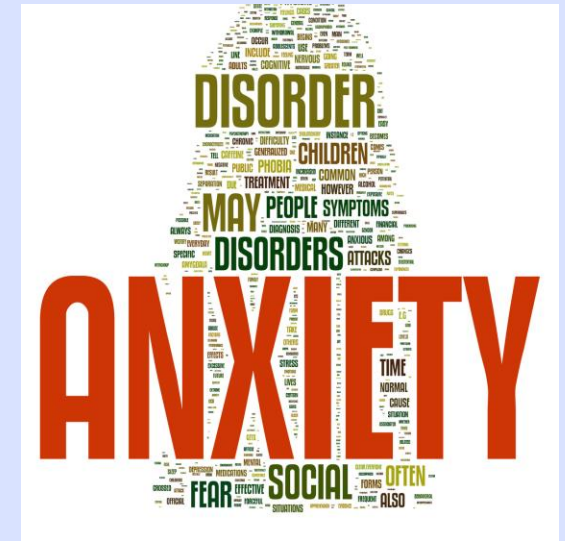
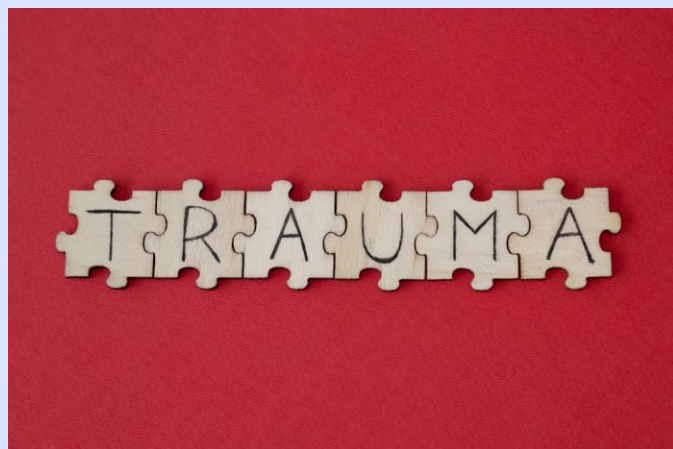
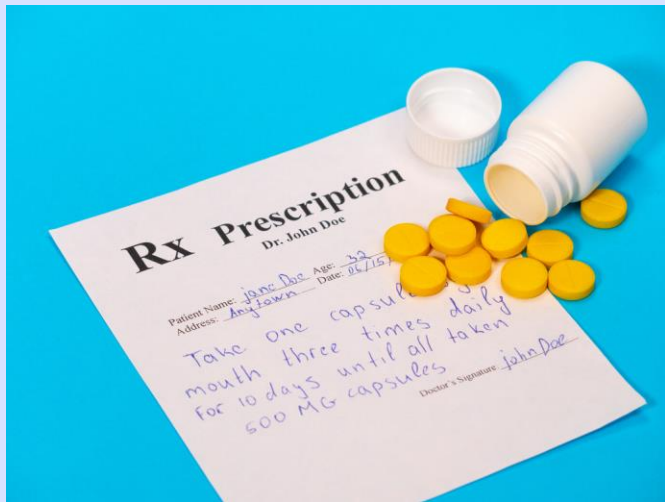


Culture in Mind

Monica Widman

Senior Mental Health Recovery Worker
Multicultural Communities Council Gold Coast





About

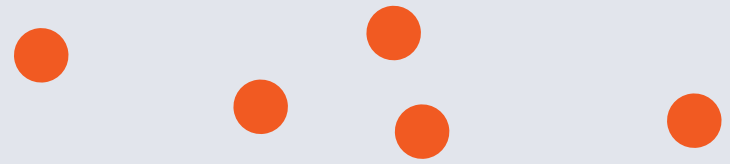
Culture in Mind

Address the barriers CALD communities face when accessing mainstream mental health services.

These include:

- Difficulty navigating complex service systems
- Mistrust of formal institutions
- Language barriers and stigma
- CALD remain underrepresented in mental health services

“Even with caring clinicians and existing services, many clients like Daniel find the system complex, confusing, and not built around their lived reality.”



Mental Health



In many communities, mental health is not always described in clinical terms.



Culture in Mind helps translate these models into language that recovery workers can work with, while also helping clients see the value of clinical care. This is how trust is built.





Culture in Mind Approach

A non-clinical, recovery-oriented model focused on holistic healing, not just symptom reduction. Supports individuals from diverse backgrounds to lead meaningful lives.

Delivery Model

- Led by Multicultural Mental Health Recovery Workers
- Utilises culturally adapted frameworks and standardised tools
- Co-delivered with Multicultural Peer Support Workers and language/cultural supports
- Strength natural support for the person in the community



Key Features

- Culturally informed assessment and intervention planning
- Intensive face-to-face outreach

CiM & the Wraparound Model of Care



Supports whole-person
care: social, emotional,
spiritual, and practical
needs



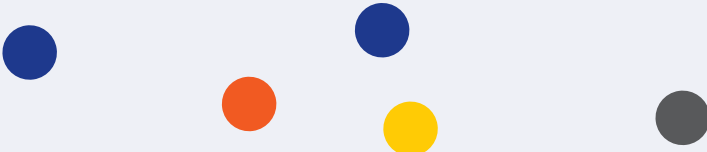
Focuses on personal
strengths, self-
determination, and
holistic wellbeing



Tailors recovery plans to
individual goals, values,
and cultural identity



Promotes shared
planning between
MMHRWs, MPSWs, and
clients



Key Learnings

By using a culturally responsive psychosocial support, CIM has achieved the following outcomes:

Facilitated community connection and access to local resources

Supported clients' daily living skills

Maintained strong collaboration with healthcare teams

Provided culturally informed psychoeducation

Delivered culturally responsive psychosocial assessments and recovery planning

Coordinated wraparound supports across social, clinical, and natural networks

Culture in Mind

This program is not just about reducing barriers. It's about creating belonging, dignity, and hope.

And that's why we believe culture is not a barrier to care, culture is the pathway to recovery.