

27 March 2007
Bescot Stadium, Walsall WS1 4SA

Walsall 
Teaching Primary Care Trust

Connecting with Culture:

Exploring the impact of culture and spirituality on mental health and well-being



Including Contributions from:

Professor Shashidharan

Consultant Psychiatrist

Centre for Research in Ethnicity and Mental Health, University of Warwick

Dr. Rabia Malik,

Family Therapist & Cultural Services Co-ordinator,

Marlborough Family Service, Central and North West London Mental Health

Dr. Rasjid Skinner,

Consultant Clinical Psychologist,

Lynfield Mount Hospital, Bradford Mental Health Trust

Professor Chris Cook

Professorial Research Fellow,

Durham University and Member of the Executive Committee of the Spirituality Specialist Interest Group, The Royal College of Psychiatrists, London



Connecting with Culture:

Exploring the impact of culture and spirituality on mental health and well-being

Cultural perceptions, values and norms fundamentally influence both mental health and illness. Cultural misunderstandings (actual or perceived) between patient, family members and clinicians often deter minority communities from accessing appropriate care. Yet just as culture influences help-seeking behaviours and the stigma of mental illness, it also has a profound positive effect on coping mechanisms and social support systems.

Increasingly the crucial role that culture plays in presentation and management of mental illness is becoming clear. So too is our responsibility as health care professionals seeking to ameliorate psychological distress in order to gain an intuitive understanding of the patient in context of these factors. Additionally, there is a growing acceptance of the importance of spirituality and religious belief as a beneficial factor amongst BME communities.

Looking at these issues in depth the conference aims to address a number of questions:

- Within today's society is it still appropriate to adopt traditional models of psychiatric diagnosis and treatment?
- How can we develop services that are responsive and adaptive to different cultural understandings?
- How does spirituality affect perceptions of mental illness and how can it be utilised to improve its detrimental effects?
- How do NHS Trusts and faith / cultural groups work together to improve the standards of mental health care in BME communities?

Who should attend?

Attendance at this conference is a must for all professionals involved in Mental Health Services across the entire patient pathway.

Whether you work in the Acute Trust, PCT, SHA or Independent or Voluntary Sector do not miss this opportunity for delegates to share and gain information and knowledge on the role and appropriateness of culture and spirituality in the delivery of care.

The An-Nisaa Group (an Arabic phrase simply meaning 'The Women') is a Walsall based women's voluntary organisation. Established in the late 80's, our key working objectives include empowerment of women through education, networking and advocacy work and working in partnership with local and national organisations in an attempt to influence and shape service provision for local communities.

Conference Programme

27 March 2007 – Bescot Stadium, Walsall WS1 4SA

09.00 **Registration**

09.30 **Welcome: An Nisaa**

09.40 **Introduction: Chair**

09.50 **Service User experiences and insights**

10.00 **BME communities and Ethnic Inequalities in Mental Health: Is there a role for us in improving services?**

Professor Shashidharan

10.30 **Intersections between Religion, Culture and Mental Illness: Concepts of Depression amongst Pakistani Communities**

Dr Rabia Malik

11.00 **Ethno-psychology and Alternative Models**

Dr Rasjid Skinner

11.30 **Questions and Answers**

11.35 **Morning Refreshments**

11.50 **Workshop Option A**

- Understanding the Commissioning Process: New approaches to meet the needs of a changing demographic
Peter Boileau
Commissioning Development Manager, CSIP West Midlands
- African Centred Mental Health Care: The Pattigift Experience
Rameri Moukam
Clinical Director, Pattigift Mental Health Hospital and Chair of BME Sub-committee, Heart of Birmingham LIT

- Appropriate and Responsive Services
Pastor Sandra Thomas, Head of Spiritual Care. Birmingham and Solihull Mental Health Trust
- Engaging and Developing Communities: Working from a faith based Perspective
West Midlands community Development Workers Network

12.30 **Lunch**

13.30 **Furthering Spirituality in UK Psychiatry**

Professor Chris Cook

14.00 **Engaging Faith-bases Communities: A future working model**

Dr. Afghan, Consultant Psychiatrist
Dorothy Pattison Hospital, Walsall Teaching PCT

Barriers to Access: The insiders perspective

Dr. Ahmad, Consultant Psychiatrist
Dorothy Pattison Hospital, Walsall Teaching PCT

14.30 **Questions and Answers**

14.45 **Workshop Option B**

- Understanding the Commissioning Process: New approaches to meet the needs of a changing demographic
Peter Boileau
Commissioning Development Manager, CSIP West Midlands
- African Centred Mental Health Care: The Pattigift Experience
Rameri Moukam
Clinical Director, Pattigift Mental Health Hospital and Chair of BME Sub-committee, Heart of Birmingham LIT
- Appropriate and Responsive Services
Pastor Sandra Thomas, Head of Spiritual Care. Birmingham and Solihull Mental Health Trust
- Engaging and Developing Communities: Working from a faith based Perspective
West Midlands CDW's and Community Engagement Projects

15.30 **Walsall tPCT: future mental health services**

15.50 **Closing Remarks**

Delegate Fee: This is a Free Conference

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Delegate Details (PLEASE COMPLETE IN BLOCK CAPITALS)

Title (Mr, Ms, Mrs, Dr) First Name Surname

Job Title

Department

Company name

Address

Town County

Postcode Country

Tel No Fax No

Mobile No

Email

Line Manager

Company Type PCT Acute Trust SHA

Mental Health Trust Independant Healthcare Other

Voluntary Sector

Please specify any specific dietary requirements

Workshop Options:

The workshops will run simultaneously twice throughout the day. Please choose your 1st and 2nd options indicating whether you would like to attend the morning or afternoon workshop.

	Morning		Afternoon	
	1st choice	2nd choice	1st choice	2nd choice
A Understanding the Commissioning Process: New approaches to meet the needs of a changing demographic	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
B African Centred Mental Health Care: The Pattigift Experience	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
C Appropriate and Responsive Services	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
D Engaging and Developing Communities: Working from a faith based Perspective	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

PLEASE PHOTOCOPY THIS FORM TO REGISTER FURTHER DELEGATES

Ways to Register

Telephone: 07946 641580

Fax: 01922 618394

Email:
info@an-nisaa.org.uk

Post to:
An-Nisaa
120 Parkhall Road
Walsall
WS5 3LZ

Booking Conditions

A confirmation letter will be sent within five working days from receipt of your booking.

Cancellations/Substitutions

Cancellations must be received by 16 March 2007. Cancellations made between 16 and 27 March will incur a charge of £75.00 plus VAT. Cancellations and Substitutions must be made in writing.

Access Requirements

To help us ensure that all delegates attending the conference are able to participate fully, please let us know about any requirements you have by contacting us using the details above.

Dietary Requirements

We always provide vegetarian options at our conferences, but please inform us if you need us to cater for any other dietary requirements.