

MENTAL HEALTH & PSYCHOLOGY CONFERENCE

13 & 14 August 2020



**EARN 12
CPD POINTS**
MDB08/018/10/2019

**EARN
3.5 SACSSP
CPD POINTS
530/9**



Objectives of the conference

- To deliberate on funding and investment in mental health
- To further investigate the role of mental health education in workplace and academia
- To assess the state of mental healthcare in the country-where are we now?
- To explore the challenges affecting the creation of awareness of mental health
- To explore creative counselling innovation tools within the industry
- To network industry stakeholders

Topics to be discussed include:

- Mental health and gender based violence
- Suicidal crisis and management
- Community management and depression awareness
- Psychology and children needs
- Mental health preparation in education
- Depression in children
- Mental health and social media effects
- Bereavement and mental illness
- Early childhood mental health
- Mental health within institutions of higher learning
- Employee wellness
- Family therapy and support
- Management and prevention of substance abuse
- Psychosocial wellness in employment
- Innovative counselling tools as therapy
- Increasing levels of suicidal ideation and actual suicides in adolescence

Speakers Include:

Mbali Nyathi
Head facilitator
Talisman Foundation

Zoleka Limakwe
Mental Health Trainer
SA Federation For Mental Health

Dr Colinda Linde
Clinical Psychologist
SADAG Chairperson, Author

Kenny Rich
Executive Director
World Changers Mental Health Care Organisation

Dr Lesley Robertson
Head-Community Psychiatry Clinical Unit
Sedibeng District Health Services

Nokulunga Nene-Mokgele
Senior Clinical psychologist
Chris Hani Baragwanath Academic Hospital

Neil Bierbaum
Author, High Performance Life & Executive Coach

Prof Simone Honikman
Director: Perinatal Mental Health Project (PMHP)
University of Cape Town

Lorraine Mitchell
Clinical Social Worker
Perception Suicide Survivors

A/Prof (Dr) Mohamed Irhuma
Clinical Pharmacologists, Academic and Researcher (Wits)
Secretary-General of the College of Clinical Pharmacologists (CMSA)



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CONFERENCE BACKGROUND

We are back again this year with the much anticipated Mental Health & Psychology Conference amidst the country's escalating mental health crisis with studies revealing the poor standing of mental health in South Africa.

There is no doubt that mental health has been grossly neglected and under-prioritised in the country. As a result, the grip of this silent stalker gained ground. As many as one in six South Africans are said to suffer from anxiety, depression or substance-use problems (and this does not include more serious conditions such as bipolar disorder or schizophrenia), according to statistics released by the South African Depression and Anxiety Group (SADAG). Furthermore, research reveals that over 40% of people living with HIV in South Africa have a diagnosable mental disorder. A study done by UCT's Department of Psychiatry and Mental Health indicates that, in low-income and informal settlements surrounding Cape Town, one in three women suffers from postnatal depression, while research from rural KwaZulu-Natal shows that 41% of pregnant women are depressed – more than three times higher than the prevalence in developed countries.

According to SADAG, 90% of adolescents who die by suicide have an underlying mental illness. Suicide and mental health are difficult and uncomfortable topics to discuss and deal with because people are failing to talk and open up about these issues. Financial woes, relationship problems, depression and traumatic events are pushing more South Africans to contemplate suicide hence the need for interventions and engagements from all stakeholders. This issue of suicidal, has become rampant within individuals, families, communities and academic institutions. One in four university students are likely to be diagnosed with depression, and 20% of students admit to having had suicidal thoughts at some point in their tertiary studies. This therefore calls for higher education institutions to place greater emphasis on mental health and wellness.

In addition to a lack of resources, stigmas surrounding mental health pose a major stumbling block when it comes to treating the disease in South Africa, with the primary burden of mental healthcare falling on community-based providers. Institutions such as clinics, support groups, even lay counsellors and community leaders are having to step in where institutionalised help is not available. Only 27% of South Africans reporting severe mental illness ever receive treatment. This means that nearly three-quarters of these sufferers are not accessing any form of mental health care at all. The lack of support for families of the mentally ill is also aggravated by the allocation of available funds, which are spent on mental health facilities that only serve a small proportion of those who need care, leaving community-based treatment programs severely under-resourced.

Experts unanimously agree that the nature of the mental health situation in the South African context requires a uniquely South African solution. There is most definitely scope for an approach to dealing with the country's mental health issues that incorporates both western medicine and traditional healing. Thus, rigorous effort is required to integrate those with disabilities - such as mental health - back into their communities, and the need to provide appropriate community-based services using hospitalisation only as a last resort. There is therefore need for public education on issues of mental health across the country.

Come and join stakeholders within the mental health & psychology industry as they break the stigma, silence and the shame around mental ill-health. The conference will also demonstrate an understanding of the educational needs prerequisite to dealing with mental health challenges. This will be done through debates that will highlight the need for investment within mental health, employee wellness, Suicidal crisis and management, psychosocial wellness in employment, depression within families, mental health preparation within education and mental health awareness amongst other topics. This is a must attend to those who want to collaborate in creating awareness and in how to deal with this silent stalker.

Who should attend (but not limited to)

- Private educational institutions
- Counsellors
- Mental health portfolio managers
- Traditional healers

- Social workers
- Psychologists
- Mental health service Directors
- Clinical psychologists
- Educational psychologists
- Counselling psychologists
- Industrial psychologists
- Research psychologist
- Career guidance teachers
- Mental health nurses
- Healthcare providers
- Private care facilities
- Government departments
- Doctors
- NGOS
- Area managers
- Learner wellbeing managers
- Disability experts
- Psychometrists
- Counselling centres
- mental health portfolio managers
- mental healthcare associations
- government departments
- universities
- mental healthcare providers
- mental health nurses
- occupational health practitioners
- principal Psychologists
- mental health personnel
- interprofessional /intersectoral teams
- family physicians
- primary care providers
- psychiatrists
- psychologists
- administrators and policy makers
- community care
- educators & students
- researchers
- clinical Risk Managers
- NGOs working with psychiatrist patient
- clinical Psychologists
- clinical Managers
- hospital CEOs
- psychiatry Ward Managers
- quality Assurance Managers
- social workers
- dieticians
- physiotherapists
- scientists
- academic scientists,
- advanced practice nurses
- nurse practitioners
- doctors
- professors and Nursing Lecturers
- pharmaceutical Industries and Healthcare Industries
- nursing Students
- directors of Association and Societies
- Psychologist
- Community NGOS
- Occupational therapists

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Day 1 Thursday 13 August 2020

- 08:45 OPENING BY CHAIRPERSON**
- 09:00 Perinatal Mental health: what we know in South Africa and other low and middle income Countries
Prof Simone Honikman, Director Perinatal Mental Health Project (PMHP), UCT
- 09:45 Ritalin: R for Regret - The use of CNS stimulant and the risk of mental health challenges
Prof Mohamed Irhuma, Clinical Pharmacologist Academic and Researcher, Secretary General of the College of Clinical Pharmacologists
- 10:45 BREAK**
- 11:00 An Assessment of the most urgent problem facing people with mental illness in South Africa
- Access to appropriate care,
 - Treatment
 - Rehabilitation
- Dr Lesley Robertson Head, Community Psychiatry Clinical Unit, Sedibeng District Health Services**
- 11:45 Family Therapy and Suicide Prevention
Lorraine Mitchell, Clinical Social Worker, Perception Suicide Survivors
- 12:30 BREAK**
- 12:50 Mental Health rehabilitation in South Africa
Kenny Rich Executive Director, World Changers Mental Health Care Organisation
- 13:35 How pressure in psychiatric hospitals and wards could be lifted by community-based mental health facilities
Mbali Nyathi, Head Facilitator, Talisman Foundation
- 14:30 CLOSING**

Day 2 Friday 14 August 2020

- 08:45 OPENING BY CHAIRPERSON**
- 09:00 Overview of Mindfulness based CBT for Anxiety & Depression
Dr Colinda Linde Clinical Psychologist SADAG Chairperson, Author
- 09:45 The Five Motivational States
Neil Bierbaum (Author, High Performance Life & Executive Coach)
- 10:45 BREAK**
- 11:00 Employment and Mental Health
Zoleka Limakwe - Mental Health Trainer, S A Federation for Mental Health
- 11:45 Early childhood Mental Health
Nokulunga Mokgele, Senior Clinical Psychologist, Chris Hani Baragwanath Academic Hospital
- 12:30 CLOSING**



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REGISTRATION FORM

To register, please complete form below

Participant 1: _____

Designation: _____

Company / Organisation: _____

Email: _____

Phone: _____

Participant 2: _____

Designation: _____

Company / Organisation: _____

Email: _____

Phone: _____

Participant 3: _____

Designation: _____

Company / Organisation: _____

Email: _____

Phone: _____

Postal Address: _____

Person dealing with accounts: _____

Country: _____

Company VAT No: _____

Email Address: _____

Signature: _____

Date : _____

By completing and signing this form, the signatory accepts the terms and conditions as stated on the registration form.

Please indicate your choice of payment method

- Bank Transfer
- Cash Deposit

Banking Details

Vukani Communication Consultancy (PTY)
 First National Bank
 Account No. 62584405867, Account Type : Cheque
 Branch Name : Randburg Square
 Branch Code: 261750

CONFERENCE FEE

R1,997 Per Delegate Excl. VAT

Conference fee above INCLUDES the following entitlements: Entrance to session and CPD points.

REGISTER NOW

Terms and Conditions

- The following terms and conditions will apply
- Vukani Communication reserves the right, due to circumstances beyond our control, to change speakers, conference content, date and venue.
 - The signed registration form is a binding contract.
 - No seats will be reserved unless Vukani Communications receives a signed registration form.

SUBSTITUTIONS:

- Delegate Substitution. Substitution is welcome at any time and do not incur any additional charges. Please notify Vukani Communication in writing of any such changes at least 3 days before the date of the event.
- Please note that the speakers and topics were confirmed at the time of publishing however circumstances beyond the control of the organizers may necessitate substitutions, alterations or cancellations of the speakers and/or topics.
- As such, Vukani Communication reserves the right to alter or modify the advertised speakers and/or topics if necessary. Any substitutions or alterations will be updated and sent to you as soon as possible.
- Delegate substitution must be made in writing 7 days before the start of the event.

CANCELLATION:

- By signing and returning the registration form, the authorizing signatory on behalf of the stated company is subject to the following terms and conditions.
- Charge of 50% of the Registration Fees, plus R700 (+VAT) Administrative charge will be made for cancellations received in writing at least 14 working days prior to the event.
- For any cancellations received in less than 7 working days before the date of the event, the full fee will be payable and no refunds or credit notes will be given.
- If registered delegate does not cancel and fails to attend the summit, this will be treated as cancellation and no refund or credit will be issued

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