



**African and African Caribbean  
Diaspora Conference  
'Changing structures going  
forward'**

Thursday 22 October 2020

# Useful Information

## Registration

Please join at 12:40 ready for a prompt start at 12:45.

## Poster presentations

We encourage you to view the [gallery of virtual posters](#).

## Twitter

If you wish to tweet about the conference use #RCPsychBHM, [@RCPsych](#)

## Accreditation

This conference is eligible for 1 CPD point per hour, subject to peer group approval.

## Certificates of attendance

Certificates of attendance will be emailed to delegates within one week of the conference.

## Speaker presentations

Presentations will be available online within one week of the conference, for up to two months. All delegates will be sent details of this after the conference. Please be aware that these presentations are kindly provided by the speakers but on some occasions, it is not possible to make these publicly available.

## Feedback

We would appreciate your [feedback](#). All comments received remain confidential and are viewed in an effort to improve future meetings.

# Conference Programme

Thursday 22 October 2020

12:45	On-line
12:45-13:45	Session 1
12:45	<b>Welcome and Setting the scene</b> Dr Shubulade Smith
12:50	<b>Roll call video messages</b>
12:55	<b>ACEs: myths and truths about their links with mental illness</b> Professor Helen Minnis
13:25	<b>Questions</b>
13:40	<b>Roll call video messages</b>
13:45	<b>Break and <a href="#">poster gallery viewing</a></b>
14:00-15:50	Session 2
14:00	<b>Psychology: thinking differently clinically</b> Malcolm Phillips
14:30	<b>Questions</b>
14:45	<b>Roll call video messages</b>
14:50	<b>Rethinking Black Mental Health Research</b> Professor Dawn Edge
15:15	<b>Questions</b>
15:25	<b>Roll call video messages</b>
15:30	<b>Panel discussion and closing comments</b>
15:50	<b>Event Close</b> <b>Join us at 16:00 for the Inaugural Meeting of the Association of Black Psychiatrists in the UK (ABP-UK)</b>

## Speaker biographies and abstracts

**12:45**

### **Setting the scene**

Dr Shubulade Smith

**Biography:** Dr Shubulade (aka Lade) Smith is a Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust and Visiting Senior Lecturer at the Institute of Psychiatry, Psychology and Neuroscience, Kings College London. She graduated in Medicine from Guy's Hospital Medical School, London, winning prizes in Psychological Medicine.

After training in psychiatry at the Maudsley, she completed a Research Fellowship in antipsychotic side effects, supervised by Professor Sir Robin Murray. She subsequently set up a joint medication review/physical health clinic, a "one stop shop" aimed at health promotion and management of physical problems in people with SMI, leading to her being nominated as a "Woman of the Year" and a BMA Pioneer award for innovation in psychiatry. Having trained in general psychiatry, she is now a forensic psychiatrist. She is the Lead for the Acute Forensic Pathway of the South London Partnership and Clinical Director of the Forensic Services at SLAM. She is also the Clinical Director of the National Collaborating Centre for Mental Health at the Royal College of Psychiatrists, providing medical leadership for the team developing mental health guidelines. She sat on the core working group of the Independent Mental Health Act Review, chaired by Professor Sir Simon Wessely and was responsible for some of the key recommendations, including those for patients with forensic issues. Recommendations aimed at improving outcomes for Black people with mental health problems have now been taken up by the government.

Dr Smith was awarded a CBE in the Queen's Birthday Honours in June 2019 for services to Forensic Intensive Psychiatric care. In November 2019 she was awarded Psychiatrist of the Year by the Royal College of Psychiatrists.

**12:55**

### **ACEs: myths and truths about their links with mental illness**

Dr Helen Minnis

**Abstract:** Adverse Childhood Experiences (ACEs e.g. abuse, neglect, parental incarceration or mental illness) are strongly associated with physical and mental health problems in adult life, but the story does not end there. Many people who experience childhood adversity don't develop health problems and having a childhood with no adversity at all is very unusual: humans generally adapt well to even quite extreme stress. In this presentation I will address some of the myths that surround the links between ACEs and mental health and touch on some of the complicating factors, such as poverty and racism, that might be confusing us.

**Biography:** Helen Minnis is Professor of Child and Adolescent Psychiatry at the University of Glasgow. She has had a longstanding clinical and research focus on the psychiatric problems of abused and neglected children. Currently her focus is on intervention research, including a randomised controlled trial of an infant mental health service for young children in foster care and a randomised controlled trial of

Dyadic Developmental Psychotherapy for primary school-aged children in adoptive or foster placements. She is also conducting behavioural genetic research focussed on the role of abuse and neglect and its overlap with neurodevelopment across the life-course. She has collaborations with colleagues at the Institute of Psychiatry, Psychology and Neuroscience at King's College London, the Universities of Aalborg and Aarhus, Denmark and with the Gillberg Neuropsychiatry Centre, Gothenburg, Sweden.

**14:00**

**Psychology: thinking differently clinically**

Malcolm Phillips

**Abstract:** We are acutely aware of the disparities in access and outcomes for Black people in our mental health services. We are also acutely aware at this time of the impact of social inequalities, structural racism and microaggressions on the mental well-being and health outcomes for black communities. I propose that we need to address the 'institutional racism and colonial mentality' in training curricula and access the wealth of valuable work developed by Black Psychologist and African Centred thinkers in mental health. I will present some of the work of practitioners and theorists relevant to this endeavor in the UK and USA in particular the great contribution over the past 50 years of the Association of Black Psychologists. I will point to some of the benefits for engaging with and working with communities in the UK today.

**Biography:** Malcolm Phillips is a board member of the UK Chapter of the Association of Black Psychologists. He has spent more than 30 years developing and managing mental health and counselling services for Black communities in the NHS, local authorities and in the voluntary sector.

He was the founder and chair of Safoa, the National African and Caribbean mental Health Network and with Pattigift African Centred Therapy Service delivers a Diploma in Black Psychology and African-Centred Therapy.

**14:50**

**Rethinking Black Mental Health Research**

Professor Dawn Edge

Professor of Mental Health & Inclusivity; Academic Lead for Equality, Diversity & Inclusion

Faculty of Biology, Medicine & Health; University of Manchester

**Abstract:** Despite decades of research, the mental health care of individuals from African and Caribbean backgrounds remains suboptimal; particularly in relation to psychosis. Professor Edge will explore factors that might account for this 'research/practice' gap and strategies to address it.

**Biography:** Dawn Edge is a Professor of Mental Health & Inclusivity in the Faculty of Biology, Medicine and Health at The University of Manchester. She is also University Academic Lead for Equality Diversity & Inclusion and Chair of the University's Race Equality Chartermark team. She has a specific remit on matters related to 'race' and

students such as co-producing strategies to address the 'attainment gap' between ethnic minority and white British students.

Professor Edge's research to improve mental healthcare is driven by a passionate desire to eradicate the evident injustice of disparities in access, care, and outcomes in health care experienced by marginalised and under-served communities.

Currently, she leads a research team in the Northwest, Midlands, London and South of the country in the coproduction and evaluation of Culturally-adapted Family Intervention (CaFI) with Sub-Saharan African and Caribbean descended people in the UK who have been diagnosed with schizophrenia and related psychoses and their families <https://sites.manchester.ac.uk/cafi/>

She has written a number of academic papers and presented her work internationally, including South Africa, USA, Canada, Jamaica and Barbados. She recently co-authored a chapter in the first ever '[Handbook of Black Community Mental Health](#)'"