

SOAPBOX SYDNEY QUARTERLY

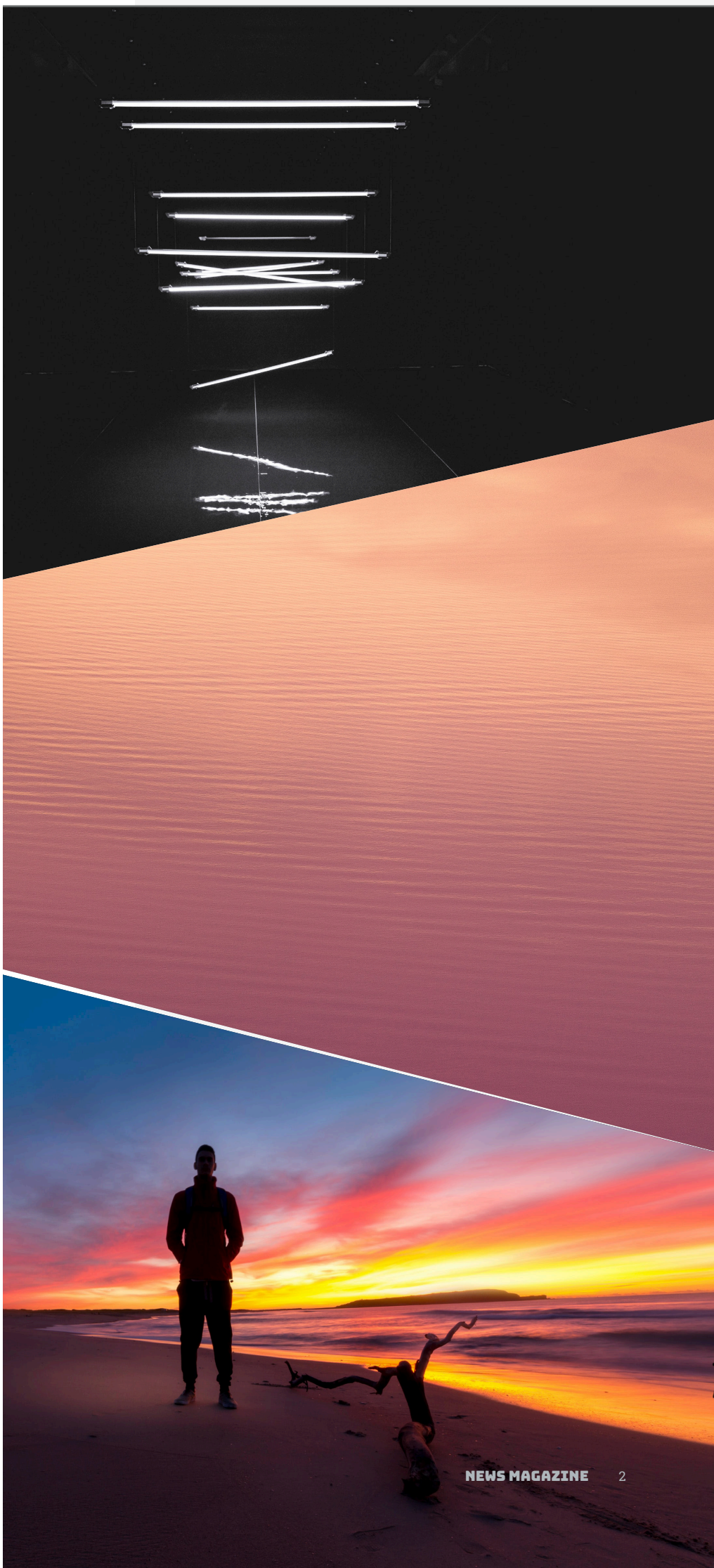
Nº04 - SUMMER 2020
FREE



OPEN MIC, TONIGHT

(EVERY NIGHT)





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UPLIFTING AND INSPIRING
PHOTOGRAPHY PROVIDED BY

Annaliese Bakes

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Soapbox

Quarterly

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SYD

What we are:
Soapbox is an experiment in design: Mental health solutions through culture change.

Soapbox's principles operate when a resource exists and people volunteer their time or expertise to create something from it to benefit others.

We measure success by the quality of our every moment, and define it by sharing our success with others.

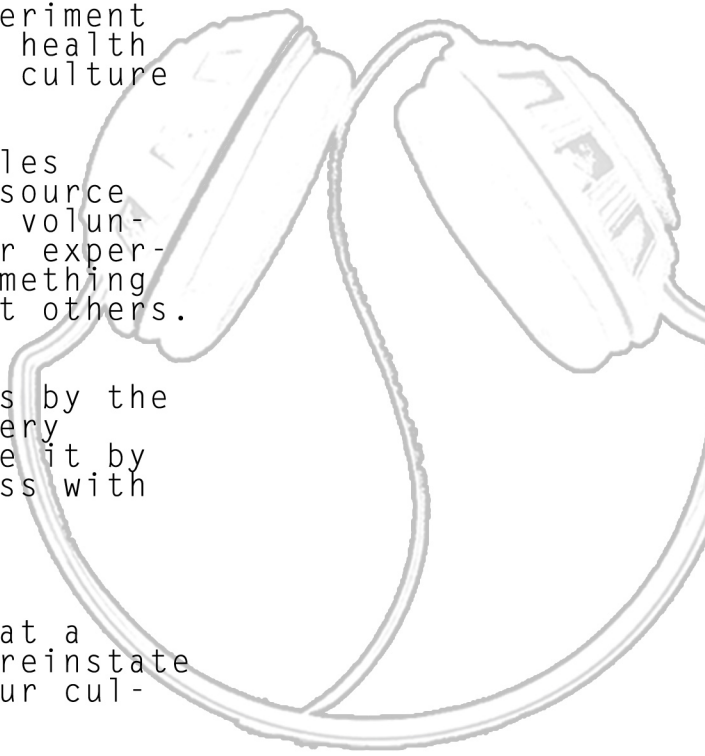
What we want:
One conversation at a time, we seek to reinstate the humanity in our culture.

Why:
Most current solutions alleviate the effect of our situation but do not treat the deep roots of the cause.

How:
We don't claim to have the answer, but we wish to provide a space to safely create and test the myriad of solutions we dream up together. We will be curious about the problem and access or create independent research.

We will link those with the capacity to dream with those with resources, such as time, popularity or finance, to create evidence based changes in the most visible way. Through this we will re-empower, person by person, the ability to improve our home, our city, our common spaces.

Your invitation
If you believe in this vision, We invite you to be passionate about it. Come to the party; @soapbox.sydney; and enter your email. Invite others to build the mic!





Yearill Fam
Editor

You know what? I'm pissed. Dear readers, welcome to the angry edition.

Anger is typically what is called a 'secondary emotion'; what does that mean? Like primary and secondary colours, secondary emotions are made up of primary emotions.

Why am I angry? Because I'm sad, sad that we are all so enthralled to this individualist society that we convince ourselves our little boxes are safer, and the more definition around these boxes the better; the less risk can come in.

Human interaction is inherently risky. Every phrase or gesture is a bid for an interaction and it is not ever guaranteed that you will get the response you want, or a response at all.

Therefore we content ourselves in our safer boxes, decorating the walls as if they were a good substitute for human contact.

STOP IT. I'm pissed about this. We are hard wired to need each other, studies have shown that isolating us from groups neurologically affects us the same as being pricked by a needle. We need each other. However many of us seem to have bought into the individualist fear propaganda; success at all costs, watch your neighbour, fear your neighbour, they may outdo you.

Competition is at the heart of our society, not because it is human friendly but because it leads to efficiency. Humans are not hard-wi-

red for efficiency, we were foragers for much longer than we we settled down and created agriculture (the core of our supply-based thinking, and lack-based thinking for that matter). We do not travel in straight lines; we meander.

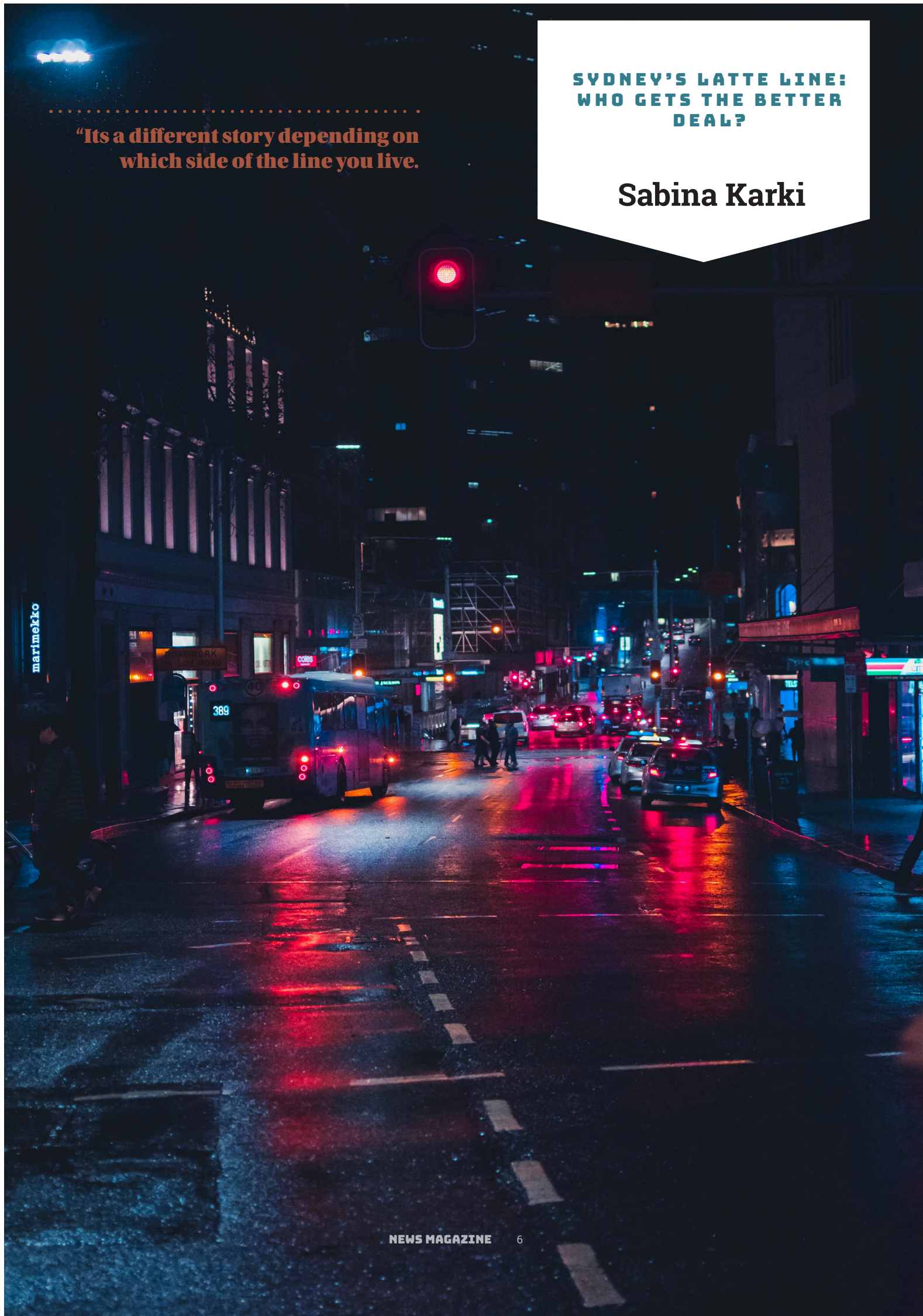
I compel you, please, meander. I implore you, please, don't get caught in the idea that there is safety alone. You will become safely marketable, that is all.

That is all,

Yours truly,
Yearill Fam.

"STOP IT"





.....
"Its a different story depending on
which side of the line you live.

SYDNEY'S LATTE LINE: WHO GETS THE BETTER DEAL?

Sabina Karki

Have you ever considered that where you live has an impact on your health? It turns out that much of our health and lifestyle are determined by the way we live in society. It is evident by much research that there is a close relationship between people's health and living and working conditions which form social environment factors such as socio-economic position, conditions of employment, power and social support known as **social determinants of health**.

Social determinants of health have rapidly become a central concept in population and public health, leading to the emergence of new theoretical models and framework. Although there is no single definition of social determinants of health, there are common uses across government and non-government organisations. In 2003, WHO Europe suggested that the social determinants of health included socio-economic position, early life, social support, addiction food, transportation, housing, living environment, health services and disability (Wilkinson & Marnett 2003). The circumstances in which people grow, live, work, age, and the systems put in place to deal with illness. However, today, we are ignoring the important conversation about how these social disparities impact on our lives, our culture, our economy and our society.

We can find a huge socio-economic class difference across the globe as well as within the Sydney cities. This socio-economic class difference between the Sydney cities was divided by the imaginary boundary line called the "latte line" or, more colloquially, the "red rooster line". The idea here is that so-called cafe culture exists above the line, and fast food culture (in fact all of the Red Rooster outlets) exist below the line. The latte line roughly starts from Sydney international airport and extends North-West towards Parramatta, and further on. The line generally indicates a socio-

economic division between the North-Eastern and South-Western regions of metropolitan sydney. It's a different story depending on which side of the line you live on. 31 Suburbs of Sydney fell on or below the latte line where income, education and health is very low and unemployment rate, cultural diversity and domestic violence is high. Also, when it comes to the equality of health opportunities, residents in Sydney's West are at a severe disadvantage. There are huge inequalities in terms of employment, transportation and housing. More white-collar jobs are concentrated in the North and East regions of sydney, causing the problems of long-distance commute for those living in the West and South regions of the sydney.

Social inequality and disadvantage are the main reason for avoidable and unfair differences in health outcomes and life expectancy across groups in the society. Therefore, it is our and our government's responsibility to bridge the gap of inequalities within society. Government plans to build new infrastructure will also help to bridge the divide across the latte line. Housing policy can play a critical role to tackle inequalities in our cities. We can take Western Sydney airport and WestConnex as good examples of government effort to improve the public transport access to Western regions. Also, government can relocate its public servants to Parramatta to help and promote more activity in the west. All this signal's intent, and in the long run, it will hopefully help close the gap within the sydney cities. Moreover, as a civilian, it is our responsibility to make clear to our political and government representatives what kind of society we want for our children and grandchildren.

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TRAUMA SURVIVAL:

HUMAN SLAVERY

On Trauma survival:

Why is working with survivors of Modern Slavery different from working with other trauma clients? How do we help them with their mental health? Why don't we just send them to TAFE or help them get a job? Surely if they really tried, they could get over it and get on with life? These are some of the questions we get asked regularly. So, in this article we will help you understand life from the perspective of a slavery survivor. We will also explain why and how the work we do is needed to help them recover and succeed.

What is the Problem?

"Survivors have many practical problems that need to be addressed, as well as psychological and physical injuries. You cannot begin to treat a person appropriately if they are desperately concerned about their future, about the past, and about the present." HELEN BAMBER OBE

When a survivor of slavery (in Australia) escapes their situation they usually only have the clothes they are wearing. They have no belongings, no identity, no family and no friends. Often their English is limited, or they cannot speak it at all. Many don't know where they are, who they can trust or how they can be helped. Due to their captivity they usually have medical issues from physical abuse or being overworked, and are malnourished, hungry, tired and scared.

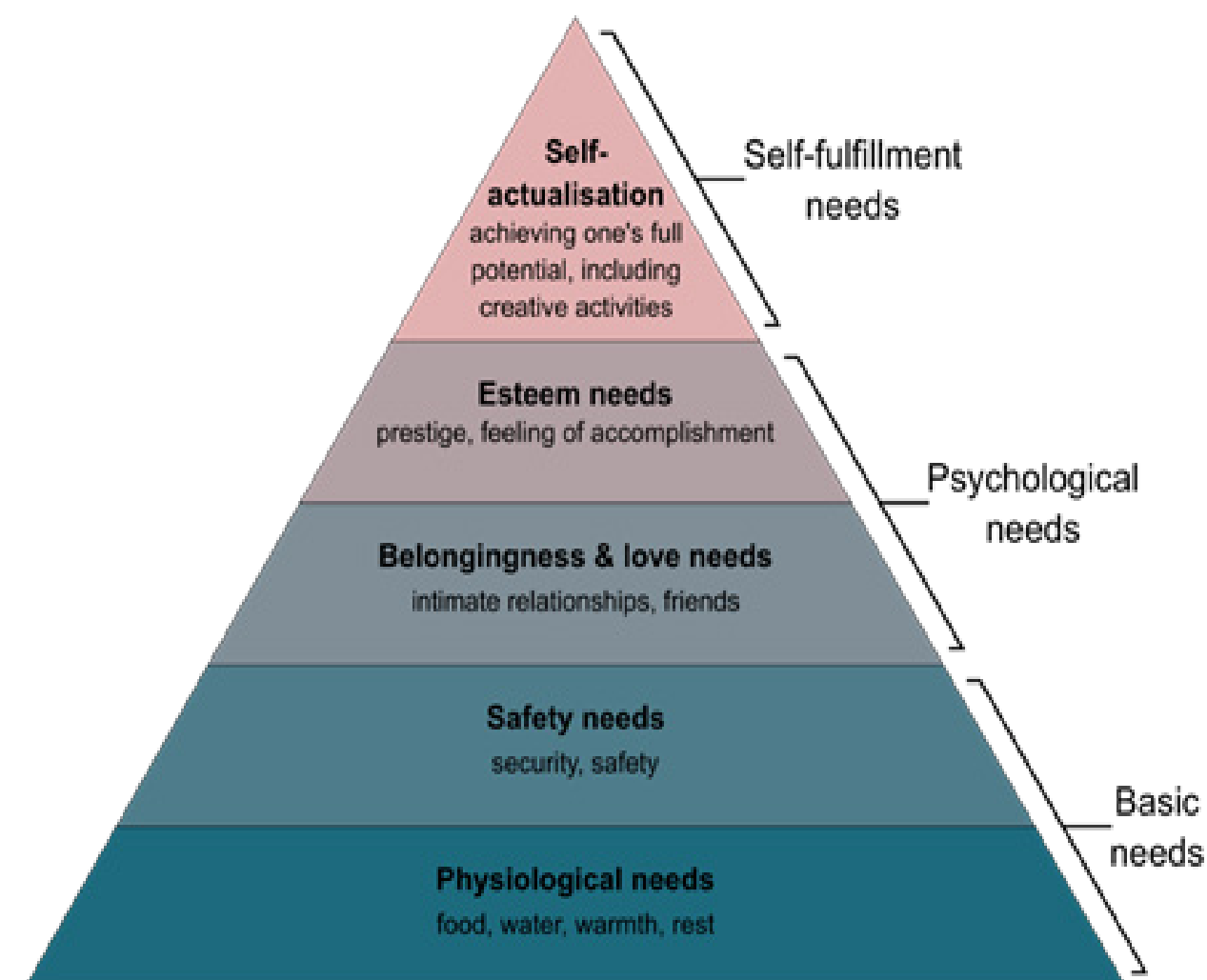
People living in slavery have been totally dehumanised. They have been treated as objects of another person's will. Most find it hard to trust people and to form relationships, even with those trying to help them. They usually have been living in total isolation, as remaining unseen and unheard was the safest way to survive. As a result, upon rescue, most survivors lack the self-confidence to act in their own interests, and they live with the shame and stigma of their 'status' as slavery survivors. In addition, the majority suffer from complex post-traumatic stress disorder (C-PTSD) due to the trauma of living in abuse, and all the violence and exploitation that go with it.

Fear has ruled their life for a very long time. And fear shuts down logical thought processes and pushes a person into a constant state of anxiety.

Now, let's look at Maslow's Hierarchy of needs:

1. Physiological Needs
When a survivor comes to us, looking after their physiological needs is the obvious first step. However, this stage is not an overnight or one-week stint full of food and rest. In our experience, this first step can take many months before they begin to feel safe and secure. Yet, it is in this first week – or even in the first hours after "rescue" – that victims are usually expected to share their experience with police and other strangers. On top of that, they are expected to make important decisions regarding their immediate future. As if they can think logically in these circumstances!

"Modern slavery, in all its forms, has a profound and devastating impact on human lives. If we are truly to understand the effects of slavery, and help survivors rebuild their lives, we must consider the mental health impact of slavery. It leads to significant and disabling mental health problems, as well as generational cycles of crisis, hardship and loss." Anti-Slavery UK



Our Social Isolation:
Mental health considerations require time, resources and expertise. The Freedom Hub Survivor School works hard to ensure our teachers, volunteers and social workers are well-trained and up-to-speed in working with the mental health issues unique to slavery. We consider the mental health needs of every one of our slavery survivors. We understand that their experience can affect their cognitive functioning, such as memory recall. As a result, they may not be able to give consistent accounts of what has happened to them. So, we don't delve. In fact, we train our teachers not to ask about a survivor's past, and how to respond if it comes up. We are about helping them into their future freedom and not their past captivity.

Our trauma-informed approach means we understand that a survivor may need time to learn to trust people. They may also need time to build up their skills. Pushing them off to TAFE to learn English because the government has provided free classes is not what they need. We believe they need time to build social connections and confidence, so that they can overcome their other challenges first. Then they will succeed at studies or work.

2. Safety and Security Needs
The next level of need is to find safety and security. To achieve this, each survivor has to find somewhere to live and find people around them that they can trust.

In Australia, there is only one safe house specifically set up to help survivors of slavery. This safe house is run by the Salvation Army and has 'trauma-informed' caseworkers who understand the unique needs of modern slavery survivors. However, it only has 10 beds! Most survivors are placed in other refuges, like women's or youth refuges. Here they are thrust amongst strangers; going from living in isolation to living with many – not knowing how to fit in or who to trust. So, their anxiety and fear continue. If they aren't placed in a refuge, they are expected to find their own accommodation, enhancing their feelings of insecurity and isolation. It is easy to see how returning to what they know – slavery – is often the easiest thing to do.

Despite being “rescued”, mental health is still a dominant issue,

We think this is a key area that needs to be considered in Australia’s response to slavery. Slavery survivors have unique needs regarding feeling safe again. We have what we believe could be a great solution, but it needs funding. So, we continue to apply for grants in the hope that we can help in this gap of recovery.

3. Belonging and Love Needs
The Freedom Hub was established to meet the needs in the final three tiers. We recognised that no one else was specifically addressing these needs for victims of slavery, yet these three stages are vital to long-term recovery.

Survivors of slavery have many challenges to overcome to fit in socially.

The average Australian may have experienced a few hardships over a lifetime, but rarely most of these at once, or for a long period of time: isolation / exclusion / dependency / shame / immobility / little or no schooling / difficulties with decisions and planning ahead / anonymity / absence of rights / misconceptions on codes of living in society / few resources / no accommodation / no job / vulnerability / poor self-worth / reduced confidence / trouble with trust or too much trust / no friends / no family / language issues.

As you can imagine, when someone has lived like this for a long time, they will have difficulties with relationships and a sense of belonging. Many of our survivors feel lonely. Being treated as an object, not a person, has forced feelings of worthlessness and avoidance of others into their psyche. So, they live with a sense of not belonging and no one understanding them. This is their normal.

Adding to this, many experience guilt about not being able to have friends, not being liked, and shame about having been in slavery. As a result, we find ourselves working everyday with survivors who have a huge lack of self-esteem, poor mental health, depression and complex post-traumatic stress disorder.

O u r S o l u t i o n :
“How do you find your place in a group from which you have been excluded, whose codes remain unknown, to which you did not have the right to belong and in which you feel you don’t have legitimacy? The path to rebuilding lives is long when the roots go deep.” Anti-Slavery UK

At the Freedom Hub Survivor School one of the first things we do is work to help our survivors with a sense of belonging and social interaction. We arrange fun and educational ‘outings’ that help build safe experiences and group memories with each other. Last month, for example, we took a small group to the Botanical Gardens for a picnic. You read more about that here.

During COVID, we have started weekly virtual coffee chats, online yoga classes and an online mother’s group to help our survivors feel that they are connected and belong to something. We always work with small groups of 3 to 6 so that they are not overwhelmed by a large group. When they are new, we assign a buddy to encourage them to take steps in building friendships. Our small classes are also trauma-informed, and survivors can work at their own pace. Creating self-worth, self-confidence, coping strategies and understanding society’s unwritten ‘codes’ are a priority, before we ask them to try and achieve academic or work-related skills.

While we agree with the many that think getting a job or learning English will help, we also know that for long-term recovery to happen, worth, value, and belonging are critical first steps.

4 . E s t e e m N e e d s
For a survivor of slavery, freedom and choice have been taken from the decision-making part of the brain. Many have limited education, or none at all. Economic deprivation and political exclusion are a source of additional stress and anxiety; negatively affecting a survivor’s mental health. So, the practical elements of working and studying should not be neglected.

“Being included in the social fabric contributes significantly to the wellbeing of the person. In fact, in addition to the autonomy acquired, they take a position in a society from which they were excluded up to that point. Survivors of slavery will have to meet other challenges related to discrimination. However, this social and economic integration, albeit fragile, will ‘anchor’ them and contribute to supporting them.”

O u r S o l u t i o n :
This is where the Freedom Hub is providing a niche for slavery survivors. We run evidence-based, trauma-informed courses that teach skills to help a survivor succeed at either study or work. Moving into study or paid work is a major step when you have unstable mental health issues of complex trauma. It is a very rare survivor that can do this alone and unassisted, successfully. We have seen so many try. But unaddressed coping strategies for triggers, anxiety, insecurity and loneliness can easily cause a survivor to fall behind peers. This can result in more depression and anxiety and giving up on their studies or losing their job.

“Victims of slavery have been deprived of their liberty, voice and agency. Even when they survive physically, the psychological effects endure long after they leave slavery. Each survivor, in their uniqueness and depending on their experience, will have developed survival strategies and defence mechanisms against violence. Following the violence and shocking situations which created the trauma, the person’s internal reality changed. Each traumatic experience is embedded. The difficulty with the most emotionally charged memories is that they are sometimes part of a traumatic memory, and other memories can’t be retrieved because of the shock endured.” anti-slavery.org



All our courses have a ‘certificate of achievement’ at the end which also enhances worth, value and accomplishment. The exciting news is during COVID we have moved most of our courses online so that they can be offered to survivors all over Australia, and to English speakers globally.

5 . S e l f - A c t u a l i s a t i o n N e e d s
Since we established the Freedom Hub six years ago, we have seen so many of our survivors’ study, find work, and live life successfully. We love seeing them thrive, and the friendships they have built within our classes and outings continue. Many past survivors continue to come on outings, and as a result, they create an amazing ‘peer support’ network for newer survivors. This year, we have seen evidence of the best kind of success – five of our survivors have found love, and the happy couples have welcomed babies into their lives. In addition to that, a couple of our past survivors are even doing a little advocacy in their own way.

So, this is the goal: independent, successful living, with confidence and self-worth. That is freedom. That is what everything we do at the Freedom Hub aims to achieve.

Summary:

“Getting out of slavery is not about physically moving somewhere and going from one world to another. It is a major, radical change which may prove to be destabilising if it is not done with assistance. The slave is not a subject but an object, whose first duty is to satisfy the desire of someone else: the master. Humans construct their identity through otherness. Negation of the other as an equal being is serious and destructive. Leaving slavery proves to be a long and mentally costly process insofar as significant changes to identity are required.” Anti-Slavery UK

The Freedom Hub Survivor School is the only LONG-TERM, wrap-around care and support for survivors of modern slavery in Australia. We currently support around 70 survivors but would like to be able to support the thousands of survivors in Australia that need us.

Without our community of businesses and donors, we could not do this, and we want to keep growing so we can help many, many more.

By: Sally Irwin

The Freedom Hub

Founder/MD

Ending Modern Slavery in Australia.

Book a call: calendly.com/sallyirwin

Address: 283 young Street Waterloo, NSW2017





Research article

MENTALLY HEALTHY WORKSPACES

SABINA KARKI

According to WHO (2007), mental health is defined as “a state of well-being in which every individual realises his or her own potential, can cope with the normal stress of life, can work productively, fruitfully and is able to make a contribution to the community.” Our mental state i.e. how we are feeling and how well we can cope with day to day life is determined by our mental health and well-being (Deloitte centre for health solution, 2017). Mental health is everyone's business. The fundamental of the well-being of the individuals, their family and community is good mental health. Moreover, the state of being in good health is essential to be physically, mentally and spiritually fit. The individuals are more concerned but their physical health and ignores their mental health. So, mental health must be everyone's business and responsibility.

Why is mental health relevant to workplace?

Today, mental health is an alarming concern in the workplace globally including Australia. In Aus-

tralia, A study of ABS estimated that approximately 45% of Australian working age had experienced a mental health disorder in their lifetime, with 20% experiencing a mental disorder in the previous year (Black dog Institute, 2014). It is estimated that the expenditure of Australian workplaces approximately \$10.9 billion per year for untreated mental health conditions (TNS, 2014). Moreover, mental illness in Australia is considered as one of the leading causes of sickness absence and long-term work in capacity which ultimately decreases the work performance of the individuals in workplace (Petrie et.al, 2018). In general, this creates the huge impact on the individuals, economic, business and economy. Thus, mental health promotion is attracting attention in the workforce today as health authorities become increasingly concerned with the rise in mental illness. It is the growing concerns to address the huge cost and impact of mental illness on workplace.

For the benefits of the individuals, organizations and community, it is important to create a mentally healthy

workplace that promotes mental health and empower people to seek help for mental disorders particularly depression and anxiety. Additionally, creating mentally healthy workplaces are as important as physical safe workplaces to Australian employees. It is believed that there can be reduction of absenteeism, increase productivity and benefits from associated economic gains if the workplaces promote mental health and support people with mental disorders (WHO, 2019).

Cost of mental ill health to community:

Resources expended on human services	Reduction in incomes & living standards	Intangible costs
Healthcare Expenditure on diagnosis, treatment & recovery	Lower economic participation Individuals & carers spend less time working or in education	Lower social participation Less contact with family & friends, lower community involvement
Other services & supports Expenditure on education, employment, housing, justice & social services	Lost productivity People produce a lower rate of output when at work	Pain & suffering Diminished health, reduced emotional resilience, increased distress & premature death
Informal care Time and effort provided by family & friends to support individuals	Cost of collecting taxes to provide services Taxes alter prices, change behaviours & lowers output	Stigma & discrimination Reduced rights, limited choices & poor treatment by others

Benefits of mentally healthy workplaces?

- ☒ Good mental health for individuals
- ☒ Reduces injuries and illness and improved recovery after an injury or illness
- ☒ Positive and healthy cultures
- ☒ Higher levels of staff satisfaction and engagement
- ☒ Increased attraction of talent and reduced turnover

How to create positive mental health in the workplace?

Promoting a positive workplace culture can increase individual's chances of seeking help and support when it comes to their mental and emotional health. Following things can be considered while creating positive mental health in the workplace:

- ☒ Mental health and wellness in the workplace start by focusing on the cause and the reasons for the prevalence of workplace
- ☒ Identifying the mental health risk in organizations

☒ Identifying some proactive strategy for staff to recognize early warning signs of mental illness/disorders

☒ Creating the environment where the employer will provide treatment, support and recovery within the workplace setting

☒ Application of self-care among the team members in the organizations

☒ Promoting the speak up culture and establishing the peer support groups within the organizations

☒ Identifying the relevant knowledge and skills on the important pathways to seek help to encourage emotional and mental wellness.

Who plays a part in making mentally healthy workplace?

Creating mentally healthy workplace is a shared responsibility so that everyone in the workplace feels comfortable to speak openly about mental health and their conditions without fear of stigma or discrimination. All staff from managers to employees- have a following role to play:

- ☒ Leaders demonstrated commitment

for encouraging positive practices across the organization

☒ Supervisor and manager capability play a key role in determining worker's health and occupational outcomes

☒ Worker's awareness and peer relationships can impact co-workers

☒ Workplace culture plays a big part in promoting psychological injuries/illness and supporting recovery

In summary, it's an everyone responsibility to create mentally healthy workplace!!!

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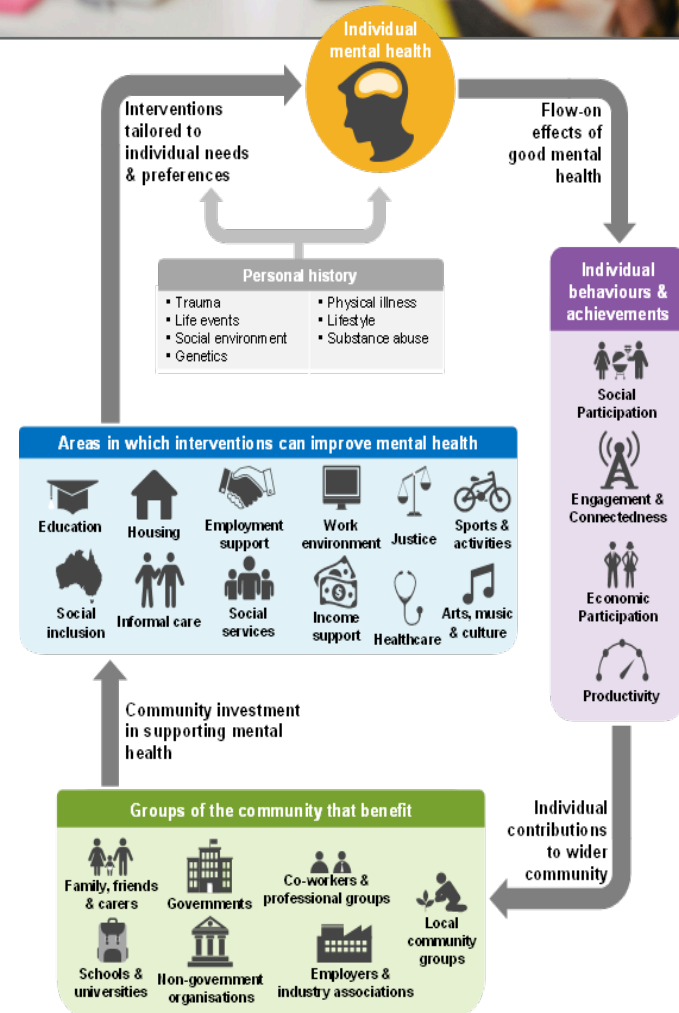
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MOVIE REVIEW BY WENYI (CHLOE) LU

Name of Movie: The Intouchables

Release Year: 2011

Language: French

Running time: 112 minutes

Budget: \$ 10.8 million

The film was voted the cultural event of 2011 in France with 52% of votes in a poll by Fnac. Fnac is a large French retail chain selling cultural and electronic products. It also became the most viewed French film in the world with 51.5 million tickets up to 2014.

This is a real story-based movie about the friendship between the two main characters Philip and Driss. Philip is a wealthy widower who is quadriplegic. His disability was caused by a paragliding accident. Philip and his assistant Magalie are interviewing candidates to find a good live-in caregiver for Philip.

Driss is from a low socioeconomic neighbourhood and was newly released from prison, currently living with a large family in a slum. He has no ambitions to get hired. He just wanted to get a signature from the employer on a document showing he was interviewed and rejected so that he can continue receiving his welfare benefits from government.

Against all expectations, Philip chooses Driss who has no medical and practice knowledge of even basic caring skills. Friends of Philip complain that Driss as from a lower class with criminal record but Philip does not buy in to this talk, he loves Driss' honesty and states Driss is the only one that does not treat him with pity.

Driss keeps learning caring skills every day but also innovates in his unique way. He refitted Philip's wheelchair to make it faster. He encouraged friends of Philip to be real to themselves. everyone started to love this young guy although he is different to them in ethnicity, education level and socioeconomic background. He even took Philip to do paragliding again together which is an unbelievable thing in other people's eyes. Driss has helped reintroduce energy and happiness into Philip's life.

Driss discovers that Philip has a purely online relationship with a woman called Eléonore, who lives in another city. Driss encourages Philip to meet Eléonore and tell her truth. Finally, Philip and Eléonore fall in love and got married, it is not only because of their similar personality, but also because of Philip's honesty which was influenced by Driss.

The Main views behind this film:

☒ The public attitude towards the people with disability

A negative attitude towards disability is one of the potential barriers for people with disability (PWD) to achieve social equality (Qiaolan, et al., 2016). Negative perceptions can lead to lack of opportunities and work, low self-esteem, and isolation, and consequently to stigmatization,



marginalization, and recurring negative health outcomes that prolong the discomfort of PWDs and also create a substantial social burden (Qiaolan, et al., 2016). The most important reason why Philip loves Driss because Driss is the only one that does not treat him with pity treats Phillip as he were a normal friend.

According to Denise et al (2011), Community attitudes towards people with disability based on the type of disability, many people are uncomfortable with mental illness, but even more uncomfortable with physical disability (Denise, Karen-R, & Christiane, 2011).

There are three effective ways to change public attitudes towards people with disability that referring to personal, organizational, and structural levels:

At the personal level, through awareness campaigns, training and information for individuals, monitoring media portrayals of people with disability and their portrayal and participation in the arts, and programs involving social contact between people with and without disability (Denise, Karen-R, & Christiane, 2011). Organizational-level initiatives directed at sectors relating to people's life domains, in particular education, employment and health (Denise, Karen-R, & Christiane, 2011). Structural-level that relate to governmental policies that enact, implement and monitor legislation, in particular disability rights legislation and inclusive education (Denise, Karen-R, & Christiane, 2011).

☒ Social structure changes

Social class is a group of people within a society who possess the same socioeconomic status (Michelle, 2003). Social structure is made up by different Social classes that reflect how people act and live is shaped in large part by

the social structures in which they find themselves (Michelle, 2003). Social structural forces often create a system of winners and losers in which people become trapped in a particular social situation (Michelle, 2003). As a result, structural violence often occurs in the form of power inequity, poverty, and the denial of basic human rights that also contribute to discrimination (Michelle, 2003). Driss is a topical example of low social class with poverty and low education that has been automatically judged as a non-respectable person by Philip's friends. Philip's behavior (not discriminating against Driss) affected other people in his social class level group which changed their behavior towards Driss over time. Social change is caused by many factors such as ideological, economic, and political movements. Changes in a smaller group may be important on the level of that group itself but more is needed on the level of the larger society (Nico, 2020).

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Domestic violence and Mental health

BY PRAKRITI NEPAL

Domestic violence refers to abuse and intimidation among intimate people within a family. There is a stereotypical perception that only women are abused in domestic violence, but any family member can be the victim of domestic violence, including men and children. Domestic violence is power abuse. In intimate relationships, it is one person's domination, extortion, intimidation, and victimization by the other through physical, sexual, or emotional means (Hegarty et al., 2000). Domestic violence is not just physical abuse it includes sexual abuse emotional abuse, economic abuse, verbal abuse, and social abuse as well. Domestic violence (heterosexual or homosexual) is commonly recognised as gender-based violence and describes power abuse during or after breaking of relationships. In recent years, children and young people have been deeply concerned as victims of domestic violence.

Mainly young women, separated from their partner, pregnant women, indigenous people and disabled women as well as those with financial crisis are the most common people at risk for domestic or sexual abuse in Australia. Children who witnessed their father's violence against their mother are close to 2.1 million and almost 820,000 witnessed violence against their father before the age of fifteen (ABS, 2017). Children who have experienced domestic violence when they are young are 2-4 times more likely to experience violence when they get older than children who have not experienced violence (ABS, 2017). This is because they have the impact in their mind that to experience violence is normal as they have gone through it since their childhood. Character, probability and effects of domestic violence on children have been limitedly recorded. However, observational studies have shown that children subjected to family, home and sexual violence can have a longer lasting ef-

fect on development and may be more vulnerable to mental health, conduct and learning difficulties. [Campo, 2015].

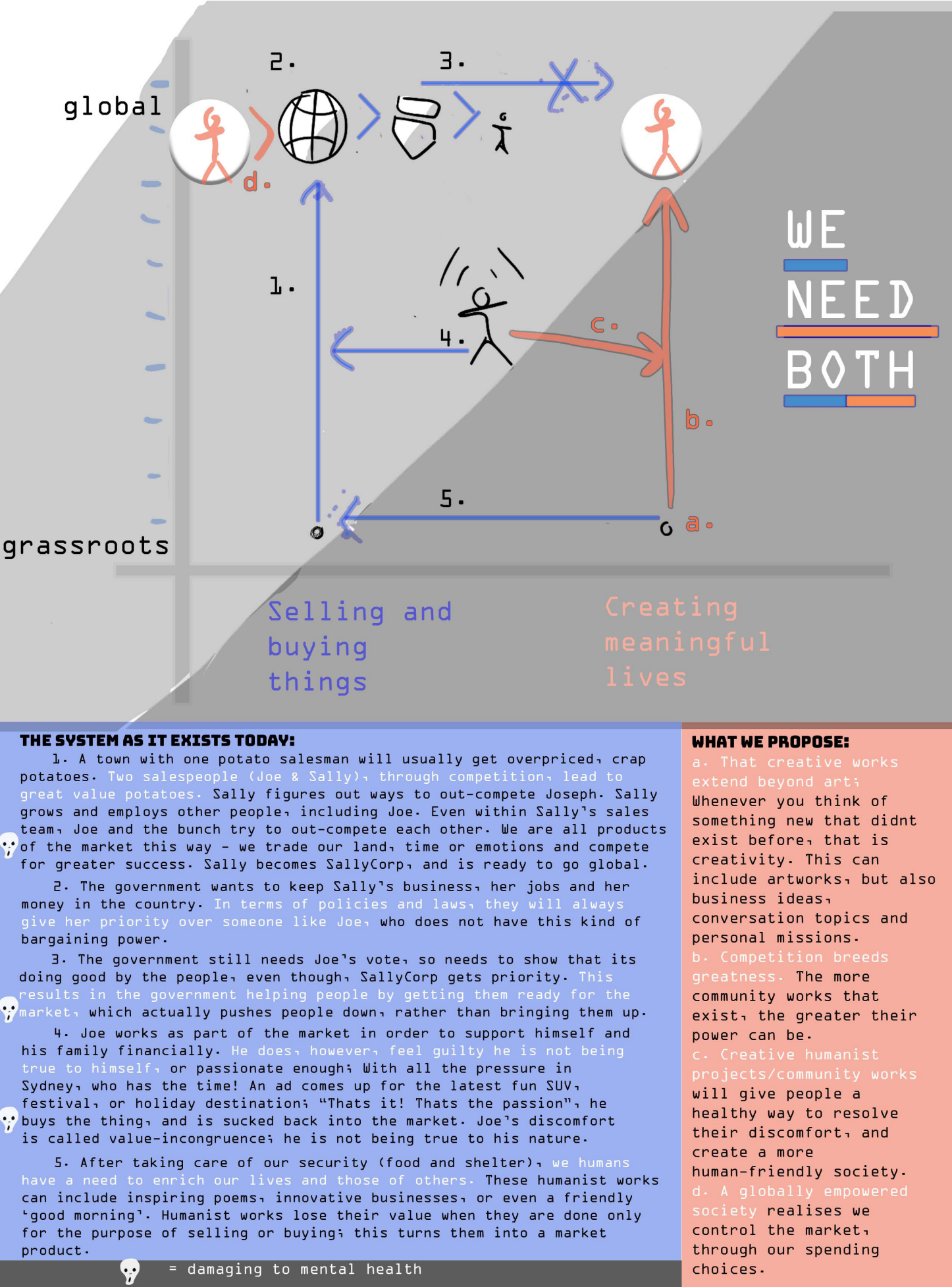
Domestic violence has detailed examples of its negative effects in every age, community and cultural context. Domestic violence has long-lasting effects on mental health, physical welfare, and future relations (Astbury, 2000). It is a significant cause of homelessness for women with children. Around 72,000 adults, 34,000 children and 9,000 men estimated that domestic, family and homeless abuse in women and men seeking services was or contributes to it (AIHW 2018). Intimate partner abuse also has a major impact on women's health. In 2011 the risk for women aged 25-44 years increased further in burdens of disease (impact of disease, disability and premature death). It may have long term negative impact in the mental health of family members. They may develop the feeling of constant fear, shameful and feeling of being unsafe. This may lead a person to mental health problems such as sleeping disorder, depression, anxiety, post traumatic disorder and many other forms of mental illness. Physical/sexual violence is the main reason for the mental health issues in the intimate partner relationship, with the greater proportion of psychiatric problems (35%), followed by depression (32%) (Ayre et al. 2016).

These mental health issues as a result of domestic violence is prevailing in the Australian society is mainly because of the social stigma and lesser knowledge about the available resources where the victims and survivors can seek help. Thus, there is an importance of adequate awareness generation in the society about that non-violent environment is every human's fundamental right. Make people understand that if domestic violence is further taken as stigma then it may lead to worsen and increased number of mental health issues in the society. Moreover, there is the necessity of re-empowering people and make them able to

seek for help themselves and utilize the available resources for maintaining the healthy living.

Thus, every individual has to work in the elimination of domestic violence for lowering its impact in mental health. There is a need of making people aware about the ethical values of professional workers who works for the welfare of victims and survivors of domestic violence which includes: respect for persons, social justice and professional integrity with respect for human dignity and worth, safe and sensitive practice. This creates a trustworthy environment for people who are the victims of domestic violence and it will be easier for them to go forward to seek help. This may help in bring the improvement in the mental health of the people in Australian society to some extent.

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We're not here for long.

Welcome the sense of sky
past clouds,

Sometimes found on a
mountaintop,

Often granted in glimpses,

to those with eyes above
the horizon.

that we trace meandering,

in all other ways, found?

Same world, different states

By Wenyi (Chloe) Liu

Interviewee 1
Name: Anna (Alias)
Gender: female
Nationality: Chinese
Age: 24 years old
Stay in Australia: 5 years
Job in China: full time nurse
Job in Australia: Casual nurse, unemployed since May of 2019
Study in Australia was an international student, now is PR
Mental health concerning: OCD / Agoraphobia / Borderline personality disorder

Interviewee 2
Name: Mohamed (Alias)
Gender: male
Nationality: Egyptian
Age: 38 years old
Stay in Australia: 7 years
Job in Egypt: Tour guide
Job in Australia: Security Officer
Study in Australia: Aviation management operation, now is PR
Mental health concerning: Depression

Foreword
According to Australian Bureau of Statistics (2020), there are over 7.5 million migrants living in Australia and the proportion of Australia’s population born overseas was 30% for the year end 30 June 2019. However, the negative attitude towards migrants would produce side effect on those migrants such as depression or anxiety (Robert, 1997). The mental health related issues also introduced in sustainable development goals by United Nations (United Nations, n.d.):

- Goal 3 (Good Health and Well-being)
- Goal 5 (Gender Equality)
- Goal 10 (Reduce Inequalities)
- Goal 16 (Peace, Justice and Strong Institutions)

For example, people were concerning while “Muslims in Australia are more widely than other religions that may cause crime, violence and communal conflict. Some Chinese students were refused in job interviews because of low English-speaking level (Helan & Anne-Maree,2011). We live on the same earth, although we have different dreams, we have the same rights.

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Interview questions:

What is this current issue to you?
Anna:
I used to think I am a positive person; I will never have mental health issue. I was free to do what I liked to do, and was not bothered with peoples judgements of me. I have a good job, I found my true love. Everything seems fine for me.
However, when I started my new life in Australia, I found challenges at my place of study, at work, until I lost my job. I used to believe I have the ability to fix all problems, but my experience tells me I can’t. I felt bad and my mood began to change, getting angry more easily or suddenly feeling like I want to cry for no reason.
Mohamed:
I feel depressed day by day, this feeling started from the first year when I came to Australia, I cannot focus on my work and study. Before I was thinking this feeling may caused by the new living environment and maybe over time it would pass. However, I feel it became more and more strong through daily living, it makes me lose motivation to do everything.

What is the difference of your feeling while you were in your country and living in Australia?
Anna:
When I was in China, I have family and friends. Because we have the same cultural background, we understand each other very well. I have a good job and stable income, I cannot say my life was perfect or luxurious, but at least I didn’t worry about anything, support was easily available. When I moved to Australia, actually, I picked up things quickly, but the reality is not that kind towards me and other international students. We pay more momey for study, we have more requirements when applying a job, we do not have conession for transport, we do not have medicare for health care. People around me do not know about my life but I know their judge



ment of me, “she is lazy and selfish, she can find a good job but she just want her husband to give her money all the time”. No one knows the truth,they never know what bad experience I had.. I try my best to make a good life in Australia but I always feel I can’t fit in. This make me so stressed. Sometimes I feel I want to die.

Mohamed:
As you know, Egypt is an Islamic country and our muslim people love family more than anything else. All people in our community care about each other and help each other all the time in any situation. You will feel very satisfied even you are facing some big problem. However, I feeling so lonely here, no one’s waiting for me when I get back home, no home-cooked meals and no one to cook for, no one look after me when I am sick. Some people are scared of me even they don’t know me just because of my religion. People say hello to me everyday but I feel we will never be friends. Its so hard to find true friendship or relationship. No girls want to talk to me but many others want to have a relationship with me after they know I am permanent resident here. As an adult, I can live alone and do everything by myself, its not a big issue. But its not a healthy lifestyle, especailly for mental health states. I need to talk to someone whatever I feel bad or happy, I need support when I face some problems, I need people who care about me and help me feel I am valuable for this society.

What might cause this feeling ?

Anna:

Personally, I feel its caused by discrimination. I always feel too much presure and anxiety because of that. I know most of people here are nice and kind, however, discrimination still happens everywhere, for example, when I was a nursing student and did my work placement in a hospital, the NUM told staff not to allow me to do most of work as she thought my English is not good. When I was trying to apply for a job in that hospital, they told me “we wont employ Chinese people because Chinese people cannot speak English well”. Even in the university ,when we go for work placement, in the introduction paper, it clearly stated “domestic students are always in first position for considration in any situation , then international students from Europe and then Asian students at the last of the list.”

Mohamed:

I can say social media is a big part of people’s behavior towards people like me. For example,when people know I’m Muslim, they stay away from me as far as they can; in people’s mind, Muslim people are dangerous because they are terrorists. This hurt me a lot, every religion has good people and bad people. How I am treated should about personality, its not about religion. When I walk on the street, some people also will avoid to walk close to me because of my Muslim appearance. I’m trying my best to do everything but I feel stressful and depressed by this situation. Sometimes I regret coming here, and want to return to my country of origin, even with all the problems there.

What can people do about this?

Anna:

Equality, no discrimination, I know its hard, but if everyone can change a little bit day by day , it will be a big change at the end. There are 3 levels for changes including individual, community and governemnt.

As an individual, we need to show respect to all people of different cultural backgroud. Active listening and positive feedback are the basic rules for communication. Cultural groups and Australian local Communities need to work cooperatively to show their support in any situation. For example, COVID-19 made Chinese people the weakest group in our society, many Chinese people have been attracked because they were accused of being a virus producer. At this stage, cultural groups have to maintain human rights and find solutions. Australia local communities need to provide more training such as behavior management to local people and legal support to victims. Its harder to make changes at the governmental level, but if individuals and communities changed, it will greatly effect govern-mental policies for this issue.

Mohamed:

Do not judge other by religion or nationality or whatever, people need to respect everyone, explore everything by their own, not by what social media feeds them. Time proves everything. What you see may not initially appear right, but what you feel through your particaption is more accurate. I don’t expect all people can treat others equally, but at least, do not hurt them by your actions.



Mental health is an important aspect of the social environment

Changing behaviour

by Prakriti Nepal

Psychiatrist Aaron T. Beck founded cognitive behavioural therapy in the 1960s. Beck was a professor in Pennsylvania's in a renowned University at that time. After years of research, Beck felt that people became more conscious after discussing distorted thinking habits which have influenced behaviour and brought about positive changed. Typically, people made substantial improvements to their actions even after having unhelpful or irrational thoughts. After examining whether the thoughts they were having were unreasonable, they were able to make notable changes in their behaviour.

Cognitive behavioural therapy can be described as the deliberate integration of demonstrable capacity and behavioural consistency with cognitive- ability that have an effect on responsiveness (Benjamin, 2011).

Cognitive behaviour therapy (CBT) is one of the most studied treatment approaches for various mental health issues. It is a type of psychotherapy which can be helpful for people in changing unhealthy way of feeling, thinking and behaving. CBT uses practical self-help strategies improve people's experience of mental health issues. It was originally designed for the treatment of depression but now is being used as an effective treatment for various psychological problems

including anxiety disorders, OCD, PTSD, substance use, eating disorders, relationship problems and many other mental health related issues. The objective of CBT is to help clients to understand their unhelpful thoughts.

The relationships between thoughts, feelings and behaviour are essential in CBT. Cognitive therapists examine for associations and ties between events, emotions, feelings and behaviour of a person. The main focus of CBT is the client's active engagement in the therapy as self-help is key. The outcome of the therapy would not be effective without this problem focused and goal-oriented approach. Sessions in CBT are well-structured and client centred to build awareness of the role of thoughts in correcting behavioural issues. This educational approach helps develop an alliance between the client and the therapist (Miller, 2020).

The different types of CBT can be used for the treatment of problems occurring due to different reasons. For example; structured cognitive behavioural training has been used to challenge addictive behaviour, mostly tobacco, alcohol and food and also managing diabetes and to soothe stress and anxiety. Likewise, Moral reconnection therapy is one type of CBT which is used to overcome Anti-social personality disorder. Stress Inoculation training is another type of therapy which is the blend of cognitive,

training techniques to relieve stress of the clients.

A therapist providing CBT can follow the reasoning, views and behaviours of a client and how this knowledge is interpreted. Therapists tailor their sessions according to the patient's needs.

Typical cognitive behaviour therapy is carried out in six phases starting with the client's initial evaluation assessment.

The CBT assessment comprises of four steps which include:

1. Identifying the behaviour
2. Determining whether the client feels their behaviour is appropriate or not.
3. Assess the critical behaviour frequency.
4. Set the goal weather to raise or lower the frequency of the certain behaviour of a client.

This is followed by the six treatment steps of Cognitive Behaviour Therapy:

1. Preliminary assessment
2. Development of new concept
3. Development of skills
4. Integration of expertise and training in application
5. Maintenance
6. Follow-up after treatment

To provide thorough attention to individual parts, CBT breaks down problems into smaller bits. These strategies allow people to interrupt and replace negative, unconscious thoughts with more supportive ones. The main aim is to give people the ability to turn negative thinking habits into a more suitable alternatives for everyday life (Miller, 2020).

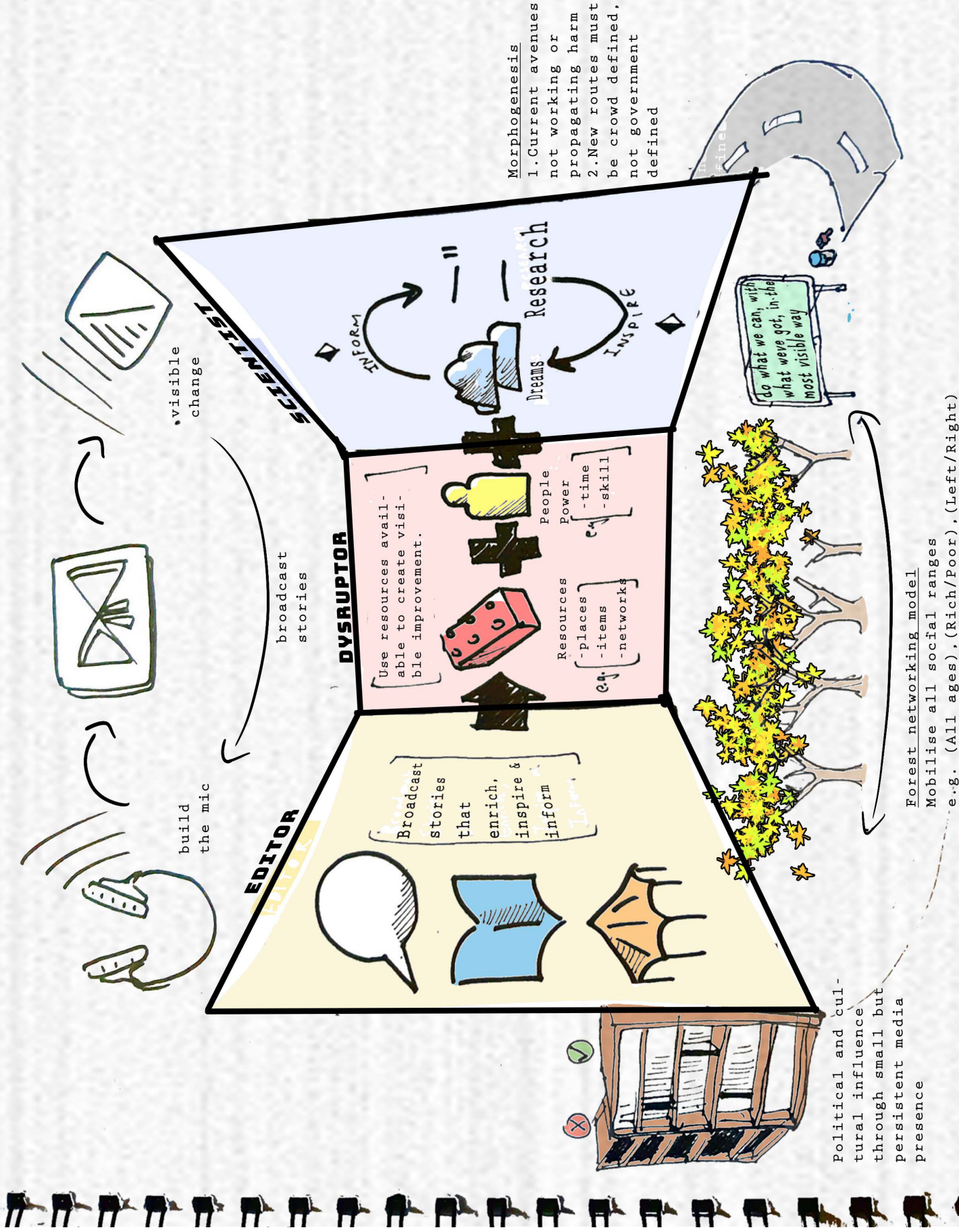
Mental health is an important aspect of the social environment. Most of the times people only give priority to physical wellbeing and ignore mental health. The reason for people not giving emphasis to mental health most commonly is because of social stigma. People think if they seek help then what will other people think about them, or they may be excluded from society and face discrimination. By understanding the concept of CBT people may self-help themselves to deal with the mental health issues they are dealing with in their everyday life.

People would be able to recognize their cognitive distortions and understand mental issues arise only because of the negative thoughts arising due to very human emotions. This understanding may play a vital role in minimizing the stigma of mental health in society.

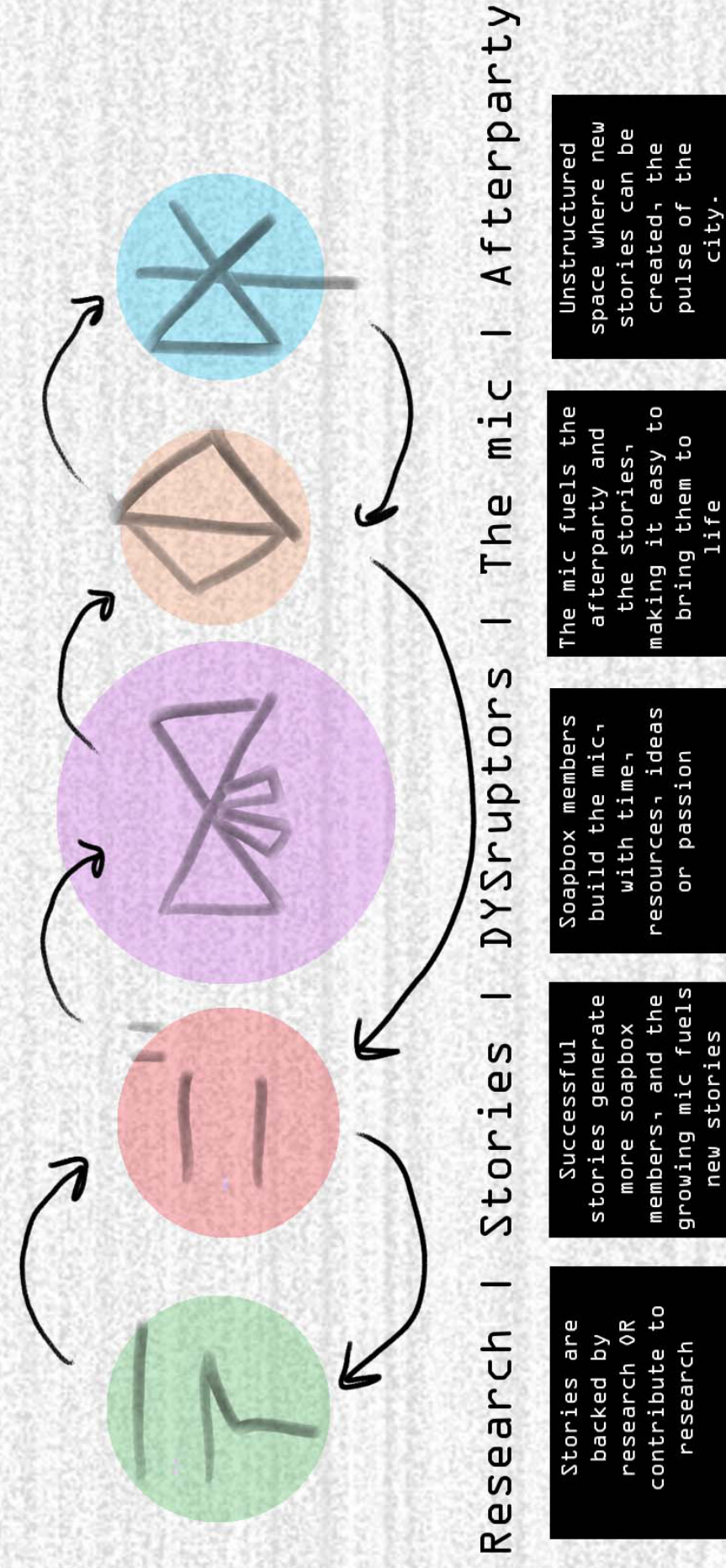
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TACTICS AND ROLES



AN ENDURING COMPOSITION OF VOICES



A large, light gray, textured background. At the top center is a small diamond shape containing a stylized leaf or feather pattern. Below this, the text "Be a dYsruptor" is written in a monospaced font. In the center is a large square defined by a dashed line. Inside this square is a large, faint, stylized letter 'X' that resembles a pair of scissors. At the top-right and bottom-left corners of the dashed square are small icons of a pair of scissors. Below the dashed square, the text "https://soapbox.sydney" is written in a monospaced font, followed by "build the mic" on the next line. At the very bottom, the text "NEWS MAGAZINE 31" is displayed in a small, bold, sans-serif font.

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Current projects:



Wellbe Counselling & Psychology: A bulk-billing mental health service that provides care to over 1500 clients per month across 9 locations in Sydney, at no cost to the client.



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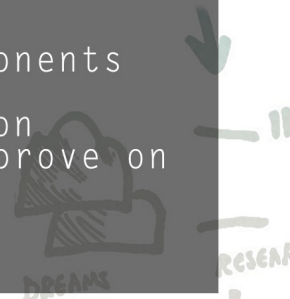
Your invitation to Soapbox Quarterly:

Through the magazine you are provided, free of charge, a chance to extend your impact as an organisation.

This publication is designed to empower its readers through behaviour activation and hope. Its the news but systems-based, grass-roots and solution-focussed

An **article submission** will therefore have three components

- a. description of a current issue in Sydney
- b. How your organisation is contributing to a solution
- c. What can the reader do in their daily lives to improve on this issue.



Planned projects:



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I, _____, will
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