

Experts by Personal and Professional Experience (EPPE), an innovative intervention to reduce mental health stigma

presented by

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Dr. Ahmed Hankir MBChB MRCPsych, is an NHS Psychiatrist based in London (UK), Senior Research Fellow of the Centre for Mental Health Research in association with Cambridge University (UK) and Public Engagement and Education Lead of the World Health Organization Collaborating Centre for Mental Health and Human Rights, Institute of Mental Health, Nottingham University (UK). Dr. Hankir's research interests focus on global and Muslim mental health and pioneering and evaluating innovative interventions that reduce mental health related stigma and Islamophobia. Dr. Hankir is recipient of numerous prestigious awards notably the 2022 World Health Organization Director General Award for Global Health, one of only six recipients in the world. Dr. Hankir identifies as a survivor and Wounded Healer and is passionate about empowering, dignifying and humanizing people living with mental health conditions and psychosocial disabilities.

1/19/2023 8:00:00 AM

<https://hartfordhealthcare.zoom.us/j/92988272040>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1. Describe and discuss what mental health related stigma is and how damaging it can be.*
- 2. Develop an understanding of what Expert by Personal and Professional Experience (EPPE) is and the role 'Wounded Healers' can play in reducing mental health related stigma.*
- 3. Acquire a toolkit to engage and educate the public about mental health conditions in healthcare professionals and students.*

Accreditation Statement: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statement: Hartford Healthcare designates this Live Activity for 1.25 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.25 ANCC contact hour(s).

Financial Disclosures:

- Nothing to disclose: Ellen Blair (Nurse Planner); Michael Dewberry (Course Director); Ahmed Hankir (Speaker); Bharat Narapareddy (Program Director); Erica Iyamu-Osagie (Social Work Planner); Paula Rego (Activity Coordinator); Javeed Sukhera (Co-Director and Sponsor)

