Improving Mental Health Support for Asylum Seekers and Refugees

Providing Emotional First Aid for Refugees
Second Annual Conference

Monday 22 May 2017    De Vere  West One Conference Centre, London

Chair and Speakers Include:
Guglielmo Schinina
Head of Mental Health
The International Organization for Migration

Maurice Wren
Chief Executive
Refugee Council

Karen Mellanby
Director of Networks & Communities
MIND
Since 2005 the Tavistock and Portman NHS Foundation Trust has run a specialist CAMHS for Refugees and Asylum Seekers offering a range of individual, family, group and community interventions. Over the course of the last year the service has seen an acute rise in referrals particularly of Unaccompanied Asylum Seeking Children (UASC) following the dismantling of the “Calais jungle” in October 2016 by the French authorities. The Home Office, estimated through this closure of the camp there were up to 400 young people from countries including Syria, Afghanistan and Kuwait’s stateless Bidoon community that would become resettled in the UK.* The increase in demand for our services has led to new ways of working including the development of psychosocial interventions in association with voluntary providers.

The UN Committee on the Rights of the Child defines unaccompanied minors and unaccompanied children as those “who have been separated from both parents and other relatives and are not being cared for by an adult who, by law or custom, is responsible for doing so.” Providing secure long term placements and relationships are difficult at the best of times. There are particular difficulties with unaccompanied asylum-seeking children brought about by their age and circumstances and in particular decisions on their asylum claim including a refusal. In one study (Sinclair, Baker, Lee, & Gibbs, 2007), 40% of placements had lasted for less than 6 months.

The impact upon our services, and the complexity of the trauma these young people present demands a very high level of resilience and management supervision. This is echoed by colleagues in other services nationally, approaching the Tavistock for guidance and training support for their front line staff confronting the same issues. The service works closely with cultural advocates and interpreters running community outreach programmes for Afghani, Congolese, Somali and other communities

These thematic issues, including pathways to appropriate mental health support and access to health care needs for refugees, are to be explored in detail throughout the conference programme we have developed with a collaborators including MIND, the Refugee Council and Médecins du Monde.

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10.00 Chair’s introduction
Guglielmo Schinina  Head of Mental Health  The International Organization for Migration

10.10 The Refugee Perspective
Refugees
Supported by Angelina Jalonen
National Streams Coordinator
City of Sanctuary

10.30 Improving Mental Health Support for Asylum Seekers and Refugee Communities
Maurice Wren
Chief Executive
Refugee Council

- 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

11.00 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

11.30 Question and answers, followed by tea & coffee at 11.40

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

12.00 Delivering psychosocial support to refugees
Speaker to be announced

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

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

13.00 Question and answers, followed by lunch at 13.20

FOCUS: Working with refugees to improve mental health

14.10 EXTENDED SESSION: 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

14.50 Supporting Refugees & Asylum Seekers Who Hear Voices
Eve Mundy
Senior Development Worker
Mind in Camden

- our story
- The Hearing Voices Network ethos and approach to voices, visions and other ‘unusual’ sensory experiences
- developing peer support groups for refugees and asylum seekers who hear voices

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

FOCUS: Specialist Clinical Interventions

15.50 Adapting trauma-focused CBT for refugees and asylum-seekers
Dr Hannah Murray
Research Clinical Psychologist
Oxford Centre for Anxiety Disorders and Trauma
University of Oxford

- 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

16.35 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

17.05 Question and answers, followed by close at 17.15
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Monday 22 May 2017
De Vere West One Conference Centre, London

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 22 May 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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> Your Details (please complete a new form for each delegate. Photocopies are acceptable)

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Surname
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Department
Organisation
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Please write your address clearly as confirmation will be sent by email, if you prefer confirmation by post please tick this box.
Please also ensure you complete your full postal address details for our records.

Please specify any special dietary or access requirements

This form must be signed by the delegate or an authorised person before we can accept the booking
(By signing this form you are accepting the terms and conditions below)

Name
Signature
Date

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