

North East Roadshow: Building local capacity for culturally responsive sexual healthcare

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Introduction

Victoria is Australia’s second largest settlement state for refugees and migrants, with North East Victoria home to a growing number of culturally diverse communities.

Culturally diverse communities experience poorer sexual and reproductive health (SRH) outcomes and face unique barriers to accessing SRH care and information, including language barriers, stigma, discrimination, Medicare ineligibility and limited health literacy¹.

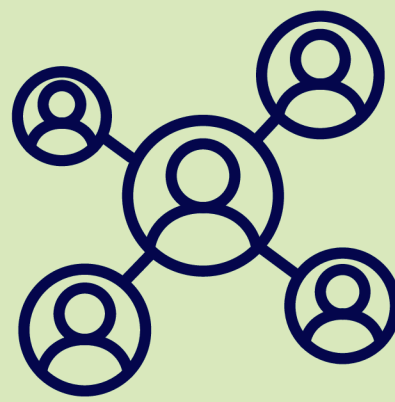


Approach

As part of a broader North East Roadshow, CERSH implemented a co-designed train-the-trainer professional development program with Health System Navigators in Greater Shepparton.

Cultural and local expertise was embedded through collaboration with Multicultural Health and Support Service, Women’s Health Goulburn North East and local community organisations. The project focused on building the knowledge, skills and confidence of the Health System Navigators to independently deliver culturally responsive sexual and reproductive health education and support.

Impact



8 sessions delivered (4 workforce, 3 community and 1 train-the-trainer program).



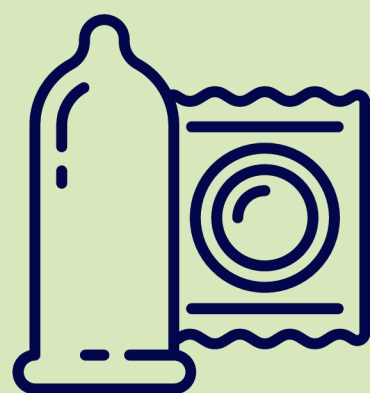
135 participants (95 culturally diverse members, 40 workforce participants from youth, education and health sectors).



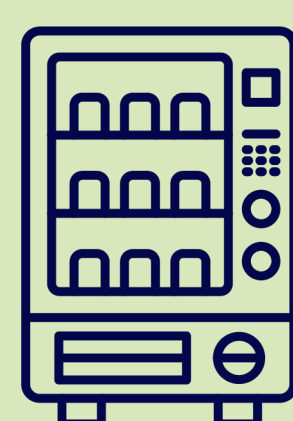
40 PALM Scheme workers received SRH education delivered by Health System Navigators.



82% of participants reported an increase in their knowledge and skills related to engaging in conversations about sexual health.



300 condoms distributed across 2 community sessions.



2 condom dispensers provided to Primary Care Connect.

Beyond the numbers

By investing in the rural workforce and fostering new partnerships, the Roadshow strengthened local capacity to support culturally diverse communities and sustain a focus on SRH beyond the life of the project.

"[The trainer] was fantastic, engaging and held a safe, welcoming, collaborative space."

— Workforce participant, Wodonga

References

1. Botfield, J, R., Newman, C. E., & Zwi, A. B (2016). Young people from culturally diverse backgrounds and their use of services for SRH needs: a structured scoping review. *Sexual Health* (13), 1-9 <http://dx.doi.org/10.1071/SH15090>

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Disclosure of interest

The authors declare no conflict of interest.

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