



### How can you find out more about the SettleMEN Project?

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# SettleMEN Project



## A dialogue with men from a refugee background



## What is the SettleMEN Project about?

Although a significant number of people from a refugee background who arrived in Australia over the past 10 years are adult men, their health needs and resettlement issues remain largely undocumented. This is a significant gap given the emerging evidence from healthcare and welfare organisations regarding the range of social issues that impact on the health of refugee men which are not being adequately addressed by resettlement programs and services.

The SettleMEN project aims at gaining a deeper understanding of the health and resettlement experiences of recently arrived adult men from a refugee background.



## Who is conducting this project?

The SettleMEN project, which is funded by the National Health and Medical Research Council (Project Grant 487323), is a partnership between the Refugee Health Research Centre (RHRC - La Trobe University, Melbourne) and the Queensland Program of Assistance to Survivors of Torture and Trauma (QPASTT, Brisbane).

The work of the RHRC contributes to improving access to health and social services for refugee communities and informing strategies for promoting participation and social inclusion in Australian society.

## What are the aims of the project?

The project seeks to address the following questions:

- How do men from a refugee background rate their physical and mental health during the initial stages of resettlement? How do these aspects of their health change over time?
- What social and cultural issues are relevant to refugee men's health? How do refugee men's settlement experiences impact upon their families?
- What are the pathways and barriers to education and workforce participation?
- What services and policies can best support refugee men to make successful settlement transitions?

## What does the SettleMEN Project involve?

The SettleMEN project involves interviews with 242 adult men from a refugee background who arrived in Australia from 2004 onwards. The project participants include men born in Afghanistan, Burma, Burundi, Democratic Republic of Congo, Iran, Iraq, Liberia, Rwanda, Sierra Leone, and Sudan.

Starting in June 2008, participants will be followed-up for two years, at six-month intervals, using a combination of quantitative and qualitative research methods. In the interview sessions, participants are asked about their general background, health issues and access to health care services, family and social support, access to education and employment, and other settlement issues that impact on their wellbeing.

Most of the project's Research Assistants are also men from a refugee background, and therefore in a good position to build rapport with and interview participants, facilitate follow-up, and act as key disseminators of the project findings in their own communities.



## How will the information from the SettleMEN Project be used?

The findings of the SettleMEN project will inform the development and implementation of policies and services for the benefit of men from refugee backgrounds and their families.

The SettleMEN project will also raise awareness in the broader community of the issues faced by men from a refugee background and their families, providing good evidence of the opportunities (and barriers) to access and participation within the Australian community.

In summary, the SettleMEN project will identify ways in which recently arrived men from a refugee background can best be assisted to ensure they are healthier, settle successfully, and develop full potential as active members of the Australian community.