

# Graduate School Seminar Series



## **“You thought you were alone with these thoughts”**

**- Understanding needs and developing a stepped care approach to promote mental health in refugee children and parents in Sweden**

### **Professor Anna Sarkadi, MD**

Head, Child Health and Parenting (CHAP)  
Uppsala University, Sweden



In her presentation Anna will talk about their studies concerning the mental health needs of refugee families in relation to trauma exposure, including a qualitative study of school-aged children’s views on the needs of refugee children and screening questionnaires for posttraumatic stress in primary care settings. User representatives, or Refugee Advisors, are a central part of the research program at CHAP and Anna will also present examples of studies on this involvement. Finally, she will talk about Teaching Recovery Techniques, a community-based group intervention for posttraumatic stress.

Professor Anna Sarkadi, MD, is head of the Child Health and Parenting (CHAP) research group at Uppsala University, Department of Public Health and Caring Sciences. Since the 2015 refugee crisis, bringing 165 000 refugees to Sweden during a single year, her group has developed a research program for promoting the mental health of refugee children and families, including screening and interventions for post-traumatic stress. Anna is an Honorary Research Fellow at MCRI/RCH and has been coming back to Melbourne regularly in the past 18 years.

**Wednesday 26 February 2020**

12.30 - 1.30 pm, Seminar Room 515

Melbourne School of Population and Global Health

Level 5, 207 Bouverie Street, Carlton

**ALL WELCOME**

***(Please feel free to bring your lunch)***