

MIGRATION & MENTAL HEALTH CONFERENCE

15th November 2023, 9:00-16:00

Place: CSS (Gammeltoftsgade 13,København).

Building 35, ground floor (0), room 12



About the conference

An estimated 281 million people were migrants in 2020. Racism, discrimination, and stressful experiences encountered before, during, and after migration pose a huge risk to the mental health of migrant populations. Yet many migrants continue to experience challenges accessing mental health support within our healthcare systems. While there is growing evidence from different fields on ways to enhance the mental health of migrants, structural inequities in care are

still significant.

This conference aims to bring together researchers, practitioners, and end-users to discuss and reflect on the current state of research, policy, and practice on migrant mental health and the responses of states, healthcare systems, and civil societies. A diverse group of researchers from global mental health (Mina Fazel, Wietse Tol), history (Ana Antic), and philosophy (Ezio Di Nucci), practitioners, and policymakers will share their knowledge and experiences in this one-day event. The conference will be an opportunity to share evidence and good practices but also to identify structural injustices that continue to cause suffering and contribute to poor mental health among some of society's most vulnerable groups.

Our event will also serve as a platform to inform mental health policies, discuss how the Danish 10-year action plan for mental health can become more inclusive, and respond to the needs of migrants.

If you plan to attend the conference, please send an email to hejdi.abdelhamid@sund.ku.dk and maria.castaner@sund.ku.dk

Event organizers: Maria Marti Castaner & Christopher de Jamil Montgomery, at the Center for Migration Ethnicity and Health, at the Department of Public Health, Copenhagen University

Agenda

8:30-9:00	Breakfast
9:00-9:15	Welcome: Maria Marti Castaner
9:15-9:45	Keynote: <u>Professor Ana Antic</u> History, culture, and mental health
9:45-11:15	Panel 1: Social determinants of mental health among refugees <u>Lena Skovgaard Andersen</u> : Understanding the etiology of alcohol misuse among South Sudanese refugees in northern Uganda: A qualitative study

	<p><u>Karen-Inger Karstoft</u>: Traumatic exposures and symptoms of (complex) PTSD in Displaced Ukrainians in Denmark</p> <p><u>Francisca Gaifem</u>: Association between discrimination and mental illness among Syrian refugees in Lebanon</p> <p>Panel 2: Structural determinants of migrants' mental health</p> <p><u>Jacob Lind</u>: The long-term impact of extended and extreme housing insecurity on children fearing deportation. Retrospective narratives of young adults in Denmark and Sweden</p> <p><u>Arash Setoodeh</u>: Life Entrapment or Trampoline? Understanding existential life experiences of Iranian rejected asylum seekers in Copenhagen's drug scene</p> <p><u>Loth Andersen & Liv Bjerre</u>: The impact of integration policy on immigrants' mental health</p>
11:15-11:30	Coffee Break
11:30-12:00	Keynote: <u>Professor Wietse Tol & Professor Ezio Di Nucci</u> Structural injustice as a framework for addressing mental health in vulnerable populations.
12:00-13:00	<p>Panel 2: Approaches in mental health promotion and prevention</p> <p><u>Simon R. Husby</u>: The adapted MindSpring program for Ukrainian refugees": A mixed methods study of an early psychosocial group intervention.</p> <p><u>Kirstine Fjordbak-Trier</u>: How the mother's group project <i>New mom in Denmark</i> supports women with a refugee or ethnic minority background.</p> <p><u>Jacqueline Ndlovu</u>: Scaling up mental health services in humanitarian settings: barriers and facilitators for a guided self-help intervention in Uganda.</p>
13:00-14:00	Lunch and poster session
14:00-15:00	<p>Round table with mental health practitioners and organizations in Denmark</p> <p>Participants: DIGNITY (Linda Nordin), Competence Center for Transcultural Psychiatry (Jessica Carlson), Muhabet (Pernille Agerbæk), Red Barnet (Ditte Shapiro), keynote speakers</p>
15:00-15:30	Keynote: <u>Professor Mina Fazel</u> Rethinking mental healthcare to serve a diverse population
15:30-15:45	Concluding remarks from the organizers
15:45-17:00	Refreshments and art (Because a mother never stops bleeding by <u>Carolina Echeverri M</u>)