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www.careif.ukevents.org

WELCOME TO CAREIF'S NEWSLETTER

1st Edition August 2009

We work to preserve and protect good mental health

The Centre for Applied Research and Evaluation International Foundation, or Careif for short is a new international charity - charity number 1121374 - based in London, United Kingdom.

Our main aim is to share knowledge about mental health in order to improve people's wellbeing. This includes how to live healthily and ensure that working practices and services are suited to different cultures and societies across the world.

www.careif.org

**MESSAGE FROM THE ACTING
CHAIRMAN:
MRS DIANA BASS**



This past year has been both a creative and challenging one in the life of Careif. There has been a lot of activity both internally, within the organisation, and externally in terms of the development and carrying forward of projects and events which stretch into the future. The internal development has included taking time to reflect on our beginnings, our founding vision and ideals, and the experience of the first two years of Careif organisational life. Learning from this experience has been helpful in the ongoing work of developing and maintaining a firm organisational structure, as well as defining and clarifying our goals and aims in the unique position we hold within the voluntary sector. This process has also been about the acknowledgment of what can realistically be achieved within the constraints of time and Careif's human and financial resources. This is particularly relevant at a time of financial hardship for many charitable organisations in the current climate.

Externally this has been an active and exciting time. We have over the past year run a successful and well-attended series of conferences with the Royal Society of Medicine on various topics which have included Religion and Mental Health, Young People on the Margins of Care, Race, Culture and Psychotherapy and an Afrika forum.

This has also been a year which has seen some projects such as the programme of events scheduled to coincide with the London Olympics in 2012 blossom into life. These events have fostered both interest and enthusiasm as they have gone forward from the idea and planning stage into a reality which draws on national and international expertise and participation. These events are linked to and are fed by other strands of Careif work including research into protective cultural factors in young people's wellbeing and mapping exercises which demonstrate cultural factors in access to and engagement with sporting activities.

Our aim is to provide a unique forum for thinking deeply about all young people, from every culture and background. We are aware how the fostering and development of a positive sense of young people's individuality within their often many-layered identities can lead to a protective sense of emotional and physical wellbeing and an engagement with the surrounding culture and what it has to offer. This need for engagement with all young people and their families, and respect for and understanding of their very real concerns, is a cornerstone of Careif work. This work is grounded in ongoing research, practice and dialogue across cultures and social groupings and is what gives us a unique position in both where we stand in the charitable sector and what we stand for.

Why not join us in this exciting venture between and make a difference. My contact is diana.bass@careif.org

TONY GARDNER:

**PATRON OF CAREIF: GP &
ACTOR**



I am an actor and writer, probably best known for playing Michael, in Jack Dee's sitcom *Lead Balloon* and the Dad in the long-running children's television series *My Parents are Aliens*. I am currently on tour in the Georges Feydeau farce *Where There's A Will*, directed by Sir Peter Hall – see ett.org.uk .

I qualified as a doctor in 1987, and a few years later formed a medical comedy duo with Dr Phil Hammond, taking a series of shows to the Edinburgh Festival. It was through this that I began working as an actor. After qualifying as a GP, it became clear that one of my careers would have to go. It was Medicine.

Through my friendship with Professor Kam Bhui – we were in the same year at Guy's Hospital – I was introduced to Careif and I was honoured to be invited to become a Patron of the charity. I'll do it, I said, as long as I don't have to do any public speaking. A month or so later I was giving a speech to assorted dignitaries at the Houses of Parliament at the launch of the charity. Kam has always been a most persuasive person.

One of my great passions is running, and I have run seven London Marathons. I hope to encourage people to run for Careif in the London Marathon, as well as other mass-participation events. The continued broadcasting of *My Parents are Aliens* means that I continue to have a high profile among young people, and I hope this will encourage them to get involved with Careif as we look towards the Games in 2012.

I continue to be interested in Careif and its aims – particularly their mission to help young people improve their wellbeing and physical health, but also in their aim to help the 2012 Games create a 'health legacy' which will have long-reaching, and hopefully permanent, benefits to health and wellbeing for all people.

Get involved with Careif – further information from enquiries@careif.org

I have worked as a researcher at the Barts and The London, Queen Mary's School of Medicine & Dentistry since 2002. My core research and academic interests include investigations and evidence synthesis with a particular focus on the social and psychological wellbeing of refugee populations, migrant and ethnic minority communities.

Over the last two years, I have developed several Careif research projects including work on setting up a variety of postgraduate mental health programmes in the Middle East. I am also involved in a scoping review of personality disorder, race culture and ethnicity. In addition I have been examining the use of transcultural psycho-stimulant substances such as Khat from the sociological and psychological perspectives.

My role as a Careif International Advisor allows me to develop my vision to play a vital leadership role to create innovative, educational and learning programmes that addresses not only skills but also knowledge and attitudes, particularly given the high prevalence and incidence rates of mental health disabilities found in several vulnerable groups in the UK and elsewhere in the world. If you would like to know more about my projects and how you could get involved with Careif please contact me at: nasir.warfa@careif.org



Dr NASIR WARFA:

**INTERNATIONAL
ADVISOR
MIDDLE EAST & AFRIKA**

CAREIF'S AREAS OF WORK

MSc Psychological Therapies:

Incorporating the Diploma and Certificate Courses

The Centre for Psychiatry, Barts & The London School of Medicine & Dentistry, established an MSc in Psychological Therapies as an alternative pathway option for those entering our MSc Programme. Other pathway options include Transcultural Mental Healthcare which includes an additional pathway option in Forensic Mental Healthcare. As highlighted in the WHO report in 2000, 50% of all those experiencing ill-health in Western Europe suffer with mental illness. 2.75 million people in the UK have presented their GP with a mental health concern each year (Layard, 2006). There is also strong evidence that pharmacological and psychological treatments are both required and effective for a variety of mental health problems. This course prepares professionals to enter work in psychological therapies anticipating taking further more intensive clinical training helping to bridge the gap between the evidence and clinical practice.

The location of the course is at Barts & The London School of Medicine & Dentistry, an internationally renowned Centre of Excellence in Research and Teaching providing clinical and evidence based applications in the NHS, Voluntary, Social and Private Sectors to benefit patients. An excellent learning environment is strengthened by networks of scholarship and student support services that optimise student learning.

Further information available from enquiries@careif.org

Careif's Youth Map:

Mapping of Care Services provided by Children's and Young Peoples' Charities in England.

Sport and art projects are thought to benefit the mental and physical health of children and young people. The charity sector often is a main provider of health promoting activities in response to local community needs. This study maps care services provided by children's and young peoples' charities in England.

Arts activities were the most frequently provided services, followed by counselling and by sports activities. Only 13% of charities expected their work to contribute to the health legacy of the 2012 London Olympics.

Telephone help lines were provided by 16% of charities that promote mental health. Counselling and arts activities were relatively common, but sports activities were limited despite the evidence base supporting sport and physical activity as an intervention for health and wellbeing.

Further information available from lul.admasachew@careif.org

A Systematic Review of Personality Disorder in relation to Race and Ethnicity: Prevalence, Aetiology and Treatment.

The term Personality Disorder (PD) has been criticised as being culturally biased as a reflection of North American and Western European psychiatry. Difficulties will continue to be evident in the assessment, diagnosis and treatment of PD if the influences of culture, race and ethnicity are not explored and its relevance determined.

To our knowledge, this is the only review that considers existing research on PD prevalence, aetiology and treatment in relation to race and ethnicity. This research is aimed to be continued and forms part of a larger project of continuing research that will look at specific PDs in relation to race and ethnicity as well as developing and reviewing PD policies involving a panel of experts in this field.

Further information available from enquiries@careif.org

Khat Use:

Public Health Impact and Mental Illness

There is a growing international interest in the popularity of Khat, a naturally recurring stimulant plant, which contains cathinone. This can produce stimulant effects often likened to amphetamine but also quite distinct to amphetamine. The chewing of Khat is a traditional habit in some African and Arab countries but is becoming popular amongst immigrant communities living in North America, Australia, New Zealand and Europe.

There is a constant debate about the toxic effects of Khat, the increasing burden on the health, social and prison services and whether it should be an illegal substance or not. A systematic review published by Warfa et al in *Social Science and Medicine* highlights some of the dilemmas, moral panic and lack of research evidence to support a legal ban. Yet Khat is illegal in many countries, although not in the UK. A research programme on Khat use is continuing at the Centre for Psychiatry, Barts & The London School of Medicine & Dentistry and as part of the extensive work programme of Careif. In collaboration with the University of Konstanz, and Linköping University, we are supporting a European Science Foundation Meeting from the 5th - 9th October 2009 in Sweden where the results of our work will be presented and discussed.

Further information available from Dr Nasir Warfa, Careif International Advisor – Afrika and Middle East nasir.warfa@careif.org

Careif Global Olympic Generation Survey: **Benefits of Sport on Health and Wellbeing**

We are finding out what young people think about the benefits of sports on their health and wellbeing. We will know about their access, participation, disability, ambition and social contacts around the world this year and every year leading up to and after the 2012 London Olympics. This is a project developed by young people for young people contributing to the 2012 London Olympic Health Legacy. Further information on this survey and Careif comprehensive Olympic Generation Programme from albert.persaud@careif.org

Afrika Programme

Careif has developed an extensive exchange programme with colleagues in Kenya with the support of the Kenyan High Commission in London.

This programme covers a spectrum of activities across a range of health, social and environmental issues.

If you would like to know more about this programme please contact joe.mairura@careif.org

RELACHS: Research with East London Community Health Survey

RELACHS is a unique school based epidemiological study of adolescents in East London that provides insights into many aspects of health and well-being of inner urban British adolescents, relevant to current national health policies and contributing to the 2012 London Olympic Health Legacy.

The young people (Year 7 and Year 9) who participate in RELACHS come from three boroughs of East London: Newham, Tower Hamlets and Hackney, all of which are very deprived by average UK standards. Around 73% of the young people in the cohort are from ethnic minorities, predominantly Bangladeshi, Black African, Black Caribbean, Indian or Pakistani.

RELACHS therefore provides a fascinating and unique picture of life and health for young people in London's multi-cultural inner city covering a spectrum of mental and physical health, life expectations, social and environmental issues; protective and risk factors for sexual behaviours and attitudes linked with teenage pregnancy.

Further information available from kam.bhui@careif.org

CAREIF'S CONFERENCES

RECENTLY

30 April 2009:

Race, Culture and Psychological Treatment - Loughborough, UK

NEXT

11 Nov 2009

***Careif 2009 International Conference:
Sport, Education & Culture Promoting Health, Wellbeing and
Positive Identity for Young People
Barbican Centre, London, UK***

As the President of Careif 2009, it is my pleasure to invite you to attend the **Careif 2009** International Conference in London, UK, on Wednesday 11th November 2009.

This day conference is an excellent opportunity for you to join friends and delegates from around the world to enjoy, explore and promote mental and physical health, wellbeing and positive identities for young people through sport, education and cultural practice.

Together we will celebrate and share knowledge about cultural resilience, wellbeing and positive identities. Young people will participate in all aspects of the conference which will include educationalists, sports personalities and researchers, sports medicine specialists, educational psychologists, sports psychologists, teachers, practitioners in mental health care, policy makers, managers, and leaders in health promotion. It will therefore be a great opportunity both to learn from the conference speakers and to learn from each other. The Conference will also create an opportunity for networking, collaboration, sharing and the building of trusting relationships internationally.

The location is the Barbican Centre, a world famous performance venue in the heart of the City of London. London encompasses young people and cultures, religions, and nationalities from all over the world and will also be hosting the Olympic Games in three years' time.

We would like very much to count you among the conference participants as with your participation we can make a change for the next generation !

Visit our official Website at: <http://www.careif.org>

Careif 2009 International Conference: <http://www.careif.ukevents.org>

**Prof. Kamaldeep Bhui MD FRCPsych
President of Careif 2009 International Conference.**

Wednesday 11 November 09
Conference includes the
participation of :

The Rt Hon. Tessa Jowell, MP
Minister for the Olympics
(invited, awaiting confirmation)
Mr Mike Brearly, OBE
Kids Company
Natural Healing
DOST - Trinity Centre
Prof Alan Swann
Prof Paul Heritage

...and many more.

More details on
<http://www.careif.ukevents.org>



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