

Joint Conference
Healthcare Conferences UK &
The Tavistock and Portman NHS Foundation Trust

Improving Mental Health Support for Asylum Seekers and Refugees

Providing Emotional First Aid for Refugees

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Wednesday 8th June 2016 ICO Conference Centre, London



Chair & Speakers include

Guglielmo Schinina
Head of Mental Health
The International Organization
for Migration

Maurice Wren
Chief Executive
The Refugee Council

Paul Farmer
Chief Executive Officer
Mind

Supporting Organisations:



The Tavistock and Portman **NHS**
Foundation Trust



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"The experience of war, torture, injustice, tragic family separation and death of loved ones disturb the internal world of affected individuals. There is the risk that the belief in anything good is lost which is why it is so important that survivors are quickly met with a caring and understanding response." The Tavistock and Portman NHS Foundation Trust

"Refugees' lives are complicated and consequently the factors contributing to a lack of mental wellbeing should not be oversimplified." MIND

"The psychological and social stresses often experienced by refugees during migration can double the prevalence of severe disorders (psychosis, severe depression and disabling anxiety), and increase the figures of mild to moderate mental disorders from 10% to 15-20%, according to the World Health Organisation" The Guardian September 2015

"In the current refugee crisis, with tens of thousands of desperate and exhausted refugees attempting to reach safe havens in Europe, mental health and psychosocial wellbeing is somewhat overlooked amid all the needs that are vying for attention," Pieter Ventevogel, senior mental health officer at UN refugee agency UNHCR.

The above quotes demonstrate the need for mental health support and psychological first aid for refugees and asylum seekers.

Chaired by Guglielmo Schinina, Head of Mental Health at the International Organization for Migration, and researched and produced in partnership with the Child and Family Refugee Service at The Tavistock and Portman NHS Foundation Trust, this important and timely conference will support delegates to better understand and meet the needs of asylum seekers and meet the needs of asylum seekers and refugees.

Gillian Hughes Consultant Clinical Psychologist and Systemic Psychotherapist at the Tavistock: "delegates will benefit from a range of learning outcomes including: a better understanding of the psychological impact of traumatic experiences associated with asylum seekers and refugees; an insight into some of the methodologies used by specialist teams to support these populations; and the development of skills as practitioners in responding to the needs of these communities."

Through national updates, practical case studies and extended interactive masterclasses the conference will look at developing local services and responses, developing early access to psychological first aid, delivering psychosocial support to refugees.

The conference also includes interactive sessions drawing on theory from psychotherapy(eg the effects of counter transference), narrative and systemic family approaches, community and liberation practices, working with asylum seekers and refugees who have experienced trauma, and therapeutic care of unaccompanied young people seeking asylum.

The final session will focus on improving access to crisis mental health services for asylum seekers and refugees. refugees.

10.00 Chairman's Introduction

Guglielmo Schinina *Head of Mental Health* The International Organization for Migration

10.10 Improving Mental Health Support for Asylum Seekers and Refugee Communities

Maurice Wren
Chief Executive
The 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 reestablish refugees' trust in humanity
- the lived experience: refugee perspectives

10.40 Developing local services and responses

Paul Farmer
Chief Executive
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

11.10 Question and answers, followed by coffee

11.50 Adapting service and treatment models to provide psychological first aid to refugees

Dr Hannah Murray
Clinical Psychologist Traumatic Stress Service
South West London and St George's Mental Health NHS Trust

- an overview of the challenges facing services in providing early access to treatment/psychological first aid for refugees
- adapting existing trauma-focused psychological therapy models to treat PTSD in refugees

12.20 Delivering psychosocial support to refugees: applications from the Red Cross

Dr Sarah Davidson
Head of Psychosocial British Red Cross, *Chair*
The International Federation of Red Cross and Red Crescent's
European Network of Psychosocial Support

- 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

12.50 Question and answers, followed by lunch

14.00 EXTENDED SESSION: Counter transference experiences in working with traumatised refugees

Joanne Stubley
Consultant Psychiatrist in Psychotherapy, team leader
Trauma Service and Belsize Unit Adult services,
Chair Tavistock Society of Psychotherapists

- counter transference experiences in working with traumatized refugees
- working through complex trauma
- the impact of the work from a psychoanalytic perspective

14.45 EXTENDED SESSION: Working with asylum seekers and refugees who have experienced trauma

David Amias
Consultant Systemic Psychotherapist, Refugee Service
The Tavistock and 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

15.30 Question and answers, followed by tea

15.50 EXTENDED SESSION: Therapeutic care of unaccompanied young people seeking asylum

Gillian Hughes
Consultant Clinical Psychologist and Systemic Psychotherapist
& Team Leader, Child and Family Refugee Service
The Tavistock and Portman NHS Foundation Trust

- specific challenges for unaccompanied young people
- narrative, liberation and community psychology approaches
- the use of film and creative media to liberate these young people from disempowering identities
- principles and practice in working with unaccompanied young people

16.35 Providing access to healthcare for refugees arriving in the UK, mental health crisis support, and learning from our international experience

Kim Harper
International Programme Officer
Phil Murwill
UK Programme Officer
Clare Shortall
Refugee Health Lead
Doctors of the World UK, part of 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

17.00 Question and answers, followed by close

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Surname

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Department

Organisation

Address

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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

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Where did you hear about this conference? **Venue**

ICO Conference Centre, 22 Berners Street, London, W1T 3DD. A map of the venue will be sent with confirmation of your booking.

(The ICO stands for International Coffee Organisation)

Date Wednesday 8 June 2016**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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