Re: | tvnz

renews.co.nz

theMHS AWARDS

Media Awards Application Cover Sheet

Category: Sound/Vision Journalism

Entry Title: Third Culture Minds– Refugee and Migrant Youth Mental Health

Name of Applicant: Guled Mire

Organisation: TVNZ | Re: & Third Culture Minds Charitable Trust

Third Culture Minds
Unlocking Potential of Ethnic Youth

Third Culture Minds

Growing up and adapting into a new country and culture is challenging enough that's even made harder when you constantly made to feel an outsider or that you don't belong.

Third Culture Minds is a three-part multi-media series for Re:/TVNZ and made with the support of a Mental Health Foundation Media Grant. It explores the unique experiences and challenges of third culture kids (young kiwis of migrant and refugee backgrounds) - and their experience of, relationship to and personal stories of mental health and wellbeing.

Each episode explores an experience of mental health weaved together through the intersecting identities of series host, community advocate and former refugee, Guled Mire:

- **Storytelling and Mental Health:** An award-winning kiwi journalist and poet speaks about mental health, being Muslim, telling his story, and that of others who regularly face racism and islamophobia.

- **Growing up Afro-kiwi:** Afro-kiwi musicians share their childhood experiences and impact of anti-black racism on their mental health and role of music in navigating conflicts of culture.

- **Tackling Past Trauma:** A deeper understanding into the impact of trauma and the strong need for more culturally responsive and accessible mental health and wellbeing services, tools and resources.

Re: | tvnz
renews.co.nz

Third Culture Minds
Unlocking Potential of Ethnic Youth

Host



Guled Mire is a writer, speaker, young leader and a community advocate. He is recognised as one of New Zealand's most prominent young voices advocating for a more humane, inclusive and welcoming society. Guled uses his platform and profile to facilitate courageous conversations about racism and discrimination in New Zealand and what we need to do to build a truly inclusive, welcoming society.

Guled is a big fan of having open conversations about mental health and has been championing work, through his organisation Third Culture Minds Charitable Trust, to support young people from refugee and migrant backgrounds get the support they need. Guled's passion for this work has been further ignited by the tragic act of terrorism in Christchurch. He has been a public face and an influential advocate for marginalised communities and the needs of those most effected.

Episode 1: Storytelling and Mental Health



Re: | tvnz

renews.co.nz

Third Culture Minds
Unlocking Potential of Ethnic Youth

Episode summary: Managing mental health is a challenge for all of us. **Guled Mire** discusses the particular challenge of managing mental health against the rising tide of Islamophobia, with award-winning journalist and poet **Mohamed Hassan**. We turn the camera on him, as Mohamed shares how his role as a storyteller for ethnic communities merged the personal and professional following and before the March 15th terror attack. We learn about his mental health journey, as a Muslim New Zealander, telling his stories, and that of others who face racism and islamophobia on a daily basis.

Mohamed Hassan is an award-winning journalist and poet from Cairo, Egypt. He grew up in Auckland and now lives in London working as a Senior Video Producer for Middle East Eye. As a journalist he is known for telling the stories that mainstream media overlook, the stories of our first, second and third generation Kiwis. As a poet he tells his own stories, of navigating the spaces between two cultures and language. His upcoming collection 'National Anthem' will be out later this year with Dead Bird Books.

Episode 2: Growing Up Afro-Kiwi





Re: | tvnz

renews.co.nz

Third Culture Minds
Unlocking Potential of Ethnic Youth

Episode summary: **Guled Mire** discusses the mental health implications of growing up as Afro-Kiwi and facing anti-black racism in New Zealand with three rising Afro-Kiwi rappers taking the New Zealand music scene by storm. We chat with award winning rapper, and South Auckland pharmacist, **Mo Muse;** former pro-netballer and also award-winning rapper **JessB;** and music powerhouse **Mazbou Q**. While these artists have diverse styles, they have a common message of representation being central to positive mental health, and the power of music in helping process their experiences, identities, and sense of belonging to Aotearoa.

Mo Muse is a full time pharmacist and award winning rapper. He grew up in Auckland, arriving in New Zealand from Somalia with his family as a refugee. He is known for being quick witted, with a powerful message. Mo's music is intensely personal and unapologetically political, his song 'Friday' following the March 15 shootings in Christchurch became an anthem for many young kiwi Muslims processing the atrocity. He was also a voice for his community raising the profile of the racist 'Family Link' requirement in New Zealand's refugee policy. He was 2019's New Zealand Music Award Pure Potential Winner, and has delivered good on this award with his album 'First Generation'.





Re: | tvnz
renews.co.nz

Third Culture Minds
Unlocking Potential of Ethnic Youth

JessB is a rapper and former professional netballer. She was born and raised in New Zealand by a Kenyan father and Pakeha mother. JessB has released two EPs and has performed across New Zealand and Australia. Last year, she won the Best New Zealand Act at the European Music Awards. She is known for being fearless on-stage, and empowering and supportive off-stage, this is demonstrated in her co-curator role with Filth a nightlife scene focused on queer people of colour (QPOC) in Auckland.



Mazbou Q is a rapper and producer. He was born in the UK, is a proud Nigerian and now lives in Auckland. His musical style and career is truly eclectic, previously a heavy metal vocalist, his style is truly his own. Mazbou Q frequently confronts his listeners with an unapologetic style of socio-political commentary, yet is unafraid to also bring them on a more personal journey of navigating the complexities of his unique cultural identity. He is an outspoken voice an advocate for his fellow Afro-Kiwi's and is passionate about empowering their success. His new single and powerful video 'To The Gates' was released earlier this year.

Episode 3: Tackling Past Traumas



Re: | tvnz

renews.co.nz

Third Culture Minds
Unlocking Potential of Ethnic Youth

Episode summary: The past is never the past. This is particularly true for first and second generation kiwis, who unwittingly carry traumas of the past and the lingering pain of being forced to leave your turangawaewae. **Guled Mire** sits down with PhD candidate **Bilal Nasier** to unpack the traumas of the past, and look at how our experiences as young people, and the experiences of our parents, and grandparents shape our mental health and wellbeing. We are also joined by health professionals**, Dr Samira Hassan** and **Dr Angela Lim**, to offer their insights on whether we are doing enough to help third culture kids manage positive mental health and tackle past traumas.



Bilal Nasier fled the Afghanistan civil war with his family, aged 4, travelling for 3 months to come to Aotearoa. Bilal is completing a doctorate in Clinical Psychology at the University of Auckland. He intends to use his Doctorate to serve the ever-growing mental health needs of young people in Aotearoa, especially those from refugee and migrant backgrounds. Bilal previously worked as a behavioural therapist for children with autism, and a youth worker for young people from refugee backgrounds. Bilal helped establish Empower Youth Trust, which seeks to address the under-representation of former refugees in tertiary education.



Dr Samira Hassan is a GP, community activist and youth mentor. She grew up in Leicester, United Kingdom (UK) and is passionate

about growing and supporting the ambitions of Somali youth. Dr Hassan works to confront and debunk mental health stigmas in her community, working to improve awareness about mental health and improve access to healthcare services. She is a Vice President and founding member of the British Somali Medical Association.



Dr Angela Lim is a Paediatrics Doctor and the co-founder and CEO of a mental health app, Clearhead. She grew up in Malaysia and moved to New Zealand as a teenager. Following her graduation, Dr Lim started paediatrics training at Starship Hospital, but her passion for tackling inequality led her to focus on developing innovative solutions to health problems. Her organisation Clearhead is New Zealand's first AI driven diagnostic and triage platform for mental health.

Testimonials



"Third Culture Minds was a vital and groundbreaking series for Re:

Refugees, Black Lives Matter, islamophobia, the mosque terrorist attack, mental health – these are all the huge stories the media covers. But they are rarely, if ever, covered by the people directly from those communities. Third Culture Minds flipped that in a powerful and personal way.

Overall the series had nearly 180,000 views across our social media and website, and sparked a strong response across our audience. Our audience is young, engaged and cares about mental health. This series gave them compelling, impactful mental health stories told from a perspective that is so often ignored" – Anna Harcourt, Head of Content, Re: | TVNZ

Re: | tvnz

renews.co.nz

Third Culture Minds
Unlocking Potential of Ethnic Youth



"Guled Mire and the Third Culture Mind team have created a significant piece of work in this documentary series focusing on the mental health experiences of young migrant and refugees to Aotearoa/New Zealand. A deft touch is evident throughout as Guled interviews third culture kids about the experiences that have shaped their mental wellbeing. This topic has been silent in the mainstream media for too long, until now. From the moment we saw the brief for the project we knew it was going to be something unique and important in mental health media. The team has crafted honest and compelling stories from the subjects. Guled has a natural flare for story-telling and his mana is evident throughout as well as a deep understanding of the subject matter. The project is worthy of recognition for excellence". – Shaun Robinson, Chief Executive, Mental Health Foundation of New Zealand.



"Third Culture Minds is an authentic, engaging and sometimes even beautiful expression of what mental health means for third culture kids in Aotearoa. The series weaves a rich tapestry of New Zealand stories, connecting us to each other through the shared experience of growing up as a refugee or migrant in New Zealand.

The series is also a kind of call to action, encouraging and inviting us to broaden our conversations about mental health, invest in our mental health services and truly value the lived experiences of all our young people.

Ngā mihi nui ki a koe to the creators. I really loved this series, and I am so grateful it was made." – John Campbell, Presenter and Reporter, TVNZ