Course Title: The Mental Health Needs of Refugees and Asylum Seekers

Subject category: Mental Health

Course aim: To increase knowledge and identify skills necessary to support the mental health needs of refugee and asylum seeker clients

Course overview: Identifying, assessing and meeting the mental health needs of refugees and asylum seekers can be a complex area which many support workers feel ill equipped to deal with. This one day course introduces the essentials of the care and support of this client group, drawing on current research into the psychological impact of both pre and post migration stressors, the range of possible mental health needs and best practice in addressing these needs via a sensitive and structured helping process.

Pre course requirements: There are no special pre course requirements.

Name of trainer: Anna Minogue

Who should attend: Support staff whose work brings them in to contact with refugees and asylum seekers, or anyone with an interest in developing knowledge and skills in this area

Course level: Level One (introductory)

What you will learn:

- Definitions and legal status of the terms ‘refugee’ and ‘asylum seeker’
- A brief overview of the asylum process in the UK and its possible impact on the individual
- Understanding the range of pre and post migration stressors
- Understanding the effects of trauma and recognising both normal and complicated trauma reactions
- How to recognise signs of more severe distress
- How to assess for suicide
- Guidelines on interview and assessment skills appropriate for this client group
- Making a plan of action and support
- Making meaningful referrals
Course timings: This is a one day course will run from 10.00am to 4.30pm with short comfort breaks, morning and afternoon and a one hour lunch break

Programme:

10.00am Welcome, introductions, housekeeping and ground rules

10.30am Introduction to working with refugees and asylum seekers:
  - What is the difference between a refugee and an asylum seeker?
  - A brief overview of the asylum processes; what formal support is available? possible outcomes and impact of the asylum process on the individual

11.15am Break

11.30am The range of stressors experienced by refugees and asylum seekers:
  - Understanding pre migration stressors including the impact of war, imprisonment, physical and sexual violence and bereavement; understanding the nature of traumatic reactions; recognising normal and complicated trauma reactions (post traumatic stress disorder)
  - Understanding post migration issues including the impact of discrimination, dispersal, destitution, delayed decisions and denial of the right to work.
  - Recognising common mental health problems: anxiety and depression; recognising more severe problems: psychosis, mania and complex post traumatic stress

1.00pm Lunch

2.00pm Help and support
  - The essentials of one to one support; interviewing skills appropriate for this client group; guidelines on talking with clients about their experiences
  - Making an assessment of needs; recognising and assessing suicide risk; making a support/action plan; making meaningful referrals

3.00pm Break

3.30pm Case studies
  - Case study work: making an assessment and action/support plan
  - Resources, further information

4.15pm Review and evaluation

4.30pm Close