



Dear CAMHS colleague,

Hello and welcome to the Working with Muslims CAMHS group. Apologies for the less than snappy group name - any suggestions gratefully received!

This group is for CAMHS practitioners who are interested in thinking further about their work with Muslim heritage children and families. It is being run in association with UK charity Reflection Network ([reflectionnetwork.org](http://reflectionnetwork.org)), of which I am Director. Reflection Network supports the mental and emotional health of Muslim children by:

- Making mainstream services more accessible
- Working with Muslim communities to improve child mental health outcomes

For now, the WWM CAMHS group will take the form of a monthly email bulletin, this being the first. I aim to make it as useful and responsive as possible, not just one more thing in your already overloaded inbox.

The aims of the group include:

- Getting a conversation going about how to improve the way we work with Muslim heritage children and families
- Signposting to resources which support thinking in this area
- Sharing news of local initiatives in CAMHS clinics and ideas for best practice
- Sharing news of initiatives taking place outside CAMHS so that you can get involved
- Responding to questions about Muslim practices and cultures, including their relation to mental and emotional health
- Sharing research
- Developing training and CDP events

**GDPR**

You have received this email because you have asked to join the Working with Muslims CAMHS group. I am keeping a list of members' contact details for WWM CAMHS group communication and Bulletin distribution only. Contact details will not be shared or used for other purposes without explicit permission. If you would like to remove your name from the list, or change your contact details, please let me know on [rabedi@tavi-port.nhs.uk](mailto:rabedi@tavi-port.nhs.uk)

## NEWS

**Muslim Mind Collaborative survey** - please have a look and complete when you have a few minutes. Here is an intro from the MMC:

“The Muslim Mind Collaborative (MMC) has been formed as a result of years of research conducted into the Mental Health and Wellbeing of British Muslims and draws on academia, statutory services, community practitioners, faith leaders and faith-led psychotherapy services. Our aim is to widen the parameters of the agenda on Mental Health to consider the needs of faith communities and service users of Muslim background. The vision of the MMC is to embark on a journey with our partners in ensuring access to appropriate mental health and wellbeing support for Muslim communities across the UK, to build a world where everyone has a quality of life and pathways to health.”

To join the Muslim Mind Collaborative and be a part of this change please visit: [Muslim Mind Collaborative Survey](#)

To find out more about the MMC: [Muslim Mind Collaborative Road Map](#)

Contact: [Shireen.ali-khan@bcbn.org.uk](mailto:Shireen.ali-khan@bcbn.org.uk)

## TRAINING

### **Understanding Muslim Mental Health**

A free, four-week online course from Cardiff University. Suitable for Muslim and non-Muslim mental health practitioners, no prior knowledge of Islam required. Taught by Dr Asma Khan, Research Fellow in British Muslim Studies at the Islam-UK Centre, Cardiff University, and colleagues.

Explores how faith affects access to mental health services, contextualizes Muslim experience of mental health, skills and techniques to provide effective mental health support to minority communities.

For further details, see JPG attached.

## LAC FOCUS

**My Family Group** is a collaboration of initiatives aimed at improving the lives of children in care. Some of their initiatives might be of interest to the families you work with:

- The Muslim Fostering Network: a bespoke, faith sensitive fostering recruitment service and support network for Muslim foster carers, providing essential educational resources and training for foster carers in cross-cultural placements with Muslim children. Further details: [muslimfosternetwork.org.uk](https://muslimfosternetwork.org.uk)
- My Foster Family: a recruitment, training and outreach service working with fostering services to encourage individuals from diverse communities to become foster carers. Further details: [myfosterfamily.org.uk](https://myfosterfamily.org.uk)
- My Adoption Family: a recruitment, training and outreach service for adoption agencies around their engagement with Black, Asian and Minority Ethnic and faith communities, as well as a support network for adopters from diverse backgrounds. Further details: [myadoptionfamily.org.uk](https://myadoptionfamily.org.uk)
- Arise Refugees: a mentoring, education and sports programme supporting Unaccompanied Asylum Seeker Children (UASCs) and refugee young people. The programme aims to provide stability and build aspirations for children and young people who lack strong social networks and access to their community. Further details: [ariserefugees.com](https://ariserefugees.com)

## RESEARCH

“Visibility as Muslim, Perceived Discrimination, and Psychological Distress among Muslim students in the UK” Mohammed Fahim Uddin, Amanda

Williams and Katharine Alcock, (University College London), in Journal of Muslim Mental Health (2022) 16:1

Abstract: “Perceived discrimination, a subjective appraisal of disadvantageous treatment on the grounds of identity, is negatively associated with wellbeing. We explored this association among British Muslim students, sampled online, by questions about perceived and experienced discrimination, visibility as a Muslim, symptoms of depression and anxiety, and positivity. Results from 457 respondents showed greater discrimination was experienced by those with more visible signs of Muslim faith, with a small but statistically significant positive correlation between perceived discrimination and psychological distress. Many participants gave examples of discrimination experienced. Implications for educational institutes, policy makers, clinicians, and the wider Muslim community are discussed.”

Full article attached as pdf.

If you know of any other research projects relevant to the mental and emotional health of Muslim children and young people, please let me know so that it can be included in next month's Bulletin.

## QUESTIONS

Please send your questions to me at [rabedi@tavi-port.nhs.uk](mailto:rabedi@tavi-port.nhs.uk) and I will consult with others to find answers in time for the June Bulletin. Any questions welcomed about Muslim practices and cultures, including their relation to mental and emotional health.

I also look forward to hearing from you about initiatives in your CAMHS service and local area. Please do share so that we can all learn.

I would welcome feedback on the Bulletin content and format, and ideas about areas you would like to see in future Bulletins.

Thank you for your attention. I know how difficult it can be to carve out space for these things, but it is so important for us to develop our thinking and practice in this area, and to keep the conversation going.

Best wishes,

Rachel

Dr Rachel Abedi  
Child and Adolescent Psychoanalytic Psychotherapist  
Director, Reflection Network  
[www.reflectionnetwork.org](http://www.reflectionnetwork.org)

I also work in the NHS as a Lead Therapist, Tavistock Outreach in Primary Schools (TOPS), and teach at the Tavistock and Portman (Psychological Therapies with Children, Young People and Families M34, and Child and Adolescent Psychoanalytic Psychotherapy M80)