



PEER EDUCATION PROJECT

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Objectives

- ▶ Introduction of the Vietnamese Gambling Help Service
- ▶ Peer education project
- ▶ Outcomes
- ▶ Peer's comment



- CAaSSA is a not-for-profit organisation; a social service arm of The Vietnamese Community in Australia/SA Chapter Inc.
-Services: Mental Health, NDIS, Age care, Gambling Help, Clean Needle Program, Youth Reconnect, Health and social development projects.

www.caassa.org.au

<https://www.facebook.com/CAaSSA.AUS>



Introduction of the Vietnamese Gambling Help Service (VGHS)

- ▶ VGHS provides the following services to clients from Vietnamese background.
- ▶ One on one case management and support
- ▶ Therapy service
- ▶ Prevention and early interventions activities :
 - >> Community education to community members and youths at local highschools
 - >> Women Social group
 - >> Support Group
 - >> Pathway to Positive Living
- ▶ Peer education



HEALTHY GAMING
with CASISA Youth Centre 2001 organised in Mylar

Gaming can be awesome...

- ★ Fun & entertaining
- ★ De-stress, relax, & escape
- ★ Connect with others
- ★ Learn new skills
- ★ Artistic appreciation
- ★ Thinking & movement skills
- ★ Practice teamwork & social skills
- ★ Boost brain connectivity
- ★ Career options (e.g. dance, creative)

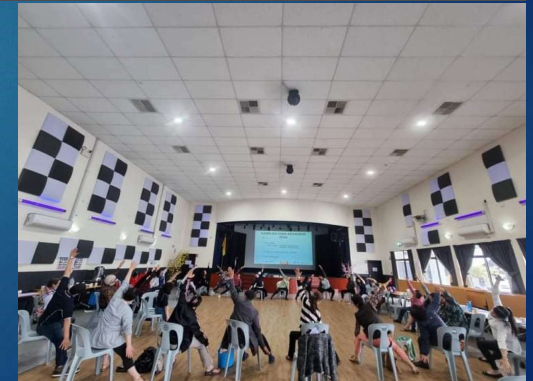
But too much can be harmful

- ⚠ Less interest in other activities
- ⚠ Less physical activity
- ⚠ Reduced sleep
- ⚠ Impact on school performance
- ⚠ Impact on real world relationships
- ⚠ Increased anger, anxiety, & depression
- ⚠ Can become an addiction
- ⚠ Can lead to gambling & losing money

How Can You Find Balance?

- Schedule real world catch-ups with friends
- Don't share personal information online
- Don't game at night
- Report disrespectful or bullying players. Mute rude players or leave the game.
- Schedule your time, including eating & school work
- Avoid violent games. Play reading or relevant skills-building games.
- Set time & money limits
- Start or join school clubs
- Build confidence in skills offline

Gaming too much? We can help you find balance in your life. FOR HELP & ADVICE CALL 8232 3333



PEER EDUCATION PROJECT

- ▶ The project started in very late 2017 as a pilot project
- ▶ The initial aims were to utilise Peer education model to :
 - Reduce stigma associated with gambling problems in the Vietnamese community through community engagements and education
 - Promote the VGHS to more targeted community members, particularly people at risks of problem gambling
 - Encourage help seeking behaviours and increase access to VGHS
- ▶ CAaSSA have recruited 2 peer educators who were previously VGHS clients. A male and a female

TRAININGS PROVIDED

- ▶ All trainings and support have been provided in Vietnamese.
- ▶ Online SA gambling orientation by Australian Institute of Social Relations-Relationship Australia
- ▶ Consumer Voice training with RASA
- ▶ CAaSSA : confidentiality, privacy and ethical codes when working as community workers.
- ▶ Provide training skills to engage with people and promote CAaSSA services
- ▶ Weekly supervision, training and support for the first 6 months, then lessen to fortnight and monthly. Variety of topics discussed such as self –care, self –disclosure

PEERS ACTIVITIES

- ▶ PEERS VOICE- Lived experience inputs

- >> the Peers provided inputs in a Flyers of Consumer voice RASA

- >> PEACE Project of Roller Coaster of Gambling Addiction

- >>OPG venue resources :venue poster and fold out wallet cards

- >> Share personal stories in small groups and in the process of developing an article based on their life experience in dealing Gambling problems

- >> CAaSSA VGHS promotions and community engagements activities

- >> Provide inside knowledge on community members' issues and needs



PEERS ACTIVITIES

- ▶ VGHS promotions
- ▶ Promote to their own network in the community who are current affected by gambling issues through outreach and link them to CAaSSA VGHS.
- ▶ Post CAaSSA flyers in Asian shops, Community centres and highly populated Vietnamese people areas in the West and North .

OUTCOMES

- ▶ **Referrals** : A total of 79 community members engaged by Peers. >> 31 out of 79 have accessed one on one case management support/ counseling or both.
- ▶ **Support group participants** : 15 participants - people who are currently access VGHS one on one support as well as support group.

These community members are mostly with social isolation and need some forms of social activities. They have been using gaming/ gambling venues as a social environment for their pass time due to suitable activities in the community.



- ▶ **Pathway to Positive Living** : 6 week Psycho-education program around gambling problems and mental health .

>> Through peer promotion, 17 community members attended , 14 out of 17 were at risks of/ having problem gambling.


>> the peers successfully co-facilitated this group with the therapist and VGHS worker

- ▶ **Gambling Harm Awareness events: In 2018 (64 participants) and 2021 (30 participants)**

- One of the peers shared her personal journey on her recovery from gambling problem.

- ▶ **Family Forum** with more than 60 people attended



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- ▶ **Lived Experience stories:** Currently 2 peers are working on an article to share their lived experience of problem gambling and their recovery journey. Plan to publish during Vietnamese Tet Festival, when the gambling is one of popular activities to secure luck on First day of New year

>> this has also been a journey for them as they reflect on their live and see how gambling has been affecting them and their family and how they have overcome the problems and create a new meaning in their life as a part of recovery journey .

A case study

- ▶ Lisa is a 50 years old woman, living with her 2 daughters. Lisa has separated with her husband around 10 years , however, she still have much loss and grief from her marriage. She reported that her husband cheated on her and she felt hurt and couldn't move on. She is also a carer for her aunty.
- ▶ Depression + loss and grief + Gambling problem with pokies

Challenges & opportunities

► **Stigma effects:**

>> Community members are hesitant to seek help and being label as Problem gamblers. They often say I gamble but not that “bad” .

OPPORTUNITY to engage : CAaSSA has identified many community members like to participate in social activities. Many community members want to joint the groups, disclosing that they have gambled to reduce social isolation.

>> CAaSSA uses social group/ support group is a way to engage community in the discussion around gambling problem → early interventions opportunities.

These groups are also a relapse prevention strategy for many people access VGHS.

>> Peers : are hesitant to share their personal story as concerns of judgment and shame , not only for themselves but also their family members.

OPPORTUNITY: CAaSSA VGHS peers start to share in small group settings and contribute in other ways

► **Language barrier:** Peers do not speak English which might limit them to access resources/mainstream training without support from CAaSSA workers.

Lets meet Giau, one of CAaSSA
peers

