

Improving Mental Health Support for Asylum Seekers and Refugees

Providing Emotional First Aid for Refugees Sixth National Conference

Monday 20 May 2019 De Vere W1 Conference Centre, London



Speakers Include:

Gulwali Passarlay
*Activist, Consultant
and Author of
'The Lightless Sky'*

Dr Jane Hunt
*GP & Lead, Medical Advisory Service
The Helen Bamber Foundation*

Dr Piyal Sen
*Network Lead Asylum Seekers and
Refugee Mental Health Network
Royal College of Psychiatrists*

Supporting Organisations



The Association of Primary
Mental Health Work
and Training (CAMHS)



Children & Young People's
Mental Health Coalition



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Governance
Institute



A beacon of hope for young refugees



Improving Mental Health Support for Asylum Seekers and Refugees

Providing Emotional First Aid for Refugees

Sixth National Conference

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"Consideration also needs to be given to the challenges that asylum seekers face during what is often a prolonged and distressing process. These factors may include institutional detention, inability to work (and resultant deskilling and loss of self esteem), destitution, and difficulty in accessing health and social care...A robust mental health response to the refugee "crisis" must lie in a combination of clinical vigilance, recognition of vulnerability factors, and, above all, a determination to minimise the aggravating effects of post-migration experiences." Prof Cornelius Katona Medical Director The Helen Bamber Foundation, College Lead on the Mental Health of Asylum Seekers and Refugees The Royal College of Psychiatrists BMJ, 352: i1279

"In recent decades there have been many studies looking at migrant mental health. Migrants not only have higher rates of post-traumatic stress disorder – (this is hardly surprising) – but also of depression, of anxiety disorders and of psychotic conditions such as schizophrenia. We also know that there are several factors that migrants experience before leaving their home country (such as war, torture and exploitation including human trafficking and other forms of modern slavery) and during their journey (such as hazardous journeys, physical and sexual abuse and further exploitation) which are likely to increase their risk of developing mental health problems..."

We can, and must, do better. There are a number of basic solutions which, if implemented, could allow us to build a humane system which prioritises the needs of migrants who are already in a difficult situation. They would reduce the mental health burden and distress suffered by many.... Active efforts should be made to address barriers to accessing healthcare for vulnerable migrants. These should include appropriate training for staff and specific programmes to identify and act on vulnerability (including mental health problems) where these are identified... Better recognition of vulnerability factors, and a determination to minimise the aggravating effects of post-migration experiences would go a long way towards improving mental health outcomes." Dr Hugh Grant-Peterkin MRCPsych and Prof Cornelius Katona FRCPsych Red Pepper 21st June 2018

"The numbers of people having to wait for unbearably long periods for the Home Office to decide their fate has risen so drastically. This means more and more lives spent in limbo and fear, which can have a hugely damaging impact on people's mental health and chance to properly rebuild their lives here." The Refugee Council, 30th November 2017

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

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
- Understand the vulnerabilities that lead to mental health issues in refugees and asylum seekers
- 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 Multitiered 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

Follow the conference on Twitter #RefugeeMentalHealth

10.00 Chair's introduction

Amanda Salomonsson

Project Officer, UK Lead for Mental Health & Psychotherapist
The International Organization for Migration

10.10 A Refugee Perspective: Learning from lived experience

Gulwali Passarlay

Activist, Consultant and Author of 'The Lightless Sky', an Afghan refugee boy's journey of escape to a new life in Britain

10.35 Improving Support for Asylum Seekers and Refugees

Dr Jane Hunt

GP & Lead Medical Advisory Service

The Helen Bamber Foundation

(supports refugees and asylum seekers)

- healthcare concerns in Asylum Seekers and Refugees
- Immigration detention and mental health
- barriers to accessing care
- learning from the experiences of the Helen Bamber Foundation

11.00 Supporting frontline staff to understand the challenges facing refugees and asylum seekers living in their communities

Gill Martin

Specialist Psychotherapist

City of Sanctuary

- a proactive approach to supporting refugees with mental health difficulties
- case studies from City of Sanctuary
- the Mental Health Resource Pack

11.25 Question and answers, followed by tea & coffee at 11.35

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

12.00 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

12.45 Questions and answers, discussion and networking, followed by lunch and exhibition at 13.10

FOCUS: Working with refugees to improve mental health

14.00 Working with asylum seekers and refugees who have experienced trauma

Dr Piyal Sen

Medical Director and Consultant Psychiatrist,

Elysium Healthcare

& Network Lead, Asylum Seekers and Refugees Mental Health Network,

The Royal College of Psychiatrists

- 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

Farida Stanikzai

Operations Manager

Barnet Refugee Service

- delivering community and peer support programmes for refugees
- 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 Working with survivors of torture

Gill Newman

Psychological Therapist & Trainer

Freedom from Torture

- building the capacity and confidence of those working with, or who have the potential to work with Survivors of torture
- managing the impact of the work on those who support refugees

15.30 Question and answers, followed by tea & coffee at 15.40

FOCUS: Specialist Clinical Interventions

16.00 Adapting trauma-focused CBT for refugees and asylum-seekers

Amy Chisholm

Clinical Psychologist, Grenfell Health and Wellbeing Service and

Woodfield Trauma Service, an NHS service

Central and Northwest London NHS Foundation Trust; and Helen Bamber

Foundation

- 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

16.30 Building resilience and improving care of unaccompanied young people seeking asylum

Dr Ana Draper

Project Lead and Consultant Systemic Psychotherapist

Coram

- 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 Question and answers, followed by close at 17.00

10% card payments discount*
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Monday 20th May 2019

De Vere West One Conference Centre, London

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For more information contact Healthcare Conferences UK on **01932 429933** or email jayne@hc-uk.org.uk

Venue

De Vere West One Conference Centre, 9-10 Portland Place, London, W1B 1PR. A map of the venue will be sent with confirmation of your booking.

Date Monday 20 May 2019

Conference Fee

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