Concept Note: Global Mental Health Series 2018

Location, Venue, Date

- Global Room, Hamilton Building, Trinity College
- Wednesday, 13:00 – 14:00
- 24th January, 14th February, 14th March and 18th April, 2018

Hosts

The Centre for Global Health with the support of the Trinity International Development Initiative (TIDI) www.tcd.ie/tidi, and the School of Psychology, Trinity College Dublin.

Draft Schedule

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Series (1): 24th January, 2018

Chair:
Speaker: Camila Perera

Title: Psychosocial support on the borders: How to provide psychosocial support to people on the move?
Refugees and migrants often experience multiple stressors resulting from experiences that take place before, during, and after fleeing their countries or origin. Past traumatic experiences compounded by stressors of displacement, including separation from family members, rapidly changing policies, and a shortage of material or social support often lead to feelings of anger, worry, and stress. As an unprecedented number of people arrive in Europe seeking refuge from armed conflict and generalised violence, it is crucial to care for their health and psychosocial needs. Although there is no current international model for providing mental health care for populations on the move, international organizations have agreed on twelve guiding principles to guide the response without causing harm. This talk will present the
challenges of working and conducting research with examples from the EU refugee crisis, as well as in Bangladesh with the Rohingya, among others.

**Series (2): 14th February, 2018**

**Chair:**
**Speaker: Ida Haahr-Pedersen**

**Title: One House, Multiple Helpers**

How to provide a multidisciplinary approach to child abuse?

Child abuse and neglect are global issues. The WHO suggests that a quarter of all adults have been exposed to physical abuse in childhood and that one in five women and one in 13 men report having been sexually abused as a child. The various adverse impacts of child mistreatment on physical and mental health are well-documented in the research literature. Recently, a series of severe cases of child mistreatment in Denmark galvanised an increased focus on child abuse and interventions for victimized children, and eventually led to the establishment of the Danish Children Centres in 2013. Today, five regional children centres offer an interdisciplinary, cross-sectoral, and child-centered approach to cases of child abuse, involving psychologists, medical examiners, social workers, police and attorneys. This talk will discuss the current evidence on child abuse, globally, which calls for multiagency response spanning the healthcare, legal and political sectors. The talk will also introduce the Nordic Barnahus model of addressing cases of child abuse. Specifically, how its multidisciplinary and cross-sectoral approach serves as a good example for how child abuse could be approached, globally.

**Series (3): 14th March, 2018**

**Chair:**

**Speaker: Larissa Sherwood**

**Title: Where does the real risk lie? Understanding the consequences of chronic stress and traumatic exposure on police officer mental health**

**Aims & Objectives**

Present and discuss the multi-dimensional risk factors of police work and the effects of chronic stress and trauma exposure on the mental health of police officers working in post-conflict or conflict settings.

**Context**

Police officers are routinely exposed to critical incidents such as road traffic fatalities, child abuse cases, violent offenders and homicide scenes. For police officers working in conflict or post-conflict settings however, there is an increased risk of exposure to stressors unique to these contexts. These may include: attacks from dissident or rebel groups and working in under-resourced, insecure, and unstable conditions, often resulting in the militarization of the police force (Mani, 2003; Police Federation for Northern Ireland, 2016). Repeated exposure to these stressful and potentially traumatic incidents may compromise the mental health and well-being of officers.
This seminar will focus on the individual, organizational, and operational risks that police face in the unique context of conflict and post-conflict states and the impact of these risks on officers’ psychological wellbeing. Using the Police Service of Northern Ireland (PSNI) as a case study, and the unique context of working as an officer in this post-conflict society, this talk will cover the various sources of stress for PSNI officers, as well as the psychological consequences of chronic stress and cumulative trauma.¹

**Series (4): 18th April, 2018**

**Chair:**

**Speaker:** Kinan Aldamman

**Title:** “Put your Oxygen mask on first”
**How to protect the wellbeing of humanitarian aid workers?**

With over 141 million people worldwide in need of humanitarian assistance, humanitarian workers are an important resource to mitigate the impact of disasters. While the tendency is for international agencies to focus on affected populations, concern should also be given to the humanitarian workers, who are more frequently exposed to traumatic events. This talk discusses the stressors that humanitarian workers face as well as their psychosocial consequences. Furthermore, the session will highlight some tools and techniques that can be used to promote humanitarian workers’ wellbeing. Questions will also be raised regarding the duty humanitarian organisations have to protect their workers’ wellbeing. For instance, the importance of policies and procedures, the role of managers and colleagues, and the information that should be given to the humanitarian agencies staff and volunteers regarding their mental health. Furthermore, the session will cover techniques that can help to promote humanitarian workers wellbeing, aligned with the guidelines of the interagency standing committee for mental health and psychosocial support in emergencies.

**Speakers:** All four speakers of this special TIDI series are doctoral researchers on the Collaborative Network for Training and Excellence in Psychotraumatology (CONTEXT) programme. CONTEXT has received funding from the European Union’s Horizon 2020 research and innovation programme, under the Marie Skłodowska-Curie grant agreement No 722523.

**Camila Perera** has a background in Public Health and International Development Studies. **Before starting her PhD in Trinity College Dublin as part of the CONTEXT programme**, she worked at the International Federation of the Red Cross and Red Crescent Societies, first in Geneva on knowledge management and later in

Copenhagen at the IFRC Reference Centre for Psychosocial Support on knowledge management and on psychosocial support research.

Ida Haahr-Pedersen received her M.Sc in Sociology from The University of Copenhagen and completed additional training at The Humboldt University of Berlin. **Before starting her PhD in Trinity College Dublin as part of the CONTEXT programme**, she worked as a research assistant in a psychological clinic for children with sexual behaviour problems.

Kinan Aldamman is a clinical psychiatrist and a trainer on Mental Health and Psychosocial Support for the International Federation of the Red Cross. **Before starting his PhD in Trinity College Dublin as part of the CONTEXT programme**, he spent two years as a Psychosocial Coordinator with the Syrian Arab Red Crescent in Damascus.

Larissa Sherwood graduated with honors from California State University, Fullerton with a Bachelor’s degree in Sociology and completed her Masters in Sociology from Queen’s University Belfast. **Before starting her PhD in Trinity College Dublin as part of the CONTEXT programme**, Larissa worked as a research assistant at Queen’s University Belfast and as a research executive for Ipsos MORI.

**NGOs:** CONTEXT partners, particularly those located in Dublin: the Irish Red Cross, the Dublin Rape Crisis Centre and Spirasi.

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