

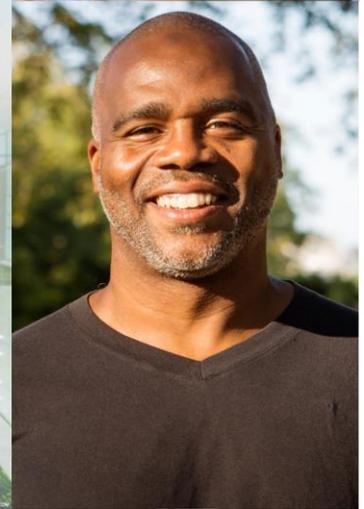
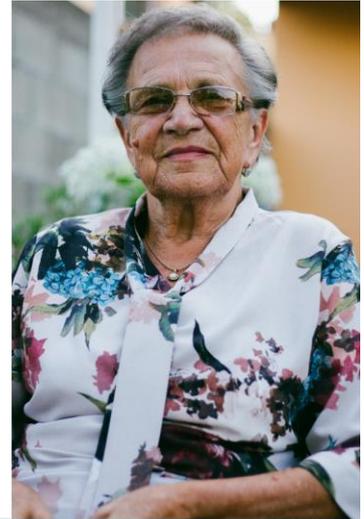
SEMINAR

# Diverse approaches to mental health

1<sup>st</sup> February 2018

12 – 2.30pm

Wellington House  
London



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NETWORK  
COLLABORATION



# Together we can build a stronger,

# healthier community for the benefit of all

This seminar celebrates the first year of partnership between the Muslim Networks in Public Health England, NHS Improvement and the Department of Health. We will also initiate our new 2020 plan with a focus on how government, businesses, civil society and professional associations need to work more collaboratively to improve all our mental health.

## The seminar aims to:

- Assess diversity and inclusion aspiration and practise across government;
- Understand the causes of mental health problems and the role of public sector health organisations in prevention;
- Provide insight into the influence of culture, social context and faith on understandings of mental health;
- Enable people and organisations to collaborate and develop approaches which raise awareness of mental health and prevent mental health problems.

## Current status

Mental health problems are widespread, yet often hidden, despite representing the largest single cause of disability in the UK. People in all walks of life can be affected at any point in their lives with the cost to the economy being estimated at £105 billion annually – roughly the cost of the entire NHS. For too long, people with mental health problems have been stigmatised and marginalised.

Both race and religious minority communities face similar issues in relation to diagnosis, service provision and on-going support. We therefore need to consider how to reach all communities

**This is a unique opportunity to participate in a significant movement towards a more resilient, inclusive society. Places are limited.**

## How can we build healthier, more resilient communities?

This is a question that is being discussed by parents, employers, policy makers and practitioners globally. Research shows that one in four adults in the UK are likely to have a mental health problem at some stage in their lifetime. And while efforts to improve mental health increase, we believe there is a dimension which requires close attention; the influence of faith, culture and social context.

This understanding is key to developing mental health services that are more responsive to the cultural and social contexts of diverse communities, in particular, racial and ethnic and religious minorities.

## Will you join our commitment?

Public Health England has published the [Prevention Concordat for Better Mental Health](#), which aims to facilitate national and organisational action to prevent mental health problems and promote good mental health. The Department of Health and Public Health England have also launched a £15 million programme to train 1 million people in basic mental health literacy.

At this event, we will formalise commitments from some of Britain's largest and most diverse Muslim organisations to the Concordat and explore how organisations can collaborate to prevent mental health problems and promote good mental health.

## TO BOOK

Register online at <https://diverseapproach.eventbrite.com>



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**Baroness Ruby McGregor-Smith CBE** is the former CEO of Mitie Group PLC, a strategic outsourcing company headquartered in Bristol, from 2007 to 2016.

As well as being an accomplished business Leader, the Baroness is also an author and the currently a non-executive Director and Council Member of The University of Bath. Ruby received a CBE for services to business and diversity in business in 2012 and was a created a life peer in 2015.



**Clare Moriarty** has been Permanent Secretary for the Department for Environment, Food and Rural Affairs since August 2015 and has been appointed the new civil service faith and belief champion since November 2017.

Clare has a long-standing interest in leadership, change and diversity. She is a member of the Westminster Abbey Institute Council of Reference and the Advisory Council of the Cambridge Centre for Science and Policy.



**Ian Dalton CBE** was appointed as the new chief executive of NHS Improvement in December 2017 and has an exceptional track record with over 30 years' experience in the NHS and the wider health sector.

He was previously the Chief Executive Officer at Imperial College Healthcare NHS Trust and has held a number of senior provider, regional and national NHS roles throughout his career including Chief Operating Officer and Deputy CEO at NHS England, Chief Executive of NHS North of England, and two acute hospital trusts.



**Jonathan Jones** is Permanent Secretary of the Government Legal Department. His formal roles are Her Majesty's Procurator General, Treasury Solicitor and Head of the Government Legal Service.

In addition to running his own Department, Jonathan is Head of Profession for the wider community of lawyers who work in Government. In September 2016 Jonathan took up the role of Civil Service Health and Well-being Champion.



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**Dr Ghazala Mir** is an Associate Professor at Leeds Institute of Health Sciences with research interests in health and social inequalities. Her research covers minority ethnic and faith communities, women and people with learning disability.

Dr Mir has helped to create a new treatment, based on an existing effective therapy called Behavioural activation. Following a successful pilot study, funded by the National Institute of Health Research, the therapy is being offered by NHS mental health services in Leeds, Redbridge and Kirklees



**Professor John Newton** is the Director of Health Improvement at Public Health England responsible for health improvement functions including: screening alcohol, tobacco and drugs diet and obesity health equity.

Professor Newton previously led England's contribution to the Global Burden of Disease project and chaired the WHO European Burden of Disease Network.



**Isabella Goldie** has been Director of Development and Delivery at the Mental Health Foundation since 2014. She has developed a range of research & service improvement projects, with specific interest in refugees and the role of the arts in reducing stigma and discrimination.

Isabella is a registered mental health nurse and has supported the development of VOX Scotland and has contributed to a number of leading publications including *Public Mental Health: A Handbook*.



**Tony Vickers-Byrne** is the Chief Adviser of Diversity and Inclusion and Staff Health and Wellbeing at Public Health England. Tony has over 25 years' experience at HR director level, primarily in the NHS and the Health Protection Agency.

Tony is a member of Professor Sir Cary Cooper's National Forum for Health and Wellbeing in the Workplace and NHS England's Equality and Diversity Council.



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## PROGRAMME

12.00	<b>Networking and refreshments</b>	
12.15	<b>Opening address and introductions</b> Brief overview of event objectives	Nuzhat Ali. Vice-Chair, PHE Muslim Network
12.20	<b>A year in review</b> Achievements and acknowledgements	Abdul Ghafoor, Chair, PHE Muslim Network
12.30	<b>Driving diversity in the workplace</b> “Race in the Workplace” key learnings	Baroness Ruby McGregor-Smith
12.40	<p>Chair of the Department of Health Muslim network, Sami Rahman to initiate this session.</p> <p><b>PANEL: HOW DO WE BUILD A DIVERSE &amp; INCLUSIVE CIVIL SERVICE?</b></p> <p>Tony Vickers-Byrne will begin and facilitate the panel discussion with a short reflection on the importance of staff diversity networks in the workplace. He will also discuss the importance of integrating staff health and wellbeing into the diversity agenda to develop truly compassionate workplaces.</p> <p>Tony will then ask Clare Moriarty for her view on why it is important to embed the business case for diversity and inclusion into the Civil Service, and in particular what her discussions on religion, faith, belief and non-belief have highlighted to date.</p> <p>Tony will then address Baroness Ruby McGregor-Smith with a question about how we can apply the learnings from her independent review to other diversity characteristics such as faith, bearing in mind the difference in declaration rates.</p> <p>Tony will then ask Jonathan Jones about the Civil Service commitment to improve services, support and employment prospects available to all staff, including those with a disability or long-term ill health conditions, with particular reference to mental health.</p> <p>If time permits, the following topics will also be addressed to members of the panel:</p> <ul style="list-style-type: none"> <li>• What efforts are being made to address social mobility to build a fairer society</li> <li>• How can staff and diversity teams help you to achieve this ambition in the Civil Service?</li> </ul>	
13.05	<p><b>Facilitating local and national action around preventing mental health problems and promoting good mental health.</b></p> <p>Professor John Newton will introduce the Prevention Concordat for Better Mental Health, explaining the importance of a prevention-focused approach to improving the public’s mental health thereby achieving a fairer and more equitable society.</p> <p>He will then explain the importance of cross-sector action and thank the following organisations who have committed to the Concordat:</p> <ul style="list-style-type: none"> <li>- <b>CUBE Network</b> CUBE will engage it’s 100+ affiliate professional networks to raise awareness of mental health awareness and ‘wellbeing at work’ resources in collaboration with D&amp;I, HR and Mental health networks. Cube will facilitate awareness sessions/lunch and learn events at affiliate sites during October, relating to Mental</li> </ul>	

	<p>Health Day (10th October).</p> <ul style="list-style-type: none"> <li>- <b>Muslim Council of Britain</b> The Muslim Council of Britain will establish and facilitate a national Steering Group comprising healthcare professionals and key community stakeholders will be tasked to develop, by May 2018, a training programme for community Mental Health Champions for delivery in mosques. By March 2019, at least three regional sessions will be held for religious scholars (Imams) and community leaders as Community Mental Health Champions.</li> <li>- <b>British Islamic Medical Association</b> The British Islamic Medical Association (BIMA) commits to host a series of workshops and events, run by our volunteer healthcare professionals, focused on mental health with mosques and community centres across Britain in 2018, working with a range of stakeholders including patients, imams, clinicians and support groups.</li> <li>- <b>Inspired Minds</b> Inspired Minds will host a series of workshops, training, campaigns and events focussed on mental health across 2018 within schools, universities and mosques nationally. We will also work with leading specialists to produce culturally appropriate and faith-sensitive print and digital materials, resources and tools to raise awareness of mental health and support those experiencing mental health challenges.</li> </ul>	
13.15	<p><b>PANEL: THE INFLUENCE OF CULTURE AND SOCIETY ON MENTAL HEALTH</b></p> <p>Professor John Newton will then invite Isabella Goldie, Director of Development &amp; Delivery of the Mental Health Foundation, Dr Ghazala Mir, Associate Professor at Leeds Institute of Health Sciences and Emily Danby from MIND in Harrow to join a panel discussion.</p> <p>Professor Newton will ask Isabella about the work of the Mental Health Foundation in relation to social stigma, tailored care and community partnerships.</p> <p>Professor Newton will then address Dr Ghazala Mir in relation to her research into the importance of understanding faith belief and practise to engage and support diverse communities.</p> <p>Professor Newton will then ask Emily Danby to talk about the work of MIND in Harrow to engage communities through the Bridging Cultures programme.</p>	
13.40	<p><b>Interactive session: Launching a community wellbeing initiative – a resources audit</b></p> <ul style="list-style-type: none"> <li>• Community attitudes to mental health</li> <li>• Resource evaluation and cultural relevance</li> <li>• Action planning</li> </ul>	Emily Danby, MIND in Harrow, Bridging Cultures Coordinator
14.15	<p><b>Closing remarks</b></p> <p>Chair of the NHS Improvement Muslim network, Javid Patel, to invite Ian Dalton, Chief Executive of NHS Improvement, to summarise and close the event</p>	



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