

# National Community Mental Health Conference 2024

October 11-13, 2024

AC Marriott, Kingston

Theme: It's time to Prioritise Mental Health in the Work Place

## **Programme**

**Day 1**

**Friday October 11, 2024**

**8:00am-8:20am**

Registration

**8:20am – 8:30am**

**Welcome and Introductions**

**Chairperson**

Dr Kevin Goulbourne – Director, Mental Health and  
Substance Use Services, MOHW

**8:30am – 8:35am**

**Invocation**

Rev Deonie Duncan  
Assistant Chaplain

Non-Geographic Formations #3

Jamaica Constabulary Force

**8:35am – 9:00am**

**Greetings**

Dr. Lisabeth Crossman

President, Jamaica Psychiatric Association  
Regional Psychiatrist, SERHA

Mr. Lascelles Brown  
Regional Director  
South East Regional Health Authority

Mr. Errol Greene OD, JP  
Permanent Secretary  
Ministry of Health and Wellness

9:00am – 9:15am

Introduction Guest Speaker

**9:05am-10:05am**

**Guest Speaker**

Professor Dickson Chibanda  
London School of Hygiene  
University of Zimbabwe

**10:05-10:15am**

**Coffee Break**

**SESSION I**

**The Mentally Healthy Workplace**  
**Chairperson: Mrs. Baker Burke**

10:15am – 10:35am

Emotional Intelligence in the Workplace

Dr Earl Wright  
Consultant Psychiatrist  
Kingston

10:35am - 10:55am Strategies in Reducing Burnout in Employees  
**Prof Wendel Abel**  
**Consultant Psychiatrist**  
**Section of Psychiatry, UWI**  
**Mona, Kingston**

10:55am - 11:20am Mental Health and Work: The Lived Experience  
Client/Caregiver- Southern Region

11:20am - 11:40am Referral for Mental Health Treatment- Stigma/  
Discriminatory Challenges  
**Dr. Colleen Gooden**  
**Consultant Psychiatrist/**  
**South East Regional Health Authority**

11:40 am-11:50am Question and Answer Session

11:50am -12MD Sponsor Presentation - National Health Fund

**Session 2: Work Place Mental Health Interventions**  
**Chairperson: Dr. Bertilee Burgess**  
**Consultant Psychiatrist**  
**North East Regional Health Authority**

12:00pm- 12:20pm

Employee Assistance Programme- How relevant are these?

**Mrs. Kadian DaCosta - Graham**

Training Dynamics Consultants

12:20 pm -12:40 pm

To be or not to be assessed by the Medical Board

**Dr. Doreth Garvey**

**Regional Psychiatrist, SRHA**

12:40pm-1:00pm

Workplace Accommodations for People with Cognitive Impairment'

**Dr. Roger Roberts**

**SMO, Bellevue Hospital**

1:00pm-1:20pm

Question and Answer

1:30pm-2:00pm

LUNCH

### **Session 3: Human Relations and Mental Health**

**Chairperson: Mrs. Djavilia Ho**

**President, Jamaica Psychological Association**

2:00pm – 2:20pm

Where are we with the Workplace Mental Health Policy?

**Dr. Kevin Goulbourne**

**Director, Mental Health and Substance Use Services**

**Ministry of Health and Wellness**

2:20pm-2:40pm

Substance Use Disorder Screening and Workplace Wellness

**Dr Winston De La Haye**  
**Consultant Psychiatrist**  
**University Hospital of the West Indies**

2:40pm-3:00pm

Psychology of Retirement: Leaving the workplace in Fine style?

**Ms Georgia Rose**

**Clinical Psychologist**

**Western Regional Health Authority**

3:00pm-3:10pm

Question and Answer Session

3:10pm-3:20pm-

Sponsor Presentation -Jamaica National

3:20 pm-3:30pm

Vote of Thanks

**3:30pm**

**End of Day 1**

## Day 2 October 12, 2024

**8:30am**

### Registration for Break Out Sessions

**Capacity for Break Out Sessions 50 participants.**

Time	Room A	Room B	Room C
9:00am-10:00am	<p>Data Protection Act: The Balancing Act Chair: North East Presenter Ms Naiequa Barnes</p>	<p>Child and Adolescent Mental Health - Confidence in diagnosing and Treating Common Disorders Chair: Dr. Michele Henry Presenter: Dr. Judith Leiba</p>	<p><b>Seminar</b> <b>How Will You Retire?</b> <b>Panelists-</b>Prof Wendel Abel, Dr. Howard Harvey, Ms Pauline Roberts, JN Team Member <b>Chairperson: Ns Luraine Brown</b></p>
10:00am -11:00am	<p>Workplace Wellness: Is this possible? Chair: Ns North East Dr. Ijah Thompson</p>	<p>Counselling 101- CBT Chair: Ms. Eulin Hyatt-Beckford Presenter: Ms Georgia Rose</p>	<p><b>Back to Basics:</b> Forensic Mental Health Assessment and Writing The Forensic Report Chair: Dr. Kraig Radlein Presenter: Dr. Clayton Sewell</p>

<p>11:00am-12:00pm</p>	<p>Yoga: Transforming You</p> <p>Chair: Ns Oluchukwu Ikezie</p> <p>Presenter: Mr. Maxwell</p>	<p>Mental Health Advocacy: Action Not a Bag a Mouth</p> <p>Chair: Ns Parchment</p> <p>Presenter: Mensana Group</p>	<p>Back to Basics:  Forensic Mental Health Assessment and Writing The Forensic Report</p> <p>Chair: Dr. Kraig Radlein</p> <p>Presenter: Dr. Clayton Sewell</p>
<p>12:00pm-1:00pm</p>	<p>Healing with Hula</p> <p>Chair:</p> <p>Presenter: Dr Vitillus Holder</p>	<p>A Brush with Therapy</p> <p>Chairperson:</p> <p>Presenter: Paints by Abra</p>	<p>Harmonizing Cultural &amp; Medical Therapies.</p> <p>Chair: Mr. Kevin Alen</p> <p>Presenter: Yasus Afari</p>
<p>1:00pm-2:00 pm</p>	<p>Lunch</p>		

# Clinical Conference

## Cutting Edge Mental Health October 13, 2024

**8:00am Registration**

**8:30am**

**Welcome and Introduction  
Opening Remarks**

Dr. Lisabeth Crossman  
President, Jamaica Psychiatric Association

**Session 1  
Chairperson: Dr. Tamika Miller  
Psychiatrist, SERHA**

**Back to Basics**

8:45am -9:05am

**Over 80 yrs and with Dementia: To treat or Not to Treat**  
Dr. Roger Roberts  
SMO, Bellevue

9:05-9:25am

**Bipolar Disorder: Mixed States- Assessment and Management**  
Dr. Baldwin Miller  
Psychiatrist, Southern Regional Health Authority

9:25am-9:45 am

**Missing and Misdiagnosing Adult ADHD**  
Prof Wendel Abel  
Consultant Psychiatrist  
Section of Psychiatry, UWI

9:45am-9:55am  
Question and Answer

**Session 2  
Chairperson: Dr. Hope Iballaboh**

9:55am-10:15am



## **Choosing the Right Antidepressant**

Dr. Rachel Chung

Psychiatrist, KPH

10:15am-10:35am

## **Benzodiazepine: Use with Caution**

Dr. Kunal Lalwani

Psychiatrist, UWI

10:35am-10:55am

## **Esketamine for Treatment of Depression**

Dr. Geoffrey Walcott

Psychiatrist, Kingston

Questions and Answer

Coffee Break- 11:05 am-11:15am

Sponsor Presentation- Ms Marsha Clarke, Janssen

## **Session 3: Research projects**

**Chair: Dr. Mindi Fitz-Henley**  
**Psychiatrist, SERHA**

11:15am-12:15am

Dr. Brian Kazaara

Question and Answer Session  
Sponsor Presentation

## **Session 4 ; Dr. Patrick Prendergast**

12:25pm- 12:45pm

## **New and Emerging Drugs- Current Challenges and the Way forward**

Mrs. Uki Atkinson

Researcher, NCDA

12:45 pm-1:05 pm

**Avoiding the Nine Day Wonder: Media and Mental Health-**

Ms Janet Silvera  
Journalist, Gleaner

1:05pm-1:25pm

Question and Answer

1:25pm

Vote of Thanks      Dr. Tiffany Grant- Secretary, JPA

1:25pm

End of Conference and Lunch

