

Case Study 2

The Story of Kas, migrant in crisis

Challenges

Welcome to your new home. Yes Melbourne, 5 years ago I never imagined or even contemplated will be my home. Leaving behind family, friends and a job that would have guaranteed some security. Arriving here as a migrant, with hopes and aspirations of a future filled with lots of opportunities. Was I prepared for the change and assimilation into my new home? Personal preparation and the orientation program offered as an option by my new employer will suffice. I will be OK.

I was wrong. Preparations for this migration from a mind and emotional perspective was not addressed by my employer. Why would they, it is a given that a professional like me would be able to manage the stress. Was it my responsibility, since it is my mind and emotions?

The assimilation experience was mentally and emotionally distressing. My limited English proficiency coupled with my accent just made it so difficult to communicate with my local peers. Here I am technically competent and not able to get my point across with proper Aussie English. "Mate can you express yourself more clearly, articulation mate, especially in the presence of our clients." My identity being compromised, change your name to an English name, too hard to pronounce your name. "Need to fit in my friend". Mentally conflicted about my personal identity with now the identity of my new home country.

No one realises about my relocation and transition trauma. It is not to be shared. Coming from a culture where no one, expresses how they are feeling is an emotional weakness. Any different to Australians? I don't think so. After months an exhausting overseas on boarding transition process. I am now sitting in the privacy of my new room, then unexpectedly felt this massive level of anxiety and stress. Did not know what to do, who do I speak to. My employer? Their perception of me would be, we employed you because of your skills and can't have any of that emotional baggage. Valid or not valid conclusions on my mental and emotional state is the current traumatic experience, I am having to live and cope with.

I have collapsed emotionally and emotionally.

What do I do? Where do I go? Who do I share my mental and emotional state with? Do I really need help? I should be ok over time

Case Study 2 (Contd.)

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Opportunities / Considerations for the individual and family

Pathway for recovery. To be able to confidently make that transition professionally and personally as a migrant :

1. Being able to share with someone how I am feeling. With no judgment and one fit all solution
2. Having access via my employer not via EAP (employee assistance program) but to a support professional who understands me and not be prescriptive with my recovery
3. My support needs to be focussed and not solved by being, purely part of an employee onboarding integration program
4. Treat me not that I have a mental and emotional problem, but a person like everyone is experiencing stress with greater intensity.
5. Recovery for me, is not based on a contemporary model of recovery. Where a short-term option is impressed upon me. A more wholistic approach focussing on the person as a whole and not just a statistic. I am different not just because I am a migrant. Please respect my identity.
6. Please assist me with my recovery respecting my identity as a migrant
7. Being able to unlock and unfold my agile, intelligent and resilient mind. Where with confidence I cannot just cope with a crisis in my life. In fact, be aware with complete stillness and attention that I will be able to confront and manage that crisis even before it escalates.