

Healthy Filming Project: Improving ability to manage impacts of substance use through storytelling and film-making among culturally and linguistically diverse communities.

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Background: Amongst many culturally and linguistically diverse (CALD) communities, Western style prevention and treatment responses like counselling may not be acknowledged as useful. Helping consumers learn creative ways of self-expression and to share their stories about issues affecting them will engage and empower them to find personal pathways to improving their own wellbeing.

Description of Model of Care/Intervention: This project trains CALD community members in storytelling and film-making to create a series of short films about better ways to manage the impacts of substance use and healthier coping mechanisms, particularly arising from the COVID-19 pandemic and associated mental, relational and economic impacts. The project is being implemented in four steps. 1) Train 15-20 volunteers from marginalised CALD communities in storytelling and film-making techniques over 2-3 months; 2) The films will be hosted at a community film festival to increase the audiences' understanding of the strategies in preventing alcohol and other drug-related harm and the protective factors that reduce these harms; 3) Promote the films to other festivals or other outlets to showcase these films' messages to reach an extended population of festival attendees or other outlets; and 4) Evaluation of project impact, process and outcome, and reporting.

Effectiveness: The lesson is expected to enhance CALD volunteers and families' capability of managing AOD-use related traumatic experiences that may be difficult to manage in isolation and anxiety, or substance-use behaviours which may have previously been hidden from the family because of shame or stigma.

Conclusion and Next Steps: Training of volunteers has been achieved. All activities are expected to complete in October 2021.

Disclosure of Interest Statement: *This work was supported by Australian Drug Foundation, Australia. No pharmaceutical grants were received in the development of this study.*