

GROW in the Illawarra

GROW – GIRLS REACHING OUT WORLD WIDE

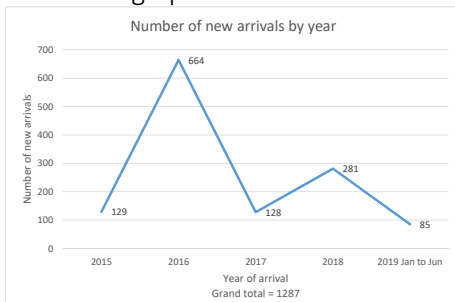
A partnership approach to meet the needs of our newly arrived refugees and young people

Illawarra Shoalhaven Local Health District
Multicultural Health Service

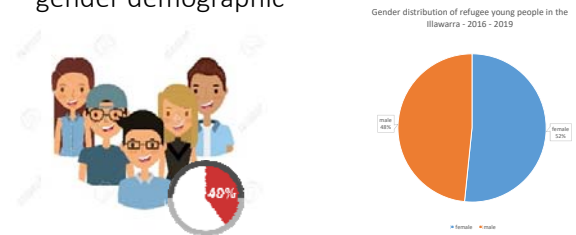
Who are we?

- Multicultural Health Service is part of Ambulatory and Primary Health Care in ISLHD
- ISLHD Refugee Health Program is part of Multicultural Health Service
- Refugee Health Program has a team of Nurses, social worker and health education officer to provide all round holistic health care to clients from refugee background.
- We work in collaboration with GPs, settlement service provider, local community organisations, council and other government and non-government bodies

General demographic statistics



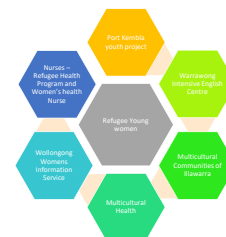
Proportion of Refugee young people and gender demographic



NEEDS

- Newly arrived refugees increased significantly in 2016.
- Increase in the number of refugee young people
- 40% of the newly arrived refugees were below 29 yr old
- No existing programs or services connecting refugee YP to health and well being services
- Young women were more disadvantaged as they often felt their voice was lost
- Young people were the main navigators for their parents, and younger siblings

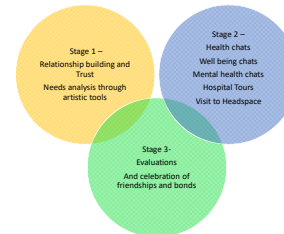
Collaborative, Collective and Coordinating model of Care



Roles in the GROW project

- Communication and coordination
 - Health needs and advice
 - Implementation and sharing of resources
 - Engaging young people in a community development model with the expertise of PKYP and MCCI
- Target group
- Newly arrived refugee young women – age group 16-18 yr old

GROW project program



GROW PROJECT

Girls reaching out worldwide
SUPPORTING YOUNG WOMEN
THROUGH THEIR DEVELOPMENT



Fostering cultural diversity
through participation and
promoting social cohesion

GROW Pilot
program
partly funded by
NSW Government

GROW 1 Pilot project

- Highly successful
- 100% satisfaction from the participants and the stakeholders
- Warrawong IEC recognised that this program was essential for the newly arrived refugee women
- Health education component of the program was rated highly
- Health education included Women's health, body changes, hospital tours and mental health
- GROW 2

Evaluation Project Performance outcome

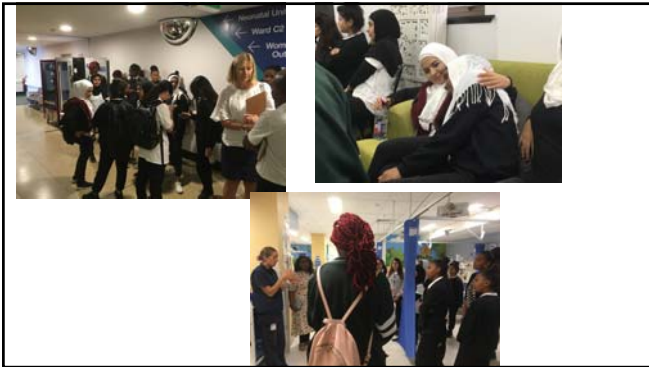
1. Quantitative

- Total participation- 16 workshops conducted with 34 newly arrived young women engaged. 1 information session X 30 young woment.
 - Languages: diverse language groups eg Swahili, Kinyarwanda, Thai, Urdu, Arabic, Kirundi, Bahasa, Vietnamese, Turkish
 - Each GROW program consisted of 8 individualised workshops.
 - Secondary beneficiaries reaching 180 family members and friends.
- ### 2. Qualitative
- pre and post evaluations to assess project impact on participants.
 - **Pre-evaluation** – participant feedback verbal – measured poor outcomes averaging 11% on- outcomes- confidence, skills, feeling safe, access to services, knowledge, participation, and connectedness.
 - **Post evaluation** framework measured strong projected outcomes for participants:
 - Increased skills and knowledge -100%
 - Increased confidence and positive behaviours-100%
 - Increased access to and participation in support services and broader community networks-81%
 - Increased sense of well-being, social connectedness and belonging- 94%
 - Additionally 100% of participants recommended the program to a friend.

Participant feedback

- Question 1
How did you feel at the start of the program?
- Question 2
How do you feel now?
- Question 3
What did you like most about the program?
- Question 4
What did you learn?
- Question 5
Would you recommend the GROW program to a friend?





At Headspace



Where to from here? Other areas of need

- GROW is recommended to be part of IEC curriculum twice a year for newly arrived refugee women
- The Caddyshack Award for "Best project award"
- Program targeting refugee young men
- Sexual health education in culturally appropriate and safe space
- Education around gender diversity and acceptance
- Connecting with the wider community of young people