



The Association  
for Child and Adolescent  
Mental Health

Mental health  
needs among  
young refugee  
populations



## Mental health needs among young refugee populations

co-produced by ACAMH/Creative Youth network/Art refuge UK and health

Thursday 20 June 2019 / 09.00 –18.00 / The Station, Silver St, Bristol BS1 2AG

**How do we effectively respond to the mental health and well-being needs of young unaccompanied refugees and asylum seekers living in Bristol and beyond?**

### Takeaways and learning points

- Better understand the cultural, social and mental health needs of young unaccompanied refugees and asylum seekers, and how these young people can be supported to adapt to a new life in the UK
- Discover flexible and creative ways to respond to their mental health and well-being needs from multi-modal perspectives
- Learn from current research in supporting best practice and developing efficient care pathways between organisations
- Find out about models and approaches used by local agencies in Bristol that can be adapted to different working contexts.

BOOK NOW! [www.acamh.org/refugee](http://www.acamh.org/refugee) | @acamh

## About the day

Taking place in refugee week, this one day conference is framed by an acknowledgement of the extraordinary resilience and capacity to cope of the young refugees and asylum seekers living in Bristol and beyond, most of whom are unaccompanied. Displaced from their country of origin due to war, persecution and poverty these young people are also dealing with trauma, loss and massive adjustments to a new life in the UK.

Led by the Devon Branch, joined by experts in the fields of social care, art therapy, psychology, asylum law and translation services, and co-produced with local charities and support groups including Creative Youth Network and Art Refuge UK, the event focuses upon broad political issues and on-the-ground responses through research presentations and case studies. It explores how we can effectively respond to the mental health and well-being needs of young refugees and asylum seekers, and ways to develop locally relevant provisions and collaborate so to empower these young people within our communities.

## Who is the event for?

**Anyone interested in the mental health and well-being of young refugees and asylum seekers in our communities.** This includes mental health professionals, in particular clinicians, educational psychologists, psychotherapists, arts therapists professionals from education, health, youth and community settings refugee support service workers, social workers, lawyers, teachers, youth workers, charity workers, artists and activists.

## Prices

The events we organise are not profit-making, many are subsidised through our other commercial activities, without which they would not be able to run. As a charity, any surplus that we make is invested back into the business to benefit our members and the sector. Members get a discounted rate and we hope you consider joining.

**Publications/Digital member rate £52.50 (10 spaces are available at this rate)**

**Platinum member: £110**

**Gold member: £126**

**Silver/Bronze member: £142**



*Building a house. Bristol. Copyright. Art Refuge UK 2018*

## Speakers

### Sarah Hunt

PhD Candidate working in the field of psychology at the University of Leicester, UK. Sarah conducted Participatory Action Research with over 100 stakeholders to investigate the problem of 'unmet' needs among asylum-seekers and refugees living in the UK, using voices as evidence for policy and practice. The perspectives of service users and service providers demonstrate the impact of post-migratory living difficulties on mental health and wellbeing and gaps in service provision. Sarah's research addresses the mental health priorities of asylum-seekers and refugees living in the UK and presents research-based evidence for improved policy and a more equitable service provision.

### Professor Ravi Kholi

Professor of Child Welfare at University of Bedfordshire and a leading expert in social work with unaccompanied minors in the UK. He is particularly interested in what becomes of young people who seek asylum in richer countries and how they adapt throughout their migration and resettlement.

### Bobby Lloyd

CEO, Art Refuge UK, visual artist and HCPC registered art therapist with longstanding commitment to working in the context of refugees, displacement and social change.

### Dr Lucy Arnsby-Wilson

Lucy is the founder and co-director of MAYA. She was first introduced to yoga at 18 whilst studying and working with young people with Autism. Some of the challenges that the young people she worked with were facing is what she found herself cultivating and growing during her own yoga and meditation practice. It was at this point she knew that she needed to integrate her love and passion of yoga and psychology. She has been offering Yoga and Psychological therapy since 2005 and has had many amazing teachers such as Sonia Suma, Jo Manuel, Uma Dinsmore-Tuli and Nirlipta.

### Kathryn Cronin

An Immigration, asylum, nationality, children's and family lawyer at Garden Court Chambers, she brings particular expertise in working with unaccompanied minors.

### Imran Shah

, Language services UK Limited F Business services Limited

09:00 Coffee and Registration

09:30 Welcome and Introductions

09:45 Sarah Hunt - *Participatory action research with asylum seekers and refugees in the UK: Addressing mental health priorities*

10:30 Break

11:00 Professor Ravi Kholi and Bobby Lloyd - *Working with unaccompanied asylum-seeking children and young people: some thoughts from the field*

12:30 Lunch

13:30 Dr Lucy Arnsby Wilson - *Meeting the Psychological needs for Unaccompanied Minors: Finding healing when the threat is still high*

14:30 Kathryn Cronin

15:00 Imran Shah

15:30 Break

16:00 Closing plenary and panel discussion

16:30 Conference close and art exhibit opens

18:00 Art exhibition ends

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[www.acamh.org/refugee](http://www.acamh.org/refugee)

@acamh



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TO BOOK YOUR PLACE, PLEASE COMPLETE AND RETURN THIS FORM TO:

REF: 851

ACAMH Conferences  
St Saviour's House  
39-41 Union Street  
London SE1 1SD, UK

T +44 (0)20 7403 7458  
F +44 (0)20 7403 7081  
events@acamh.org

Fees include conference materials, lunch and refreshments. Please note that ACAMH may record at this event.

To read more about this and future events visit [www.acamh.org/events](http://www.acamh.org/events)

## Booking form

### PERSON ATTENDING

Title
Job title
Name
Dietary requirements
Organisation

### PERSON MAKING THE BOOKING (IF DIFFERENT FROM PERSON ATTENDING)

Title
Job title
Name
Organisation
Contact Number

### CONTACT DETAILS OF PERSON ATTENDING

Address type	WORK	HOME
Address		
Postcode		
Email		
Telephone		

### PAYMENT

£110 PLATINUM MEMBER	£16 GOLD MEMBER	£42 SILVER/BRONZE MEMBER	£52.50 PUBLICATIONS/DIGITAL MEMBER	£158 NON-MEMBER		
<b>Cheque</b> I enclose a cheque made payable to ACAMH		<b>Invoice payment</b> Invoice can only be issued on receipt of an official purchase order, clearly indicating purchase order number and paying body. Invoice requests without relevant documentation will be returned.				
Card Payment	VISA	MASTERCARD	EUROCARD	MAESTRO	ELECTRON	AMEX
<b>If you prefer, for security purposes, not to fill in your card details, and post or email, then we can contact you by phone for these.</b>						
Name on card			Card number			
Expiry date	Issue No (if Maestro)		CCV (last three digits on back of card or four on front for AMEX)			
Billing address						
Cardholder's signature	Date					

**Closing date:** 8 June

Confirmation will be emailed to all delegates, if you have not received confirmation at least one week before the event please contact the office on 020 7403 7458. Please do not turn up on the day without having received confirmation by email.

**Cancellation policy:** cancellations received 6 weeks in advance of the event will be refunded in full less a £10 administration charge; cancellations received after this date will receive no refund.

**Data Protection:** By signing this application you are entering into a contract with ACAMH to attend the above event. ACAMH will use the information provided to communicate details with you about the event. As part of the contract the email address provided will be added to our weekly newsletter, with details about CYP mental health topics, you can unsubscribe from this at any time.