



PHOTO: JONATHAN NACKSTRAND / AFP

## Psychological resilience and mental health care services for refugees in Europe

WELCOME

13<sup>th</sup> of November 2017

Society and workplace diversity research group

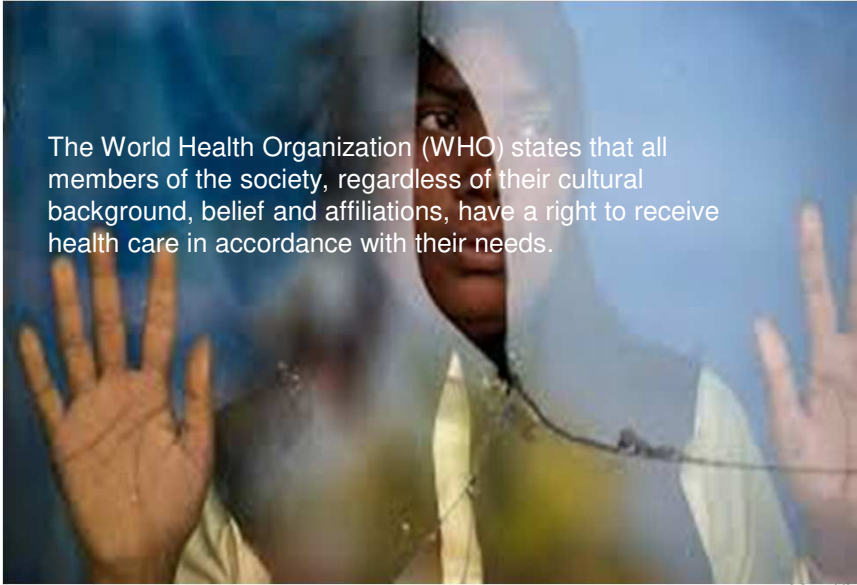
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The World Health Organization (WHO) states that all members of the society, regardless of their cultural background, belief and affiliations, have a right to receive health care in accordance with their needs.

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## Mental health among refugees

- Large differences across groups
  - E.g. Tamils have the same level as natives
- The more common diagnoses include post-traumatic stress disorder (PTSD), major depression, generalized anxiety, panic attacks, adjustment disorder, and somatization
  - Different studies have shown rates of PTSD and major depression to range from 10-40% and 5-15%
- Children and adolescents often have higher levels with various investigations revealing rates of PTSD from 50-90% and major depression from 6-40%

(Bas-Sarmiento, Pilar et., al. (2017). Mental Health in Immigrants Versus Native Population: A Systematic Review of the Literature. Archives of Psychiatric Nursing, Volume 31, Issue 1, 111 – 121)

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Primary prevention → Secondary prevention → Tertiary prevention

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## Psychological Resilience and Mental Health Care Services for Refugees in Europe

### Program

9.30 Opening by Professor Gro Mjeldheim Sandal

9.45 "Our care for refugees: A Procrustean bed" by Professor Joop de Jong, VU University Medical Center, Amsterdam

10.35 Coffee/tea break

10.50 "Understanding the stakes in children's idioms of distress" by Professor Ria Reis, University of Amsterdam

11.40 "From being an asylum seeker to helping refugees" by Dr. Ali Watti, The Norwegian Syria Committee

12.10 Lunch

12.50 "Lay explanatory models of depression and preferred coping strategies among Somali refugees in Norway" by PhD candidate Valeria Markova (UIB)

13.10 "Somali immigrants' understanding of mental illness and utilization of mental health care services" by medical student Ayan Bashir (UIB)

13.30 Discussion/questions

13.40 "Contact between asylum seekers and Norwegians - welcome to the neighborhood?" by Associate Professor Hege Høivik Bye (UIB)

14.00 Coffee/tea break

14.10 "Barriers to help/treatment seeking among migrant" by Professor David Lackland Sam (UIB)

14.30 "Ethnic differences in coping with mental health problems" by Professor Gro Mjeldheim Sandal

14.45 "Norwegian managers attitudes towards job seekers with mental illness and migrant background" by Tonje Fyhn, Uni-Helse

14.55 Discussion/questions

15.30 Adjour

