

# Improving Mental Health Support for Asylum Seekers and Refugees

*Providing Emotional First Aid for Refugees*  
Fifth National Conference

Friday 16 November 2018 De Vere W1 Conference Centre, London



## Speakers Include:

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

**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*

**Dr Nazee Akbari**  
*Executive Director  
Barnet Refugee Service*

**Maurice Wren**  
*Chief Executive  
Refugee Council*

## Supporting Organisations



**Helen Bamber Foundation**  
working with survivors of human cruelty



# Improving Mental Health Support for Asylum Seekers and Refugees

## Providing Emotional First Aid for Refugees

### Fifth 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 Fifth 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 The Refugee Perspective

**Gulwali Passarlay**

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

## 10.40 Improving Support for Asylum Seekers and Refugees

**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*

- 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

## 11.10 Widening access to specialist Mental Health Services for Asylum Seekers

**Maurice Wren**

*Chief Executive  
Refugee Council*

- Mental well-being – the key to good protection and integration outcomes
- The role of NGOs in developing provision and raising awareness
- Convincing National and Local Government and the Health Service of their responsibilities

11.20 Question and 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

**Laura Franklin**

*Anti Trafficking Advisor (UK)  
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 and trafficked persons
- managing the impact of the work on those who support refugees and trafficked people: examples of how this is done from the British Red Cross

## 12.10 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 and answers, followed by lunch and exhibition at 13.20

## FOCUS: Working with refugees to improve mental health

## 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

**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 Delivering psychosocial support to refugees

**Dr Nazeer 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 Question and answers, followed by tea & coffee at 15.40

## 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

## 16.20 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 Question and answers, followed by close at 17.00

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Friday 16th November 2018

De Vere West One Conference Centre, London

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### 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** Friday 16 November 2018

### 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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