

Vietnamese Women Peer Support Program

Collaborative working
Multicultural Centre for Women's Health (MCWH)
Springvale Indochinese Mutual Assistance Association Inc (SICMAA)



Overview

- Vietnamese Peer support Group outline
- Program has been tailored to meet the Vietnamese Women's need and culture
- Outcome
- Continuing support

Vietnamese Women Peer Support Group Outline

- Majority are Refugee back ground
- 16 Vietnamese women
- Gambling activities
- Problem gambling has negative impacts on Vietnamese Gamblers and their family many ways from 4 years to 40+years
- Lost money to gambling from \$100 to \$1562 per week

Program has been tailored to meet Vietnamese Women's needs and culture

2 hour-session for five week

- Introduction
- Understanding problems gambling triggers and associated harms and its negative affect on emotion, health and well-being,
- life changes: family relationship, financial issues & other related issues.
- Therapeutic approach focus on art therapy, discuss alternative activities, help & support services
- Reflection, feedback & evaluation

Outcomes:

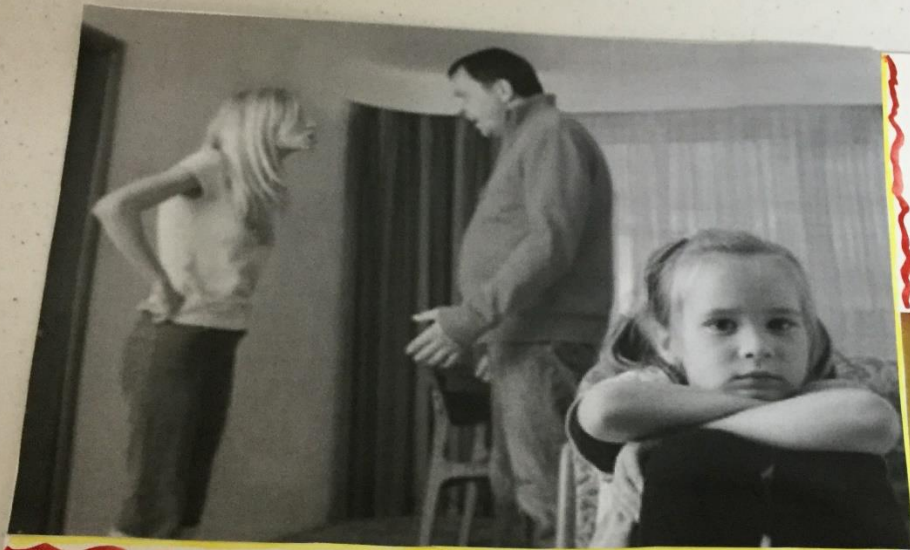
- Before attending the sessions, the participants had limited understand about problem gambling. They used to think gambling is bad for family and community
- After completing the program, feedback indicates that participants have better understanding about the risks and harms associated to problem gambling.
- Their physical and mental health have been improved, including less stress and anxiety. They fell relieve each session and not only able to sleep better, but also fell a sense of belonging. Participants increase awareness about themselves and their situations which aids to the healing process and leads to focused solutions. Some of participants were able to make some positive changes such as stopping gambling, restoring the harmony/relationship in the family, working as volunteer or taking up study
- They gain skills to manage the family budget as well as ways to support and communicate with problem gambling family member in order to avoid conflict as well as reduce stress/anger
- Participants found helpfulness in the program. Therefore, they kept continuing to attend and they request more program in the future

On-going support

Expanding the peer support group to other affected members and friends to join the group one a month for mutual support, friendship, enhancing skills & knowledge about problem gambling and other related issues. Alternative leisure activities/strategies and community engagement are undertaken to prevent problem gambling and minimise the crisis



MANY WAYS TO HELP
17-19 October 2016



Mỗi khi buồn phiền,
thất vọng tôi
muốn một mình

để cái buồn, để khóc. Sau đó
tôi muốn ra ngoài thường
là đi lang thang hay
nơi thời tiết không tốt thì tôi
muốn vào thư viện, nhà thờ:

THANH

When I am sad and feeling hopeless. I want to be alone to cry or to pray.
Sometimes, I wander aimlessly through the streets if the weather is not good, I
go to the library or local church.

Thank

You