Transcultural Special Interest Group

Annual Report to Council 2018

Activities
During 2018 Transcultural SIG has held the following meetings/events:

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue/Location</th>
<th>Subject/purpose of meeting/nos of attendees</th>
</tr>
</thead>
<tbody>
<tr>
<td>16/7/18</td>
<td>RCPsych</td>
<td>Execs meeting ‘planning the Annual event’</td>
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<tr>
<td>21/9/18</td>
<td>RCPsych</td>
<td>Execs meeting ‘finalising the Annual event’</td>
</tr>
<tr>
<td>28/11/18</td>
<td>RCPsych</td>
<td>SIG Chairs meeting</td>
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Background
We have 4340 members and have been running for 25 years.

The Transcultural SIG was set up to be committed to the work of the College; provide guidance to the College members and the public on transcultural psychiatry related matters. TSIG supports policy and practise to improve the care of socially excluded and marginalised groups where culture is influential in the expression and management of mental distress.

The main purpose of the TSIG is to promote the exchange of scientific knowledge, research initiatives and clinical experiences in the field of cultural psychiatry.

Executive Committee

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
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<tbody>
<tr>
<td>Dr Shahid Latif</td>
<td>Chair</td>
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<tr>
<td>Dr Sarwat Nawrose</td>
<td>Financial Officer</td>
</tr>
<tr>
<td>Dr Imran Malik</td>
<td>Executive Member (Northampton)</td>
</tr>
<tr>
<td>Dr Hasanen Al Taier</td>
<td>Executive Member (Oxford)</td>
</tr>
<tr>
<td>Dr Najat Khalifa</td>
<td>Executive Member (Nottingham)</td>
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Dr Max Malik Executive Member (Birmingham)
Dr Yasir Abbasi Executive Member (Liverpool)
Dr Manjunath Minajagi Executive Member (Leicester)
Dr Fabida Noushad Executive Member (Leicester)
Dr Bhanu Chadalavada Executive Member (Northampton)
Dr Gloria Dura Vila Executive Member (Surrey)
Mrs Kim Sadique Executive Member (Leicester)
Prof. Raghu Raghavan Executive Member (Leicester)
Miss Olivia George Executive Member (Manchester)
Miss Phoebe Linton Executive Member (Manchester)
Dr Angeliki Tziaka Executive Member (Oxford)
Dr Amer Mukhtar Executive Member (London)
Miss Leyla Golparvar RCPsych
Dr Mona-Lisa Kwentoh Executive Member
Dr Suraju Adeyemo MTI Trainee (Northamptonshire)

Commentary

We had a number of activities during 2017 by various executive members.

On 19\textsuperscript{th} of February 2018, the Annual Transcultural SIG conference was arranged. The opening of the conference was by Mr Paul Rees, chief executive of the College. The attendance was the largest it had been for a TSIG conference with an exceptional feedback.

Dr Mona-Lisa Kwentoh facilitated a workshop on ‘transcultural psychiatry in day to day clinical practice’ with a colleague at the Northern and Yorkshire RCPsych Autumn conference on Friday 28th September 2018.

Dr Najat Khalifa since 2018 has been working on a research project concerning the mental health treatment needs of Canada’s indigenous peoples in correctional facilities. The project compares the level of morbidity and mental health treatment needs among this population with those of their white counterparts.

Dr Hasanen Al Taier arranged a cultural psychiatry conference on cultural aspects of forensic psychiatry. He also facilitated psychiatry workshops in Iraq and Syria around suicide mentoring and, psychological well-being related to trauma. In Palestine he facilitated training days on autism, LD and ADHD.

Dr Yasir Abbasi raised awareness of mental health as part of a mental health awareness morning. He was a guest speaker at Werneth Primary
School in Oldham and talked in both English and Urdu explaining what can cause mental health problems. He discussed life circumstances, trauma, addictions, chemicals in the brain, and sometimes no reason whatsoever, he then went on to discuss the different types of mental health problems adults and children suffer, the signs and symptoms, how they should be treated and how they can support one another. Many interactive discussions took place around mental health, myths, stigma, depression, psychosis, post-natal depression, dementia, and types of services available. The feedback from the audience was that they felt by attending the session they now understood mental health problems like depression better, and what to do if they or someone they knew suffered from it. The group was left feeling inspired to make a difference.

Professor Raghu Raghava carried out two RCUK funded projects in India - one on resilience and mental health, and the other mental health literacy perspectives from Global South. He completed a NIHR Rfpb feasibility study on detection and diagnosis of dementia in BAME citizens. He also completed a NiHR PHR Partcipatory review of interventons for lonelines and social isolation in migrant communities in the UK. Professor Raghavan presented at the 1st world congress on migration ethnicity and health in May 2018.

Dr Latif presented the ‘cultural aspects of personality disorder’ at the WHO collaborated Institute of Psychiatry, Rawalpindi Medical University, Pakistan on 12th of January 2018. He presented the importance of cultural factors in medical leadership at the British Arab Psychiatric Association on 6th of October 2018. In October 2018 he also attended a 4 day workshop on Diaspora Leadership focusing on ‘cultural intelligence’. Dr Latif was invited to the Maudsley Hospital on 12 December 2018 to give a presentation on ‘Culture and Mental Health symptoms’. He was also invited to the Royal College of Psychiatrist ‘Lunch and Learn’ session for the staff on 19th of December 2018. The topic was the Transcultural SIG.. This was very well received with plenty of engagement during the question and answer session.

**Your objectives for the past year (2018)**

The objective for 2018 was to form a cohesive team of execs in the TSIG which is now cemented

It was agreed to run regular transcultural educational events and workshops around the country.
**How you achieved your objectives and with what outcome**

**Your objectives for 2019.**

Most of the execs have met twice at the College during 2018 Regional and international events under the banner of RCPsych TSIG have taken place in different regions as can be read in this report.

A very successful annual conference with a very good attendance and exceptional feedback to place on 19th of February 2018

**Your objectives for 2019**

The main objective is to have our annual RCPsych TSIG conference. This has been booked for the 18th of February 2019 at the College with a full programme and national speakers.

We also intend to continue with regional and international TSIG activities as well as liaise with other cultural psychiatry SIG around the world.

**Dr Shahid Latif, Transcultural SIG Chair**

12th of March 2019