



## RESOURCES – Helping you support torture and trauma survivors

The process of dealing with these feelings and experiences is not easy. Often, they are avoided or repressed. Left unresolved, these feelings can easily surface in behavioural issues in the classroom and at home.

Using the ancient method of story-telling as a medium of communicating emotions allows those involved to express themselves without the fear of being confronted or ashamed. Its other advantage is the universality of the story-telling approach. In almost every country and community, story-telling is used as a form of communicating ideas, values, feelings and entertainment.

The stories in the Jungle Tracks program are unique in that they have been developed to mirror most of the issues that young refugees face. Yet they are not all doom and gloom, they use positive scenarios to promote hope and empowerment.

Jungle Tracks has been written by Pearl Fernandes, a clinical psychologist who uses creative approaches when working with culturally and linguistically diverse traumatised people. The artist for the tales is her daughter Fionna, who was just 10 years of age when she created the images for the stories.

There are five stories:

1. Sam and Sonia
2. Colours of the wind
3. Enter the lion
4. Deano learn to smile again
5. Chui and Teeter

The anchor story revolves around Sam and Sonia, who are orphaned children. Each story deals with a particular emotional issue and reflects the universal concerns and challenges of most refugees; therefore participants can join a group without having to undergo stringent assessments.

The cost of the Jungle Tracks kit, including all five stories and a facilitators' guide, is \$70.

### RAISING CHILDREN IN AUSTRALIA – HELP FOR AFRICAN PARENTS

The Raising Children DVD explores the opportunities and challenges of raising children in a different culture and provides information on child development, discipline, child protection and services for parents and their children.

The DVD is available in English, Arabic, Amharic, Tigrinya, Somali, Dinka, Nuer, Kirundi, Kiswahili, Liberian English and Krio.

It aims to enhance parenting knowledge, capacity and confidence in raising children in Australia. The DVD is 15 to 20 minutes long, depending on the language.

The kit for early child services includes a guide, a copy of the DVD with the accompanying booklet on services, and a promotional flier/poster.

The guide explores ways for service providers to enhance their capacity in the provision of culturally responsive services by:

- providing information on cultural and country background of a number of African nations and ethnicities.
- exploring the refugee experience as well as the challenges and opportunities of settlement.
- examining key issues identified by parents and service-providers regarding raising children in the Australian context.
- providing information on Australian services that support families and children, as well as links to relevant national and international resources.

The DVD and kit have been developed by the Victorian Foundation for Survivors of Torture Inc. Free hard copies of the resource kit and additional DVDs for parents can be obtained from the FaHCSIA (Department of Families, Housing, Community Services and Indigenous Affairs) hotline on 1800 050 009.

### PROMOTING REFUGEE HEALTH – RESOURCES FOR GENERAL PRACTITIONERS

General practitioners across the country now have access to both a comprehensive and condensed guide to working with refugee patients.

The guide covers a broad range of topics from specific health concerns of refugee adults, children and adolescents to cross-cultural communication and approaches to refugee health assessment, including using the new Medicare item number introduced for refugees. It also includes a service directory for each state and territory.

The condensed desktop guide has a specific edition for each state and territory with referral and other information.

Both publications, produced by The Victorian Foundation for Survivors of Torture, can be downloaded at [www.foundationhouse.org.au](http://www.foundationhouse.org.au) and are also available as CD ROMs. In NSW you can also contact STARTTS on 02 9794 1900 or the torture and trauma rehabilitation service in your state for hard copies of the publications. For a list of those organisations visit [www.fasstt.org.au/members/index.php](http://www.fasstt.org.au/members/index.php).

The downloadable versions, the CD and the hard copies are all available for free.

# JUNGLE TRACKS PROGRAM:

## For work with young people

Jungle Tracks is a program developed by STARTTS aimed at assisting children, young people and parents deal with past trauma, refugee experiences, and the transition to living in a new country. Jungle Tracks utilizes story-telling as a way of exploring traumatic experiences and understanding and communicating feelings and emotions. By ALAN MTASHAR

