role changes

The program allows participants to share with others and learn from each other's ideas and experiences.

