

# **The Afghan Community Response Project**

## **Recovery from Trauma in the Context of Community Strengthening**

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**Foundation House**  
The Victorian Foundation for Survivors of Torture Inc.

# Foundation House Vision

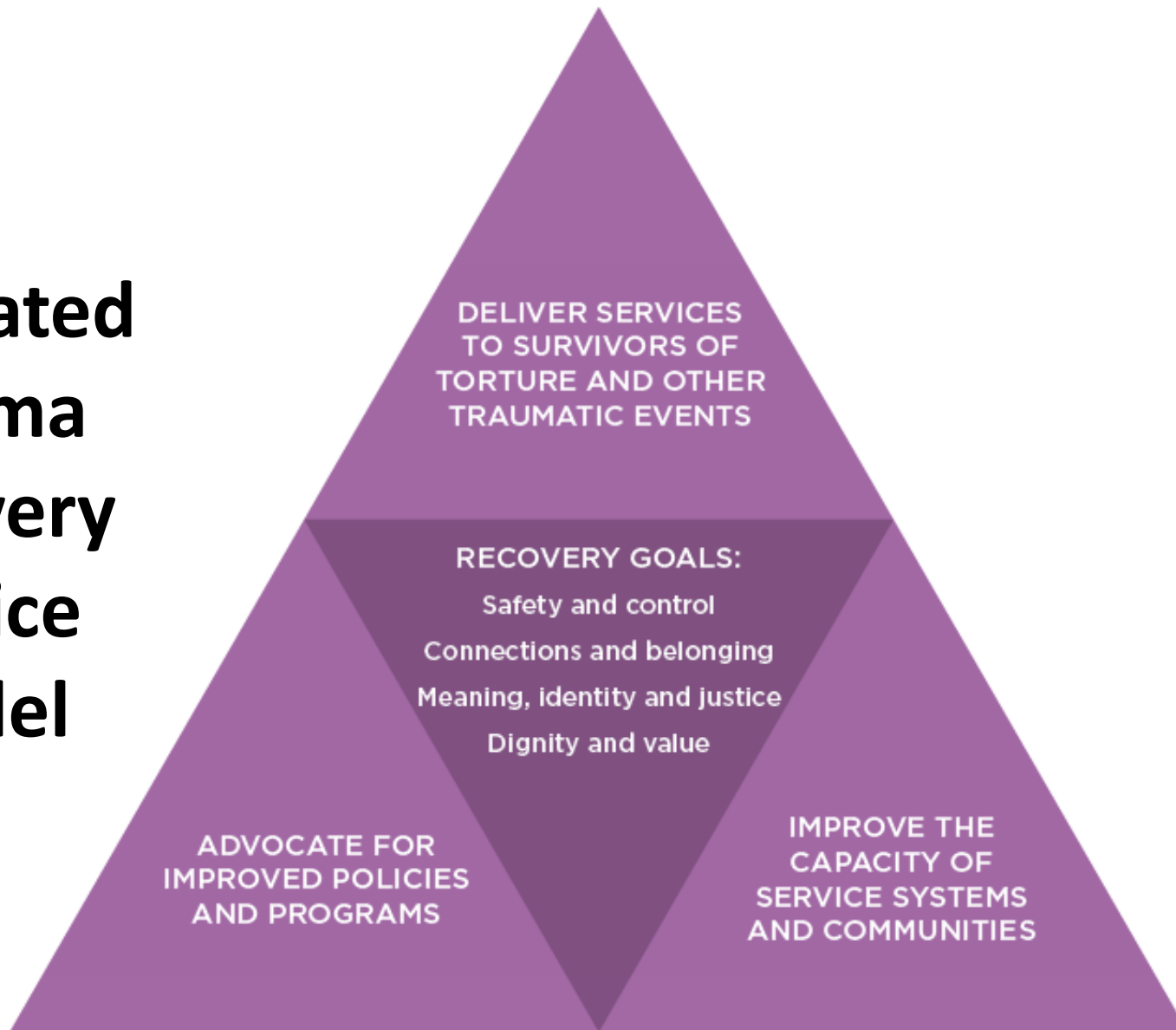
A world without torture and where communities respect, embrace and empower people from refugee backgrounds to thrive.



Foundation House

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# Integrated Trauma Recovery Service Model



<https://foundationhouse.org.au/rebuilding-shattered-lives-2nd-ed-dr-ida-kaplan/>



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# Foundation House Services

- Direct Services
  - Specialised counselling, individual and family support, group programs and complementary Therapies
- Community Capacity Building
  - Community advisory groups, community engagement and networking, partnerships with community groups
- Education and Early Years
  - School Support, professional learning for education staff, resources
- Practice Development and Learning
  - Training calendar, tailored training
- Advocacy & Research
  - Submissions, engagement with policy makers, partnerships with universities



# The Afghan Community Response Project

- Initial response to the existing Victorian Afghan Community following the takeover of Kabul by Taliban
- Expanded to responding to large number of Afghan new arrivals evacuated from Kabul (over 3000 people in VIC)
- Team consists of:
  - Counsellor Advocates
  - Afghan Community Project Workers
  - School support worker, Group Facilitators, Practice Lead, Rural & Regional Practitioners

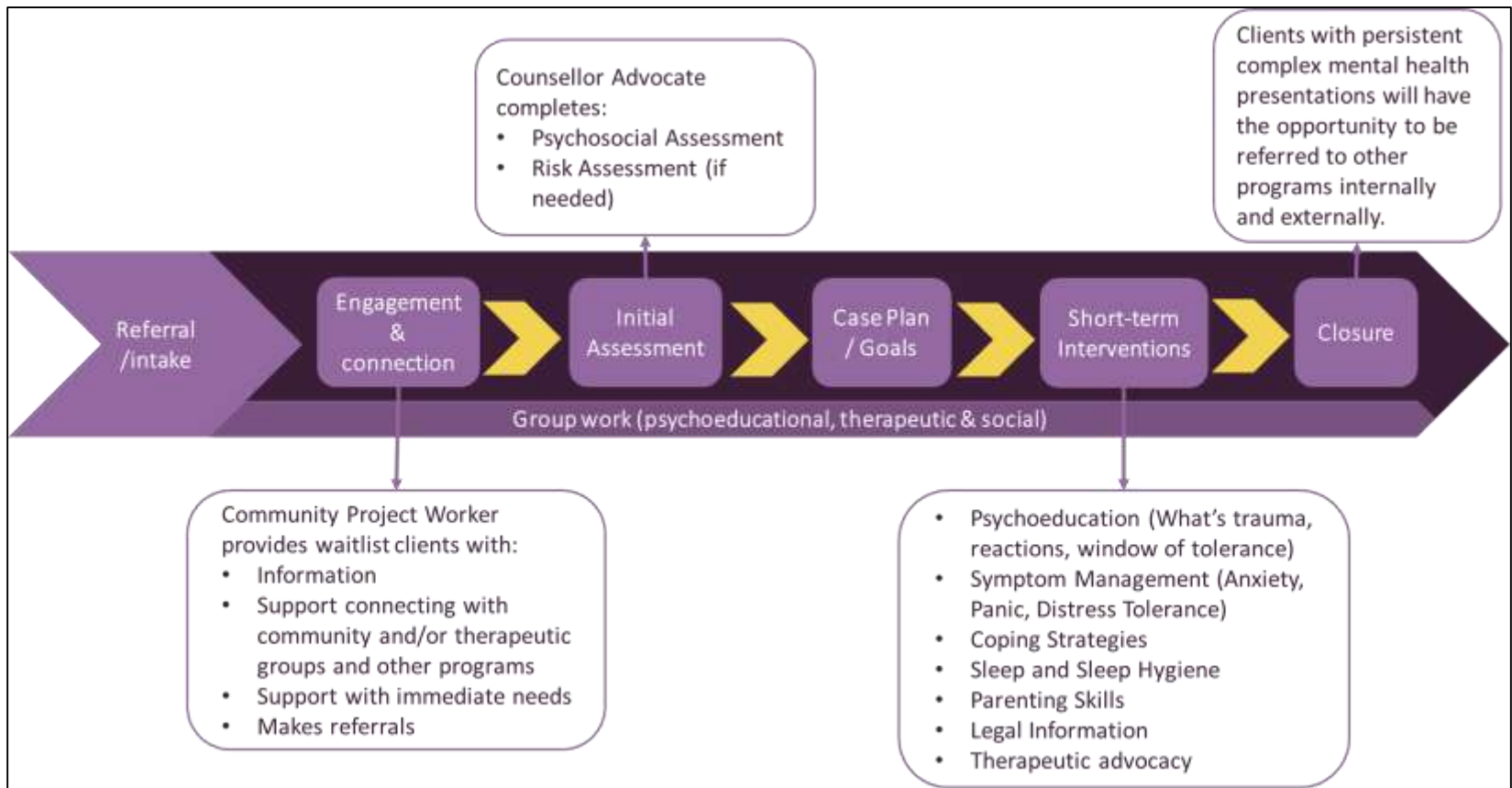


# Afghan Community Response Project Design

- 3-pronged approach:
  - Psychosocial Interventions at the individual, family & group level
  - Community engagement & partnerships with community organisations
  - Sector engagement and capacity building
- Place-based and multimodal:
  - AMES hubs, language schools, community settings
  - Face-to-face, zoom, whatsApp, videos, social media



# 6-Session Assessment and Intervention Model



# Onsite Psychoeducation Sessions - Example

- Participants: newly arrived Afghans in short term accommodation (hotel)
- Facilitators: Afghan Community Project Worker and Counsellor Advocate
- Purpose:
  - Introduction to Foundation House and referral pathway
  - Education about psychological impact of experiences
  - Strategies to manage stress related to concern for family overseas, settlement & pre-arrival experiences





# Key Elements of Working with Newly Arrived Communities

- Introduction and orientation
- Psychoeducation
- Respond to the needs of the community members (i.e. settlement)
- Provide information and link with service providers, community organisations & members
- Easy access and assertive engagement
- Holistic approach



# Contact for the Afghan Community Response Project

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