

# Third National Conference Improving Mental Health Support for Asylum Seekers & Refugees

## Providing Emotional First Aid for Refugees

Thursday 7 December 2017 Manchester Conference Centre, Manchester

10% card payments discount\*  
15% group booking discount\*\*



### Speakers Include:

**Karen Mellanby**

*Director of Networks & Communities*

MIND

**Dr Peter Gough**

Doctors of the World UK

part of the Médecins du Monde network

### Supporting Organisations



# Third National Conference Improving Mental Health Support for Asylum Seekers & Refugees

## Providing Emotional First Aid for Refugees

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We are pleased to announce the Third National Summit to focus on improving Mental Health Support for Asylum Seekers and Refugees including providing Emotional First Aid for Refugees.

*“The failure to appreciate the effect on asylum seekers and refugees of trauma, whether the result of experiences in their home countries, while on their journeys to exile or in the countries where they have sought protection and safety, also has a major, but unrecognised, impact on the functioning of the asylum system, and the 28 day move-on deadline for newly granted refugees militates against effective integration by making destitution a likely outcome, thereby exacerbating refugees’ uncertainty and anxiety. Our response must be to develop the kind of specialist provision that we would wish to see mainstreamed and use the evidence generated by those services to illustrate and demonstrate to Government that in the case of mental health support, the provision of appropriate and accessible services as an integral element of the asylum and refugee system in the UK is in its interest as well as that of refugees.” Maurice Wren, Chief Executive, The Refugee Council, May 2017*

### Benefits of attending

This conference will enable you to:

- Network with colleagues who are working to improve mental health support for refugees and asylum seekers
- Understand the national context
- Examine how to set up holistic services that meet the mental health needs of refugees and asylum seekers
- Learn from the experiences of the Red Cross and Doctors of the World in delivering Multi-tiered and comprehensive MHPSS Systems & Psychological First Aid
- Improve your skills in working with asylum seekers and refugees who have experienced trauma
- Develop strategies for providing peer and community support
- Understand the role of specialist interventions such as trauma focused CBT
- Improve practice in building resilience and improving care of unaccompanied young people seeking asylum
- Self assess and reflect on your own practice
- Gain CPD accreditation points contributing to professional development and revalidation evidence

100% of delegates at the last conference on this subject would recommend the event to a colleague

## 10.00 Chairman's Introduction

**Amanda Salomonsson** *Project Officer UK Lead for Mental Health & Psychotherapist* The International Organization for Migration

## 10.10 The Refugee Perspective

### Refugee

#### Supported by Paul Cilia La Corte

*Senior Psychotherapist and Coordinator*  
The Rimba Therapeutic Project

- the lived experience: refugee perspectives
- the mental health concerns and needs of refugee communities
- pathways to appropriate mental health support
- factors influencing the mental health and wellbeing of refugees
- how can we work together to help to re-establish refugees' trust in humanity

## 10.50 Developing local services and responses

### Karen Mellanby

*Director of Networks & Communities*  
MIND

- developing local services
- how do we help frontline services to better understand the range of issues asylum seekers and refugees may present with and provide better care?
- the importance of peer support and lived experience
- how do we ensure frontline staff have the capacity and competence to support asylum seekers and refugees

11.20 Questions & answers, followed by tea & coffee at 11.30

## FOCUS: Multi-tiered and comprehensive MHPSS Systems & Psychological First Aid

## 11.50 Delivering psychosocial first aid to refugees: applications from the Red Cross

### Kathryn Baldacchino

*Anti Trafficking Programme Manager*  
British Red Cross

- an overview of the services provided by the British Red Cross in the UK and internationally
- an introduction to the psychosocial framework used to support refugees
- managing the impact of the work on those who support refugees: examples of how this is done from the British Red Cross

## 12.20 EXTENDED SESSION: Providing access to healthcare for refugees arriving in the UK, mental health crisis support, and meeting IASC Guidelines

### Dr Peter Gough

*Doctors of the World UK*  
part of the Médecins du Monde network

- barriers to accessing healthcare for refugees and the impact on mental health
- the 'IASC Guidelines on MHPSS in Emergency Settings' pyramid in practice
- responding to the MHPSS needs of Syrian refugees arriving in the UK
- learning from our work supporting refugees in transit and applying these lessons to the UK
- the importance of supporting volunteers working with refugees

13.10 Questions & answers, followed by lunch 13.15

## 14.00 Working with asylum seekers and refugees who have experienced trauma

### David Amias

*Consultant Systemic Psychotherapist Refugee Service*  
The Tavistock & Portman NHS Foundation Trust

- working with asylum seekers and refugees who have experienced trauma
- key theoretical frameworks
- the impact on the worker of hearing/encountering people tell of their traumatising experiences

## 14.30 Developing community & peer support programmes for refugees

### Catherine Matheson

*Senior Psychotherapist Integrated Psychological Therapies Team*  
Lewisham University Hospital

- roots and shoots: communal gardening sessions run by a horticultural therapist and a clinical psychologist
- the benefits and experiences of refugees who use the service
- moving forward: thinking differently and supporting refugees to thrive and adapt to UK systems

## 15.00 Delivering psychosocial support to refugees

### Dr Nazee Akbari

*Executive Director*  
Barnet Refugee Service

- an introduction to the psychosocial framework used to support refugees
- managing the impact of the work on those who support refugees

15.30 Questions & answers, followed by tea & coffee 15.40

## FOCUS: Specialist Clinical Interventions

## 15.50 Adapting trauma-focused CBT for refugees and asylum-seekers

### Dr Zoe Chessell

*Clinical Psychologist, Specialist Trauma Services*  
The Traumatic Stress Service in South-West London, and the Woodfield Trauma Service

- identifying how and when refugees and asylum-seekers would benefit from TF-CBT
- existing models and how to adapt them
- a case study to illustrate adapted treatment

## 16.20 Building resilience and improving care of unaccompanied young people seeking asylum

### Dr Ana Draper

*Project Lead and Consultant Systemic Psychotherapist*  
Sussex Partnership NHS Foundation Trust

- specific emotional health and wellbeing challenges for unaccompanied young people
- UASC in the UK, the stories they tell
- an early intervention framework that enhances wellbeing and resilience

16.50 Questions & answers, followed close 17.00

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Download

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## Conference Documentation

I cannot attend the conference but would like to receive a PDF containing the conference handbook material, which includes speaker slides, at £49 each.

The PDF will be emailed out after the conference, please fill in the 'Your Details' section above, ensuring your email address is clear and the 'Payment' section..

For more information contact Healthcare Conferences UK on **01932 429933** or email [jayne@hc-uk.org.uk](mailto:jayne@hc-uk.org.uk)

### Venue

Manchester Conference Centre, Weston Building, Sackville Street, Manchester, M1 3BB. A map of the venue will be sent with confirmation of your booking.

**Date** Thursday 7 December 2017

### Conference Fee

- £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
- £300 + VAT (£360.00) for voluntary sector / charities.
- £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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