

Dear CAMHS colleague,

Hello and welcome to the second bulletin of the Working with Muslims CAMHS group. Thanks to your enthusiastic response, we now have a circulation of over 60, representing teams in London, the North West, West Midlands and South West. Please do spread the word in your service and beyond.

I have included a summary of the group and its aims at the end of the bulletin.

RESOURCES

Thank you for the request from one member for resources for parents. Here are a few I have come across recently. If you know of any others in your area, please let me know and I will share them with the group.

Muslim mental health charity **Inspirited Minds** <https://inspiritedminds.org.uk/> has a great website with a useful introduction to mental health which parents might find helpful. The Blog section includes articles about how a wide range of issues affect Muslims (e.g. Addiction, Anxiety, Autism, Bi-Polar, Depression, Eating Disorders, Islamophobia, Jinn, Loneliness, Media, OCD, Panic Attacks, PND, PTSD, Ramadan, Refugees, SAD, Stress, Suicide) and also has a Youth sub-section. You can also access the Mindful Muslim podcast via the Blog; several of these might be of interest to parents.

Gupshup Bites (26): Infant Mental Health is an informal parent-friendly video by Glasgow-based Consultant Child & Adolescent Psychiatrists, Dr Sadia Mohammed and Dr Saman Khan. They use storylines from popular Pakistani dramas to introduce a discussion about infant mental health and maternal mental health. In Urdu with English. The video can be seen at <https://youtu.be/gSTPgfJJnOM> They launched their own YouTube channel [Gupshup with Dr Sadia & Dr Saman](https://www.youtube.com/channel/UCgSTPgfJJnOM) to raise awareness of mental health issues among Scotland's Urdu-speaking communities.

The Lateef Project <https://www.lateefproject.org/services> provides Islamic counselling to adults in London and Birmingham, which might be appropriate for parents seeking faith-sensitive support.

The **Muslim Counsellor and Psychotherapist Network** (MCAPN) website www.mcapn.co.uk includes an introduction to mental health and therapeutic support section. They also have a YouTube channel <https://buff.ly/3P5MKaU>

EVENTS

Addiction and its Impact on Mental Health in Muslim Communities

23 and 24.07.22

Part 1: Saturday, 23th July, 11am-1pm

Part 2: Sunday, 24th July, 11am-1pm

A 2-part Zoom webinar by Inspired Minds. For further information: <https://inspiredminds.org.uk/event/addictions-and-its-impact-on-mental-health-in-muslim-communities/edate/2022-07-23/>

RESEARCH

Hidden Survivors

The Better Community Business Network, in partnership with the University of East London (School of Psychology) produced a landmark report in June 2021 on the mental health of young British Muslims: **Hidden Survivors**. The report highlights the need to address the causes of poor health outcomes among minority ethnic groups by tackling structural racism and negative experiences that deter Muslims from accessing services, as well the importance of faith and culturally sensitive services to improve health outcomes. The report was produced in response to growing concern within Muslim communities about young Muslims' mental well-being in a climate of increased economic and social challenges, growing Islamophobia in the media and online, and academic pressures. It examines the obstacles faced by young Muslims in their battle to maintain their mental health, and makes recommendations to ensure positive, impactful change for some of the most vulnerable and economically disadvantaged young people in Britain. To read the full report, or a synopsis, please use the links below.

http://bcbn.org.uk/Hidden_Survivors_Full_Report.pdf

http://bcbn.org.uk/Hidden_Survivors_Synopsis.pdf

Expressions of Self: Race, Religion and Representation of children in care

Dr Sariya Cheruvallil-Contractor, a feminist sociologist of religion, and Associate Professor at the Centre for Trust, Peace and Social Relations at Coventry University, is commencing a new research project: **Expressions of Self: Race, Religion and Representation of children in care**. She will explore how minoritised children and young people of religious heritage perceive, experience and express their ethnicity, religion and identity while in care. The project will also explore how formal and informal support around their beliefs aids positive relationships with their carers and communities. Sariya is Chair of the Muslims in Britain Research Network and editor of the Review of Social and Scientific Study of Religion. See attached pdf for further details.

Trainee Clinical Psychologist Hibah Hassan, University of Oxford, is researching how Muslims perceive psychological therapy. She is looking for participants who identify as British Muslim (practising or not), are 18+ and have no previous experience of therapy. For further information please contact: hibah.hassan@hmc.ox.ac.uk

The **Centre for the Study of Islam in the UK** (Cardiff University) is working on a number of research projects, including Understanding Muslim Mental Health <https://www.cardiff.ac.uk/centre-for-the-study-of-islam-in-the-uk/research/projects>

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 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.

Requests and suggestions also welcome. 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.

Best wishes,

Rachel

Dr Rachel Abedi

Child and Adolescent Psychoanalytic Psychotherapist

Director, Reflection Network

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)

About the Working with Muslims CAMHS group

The 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). 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

The aims of the group include:

- Having a conversation 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 your service can get involved
- Responding to questions about Muslim practices and cultures, including their relation to mental and emotional health
- Sharing research
- Developing training and CPD 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