



Centre for
**Society and
Mental Health**



ESRC Centre for Society and Mental Health Conference 2024

Tuesday 1st October 2024 at Science Gallery London



Economic
and Social
Research Council

@kcsamh #csmh2024



ESRC Centre for Society and Mental Health

The Centre for Society and Mental Health is an Economic and Social Research Council (ESRC) Centre based at King's College London [ES/S01256/1].

OVERVIEW

09:15-10:00 Registration

10:00-10:15 Welcome

10:15-11:15 Navigating crisis and change

11:15-11:45 BREAK

Theatre

Studio

11:45-12:45 Addressing complexity: intersectional and multiple-level approaches to understanding social inequalities in mental health

The health-related inactivity debate: mental health, work and the UK welfare system

12:45-13:45 LUNCH (First Floor)

Theatre

Studio

13:45-14:45 'Staying with the trouble': Equity, research cultures and lived experience expertise in mental health research

Connecting and thriving: communities and agency in the face of health inequities

14:45-15:00 BREAK

15:00-16:00 Improving public services: policy and practice in the UK

16:00-16:15 Formal close

16:15-17:00 NETWORKING & DRINKS RECEPTION

17:15-18:45 Panel Discussion: We know inequalities matter and have a huge impact on mental health, why are we so bad at doing something about it?

The Workshop

The Workshop (First Floor) is our quieter space for the day. You are welcome to use this room if you need some time away from the main Conference sessions. In this space, we have also provided some other ways of learning more about the Centre's research findings, including displays and material online with headphones provided. Please be respectful in this space by ensuring your devices are on silent and noise is kept to a minimum. If you would like any information about local cafes or green spaces, please speak to a member of staff at the registration desk.

PROGRAMME

10:00-10:15 Welcome

Join the Centre's co-directors Hanna Kienzler and Craig Morgan for a formal welcome and launch of the day's programme.

10:15-11:15 Navigating crisis and change

This opening session will showcase the Centre's research on the effects of contemporary crises on mental health and health service responses. We'll explore the impacts of the Covid-19 pandemic and the subsequent economic crisis, examining challenges and responses from both health services and communities.

11:15-11:45 Break

11:45-12:45 Addressing complexity: intersectional & multiple-level approaches to understanding social inequalities in mental health

In a series of lightning talks, Centre researchers feature findings that examine social inequalities in mental health from the individual to societal level. Drawing on research with communities, schools, health services and neighbourhoods, the presenters show how different systems of oppression, such as racism and sexism, produce unique challenges for people living at the intersections of multiple social identities and positions. The presentations will be followed by an open discussion on opportunities and challenges in future.

11:45-12:45 The health-related inactivity debate: mental health, work and the UK welfare system

In recent years, there has been a huge growth in media coverage and public debate about rises in health-related inactivity and benefit claims. But these discussions often miss crucial aspects of the realities behind these policies and the ways they affect people's lives. In this session, hear about new and emerging Centre research that sheds light on this topic. We'll debunk common myths and challenge popular claims, drawing on the evidence of real levels of mental distress among claimants, the failure of the benefits system to respond to people's varied challenges, and the significant, yet often ignored, role of changing working conditions.

12:45-13:45 LUNCH (First Floor)

For more information about the research in today's sessions,
visit bit.ly/csmh2024

Share your thoughts on society and mental health with us!
Use the hashtag #csmh2024

PROGRAMME

13:45-14:45 Connecting and thriving: communities and agency in the face of health inequities

Understanding how different ethnically and racially minoritised communities connect and thrive is an emerging priority area in mental health promotion. This panel features studies investigating social capital as a resource that benefits (or hinders) communities and their mental health with a focus on food security, faith and religious spaces, and sanctuary seeking. Taking a strength-based approach and an anti-racism lens, we acknowledge the underpinning role of racism in creating health inequities while acknowledging people's agency to connect and thrive in challenging circumstances.

13:45-14:45 'Staying with the trouble': Equity, research cultures and lived experience expertise in mental health research

This session brings together lived experience experts, academics, community partners, artists and those with dual identities, to discuss how lived experience perspectives and expertise in mental health research can create transformative outputs that make a difference to the lives of people experiencing mental distress. We'll share methods and approaches, with a focus on the relational and invisible labour that contributes to achieving epistemic justice in our research. Featured projects include our Lived Experience Advisory Board's position paper, a musicmaking toolkit, a lived experience-led project on the language of survivorhood and a preview of the forthcoming Lancet Commission on Lived Experience in Mental Health.

14:45-15:00 Break

15:00-16:00 Improving public services: policy & practice in the UK

Public services have a massive impact on the mental health of those who use them. Well-resourced, accessible and effective public services can act to boost protective factors that enable people to enjoy good mental health and reduce risk factors. However, public services in the UK are currently under-resourced, under-performing, and unable to meet the needs of all, particularly disadvantaged groups. This failure has had serious negative ramifications in terms of mental health and wellbeing. This session with researchers from King's Policy Institute will discuss the impact that public services can have on public mental health and potential policy solutions which can both improve public service performance and meet service users' needs.

16:00-16:15 Formal close

16:15-17:00 Networking and drinks reception

... and don't miss the panel discussion!
Please turn over to find out more

PANEL DISCUSSION

We know inequalities matter and have a huge impact on mental health, why are we so bad at doing something about it?



As the UK's major political party conferences take place, we invite you to join us for this important conversation on inequalities and mental health. The discussion will take place from **17.15-18.45** in the Theatre, including an audience Q&A session.

Join the conversation with our panellists including:

- **Claudia Hammond** - broadcaster, author and psychology lecturer, presenter of All in the Mind on BBC Radio 4 (Chair)
- **Andy Bell** - Chief Executive, Centre for Mental Health
- **Cassie Lovelock** and **Karen Glaser** - ESRC Centre for Society and Mental Health researchers
- **Kwajo Tweneboa** – social housing campaigner and artist
- **Omari Hunte** - Programmes Officer, BIGKID Foundation
- **Will Snell** – Chief Executive of the Fairness Foundation

We'll end by thinking about the future – exploring how researchers, people with lived experience, healthcare professionals, community groups and anyone interested in more equal mental health outcomes, can work together for change.

THE WORKSHOP

The Workshop (First Floor) is our quieter space for the day. You are welcome to use this room if you need some time away from the main Conference sessions.

In this space, we've provided other ways of engaging with the Centre's co-produced research and projects, including displays, online content and videos with headphones provided. Please be respectful in this space by ensuring your devices are on silent and noise is kept to a minimum. If you would like any information about local cafes or green spaces, please speak to a member of staff at the registration desk.

The work featured in The Workshop includes:

- 'Fit to Work' Dolls by Dolly Sen
- CONtributions of social NETworks to Community Thriving (CONNECT) Study – Photovoice workshop display
- MAPS - Mapping Approaches to a Programme of Survivor-led research: co-developing our vision, values and principles
- Short videos about the ESRC Centre for Society and Mental Health
- Music-making and mental health projects
- Not My Shame
- Perspectives on Religion and Spirituality in coping with Mental health
- Poster on peer-friendship networks
- Poster on psychosis prevalence and involuntary psychiatric admissions

BBC programmes featuring Centre research

- Research Methods Toolkit website and animation
- Short videos from the Resilience, Ethnicity & AdolesCent Mental Health (REACH) Project
- Theorizing the "social" in mental health research and action – our Special Issue in the Journal of Social Psychiatry and Psychiatric Epidemiology
- Trailer and information about A Life Less Safe: a special screening at Brixton Ritzy (10 October 2024)

SPEAKERS & RESEARCH

For a full list of Centre researchers and profiles, links to research papers, and more about the Centre's work – please visit the Conference webpage at bit.ly/csmh2024.

Navigating crisis and change

Craig Morgan, Rebecca Rhead, Haruka Goto, Jayati Das-Munshi
Marina Kousta, Sally Marlow

Addressing complexity: intersectional & multiple-level approaches to understanding social inequalities in mental health

Darío Moreno-Agostino, Dörte Bemme, Gemma Knowles, Daniel Stanyon, Rachel Latham, River Újhadbor

The health-related inactivity debate: mental health, work and the UK welfare system

Ben Geiger, Annie Irvine, Cassandra Lovelock, Catherine Hale
Constance Beaufils, Dolly Sen - artist & writer, Karen Glaser,
Ludovico Carrino

Connecting and thriving: communities and agency in the face of health inequities

Hanna Kienzler, Dorothy Williams, Janahan Sivanathan - King's Sanctuary and member of the Centre's Lived Experience Advisory Board, Nathan Stanley - Black Thrive, Rebecca Rhead, Sanchika Campbell, Winston Webber

'Staying with the trouble': Equity, research cultures and lived experience expertise in mental health research

Sally Marlow, Sonia Thompson, Alison Faulkner, Laura E Fischer -Traumascapes, James Lane - Jack Drum Arts and member of the Centre's Lived Experience Advisory Board, Roz Etwaria - Little Ro, Sullivan Holderbach

Improving public services: policy & practice in the UK

Gabriel Lawson, Anna Greenburgh, Ben Geiger, Gabrielle Duberry, Black Thrive, Helen Baldwin, Jonas Kitisu, Young Person's Community Champion - REACH, Rebecca Rhead, Hanna Kienzler

NOTES



Thank you for joining us for our Conference today! We'd love to hear your thoughts and takeaways on the day's sessions. Scan the QR code to open our online feedback form - we'd really appreciate it if you could take a few minutes to share your thoughts on the day with us.



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