

# **MENTAL HEALTH AND CULTURAL DIVERSITY INTERNATIONAL CONFERENCE**

## **Exploring Transformative Practices and Service Models**

**Leicester (UK)  
22–24 June 2016**

**CONFERENCE PROGRAMME**

## Conference themes

- Mental health and cultural diversity
- User and carer perspectives
- Practice and Service models
- Transformative practice
- Culturally appropriate assessments & interventions
- Ageing and dementia care
- Global mental health
- Cultural & critical psychiatry
- Spirituality and mental health
- Cultural competency and care
- Volunteering perspectives
- Family centred approaches
- Disability and mental health
- Mental health promotion

## Welcome Message

It gives me great pleasure to welcome you all to the international conference on Mental Health and Cultural Diversity: Exploring transformative Practices and Service models. Leicester is one the most plural cities in the UK with nearly half the population of Leicester city from diverse ethnic communities. It is estimated that approximately 450 million people worldwide experience mental ill health. 1 in 4 families worldwide is likely to have at least one member experiencing mental ill health or behavioural difficulties. We know that attitudes towards mental ill health vary among people from different cultures, ethnic background and countries. Mental ill health is stigmatised in many cultures forcing people to live in denial or preventing them from seeking help when they require it. Ethnicity and cultural beliefs affects the perception of mental ill health, help seeking and service access, and service utilisation.

The aim of the conference is to discuss and debate a range of appropriate and acceptable services for people from diverse cultural communities around the world. This conference is for medical, health and social care professionals and service providers, including psychiatrists, psychologists, nurses and social workers and educationalists. This conference is also for service commissioners, service users and carers, academics, policy makers, and voluntary sector organisations.

We have an excellent programme with international speakers from many countries which will be of value to you in your work for developing transformative practice and services. Our speakers are passionate about confronting inequalities in mental health services with reference ethnicity and cultural diversity. I believe that this international conference will provide us all with the opportunity to develop new ideas, create an environment for exchange and enrichment and learn from diverse experiences to increase our knowledge to influence mental health policy. This will impact on developing transformative practices and service models for ALL including people from diverse ethnic and cultural communities.

I wish you all an inspiring and productive conference and stay at Leicester.

Raghu Raghavan  
*Chair of Conference organising committee*

## Day 1

Wednesday 22 June 2016

08:30	Registration opens
09:30-10.30	Conference Inaugural ceremony and addresses
11.00-12.30	<b>Panel Keynotes 1: Mental Health and Cultural Diversity</b>  (KN 01) <b>Ethnic inequalities in severe mental disorders-economic, social and institutional harms</b> Professor James Nazroo (UK)  (KN 02) <b>Culture and mental health: Developing transformative practices and service models</b> Professor Dinesh Bhugra (UK)  (KN 03) <b>What do we mean by transformative services for diverse cultural communities</b> Professor Sarah Salway (UK)
12.30-13.30	Lunch
13.30-15.00	<b>Oral presentations/symposia/workshops</b>
15.00-15.30	Coffee
15.30-17.30	<b>Panel Keynotes 2: Transforming community mental health services</b>  (KN 04) <b>Community development as a transformational practice in mental health care</b> Dr Phil Thomas (UK)  (KN 05) <b>Transforming communities for inclusion of persons with psychosocial disabilities</b> Dr Bhargavi Davar (India)  KN06) <b>Delivering community mental health in resource-poor settings - combining technology with volunteering</b> Dr Manoj Kumar (India)  (KN 07) <b>Adversity and innovation: Insights from work in war and disaster</b> Ananda Galpatti (Sri Lanka)
19.00	Conference reception and arts performance

## Day 2

Thursday 23 June 2016

08:00	Registration opens
08.30-10.00	<b>Panel Keynotes 3: International perspectives</b>  (KN 08) <b>Mental health and migration research in Australia: Systemic problems and consequences</b> Professor Harry Minas (Australia)  (KN 09) <b>Cultural diversity and mental health: The Canadian experience</b> Professor Kwame Mckenzie (Canada)  (KN 10) <b>Culture and ethnicity and mental health care: An evolutionary perspective</b> Dr Riadh Abed (UK)
10.30-11.00	Coffee
11.00-12.30	<b>Panel Keynotes 4: Culture and mental health recovery</b>  (KN 11) <b>Black mental health service user/survivor advocacy and activism: Yesterday, today, tomorrow</b> Dr Jayasree Kalathil (UK)  (KN 12) <b>Cultural Adaptations of Interventions</b> Dr. Shanaya Rathod (UK)  (KN 13) <b>Cultural perspectives and recovery</b> Professor Mike Slade (UK)
12.30-13.30	Lunch
13.30–15.00	<b>Oral presentations/symposia/workshops</b>
15.00-15.30	Coffee
15.30-17.30	<b>Panel Keynote 5: Global mental health</b>  (KN 14) <b>Dialogues between critical psychiatry and global mental health: critiques and commonalities</b> Professor Vikram Patel (India/UK)  (KN 15) <b>World Awareness for Children in Trauma: Towards a universal psychosocial model</b> Professor Panos Vostanis (UK)  (KN 16) <b>Ethical and sustainable services for mental health and wellbeing in non-western settings</b> Dr Suman Fernando (UK)  (KN 17) <b>Globalisation and ecological approach - between social determinants and subjectivity: the experience of Trieste</b> Professor Roberto Mezzina (Italy)
19.00	Conference dinner

## Day 3

Friday 24 June 2016

08:00	Registration opens
08.30-10.00	<b>Panel Keynotes 5: Transformative services</b>  (KN18) <b>Culturally sensitive transformative practices &amp; service models in Africa: A Nigerian perspective</b> Dr Erinfolami Adebayo Rasheed (Nigeria)  (KN19) <b>Joys and tribulations in dealing with socio-cultural diversities in mental health practice in India</b> Professor Santosh Chaturvedi (India)  (KN20) <b>Global volunteering in Mental health</b> Dr Peter Hughes (UK)
10.30-11.00	Coffee
11.00-12.30	<b>Panel keynotes 6: Aging and dementia</b>  (KN21) <b>Encouraging Access to South Asians for a timely dementia diagnosis</b> Dr Naaheed Mukudam (UK)  (KN22) <b>Dementia Care for diverse cultural communities</b> Professor Sab Bhaumik (UK)  (KN23) <b>Understanding Extreme States through the language of post psychiatry</b> Olga Runciman (Denmark)
12.30-13.15	Lunch
13.15-15.30	<b>Panel Keynotes 7: Policy and Practice</b>  (KN 24) <b>Imagining culturally competent mental health care</b> Professor Raghu Raghavan (UK)  (KN 25) <b>Human Rights, mental health and human dignity</b> Dr Albert Persaud (UK)  (KN 26) <b>Ten years of NOT Delivering Race Equality in Mental Health in England- Where do we go from here?</b> Professor. Shashi Shashidharan (UK)
15.30	Closing ceremony

# General Information

## Conference venue

Devonshire Place Leicester, 78 London Road, Leicester, United Kingdom, LE2 0RA

[www.devonshire-place.co.uk](http://www.devonshire-place.co.uk)

## Registration Payment and Sign Up

To book your place at the conference please visit [DMU Online Store: MHCD Registration](#)

## Registration Fees

**Closing Date for Registration Midnight on Friday 10<sup>th</sup> June 2016**

	<b>Early Bird fee until 20 May 2016</b>	<b>Fee from 21<sup>st</sup> May 2016</b>
<b>Students (from country group A, B and C) and UK (registered) service users, carers and students</b>	£100 (UK pounds)	£120 (UK pounds)
<b>Attendees group country A*</b>	£250 (UK pounds)	£300 (UK pounds)
<b>Attendees group country B*</b>	£190 (UK pounds)	£225 (UK pounds)
<b>Attendees group country C*</b>	£130 (UK pounds)	£150 (UK pounds)
<b>Attendees group country D*</b>	£60 (UK pounds)	£75 (UK pounds)
<b>Day rate</b>	£100 (UK pounds)	£120 (UK pounds)

## Countries and their Group Classification

### Group A (Upper and High-income economies by the World Bank)

Andorra, Germany, Oman, Aruba, Greece, Poland, Australia, Greenland, Portugal, Austria, Guam, Puerto Rico, Bahamas, The, Hong Kong SAR, China, Qatar, Bahrain, Hungary, San Marino, Barbados, Iceland, Saudi Arabia, Belgium, Ireland, Singapore, Bermuda, Isle of Man, Sint Maarten, Brunei Darussalam, Israel, Slovak Republic, Canada, Italy, Slovenia, Cayman Islands, Japan, Spain, Channel Islands, Korea, Rep., St. Kitts and Nevis, Croatia, Kuwait, St. Martin, Curaçao, Liechtenstein, Sweden, Cyprus, Luxembourg, Switzerland, Czech Republic, Macao SAR, China, Trinidad and Tobago, Denmark, Malta, Turks and Caicos Islands, Estonia, Monaco, United Arab Emirates, Equatorial Guinea, Netherlands, United Kingdom, Faeroe Islands, New Caledonia, United States, Finland, New Zealand, Virgin Islands (U.S.), France, Northern Mariana Islands, French Polynesia, Norway.

### Group B (Upper – Middle- income economies by the World Bank)

Angola, Ecuador, Palau, Algeria, Gabon, Panama, American Samoa, Grenada, Peru, Antigua and Barbuda, Iran, Islamic Rep., Romania, Argentina, Jamaica, Russian Federation, Azerbaijan, Jordan, Serbia, Belarus, Kazakhstan, Seychelles, Bosnia and Herzegovina, Latvia, South Africa, Botswana, Lebanon, St. Lucia, Brazil, Libya, St. Vincent and the Grenadines, Bulgaria, Lithuania, Suriname, Chile, Macedonia, FYR, Thailand, China, Malaysia, Tunisia, Colombia, Maldives, Turkey, Costa Rica, Mauritius, Turkmenistan, Cuba, Mexico, Tuvalu, Dominica, Montenegro, Uruguay, Dominican Republic, Namibia, Venezuela, RB.

### Group C (Lower-middle-income economies by the World Bank)

Albania, Indonesia, Samoa, Armenia, India, São Tomé and Príncipe, Belize, Iraq, Senegal, Bhutan, Kiribati, Solomon Islands, Bolivia, Kosovo, South Sudan, Cameroon, Lao PDR, Sri Lanka, Cape Verde, Lesotho, Sudan, Congo, Rep., Marshall Islands, Swaziland, Côte d'Ivoire, Micronesia, Fed. Sts., Syrian Arab Republic, Djibouti, Moldova, Timor-Leste, Egypt, Arab Rep., Mongolia, Tonga, El Salvador, Morocco, Ukraine, Fiji, Nicaragua, Uzbekistan, Georgia, Nigeria, Vanuatu, Ghana, Pakistan, Vietnam, Guatemala, Papua New Guinea, West Bank and Gaza, Guyana, Paraguay, Yemen, Rep., Honduras, Philippines, Zambia.

### Group D, E (Low-income economies by the World Bank)

Afghanistan, Gambia, The, Mozambique, Bangladesh, Guinea, Myanmar, Benin, Guinea-Bissau, Nepal, Burkina Faso, Haiti, Niger, Burundi, Kenya, Rwanda, Cambodia, Korea, Dem Rep., Sierra Leone, Central African Republic, Kyrgyz Republic, Somalia, Chad, Liberia, Tajikistan, Comoros, Madagascar,

### **Cancellations**

Please note that cancellations within one month before the conference will not qualify for a refund. For a 50% refund, cancellations must be made two months before the conference.

### **Proof of identity:**

Students may be required to show proof of being in full time education upon request of the conference administration team.

## Conference Organising Committee

### Professor Raghu Raghavan



Raghu Raghavan is Professor of Mental Health at De Montfort University Leicester and Director of Mary Seacole Research Centre. He has been active in teaching, research and service development for people with intellectual disabilities and mental health needs. His research is encapsulated by four overarching, but inter-related themes which address important issues in disability, mental health and wellbeing: improving access to services/interventions, user involvement, practice and service development, cultural diversity and inclusion. He has strong interest in confronting mental health inequalities for people from diverse ethnic and cultural communities through transformative practices. He also works with Mental Health Action Trust (MHAT), a mental health community service in South India.

### Professor Sabasachi Bhaumik



Sab Bhaumik is currently Honorary Chair of University of Leicester, Consultant Psychiatrist, Senior Medical Advisor and ex- Medical Director of Leicestershire Partnership NHS Trust. He is also the current Chair of the Diaspora Organisations Committee of the Royal College of Psychiatrists. He was the former Chair of Faculty of Psychiatry of Learning Disability and was the Chair of Trent Division of the Royal College of Psychiatrists. Prof Bhaumik was awarded OBE for services to Medicine in 2006 and was the winner of the Hospital Doctor Award in 2005. He led the next stage review programme for Learning Disability in East Midlands and is the Chair of the Working Group on Development of Care Pathways. He has published extensively in

health service research and is currently leading on a research project on implementation of care pathways. He was the clinical lead for commissioning project board locally and also co-chaired the payment by results project board in mental health. He was the Chair of British Indian Psychiatric Association from 2012 to 2014.

### Dr. Satheesh Kumar



Satheesh has been a consultant in Psychiatry of Intellectual Disability since 2002 and is currently the Medical Director of Leicestershire Partnership NHS Trust. Satheesh has a strong interest in the cultural aspect of health. He led the development of the Royal College of Psychiatrists guidance on improving access to people with Intellectual Disability from ethnic minority communities. He was also involved in the development of national guidance for dementia in people with Intellectual Disability. His research interest include on Intellectual disability and ageing, care pathways and service models. He is active in mental health gap training in Intellectual disability in India and is the founder of a web site providing information on autism with focus on services for people with autism in India ([www.a4autismb4bangalore.com](http://www.a4autismb4bangalore.com))

### Dr. Fabida Noushad



Fabida Noushad is a consultant psychiatrist in general adult psychiatry and clinical director for adult community mental health services at Leicestershire Partnership Trust. Her interests include improving quality of life for patients with severe mental illness, promoting access to health, promoting wellbeing and recovery and reducing mental health inequalities. Fabida is the 'Delivering race equality' representative for the Division of psychiatry at Leicester Partnership Trust. She has worked on a number



of initiatives to promote mental health awareness and dispel the myths about mental illnesses in the Black and Minority Ethnic community.

#### Dr. Mohammed Abbas



Mo Abbas is a Consultant Psychiatrist at Leicestershire Partnership Trust and Honorary Senior Lecturer at the University of Leicester. He is a previous Chair of Iraq Subcommittee of the Royal college of Psychiatrists (RCPsych) and has been involved in a number of projects aimed at improving mental health services in Iraq as well as improving the standards of undergraduate and postgraduate medical education. He won the RCPsych award, the psychiatric volunteer of the year (2015) for that work. His research interests include *meanings / motives of the suicidal behaviour*, evolutionary approach to schizophrenia and *case formulation psychiatry*.

## Conference support team

For all information about the conference and registration please contact:

**Claire Sedgwick** Tel: +44 (0)116 2577168 - Email: [claire.sedgwick@dmu.ac.uk](mailto:claire.sedgwick@dmu.ac.uk)

**Tom Moore** Tel: +44 (0)116 2506122 - Email: [tmoore@dmu.ac.uk](mailto:tmoore@dmu.ac.uk)

## Keynote Speakers

### Ananda Galappatti (Sri Lanka)

***Adversity and innovation: Insights from work in war and disaster***



Ananda is a medical anthropologist. He initiated The Good Practice Group (GPG) and an online Mental Health and Psychosocial Support Services (MHPSS) Network to incubate, harness and direct innovative practices and strategic interventions for the mental health and psychosocial support sector. His programs encourage civic engagement in order to promote empathetic and effective psychosocial services to survivors of war, natural disaster, and adversity in Sri Lanka and globally. Both GPG and MHPSS Network are based on the idea that collaboration and solidarity among ethical and creative individuals can significantly shape or influence social and institutional realities in ways that improve people's lives.

### Dr Albert Persaud (UK)

***Human Rights, Mental Health and Human Dignity***



Albert completed a successful and distinguished career in the National Health Service (NHS) and at the Department of Health (DH). He has worked in various clinical settings, research and policy development in Mental Health and Public Health for nearly 40 years. He is co-founder and currently Director at The Centre for Applied Research and Evaluation International Foundation ([www.careif.org](http://www.careif.org)) a charity based at the Centre for Psychiatry, St. Barts and The London School of Medicine & Dentistry, London, England. He has co-authored and co-edited the Mental Health Legislation Resource, an introductory compendium of some of the most commonly used English legislation in mental health for legally sound decision-making with safe, effective practice.

### Dr Bhargavi Davar (India)

***Transforming communities for inclusion of persons with psychosocial disabilities – sharing research***



Bhargavi Davar is a noted mental health activist in India. She started the Bapu Trust in Pona, India, a first national-level organization in India entirely devoted to challenging the values, principles, and practices of the Indian mental health system. Drawing on years of work as an academic researcher, she operates on the conviction that medical interventions to manage the mentally ill have excluded attempts to address the social and structural causes of disease, and have resulted in a failed, paternalistic model of care. Bhargavi has for a number of years been at the forefront of initiatives to confront and address the problems of her country's mental health system. The Bapu Trust works with judges, government officers, and citizen groups to establish laws and regulations that protect the basic rights of people who suffer from mental illness.

### Professor Dinesh Bhugra (UK)

***Culture and Mental Health: Developing transformative practices and service models***



Dinesh Bhugra CBE is a professor of mental health and diversity at the Institute of Psychiatry at King's College London. He is an honorary consultant psychiatrist at the South London and Maudsley NHS Foundation Trust and is former president of the Royal College of Psychiatrists. He became chair of the Mental Health Foundation in 2011, and was awarded his CBE in the 2012 New Year Honours for services to psychiatry following three years as the president of the Royal College of Psychiatrists. He is president of the World Psychiatric Association (WPA). His research interests include cross-cultural psychiatry, migrant mental health, professionalism in psychiatry, depression, psychosexual medicine, service provision and decision-making.

### **Dr Erinfolami Adebayo Rasheed (Nigeria)**

#### **Culturally sensitive transformative practices & service models in Africa: A Nigerian perspective**



Erinfolami Rasheed is Psychiatrist and Senior Lecturer at the College of Medicine, University of Lagos, Nigeria. He has been actively involved in clinical service, research and teaching in general adult psychiatry and addiction services for school children. His research and publications include acute mental health services and cultural perspectives of mental ill health in the African context.

### **Professor Harry Minas (Australia)**

#### **Mental health and migration research in Australia: Systemic problems and consequences**



Harry Minas is Head of Global and Cultural Mental Health Unit, Centre for Mental Health, Melbourne School of Population Health, and University of Melbourne. He is the Director, Melbourne Refugee Studies Program and Co-Director, WHO Collaborating Centre for Mental Health Research and Training. He has been active in research, teaching and service development in transcultural mental health, international mental health systems development, and human rights and mental health. He has been a consultant to Australian Commonwealth and State Departments of Health, successive Australian Ministers for Immigration and Citizenship, the International Organization for Migration, and the World Health Organization. He is currently advisor to the ASEAN

Mental Health Taskforce, Ministries of Health and Ministries of Social Affairs in Indonesia and Vietnam.

### **Dr Jayasree Kalathil (UK)**

#### **Black mental health service user/survivor advocacy and activism: Yesterday, today, tomorrow**



Jayasree is a researcher and survivor activist and runs the virtual collective, Survivor Research ([www.survivor-research.com](http://www.survivor-research.com)). She is also a consultant for the National Survivor User Network (NSUN). For over 18 years, she has worked to link activism and experiential knowledge to academia and knowledge production, mobilising community participation to influence policy and practice. Her research focuses on issues of racialisation, gender and human rights in mental health, and has several publications in these areas, including *Dancing to our own tunes* (2008), *Recovery and resilience* (2011) and the co-authored book *Values and ethics in mental health* (2015). She is currently co-editing a special issue of the journal *Philosophy, Psychiatry & Psychology* on the theme "mental health user/survivor research and co-production."

### **Professor James Nazroo (UK)**

#### **Ethnic inequalities in severe mental disorders: economic, social and institutional harms**



James Nazroo is Professor of Sociology at the University of Manchester. Issues of inequality, social justice and underlying processes of stratification have been the primary focus of his research activities, which have centred on gender, ethnicity, ageing, and the intersections between these. His work on social and health inequalities in aging populations is particularly focussed on the 'transmission' of inequalities across the life course, patterns of 'retirement', and formal and informal social and civic participation. He is co-leading the English Longitudinal Study of Aging, a multi-disciplinary panel study of those aged 50 and over.

### **Professor Kwame Mckenzie (Canada)**

#### ***Cultural diversity and mental health: The Canadian experience***



Kwami McKenzie is Medical Director of Underserved Populations at the Centre for Addiction and Mental Health (CAMH), Toronto, Canada. As a Senior Scientist, he specializes in Systems and Health Equity Research at CAMH. Additionally, Dr. McKenzie is Director of the Social Aetiology of Mental Illness (SAMI) CIHR Training Program. He is a full Professor and the Co-Director of the Division of Equity Gender and Population in the Department of Psychiatry, University of Toronto. Dr. McKenzie is also CEO of the Wellesley Institute and a member of the Mental Health and Addictions Advisory Council to the Minister of Health. He sits on the Board of the United Way Toronto and the Ontario Hospitals Association.

### **Professor Mike Slade (UK)**

#### ***Cultural perspectives and mental health recovery***



Mike Slade is Professor of Mental Health Recovery and Social Inclusion, Faculty of Medicine & Health Sciences at the University of Nottingham. He has pioneered research in recovery which includes recovery and outcome focused mental health services and service user involvement, which has been highly influential. He has also made a key contribution to research on needs assessments and residential alternatives to inpatient services, and developing measures. He has written over 250 academic articles and nine books and his free booklets include *Making Recovery a Reality* (2008), *100 Ways to Support Recovery* (2013) and *REFOCUS: Promoting recovery in community mental health services* (2014).

### **Dr. Manoj Kumar (India)**

#### ***Delivering community mental health in resource-poor settings - combining technology with volunteering***



Manoj Kumar is the Clinical Director of The Mental Health Action Trust ([www.mhatkerala.org](http://www.mhatkerala.org)) a not-for-profit Charitable Trust based in Calicut, Kerala. MHAT aims to demonstrate that comprehensive psychosocial care can be provided in resource-scarce settings by linking up with local partners in training volunteers and others in mental health care. This model is currently being tested in a series of projects in 4 Northern districts of Kerala. MHAT provides long term care for more than 2500 economically backward patients in the community through 37 centres, developing in the process a unique model of delivery of comprehensive community psychiatric care.

Manoj also serves as a Consultant in Psycho-oncology and Community Psychiatry at the Institute of Palliative Medicine in Calicut, Kerala, India.

### **Dr. Naaheed Mukudam (UK)**

#### ***Encouraging Access to South Asians to a timely dementia diagnosis***



Naheed is a National Institute of Health Research (NIHR) Doctoral Research Training Fellow at University College London. Her research interest is in pathways to dementia diagnosis among minority ethnic groups in the UK. People from Black and Minority Ethnic backgrounds tend to delay help-seeking for dementia until relatively late in the illness and help-seeking is often prompted by a crisis. She received NIHR Fellowship to design and test an educational intervention to encourage South Asian people in the UK to seek help earlier for dementia. Naaheed is currently carrying out a pilot randomised controlled trial of this intervention.

### **Olga Runciman (Denmark)**

#### ***Understanding Extreme States through the Language of Post-psychiatry***



Olga Runciman is a psychologist with her own practice specializing in working with youth and adults typically described as psychotic. She sees the hearing voices movement as post-psychiatric, working towards the recognition of human rights while offering hope, empowerment and access to making sense of one's experiences on an individual level. She has worked extensively with trauma and abuse, voice hearing and other sensory experiences, as well as healing and recovery. She is a board member of the Danish Psychosocial Rehabilitation network and Intervoice the international Hearing voices network. She is chair and co-founder of the Danish Hearing Voices network.

### **Dr. Peter Hughes (UK)**

#### ***Global volunteering in mental health***



Peter Hughes, is a consultant psychiatrist based at Springfield University Hospital, London. He has an interest in international psychiatry and has been travelling to Africa over the last five years doing short-term assignments in mental health. He has been involved over many years in international mental health and particularly in Primary care low resource settings.

### **Dr Phil Thomas (UK)**

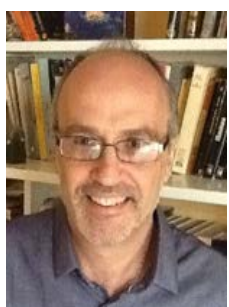
#### ***Community development as a transformational practice in mental health care***



Phil Thomas left the National Health Service after working as a full-time consultant psychiatrist for over twenty years. He has worked closely with survivors of psychiatry, service users and community groups, nationally and internationally. Until recently he was chair of Sharing Voices Bradford, a community development project working with Black and Minority Ethnic communities. In his first consultant post in Manchester he worked closely with the African-Caribbean community in the city, and was part of a team that set up the Manchester African-Caribbean Mental Health Project. He has published widely and works in alliance with survivors of psychiatry, service users and community groups, nationally and internationally.

### **Professor Panos Vostanis (UK)**

#### ***World Awareness for Children in Trauma: Towards a universal psychosocial model.***



Panos is Professor of Child Psychiatry at the University of Leicester and Visiting Professor at University College London. Panos has completed research on the assessment of mental health needs, evaluation of treatment and services for traumatized children, including those living in war zones. He is currently involved in several projects with NGOs and child trauma centres in Asia, Africa and South America as part of the World Awareness for Children in Trauma programme ([www.wacit.org](http://www.wacit.org)). He has longstanding clinical experience with vulnerable children, young people and families, i.e. in care, homeless, adopted, refugees, and young offenders.

### **Professor Roberto Mezzina (Italy)**

***Globalisation and ecological approach: between social determinants and subjectivity – the experience in Trieste***



Roberto Mezzina is a psychiatrist who has contributed for the last 35 years to the experience begun by Franco Basaglia in Trieste (who inspired the Italian Mental Health Reform Law in 1978), with the deinstitutionalization of the local psychiatric hospital and the subsequent development of alternative Community Services. For about two decades he led a comprehensive, 24-hour Community Mental Health Centre. He is Head of the WHO Collaborating Centre for Research and Training, Department of Mental Health, Trieste from 2009. He promoted the International Mental Health Collaborating Network (he is currently Vice-President). His professional experience and scientific production includes deinstitutionalization, organization of community services, crisis intervention, integrated approach to the therapy of psychosis, community care, rehabilitation and user involvement.

### **Dr Riadh Abed (UK)**

***Culture and Ethnicity in Evolutionary Perspective.***



Riadh Abed worked as a Consultant Adult Psychiatrist in Rotherham and Hon Senior Clinical Lecturer, University of Sheffield in 1987-2012 and as Medical Director of Rotherham Doncaster and South Humber NHS Foundation Trust. He has an interest in the implications of evolutionary science for psychiatry and has published novel evolutionary theories on eating disorders, OCD and schizophrenia. Since 2013 has been Secretary of the Section of Evolutionary Psychiatry at the World Psychiatric Association and from January 2016 Chair of the Evolutionary Psychiatry Special Interest Group at the Psychiatrists.

### **Dr Shanaya Rathod (UK)**

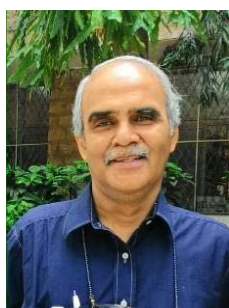
***Cultural adaptations of interventions: possibilities and challenges***



Shanaya Rathod is a Consultant Psychiatrist, Clinical Service Director and Director of Research at Southern Health NHS Foundation Trust. She is involved in a range of activities in the NHS including research, audits, teaching, service and strategy development. Following her postgraduate medical education, she has completed a doctorate in medicine, Certificate course in Managing health services with the Institute of health care management and acquired a certificate of Advance Medical leader with British Association of Medical managers. She has been a Fellow with the National Institute of Health and Care Excellence.

### **Professor Santosh Chaturvedi (India)**

***Joys and tribulations in dealing with sociocultural diversities in mental health practice in India***



Santosh K Chaturvedi is the Dean, Behavioural Sciences, Professor of Psychiatry, & Head of Department of Mental Health Education, at the National Institute of Mental Health & Neurosciences, Bangalore, India. He has received the Indian Council of Medical Research award on three occasions & Indian Psychiatric Society Awards on several occasions. He is Editor in Chief, Journal of Psychosocial Rehabilitation & Mental Health. His research interests include cultural aspects of psychiatric disorders, somatization, culture bound syndromes, and cultural adaptation of psychiatric measures.

### **Professor Sarah Salway (UK)**

#### ***What do we mean by transformative services for diverse cultural communities?***



Sarah Salway is Professor of Public Health at the School for Health & Related Research, University of Sheffield. She leads the Health Equity & Inclusion research theme within the Section of Public Health and is also involved in the NIHR School for Public Health Research. She spent her early career living and researching in India and Bangladesh. More recently, her research has examined health and healthcare inequalities in the UK with a particular focus on minority ethnic population.

### **Professor Shashi Shashidharan (UK)**

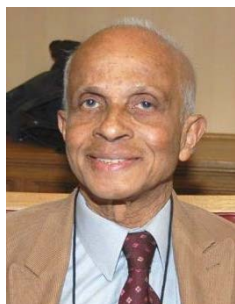
#### ***Ten years of NOT Delivering Race Equality in Mental Health in England: Where do we go from here?***



Sashi Shashidharan is a Consultant Psychiatrist in independent practice. He is a Director of Mental Health Rights a third sector, charitable organisation, based in Glasgow, Scotland. He is a Board Member of Mental Welfare Commission for Scotland. His academic background is in psychiatric epidemiology and community mental health. He has been involved in research, service reform and campaigns to improve community mental health services and reduce and eliminate ethnic inequalities in mental health services. He has worked as a mental health consultant to the World Health Organization and the Asian Development Bank and continues to be involved in mental health reform in low and middle income countries.

### **Dr Suman Fernando (UK)**

#### ***Ethical and sustainable services for mental health and wellbeing in non-western settings***



Suman Fernando was a consultant psychiatrist (now retired) in the British National Health Service for over twenty years until the mid-1990s. Since then he has been an academic, a writer and an advisor on mental health practice and service provision. He was also a member of the Mental Health Act Commission (a government inspectorate) for several years until 1995 where he chaired its National Standing Committee on Race and Culture. He is involved in voluntary organisations (NGOs) providing mental health services for people from minority ethnic ('racialised') groups in the UK and also for people in Sri Lanka.

### **Professor Vikram Patel (UK/INDIA)**

#### ***Imagining mental health care: lessons from global mental health care***



Vikram Patel is psychiatrist and researcher best known for his work on child development and mental disability in low-resource settings. He is the Co-Founder and former Director of the Centre for Global Mental Health at the London School of Hygiene and Tropical Medicine (LSHTM), Co-Director of the Centre for Control of Chronic Conditions at the Public Health Foundation of India, and the Co-Founder of Sangath, an Indian NGO dedicated to research in the areas of child development, adolescent health, and mental health. In April 2015, he was listed as one of the world's 100 most influential people by TIME magazine. The main focus of his research has been on epidemiology and the sociocultural determinants and treatment of mental disorders in impoverished regions of India and other resource poor settings.

# CONFERENCE VENUE

## Devonshire Place Conference and Event Centre



The conference will be held at the Devonshire Place Conference and Event Centre, 78 London Road, Leicester, LE2 0RA, UK. The venue is close to Leicester City Centre and within easy access to Motorways and less than 2 minutes' walk from the Leicester Railway Station.

**PARKING:** There is limited car parking facility at the conference venue. There are a number pay and display car parks near by the conference venue.

## Accommodation

There are a number of hotels near the conference venue, including:

### **Holiday Inn Express Leicester**

Filbert Way Raw Dykes Road, Leicester LE2 7FL • +44 (0)116 249 4590

<http://www.ihg.com/holidayinnexpress/hotels/us/en/leicester/lctws/hoteldetail>

### **Holiday Inn, Leicester**

129 St. Nicholas Circle, Leicester LE1 5LX • +44 (0)871 942 9048

<http://www.hileicesterhotel.co.uk/>

### **The Belmont Hotel**

20 De Montfort Square Leicester LE1 7GR

[www.belmonthotel.co.uk](http://www.belmonthotel.co.uk)

### **Premier Inn Leicester City Centre**

1 St Georges Way, Leicester, LE1 1AA

<http://www.premierinn.com/en/hotel/LEIBAR/leicester-city-centre>

### **The Ibis Hotel**

St. Georges Way, Constitutional Hill, Leicester LE1 1PL

<http://www.ibis.com/gb/hotel-3061-ibis-leicester-city/>



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#### **Benefits:**

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2m x 2m space in the exhibition hall of the Mental Health and Cultural Diversity 2016 conference  
Company logo on welcome boards  
Company logo and profile in the conference guide  
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Free Wi-Fi on the Exhibition stand  
Insertion of promotional material in the Conference Bag  
1 complimentary pass and 50% discount for further passes

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# Leicester

Leicester is an exciting cosmopolitan city with a proud history stretching back 2000 years. Leicester is one of the most diverse cities in the UK. Approximately 50% of the population of Leicester comes from diverse ethnic and cultural communities. Leicester is also a city of remarkable history. In 2012, the remains of King Richard III were discovered buried near De Montfort University and were re-buried in 2015 in Leicester Cathedral, again just a few hundred yards from De Montfort University. Much of Leicester's history and architecture – including buildings from Roman times – have been surprisingly well preserved: “Unlike almost every other city in the UK, Leicester has retained a remarkable record of its past in buildings that still stand today.”

Leicester is brimming with things to see and do, with state-of-the-art, award-winning venues including Curve, Highcross Shopping Centre and the National Space Centre, a fantastic calendar of events and festivals, renowned museums and galleries, a range of cuisines, areas of natural beauty and ancient heritage. Leicester modern city, rich in arts, culture, sports and heritage, Leicester offers something of interest for all ages. Set in the heart of one of England's most attractive counties, the surrounding villages and countryside are easily reachable to explore. Our central location in the Midlands, makes it to accessible from all directions. It takes just 62 minutes to come to Leicester on a fast, direct train from London.

- See more at: <http://www.visitleicester.info/welcome-to-leicester/>

## TRAVEL

Leicester has direct rail links with London and the North of England by the east midlands mainline service. Leicester is well connected by main motorways. The nearest airports include East Midlands International and Birmingham International.

Travel information can be found via the following link. <http://www.visitleicester.info/plan-your-trip-here/>

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