

1st GLOBAL SUMMIT for MENTAL HEALTH ADVOCATES 2018

4 - 5 October 2018 • 8am – 5pm • The Grassroots' Club • Singapore

Guest of Honour
President Halimah Yacob
President of Republic of Singapore

Unite for Mental Health



Organised by



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WELCOME MESSAGE

Dear Friends,

My team and I invite you to **UNITE FOR MENTAL HEALTH** by signing up for the 1st Global Summit for Mental Health Advocates, which will be held on October 4 – 5, 2018 at The Grassroots' Club, Singapore. This global summit is organised by Silver Ribbon (Singapore) and strongly supported by Lundbeck and World Federation for Mental Health.

We are honoured that Madam Halimah Yacob, the President of the Republic of Singapore has agreed to be our Guest of Honour. In addition, we have arranged for 23 local and 18 overseas speakers from 14 countries, namely, Argentina, Australia, Canada, Denmark, Hong Kong, Indonesia, Japan, Malaysia, New Zealand, the Philippines, Portugal, Taiwan, Thailand and the United States of America for congregating at this summit to share their knowledge, skills and expertise.

In addition to commemorating the World Mental Health Day 2018 and launching the Global Alliance for Mental Health Advocates to link up all mental health advocates, there will be 2 keynote addresses, 17 plenary sessions & 7 breakout sessions! These are aimed at creating immense opportunities for networking, collaboration and brainstorming mental health advocacy and promotion.

We are very excited to host you at this meaningful event and we hope that you will find it empowering & inspirational for you as well!

With best wishes,



Ellen Lee, JP, PBM
President, Silver Ribbon (Singapore)

INTRODUCTION

Since launched by Former President of Singapore Mr S R Nathan on 4 Feb 2006, Silver Ribbon (Singapore), a non-profit organisation, has been working closely with its policymakers, government agencies, grassroots organisations, school institutions, religious groups, media, local & overseas mental health organisations, consumers and caregivers, etc, to combat mental health stigma and encourage early help through innovative means.

This year, with the support of Lundbeck and World Federation for Mental Health, Silver Ribbon (Singapore) is pleased to host the 1st Global Summit for Mental Health Advocates to

- Commemorate World Mental Health Day 2018
- Launch the Global The Global Alliance for Mental Health Advocates
It serves as a global mental health project which serves as a platform to connect all stakeholders - organisations and individuals such as policymakers, grassroots leaders, representatives of government agencies, mental health professionals, mental health practitioners, treatment providers, teachers, students, journalists, consumers, caregivers, etc, across the world to discuss, learn, network, share best practices, ideas, knowledge & resources on mental health promotion and advocacy, and stay connected in improving the quality of life of people living with mental health issues & their caregivers and promoting an inclusive and gracious society.

SUMMIT SESSIONS

We are pleased to share that 23 local and 18 overseas speakers from 14 countries such as Argentina, Australia, Canada, Denmark, Hong Kong, Indonesia, Japan, Malaysia, New Zealand, Philippines, Portugal, Taiwan, Thailand and United States have accepted our invitation to impart their knowledge and skills at this summit.

Keynote Address	1	An Interdisciplinary Focus for Socio-Sanitary Inclusion in Mental Health
	2	Learn, Unlearn, Relearn: United We Stand
Plenary	1	Progress in Mind - Together We Can Make A Difference
	2	Promoting Mental Health in Asia Workplace: The Power of Business
	3	Let Us Advocate and Promote Mental Health
	4	Stronger Together – The Power of Advocacy
	5	Media for Advocacy
	6	The United to Help Movement. - 10 Years Combating Mental Health Stigma and Discrimination in Portugal
	7	Bridging the Divide – The Story of An Unlikely Practice
	8	We Need A “Public Mental Health Promotion Act” As Strategies to Advocate Mental Health: Taiwan Experience
	9	International Community Mental Health Training for Neighbourhood Countries
	10	Mental Health Promotion in Hong Kong: Its Past Experience and Its Future Hope
	11	Neuropsychecology and Mental Health in Diverse Settings: Environment to Individual, Community to Country
	12	Take A Life Education Path – Foresight Better Self in Psychology
	13	Multifamily Therapy in the Treatment of Addictions
	14	My Recovery Journey
	15	Recovery and Relapse Prevention of Working Persons
	16	The Effectiveness of Caregivers’ Role for Adherence to Treatment in Schizophrenic Patients (Evidence-Based Case Report)
	17	The Integration of Traditional Medicine With Psycho-social Rehabilitation Program
Breakout Session	1	Mental Health Advocacy & Research
	2	Mental Health Policy, Promotion & Strategies
	3	Mental Health Assessment, Treatment & Other Interventions
	4	Mental Health, Employment & Social Enterprise
	5	Mental Health & Community Support
	6	Mental Health, Youths & Students’ Mental Health Initiatives Within/Beyond Campus
	7	Mental Health, Rehabilitation & Reintegration

PROGRAMME

Day 1 – 4 October 2018, Thursday

0800	Registration <i>Venue: Foyer @ Level 2</i>
0900	Arrival of Guest of Honour President Halimah Yacob, The President of Republic of Singapore <i>Venue: Auditorium @ Level 2</i>
0905	Welcome Performance The Art of Happiness – LOL (Laughing Out Loud) Ms Suchi, Happiness Strategist, Chairperson of Asia Global Goodwill Ambassadors, Singapore <i>Venue: Auditorium @ Level 2</i>
0910	Welcome Address 1 Ms Ellen Lee, President, Silver Ribbon (Singapore)/Former Member of Parliament for Sembawang GRC, Singapore <i>Venue: Auditorium @ Level 2</i>
0915	Welcome Address 2 Mr Anders Schroll, Vice President, Corporate Communication & Global Public Affairs, Lundbeck, Denmark <i>Venue: Auditorium @ Level 2</i>
0920	Opening Address President Halimah Yacob, President of the Republic of Singapore <i>Venue: Auditorium @ Level 2</i>
0930	Opening Ceremony of 1st Global Summit for Mental Health Advocates 2018 Launch of Global Alliance for Mental Health Advocates <i>Venue: Auditorium @ Level 2</i>
0945	Keynote Address 1 An Interdisciplinary Focus for Socio-Sanitary Inclusion in Mental Health Dr Alberto Trimboli, President, World Federation for Mental Health, Argentina <i>Venue: Auditorium @ Level 2</i>
1015	Keynote Address 2 Learn, Unlearn, Relearn: United We Stand Associate Prof Fatimah Lateef Member of Parliament, Singapore Senior Consultant , Department of Emergency Medicine , Singapore General Hospital Associate Professor, Duke NUS Graduate Medical School Associate Professor, Yong Loo Lin School of Medicine, NUS Singapore <i>Venue: Auditorium @ Level 2</i>
1045	Tea Break I <i>Venue: Foyer @ Level 2</i>
1115	Plenary 1 Progress in Mind - Together We Can Make A Difference Mr Anders Schroll, Vice President, Corporate Communication & Global Public Affairs, Lundbeck, Denmark <i>Venue: Auditorium @ Level 2</i>

1145	Plenary 2 Promoting Mental Health in Asia Workplace: The Power of Business Ms Fern Ngai, Chief Executive Officer, Community Business, Hong Kong <i>Venue: Auditorium @ Level 2</i>		
1215	Networking Lunch I <i>Venue: Foyer @ Level 2</i>		
1245	Breakout Session 1 Mental Health Advocacy & Research		
	1.1 13 Reasons Why + 1 How – Mental Health Advocacy In Singapore Ms Thamarai Arivanandan Branch Executive Silver Ribbon (Singapore), Singapore <i>Venue: Auditorium @ Level 2</i>	1.2 You Are Not Alone – TOUCH’s Mental Health Initiatives in the Community Mrs Anita Low-Lim, Senior Director, Children & Youth/Impact & Research/Partnership & Communication, Touch Community Services, Singapore <i>Venue: Banquet Hall @ Level 3</i>	1.3 Evidence to Empower – Medication and Side Effects A/Prof Tan Chay Hoon, National University Hospital, Singapore <i>Venue: Meeting Room 1 & 2 @ Level 2</i>
1315	Plenary 3 Let Us Advocate and Promote Mental Health Dr Wendy Laupu, Doctor of Nursing Science, Queensland Health, Australia <i>Venue: Auditorium @ Level 2</i>		
1345	Plenary 4 Stronger Together – The Power of Advocacy Mr Fardous Hosseiny, National Director, Public Policy and Government Relations, Canadian Mental Health Association (CMHA), Canada <i>Venue: Auditorium @ Level 2</i>		
1415	Breakout Session 2 Mental Health Policy, Promotion & Strategies		
	2.1 Empowering Persons-in-Recovery Mr Chan Whee Peng, Director, Service Planning and Standards, National Council of Social Service, Singapore <i>Venue: Auditorium @ Level 2</i>	2.2 Developing Community Mental Health Ecosystem – Moving Beyond Services to Community Network Dr Tan Weng Mooi, Chief, Agency for Integrated Care, Singapore <i>Venue: Banquet Hall @ Level 3</i>	2.3 Supporting Broken Families Mrs Siti Aishah Bte Hashim, Assistant Director, Syariah Court, Singapore <i>Venue: Meeting Room 1 & 2 @ Level 2</i>
1445	Tea Break II <i>Venue: Foyer @ Level 2</i>		
1515	Plenary 5 Media for Advocacy Ms Eunice Elizabeth Olsen, Founder and Executive Producer, Womentalk TV Pte Ltd, Singapore <i>Venue: Auditorium @ Level 2</i>		
1545	Plenary 6 The United to Help Movement. - 10 Years Combating Mental Health Stigma and Discrimination in Portugal Prof Filipa Palha, Founding President, Encontrar+Se – Associacao Para A Promocao Da Saude Mental/Association for the Promotion of Mental Health, Portugal <i>Venue: Auditorium @ Level 2</i>		

1615	Breakout Session 3 Mental Health Assessment, Treatment & Other Interventions		
	3.1 What Consumers Needs to Know About Mental Health Treatment Options Ms Cecilia Chng, Advanced Practice Nurse/Assistant Director of Nursing, National University Hospital, Singapore <i>Venue: Auditorium @ Level 2</i>	3.2 Mothers and Infants – What ails and what heals A/Prof Helen Chen Senior Consultant Psychiatrist/ Head, Department of Psychological Medicine, KK Women’s & Children’s Hospital, Singapore <i>Venue: Banquet Hall @ Level 3</i>	3.3 When A 60-minute Mental Health Assessment Empowers Ms Yong Yee Huei, Case Manager, Institute of Mental Health, Community Health Assessment Team, Singapore <i>Venue: Meeting Room 1 & 2 @ Level 2</i>
1645	Breakout Session 4 Mental Health, Employment & Social Enterprise		Global Alliance for Mental Health Advocates Advisory Panel Annual Meeting <i>Venue: Meeting Room 1 & 2 @ Level 2</i>
	4.1 Bakery Wellness Ms Zhong Peirong Founder, Bakery Wellness, Singapore <i>Venue: Auditorium @ Level 2</i>	4.2 Empowerment, beyond Employment, for Persons with Mental Health Issues Ms Anthea Ong, Founder/Chief Revolutionary, Hush TeaBar, Singapore <i>Venue: Banquet Hall @ Level 3</i>	
1715	End of Day 1		
1800	Networking Dinner (by invitation) <i>Venue: Muslim Delights @ Level 1</i>		

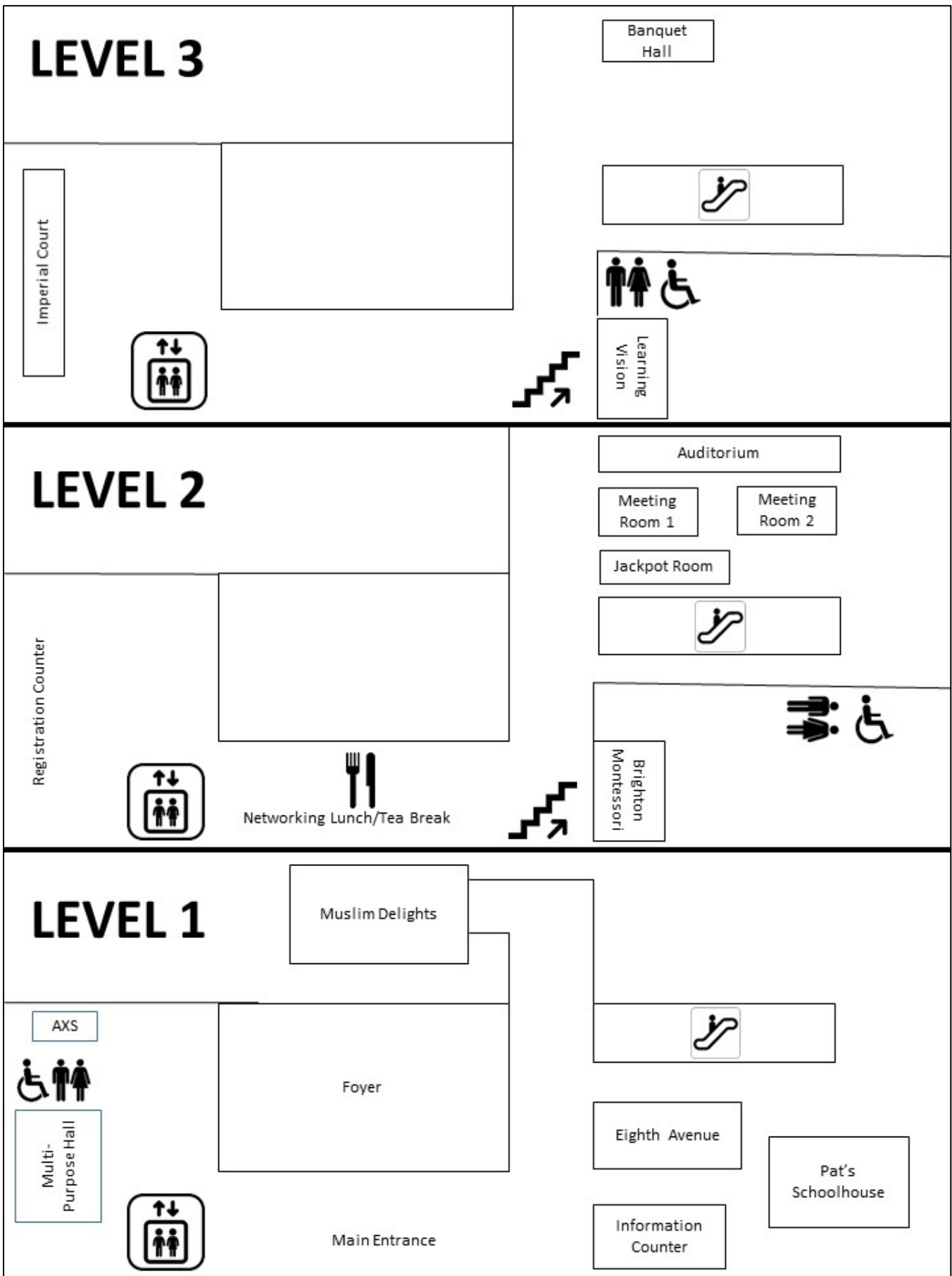
Day 2 – 5 October 2018, Friday

0800	Registration <i>Venue: Foyer @ Level 2</i>		
0900	Plenary 7 Bridging the Divide – The Story of An Unlikely Practice Dr Marcus Tan, Board Member, Silver Ribbon (Singapore) <i>Venue: Auditorium @ Level 2</i>		
0930	Plenary 8 We Need A “Public Mental Health Promotion Act” As Strategies to Advocate Mental Health: Taiwan Experience Prof Chueh Chang, President, Mental Health Association in Taiwan, Taiwan <i>Venue: Auditorium @ Level 2</i>		
1000	Tea Break III <i>Venue: Foyer @ Level 2</i>		
1030	Breakout Session 5 Mental Health & Community Support		
	5.1 Prevention, Assessment & Intervention in Suicide Work Ms Christine Wong, Executive Director, Caritas Singapore, Singapore <i>Venue: Auditorium @ Level 2</i>	5.2 Mental Health and the LGBTQ+ Community Mr Bryan Choong, Counsellor and Former Executive Director, Oogachaga, Singapore <i>Venue: Banquet Hall @ Level 3</i>	5.3 Sex is Not a Mental Illness Dr Martha Lee, Clinical Sexologist, Eros Coaching, Singapore <i>Venue: Meeting Room 1 & 2 @ Level 2</i>
1100	Plenary 9 International Community Mental Health Training for Neighbourhood Countries Mrs Suchada Sakornsatian, Senior Consultant, Srithanya Hospital, Thailand <i>Venue: Auditorium @ Level 2</i>		
1130	Plenary 10 Mental Health Promotion in Hong Kong: Its Past Experience and Its Future Hope Ms Deborah Wan Lai Yau, Past President, World Federation for Mental Health, Hong Kong <i>Venue: Auditorium @ Level 2</i>		
1200	Networking Lunch II <i>Venue: Foyer @ Level 2</i>		
1230	Plenary 11 Neuropsychecology and Mental Health in Diverse Settings: Environment to Individual, Community to Country Dr Lillian Comas-Diaz, Medical Director, Transcultural Mental Health Institute/Clinical Professor, George Washington University, Department of Psychiatry, United States Prof Frederick Jacobsen, Medical Director, Transcultural Mental Health Institute/Clinical Professor, George Washington University, School of Medicine, United States <i>Venue: Auditorium @ Level 2</i>		
1300	Plenary 12 Take A Life Education Path – Foresight Better Self in Psychology Ms Yeow Gaik Choo, Clinical Psychologist, Positive2U Sdn Bhd, Malaysia <i>Venue: Auditorium @ Level 2</i>		
1330	Plenary 13 Multifamily Therapy in the Treatment of Addictions Lic Silvia Raggi, President, Asociacion Argentina de Salud Mental (AASM), Argentina <i>Venue: Auditorium @ Level 2</i>		

1400	<p>Plenary 14 My Recovery Journey Mr Andrew Lu, Peer Support Specialist, RI International, New Zealand Ms Debbie Siau, Activities Coordinator, Oceania Healthcare, New Zealand <i>Venue: Auditorium @ Level 2</i></p>		
1430	<p>Breakout Session 6 Mental Health, Youths & Students' Mental Health Initiatives Within/Beyond Campus</p>		
	<p>6.1 Not Just Peanut Butter and Jam: Youths on the Move to Fill in the Gap Ms Jeanette Yeo, Assistant Team Leader (Logistics), Silver Ribbon Youth Chapter, Singapore <i>Venue: Auditorium @ Level 2</i></p>	<p>6.2 Peer Helpers Programme Ms Connie Wong, Clinical Assistant Director, Singapore Management University, Singapore <i>Venue: Banquet Hall @ Level 3</i></p>	<p>6.3 United We Stand – Rallying Our Youths Within & Beyond Campus for Youth Mental Health Advocacy Mr Cho Ming Xiu, Founder, Campus PSY (Peer Support for Youths), Singapore <i>Venue: Meeting Room 1 & 2 @ Level 2</i></p>
1500	<p>Tea Break IV <i>Venue: Foyer @ Level 2</i></p>		
1530	<p>Breakout Session 7 Mental Health, Rehabilitation & Reintegration</p>		
	<p>7.1 To Value and to Respect – Motivating Peers in their Recovery Journeys Dr Radiah Salim, Honorary President Club HEAL, Singapore <i>Venue: Auditorium @ Level 2</i></p>	<p>7.2 Mental Health: Rehabilitation and Reintegration Dr Sally Thio, Consultant, Resilience Collective, Caregivers Alliance Ltd, Singapore <i>Venue: Banquet Hall @ Level 3</i></p>	<p>7.3 Youth Recovery in the Community Mr Fred Cordeiro, Executive Director, Clarity Singapore Limited, Singapore <i>Venue: Meeting Room 1 & 2 @ Level 2</i></p>
1600	<p>Plenary 15 Recovery and Relapse Prevention of Working Persons Dr Tsuyoshi Akiyama, President, Japanese Society for the Elimination of Barriers to Mental Health, Japan <i>Venue: Auditorium @ Level 2</i></p>		
1630	<p>Plenary 16 The Effectiveness of Caregivers' Role for Adherence to Treatment in Schizophrenic Patients (Evidence-Based Case Report) Dr Chrisna Mayangsari, Psychiatrist, University of Indonesia & Bekasi Government Hospital, Indonesia <i>Venue: Auditorium @ Level 2</i></p>		
1700	<p>Plenary 17 The Integration of Traditional Medicine With Psycho-social Rehabilitation Program Dr Tan Cho Chiong, MD, Institute of Medicine, Far Eastern University, Quezon City, Philippines <i>Venue: Auditorium @ Level 2</i></p>		

1730	<p>Closing & Handover Ceremony</p> <p><u>Closing Speech “What’s next?”</u></p> <ul style="list-style-type: none"> • Adj Prof Lee Cheng, Immediate Past President, Silver Ribbon (Singapore) • Mr Anders Schroll, Vice President, Corporate Communication & Global Public Affairs, Lundbeck, Denmark <p><u>Handover Ceremony</u></p> <ul style="list-style-type: none"> • Prof Chueh Chang, President, Mental Health Association in Taiwan, Taiwan • Prof Liu Chia-Nien, Secretary-General, Mental Health Association in Taiwan, Taiwan • Mrs Hu Chun Han, Research Officer, Mental Health Association in Taiwan, Taiwan • Ms Gan Cai Ru, Research Fellow, Mental Health Association in Taiwan, Taiwan • Dr Lu Shu-Jen, Executive Board Member, Mental Health Association in Taiwan, Taiwan <p><i>Venue: Auditorium @ Level 2</i></p>
1800	End of Day 2

LAYOUT PLAN



RECOMMENDED HOTELS FOR OVERSEAS DELEGATES

Concorde Hotel Singapore

Concorde Hotel Singapore is located along Orchard Road, within shopping and commercial district. The hotel is set between two Mass Rapid train stations, Somerset and Dhoby Ghaut MRT stations, both just a brisk five-minute walk away; and Suntec City, The Esplanade, Clarke Quay and Chinatown are just minutes away. All rooms are newly refurbished. Free Wi-Fi for multiple devices is also available to hotel guests in their rooms, lobby, by the pool, and hotel's public areas. Guests can enjoy a wide selection of cable channels, coffee/tea making facilities, electronic safe, mini-fridge, iron and ironing board. Facilities include an outdoor swimming pool, fitness club and business centre, and a free Internet Station at the Welcome Lounge. All guestrooms are equipped with a new smartphone 'Handy' to enhance our guests' stay experience. Handy allows guests to stay connected 24/7 even if they are out of the Hotel. Benefits of Handy include free unlimited local and international calls to selected countries such as USA, Australia, Indonesia, China, USA, Japan and more; access to interactive maps; GPS and unlimited 4G access. A ride to Changi Airport by car or taxi will take approximately 25 minutes.

Room Rate

Single room: S\$210.00++ per room per night (daily breakfast for 1 person)

Double room: S\$225.00++ per room per night (daily breakfast for 2 person)

Please visit <http://singapore.concordehotelsresorts.com/> to find out more and you may contact Mr Sulianto Tee directly at sulianto.tee@concorde.net / +65 6739 8320, quoting "1st Global Summit for Mental Health Advocates" to enjoy this special rate.

Hotel Chancellor@Orchard

Hotel Chancellor@Orchard is located on the Orchard Road shopping belt. It is nestled between two major Mass Rapid Train Stations, the Dhoby Ghaut Station, a major inter-change station and the Somerset Station. All areas of Singapore are therefore, easily accessible from the hotel. Aside from major shopping centres such as Orchard Central, Centrepoint, 313@Somerset, Orchard Gateway and Plaza Singapura, the hotel is a short 5 minutes' walk from the Istana, the Singapore President's Official residence. In fact, more than half of its rooms face the lush greenery that is part of the Istana ground. The Emerald Hill Conservation enclave is another place of interest that is within 5 minutes' walk. The hotel has a total of 488 rooms that are mostly double or twin configuration. However, there are some rooms that are triple bed and double keys to accommodate family travelling together. Each room has large tinted double glaze windows that allow generous amount of natural light in but yet keep out heat. All bathrooms offer rain shower or shower over bathtub.

Room Rate

Single room: S\$148.00++ per room per night (daily breakfast for 1 person)

Double room: S\$158.00++ per room per night (daily breakfast for 2 person)

Please visit <http://www.chancellororchard.com.sg/> to find out more and you may contact Mr Cosmo Lim directly at cosmo.lim@ghihotels.com.sg / +65 6708 8779, quoting "1st Global Summit for Mental Health Advocates" to enjoy this special rate.

See you at the Summit!