HINTSFORHEALING

Launch of Revised Settling In Kit

July 2020

The STARTTS School Liaison Team are thrilled to announce that the third edition of the *Settling In* Kit is now available for purchase **here**! If you missed the online launch, it's still available for you to enjoy **online** at any time.

The 'Settling In' group program aims to help newly-arrived students adjust to life in Australia and recover from traumatic aspects of their migration and/or refugee experiences. This revised edition was created with the support of the NSW Department of Education and was made possible through the generosity of the guests, donors and organisers of the 2015 STARTTS Refugee Ball.

What's in the Kit?

The new Settling In Kit still consists of the familiar 10-session structure, but some important changes were made following interviews with educators that have delivered the program for several years, engagement with our stakeholder group and piloting of the draft revision of the program across four schools.

- The revised **Program Manual** contains all the practical information you need to deliver each of the 10 sessions of *Settling In*
- This latest edition of the kit also includes a **Facilitator Guide** which provides additional information for working with students with refugee and migrant experiences, including information on refugee trauma and resettlement, culture and identity. It also includes an introduction to cultural competence, incidental counselling, vicarious trauma awareness and self-care principles.
- A **Student Workbook**. This booklet provides an opportunity for students to reflect on what they have learnt during the sessions and reinforce key insights. We hope it will also support students to have conversations with their parents/guardians about what they are learning and how they are coping with resettlement issues.
- The revised kit provides options for facilitating activities that are more inclusive of students seeking asylum.
- All the handouts have been revised, edited, re-illustrated and given an extensive aesthetic makeover.
- Permission notes are included in English, Arabic and Farsi.
- All the handouts are provided in English, Arabic and Farsi.
- Program evaluation measures are provided in English, Arabic and Farsi.
- Audio files for visualisations and relaxation exercises (English).

HINTSFORHEALING

Program aims

During the program, students:

- learn from each other,
- build trust and familiarity with school support staff,
- have their feelings and reactions validated and normalised,
- build emotional literacy and learn coping strategies,
- build respectful relationships, and
- are supported in their recovery from trauma.

Practical matters

The *Settling In* program is designed as an early intervention program for newly arrived students with refugee and/or migrant experiences. Past experience with earlier editions of the program has shown that the ideal time for students to be involved in the *Settling In* program is after living in Australia for between six to twelve months. However, students that have been in Australia longer than 12 months, can still benefit from participation in a 'Settling In' group.

- Ten 50-minute sessions. Within the primary school context, a shorter program with less sessions is recommended.
- Ideally eight to ten students per group.
- For students in years 4-12 (and young people post-school) with a migrant and/or refugee experience.
- Co-facilitated in schools by a school counsellor together with an EAL/D teacher and/or bicultural student support staff member.
- Can also be used in a range of community settings.

Facilitator training

We recommend that anyone interested in co-facilitating the *Settling In* complete the "Settling In Facilitator Training". This is provided free of charge by STARTTS to NSW educators, counsellors and mental health professionals and community service workers. The training can be delivered in the following modes:

- Full-day session (9am – 3pm, including a morning tea and lunch break) face-to-face, once COVID-19 restrictions allow, or
- A combination of:
    - Pre-learning through engagement with pre-recorded videos
    - A 3-hour live video conferencing session that allows for reflection on the pre-learning videos as well as new material on trauma-aware group work and incidental counselling skills.

More information

- To purchase the Settling In Kit, click **here**. This will allow you to purchase a digital copy of the kit for $70.
- For more information or to register your interest in participating in upcoming Facilitator Training, please contact Nicole Loehr (nicole.loehr@health.nsw.gov.au) or Shaun Nemorin (shaun.nemorin@health.nsw.gov.au)

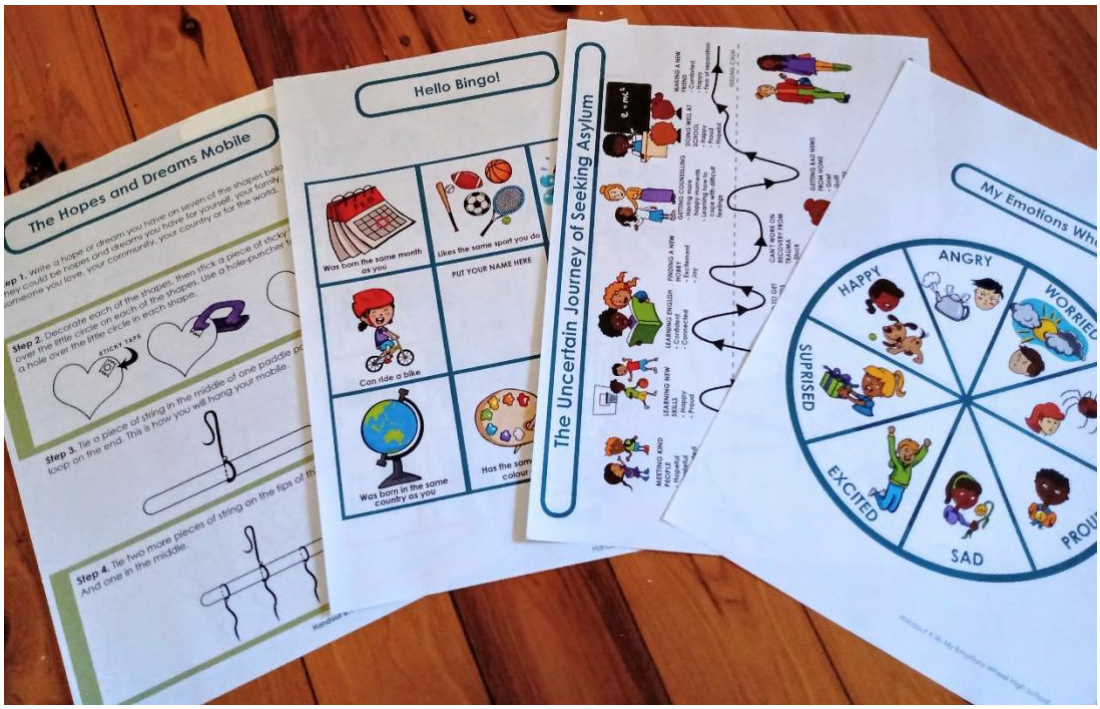

Image: A selection of handouts from the newly revised Settling In Kit.