



## 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

## 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 will organise the venue (video conference or on site) and invite colleagues involved in the consumer's care to attend a facilitated discussion by VTMH staff that will last at least 60 minutes.

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.

At the end of the session, written feedback forms from participants will be requested by VTMH.

## HOW TO ARRANGE A TRANSCULTURAL CLINICAL DISCUSSION

This initiative is available to staff in statewide, publicly-funded, mental health services.

### Eligibility Criteria

As a minimum, a referrer must complete all the online learning modules on our website (after discussion with VTMH) and at least 1 senior clinician or manager from the referring service is involved and actively participates.

To arrange a session, the referring practitioner can contact VTMH on (03) 9231 3300 or email [vtmh@svha.org.au](mailto:vtmh@svha.org.au)

The request will then be forwarded to the VTMH Consultant Psychiatrist or the Psychiatric Registrar. They will then contact the referrer to discuss. After this discussion, a referral form will be provided to the referrer 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)

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