





# MENTAL HEALTH MATTERS: THE HONG KONG MENTAL HEALTH CONFERENCE PROGRAMME

NOVEMBER 3<sup>RD</sup> – 5<sup>TH</sup> 2017

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 [www.hkmentalhealthconference.com](http://www.hkmentalhealthconference.com)

 Hong Kong Academy of Medicine



**Day 1 | 3 November**

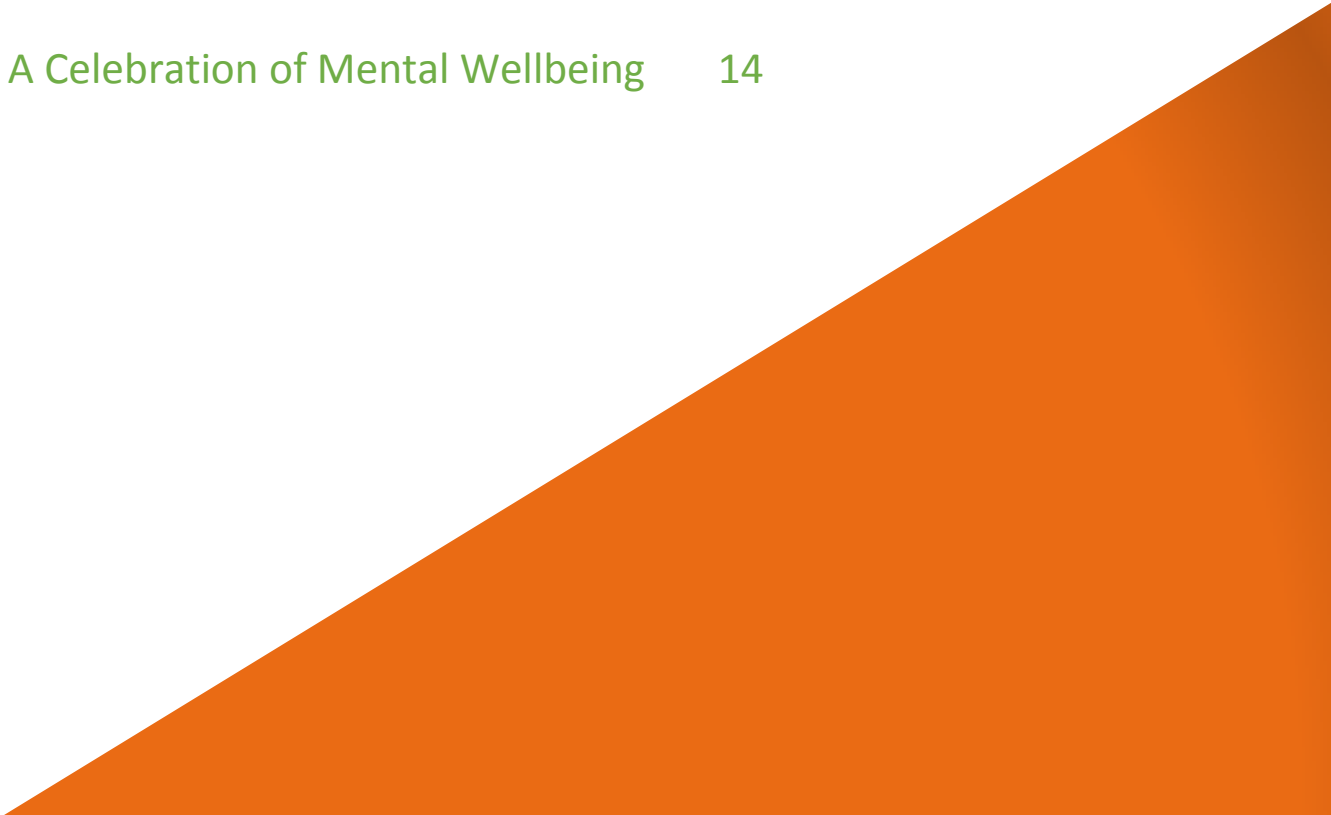
Overcoming the Stigma in the Workplace, Policy, Media and the Elderly 4

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## Program Overview

### Friday

8:15	Registration	45 minutes
9:00	Opening Ceremony	60 minutes
10:00	Break	15 minutes
10:15	Parallel Thematic Sessions	60 minutes
11:15	Break	15 minutes
11:30	Parallel Thematic Sessions	60 minutes
12:30	Lunch & Press Conference	60 minutes
13:30	Welcome Plenary	75 minutes
14:45	Break	15 minutes
15:00	Parallel Panels	90 minutes
16:30	Welcome Reception	

### Saturday

8:15	Registration	45 minutes
9:00	Plenary	90 minutes
10:30	Break	15 minutes
10:45	Parallel Panels	60 minutes
11:45	Break	15 minutes
12:00	Parallel Thematic Sessions	60 minutes
13:00	Lunch	60 minutes
14:00	Keynote	90 minutes
15:30	Break	15 minutes
15:45	Workshops	75 minutes

# Overcoming the Stigma Day 1

Friday 3 November 2017

Today encompasses all six themes, however has a greater focus on mental health in policy, business, legal, elderly care and media settings.

08:15 **Registration & Informal Networking**

09:00 **Run Run Shaw Hall** **OPENING CEREMONY**  
Welcome  
**TRANSLATE**

09:05 **Officiating Guests:**

Prof. Gabriel Leung Dean, Li Ka Shing Faculty of Medicine. Chair, Public Health Medicine University of Hong Kong, Hong Kong  
Prof. Eric Chen Conference Co-Chair. President, Hong Kong College of Psychiatrists. Department Head, University of Hong Kong, Hong Kong  
Dr. Lucy Lord Conference Co-Chair. Physician & Founder, Central Health Medical Practice and Patient Care Foundation, Hong Kong  
TBA Hong Kong Jockey Club Charities Trust  
Prof. Sophia Chan JP, Secretary for Food and Health, Hong Kong Government  
Mrs. Carrie Lam Chief Executive, Hong Kong Government

**Introduction**

Deborah Kan Former Executive Producer, Wall Street Journal. Founder, BeingPatient.com, University of California, United States & Hong Kong

**ADDRESS**

Paul Farmer Chief Executive, Mind UK, United Kingdom

10:00 **Mindful Walking Break**

10:15 **THEMATIC PARALLEL SESSIONS**

10:15	<b>Run Run Shaw Hall</b> <b>TRANSLATE</b>	<b>Healthcare</b>	<b>Stigma, Mental Health &amp; Suicide in Hong Kong</b> Crucial concepts followed by discussion	Suicide Prevention via Early Detection and De-stigmatization of Mental Health Disorders in Hong Kong Community Based Approach to Suicide Prevention	Prof. Eric Chen Prof. Paul Yip	Conference Co-Chair. President, Hong Kong College of Psychiatrists. Department Head, University of Hong Kong, Hong Kong Director, The Centre of Suicide Research and Prevention, University of Hong Kong, Hong Kong
10:15	<b>Lim Por Yen Lecture Theatre</b>	<b>Workplace</b>	<b>Mental Health Inequalities, Initiatives &amp; Information in the Workplace</b>	My Story of Corporate Life & the Breaking Point Benchmarking & Minimum Data Set Development – Mental health measures & what we know so far City Mental Health Alliance Hong Kong: Survey results	Brian Heyworth Beth Robotham Peter Reynolds, Marco Studer	HSBC, Global Head of Client Strategy, United Kingdom Head of Business Development, BUPA, United Kingdom Oliver Wyman Consultants with City Mental Health Alliance, Hong Kong

10:15	<b>Pao Yue Kong Auditorium</b>	<b>Healthcare</b>	<b>Asia Focus: Regional Innovations and Change in Mental Health Care</b>	Transitions in Mental Health Care in Hong Kong	Prof. Olga Zayts	Health Communication Research Cluster, School of English, The University of Hong Kong, Hong Kong
					Dr. Hannah Shipman	Post-doctoral Fellow, School of English, The University of Hong Kong, Hong Kong
				Longitudinal Changes of Severe Mental Illness in Contemporary Rural China	Prof. Maosheng Ran	Associate Professor, Department of Social Work and Social Administration. Founder & PI, Chengdu Mental Health Project (CMHP), The University of Hong Kong, Hong Kong
				Self-harm in Families by Left Behind by Temporary Foreign Migration – Evidence from Sri Lanka	Dr. Duleeka Knipe	University of Bristol, United Kingdom
10:15	<b>Function Room 1</b>	<b>Health PANEL</b>	<b>Traditional Chinese Medicine (TCM): What do we know and what more can we do? A summary of key concepts and developments in TCM.</b>		Chaired by: Dr. Emily Wong	MD (University of Washington, Seattle), LMCHK, DABIM (Diplomate American Board of Internal Medicine)
					Dr. Venus PW Wong	Department of Social Work and Social Administration, University of Hong Kong, Hong Kong
					Gianna Buonocore	Integrated Medicine Institute, Hong Kong
10:15	<b>Function Room 2</b>	<b>Law</b>	<b>Putting Mental Health on the Legal Agenda</b>	The Influence Mental illness in Marital Breakdown in Hong Kong	Sharon Ser	Partner, Withers, Hong Kong
				Testamentary & Financial Capacity	Dr Gabriel Hung	Solicitor and Psychiatrist, The Central Practice, Hong Kong
				Mental Health Issues in Legal Proceedings	Jeremy S.K. Chan	Barrister, Denis Chang’s Chambers, Hong Kong
				The Mental Health Review Tribunal Proceedings in Hong Kong	Dr. David Kan & Alex Yau	Partner, Solicitor Advocate, Howse Williams Bowers, Hong Kong Howse Williams Bowers, Hong Kong
				Capacity	Josephine Wong	The central practice, Hong Kong
				United Nations Convention on the Rights of the Persons with Disabilities and its Implications on Hong Kong’s Mental Health Law	Prof. Daisy Cheung	Deputy Director of the Center of Medical Ethics and Law, University of Hong Kong, Hong Kong
10:15	<b>James Kung Meeting Room</b>	<b>Storytelling</b>		Awakening: Transforming Your Life After Trauma	Emma Slade	Ani Pema Deki, Buddhist nun, Author and Charity Founder
11:15	<b>Break</b>					
11:30	<b>THEMATIC PARALLEL SESSIONS</b>					
11.30	<b>Run Run Shaw Hall</b> <b>TRANSLATE</b>	<b>Policy PANEL</b>	<b>Local &amp; Global Transformation Through Leadership in Mental Health Figureheads discuss the evidence that will help us overcome stigma</b>		Chaired by: Dr Susan Mistler	Head Psychology Department, Central Health Medical Practice, Hong Kong
					Prof. Sir Graham Thornicroft	Psychiatrist, King’s College London, Institute of Psychiatry, Psychology and Neuroscience. Chair, Maudsley International, United Kingdom

			<b>Local &amp; Global Transformation Through Leadership in Mental Health</b> Figureheads discuss the evidence that will help us overcome stigma.		Prof. Eric Chen	Conference Co-Chair. President, Hong Kong College of Psychiatrists. Department Head, University of Hong Kong, Hong Kong
					Paul Farmer	Chief Executive, Mind UK, United Kingdom
					Prof. Gin Malhi	Editor, Australian and New Zealand Journal of Psychiatry. Chair, Department of Psychiatry, University of Sydney, Australia
11:30	<b>Lim Por Yen Lecture Theatre</b>	<b>Workplace</b>	<b>Resilience &amp; Growth in the Corporate Sector</b> A Cross-section of information and research	Facilitator: Mental Health in the Workplace	Ashley Alder	CEO, The Securities and Futures Commission, Hong Kong
				Anti-Stigma Principles & Workplace Policy: Does there Need to be a Divide?	Poppy Jaman	CEO, Mental Health First Aid England, United Kingdom
				Stigma in the Workplace	Janice Lam	University College London, Hong Kong
				Stigma in the Workplace: Negative Attitudes of Co-Workers Towards Individuals with Depression, Thyroid Disorder, or Part-Time Study	Ami Ka Ling Hui	The Chinese University of Hong Kong
				Building Resilience in the Workplace	Damian Ordish	Head of Reward APAC, Goldman Sachs, Hong Kong
11:30	<b>Pao Yue Kong Auditorium</b>	<b>Spirituality</b>	<b>Mind, Body &amp; Spirit</b> A holistic discussion on faith and mental health	Seeing Oneself in Silence: Mindfulness Training for Medical Students	Dr. Venus PW Wong	Department of Social Work & Social Administration of Hong Kong, Hong Kong
				God Are You Listening? It's Me	Paul Lu	National Alliance on Mental Illness (NAMI) Orange County. FaithNet Coordinator, USA
				Set Free: A Life-Changing Journey from Banking to Buddhism in Bhutan	Emma Slade	Ani Pema Deki, Buddhist nun, Author and Charity Founder, United Kingdom
11:30	<b>Function Room 1</b>	<b>Healthcare</b>	<b>Overcoming the Stigma</b> Recent research projects in Hong Kong	Psychosis & mental health stigma	Dr. Sherry Kit Wa Chan	Department of Psychiatry, University of Hong Kong, Hong Kong
				Mind Shift: Overcoming the stigma through community, fitness & contact	Christina Lam	EPISO Project Coordinator, Dept Psychiatry Hong Kong University, Hong Kong
				Mental Health First Aid Hong Kong	Maria Shuk Yu Hung	Associate Professor, School of Nursing, Tung Wah College, Hong Kong
11:30	<b>Function Room 2</b>	<b>Elderly Care</b>	<b>The Learned Generation: Partnering Old World Wisdom with Current Evidence in the Care of the Aged</b>	Interface between policy, research & practice in elderly care	Prof. Sube Banerjee	Professor of Dementia and Deputy Dean at Brighton and Sussex Medical School, United Kingdom
				Dementia caregiving - Challenges & strategies	Prof. Wai Chi Chan	President, Chinese Dementia Research Association, Hong Kong
				Connectivity & common ground: Communication & elderly care	Prof. Mary Jo Santo Pietro	School of Communication Disorders and Deafness, Kean University, United States
11:30	<b>James Kung Meeting Room</b>	<b>Story Telling</b>	<b>Personal Story</b>	Hope is Not too Far	Elaine Peng	National Alliance on Mental Illness (NAMI), Chinese Community Support Specialist, United States

12:30	<b>LUNCH &amp; PRESS CONFERENCE</b>			
13:30	<b>Run Run Shaw Hall</b> <b>TRANSLATE</b>	<b>WELCOME PLENARY</b>		
		<b>Welcome</b>	Deborah Kan	Former Executive Producer, Wall Street Journal. Founder, BeingPatient.com, University of California, United States & Hong Kong
		<b>Mental Health Programs - Synergies &amp; Controversies</b>	Prof. Norman Sartorius	President, The International Association for the Promotion of Mental Health Programmes, Switzerland
		<b>Overcoming the Stigma</b>	Prof. Sir Graham Thornicroft	Psychiatrist, King's College London, Institute of Psychiatry, Psychology and Neuroscience. Chair, Maudsley International, United Kingdom
		<b>Investing in the Future: Youth Mental Health &amp; Suicide Prevention</b>	Prof. Pat McGorry	Executive Director, Orygen, National Institute of Excellence in Youth Mental Health, Australia
14:45	<b>Break</b>			
15:00	<b>PARALLEL SESSIONS – PANELS</b>			
15:00	<b>Run Run Shaw Hall</b> <b>TRANSLATE</b>	Epidemiology	Prof. Peter B Jones	Professor of Psychiatry, Deputy Head, School of Clinic Medicine, University of Cambridge, United Kingdom
		Title TBC	Prof. Gin Malhi	Editor, Australian and New Zealand Journal of Psychiatry. Chair, Department of Psychiatry, University of Sydney, Australia
		The Hong Kong Mental Morbidity Survey - Three-Year Mental and Physical Outcomes	Prof. Arthur Mak Representing Prof. Linda Lam	Head, Division of Psychosomatic Medicine. Assistant Professor, Department of Psychiatry, Faculty of Medicine, The Chinese University of Hong Kong, Hong Kong
				Prof. Linda Lam: Chairman, Department of Psychiatry, Director, Dementia Research Unit, The Chinese University of Hong Kong, Hong Kong
15:00	<b>Lim Por Yen Lecture Theatre</b>	<b>Media PANEL</b>	<b>Sex, Drugs &amp; Rock &amp; Roll: When "Madness" Makes the Moulah. The role of the media in the portrayal of mental health.</b>	Chaired by: Deborah Kan TBC Former Executive Producer, Wall Street Journal. Founder, BeingPatient.com, University of California, United States & Hong Kong
				TBC
			Scilla Andreen	Award winning Producer Angst, CEO & Co-Founder IndieFlix, Founder IndieFlix Foundation
			Dr Robyn Ho	Psychiatrist, YouTube, Hong Kong
15:00	<b>Pao Yue Kong Auditorium</b>	Help-seeking behaviours for psychological distress amongst Hong Kong Chinese patients	Prof. Tai Pong Lam	Clinical Professor, Department of Family Medicine & Primary Care, University of Hong Kong, Hong Kong
		Demystifying the brain - Neural network-based intervention in major depression	Prof. Sandra Chan	Coordinator, Suicide Research, Chinese University of Hong Kong, Hong Kong

15:00	<b>Function Room 1</b>	<b>Care of the Elderly PANEL</b>	<b>Dementia Sufferers &amp; their Caregivers: What Replaces Family? A panel examining the support networks available to our elderly population.</b>	Chaired by:		
				Dr. Jenifer Chan	Psychiatrist, Central Health Medical Practice, Hong Kong	
				Prof. Wai Chi Chan	President, Chinese Dementia Research Association, Hong Kong	
				Prof. Mary Jo Santo Pietro	School of Communication Disorders and Deafness, Kean University, United States	
				Prof. Sube Banerjee	Professor of Dementia and Deputy Dean, Brighton and Sussex Medical School, United Kingdom	
				Dominica Yang	Founder, Brain Health Initiative. Parent caregiver, Hong Kong	
15:00	<b>Function Room 2</b>	<b>Sport Thematic Session</b>	<b>Sport on the Mind Research and real life links between sport and mental health</b>	Keep Your Eye on the Ball: Rugby & Mental Health	Robbie McRobbie	CEO, Hong Kong Rugby Union, Hong Kong
				Fit Mind Program	Prof. Edwin Lee	Psychiatrist, Department of Psychiatry, University of Hong Kong, Hong Kong
				Pain in the Back: The Specific Treatment of Problems of the Spine (STOPS) Trial	Dr Alexander Chan	Physiotherapist, La Trobe University, Australia Physio Central, Hong Kong
				Healing Through Nutrition	Denise Fair	Nutritionist, Central Health Medical Practice, Hong Kong
15:00	<b>James Kung Meeting Room</b>	<b>Story telling</b>	<b>Personal Story of Mental Health and Recovery</b>	James Chau TBC	Journalist, Television Presenter and United Nations Goodwill Ambassador, China	
				Jackie Lam	Counsellor, interviewer, Hong Kong	
				Valerie Sinason	Psychoanalyst and Psychotherapist - The Bowlby Centre United Kingdom	
16:30	<b>Welcome Reception with Dr. Lucy Lord &amp; Prof. Eric Chen</b>					



# Overcoming the Stigma Day 2

4 November 2017 (Saturday)

Day 2 of the conference has a greater focus on education and health settings, as well as the chance to brainstorm with the experts in tailored sessions.

08:15 **Registration & Networking**

09:00 **Run Run Shaw Hall** **MORNING PLENARY**  
**Better Mental Health for Hong Kong is Better Mental Health for Asia**  
**TRANSLATE**

<b>Welcome Remarks</b>	MC TBA	
<b>Training Champions to Address the Intersectionality of Race, Culture, and Mental Health</b>	Prof. Kenneth Fung	Psychiatrist & Associate Professor, Department of Psychiatry, University of Toronto. Clinical Director, Asian Initiative in Mental Health, Toronto Western Hospital, University Health Network, Canada
<b>Internationally Utilised Paradigms for Anti-Stigma Programmes: Will they be Useful in Hong Kong?</b>	Prof. Norman Sartorius	President, International Association for the Promotion of Mental Health Programmes, Switzerland
<b>Anti-stigmatization &amp; Mental Health Promotion in Hong Kong Schools</b>	Dr. Verena Lau Wing-Yin	Educational Psychologist Service, Education Bureau, Hong Kong

10:30 **Break**

10:45 **PARALLEL SESSIONS – PANELS and THEMATIC SESSIONS**

<b>Run Run Shaw Hall</b> <b>TRANSLATE</b>	<b>PANEL ONE</b> <b>Mental Health, Stigma &amp; Asian Culture</b> <b>A panel examining the differing effects of stigma in Chinese and other Asian cultures</b>	Chaired by: Prof. Cecilia Lai Wan Chan	Chair of Health and Social Work, Department of Social Work and Social Administration, University of Hong Kong, Hong Kong
		Prof. Eric Chen	Conference Co-Chair. President, Hong Kong College of Psychiatrists. Department Head, University of Hong Kong, Hong Kong
		Prof. Norman Sartorius	President, The International Association for the Promotion of Mental Health Programmes, Switzerland
		Prof. Kenneth Fung	Psychiatrist and Associate Professor, Department of Psychiatry, University of Toronto. Clinical Director, Asian Initiative in Mental Health, Toronto Western Hospital, University Health Network, Canada
		Dr. Sherry Kit Wa Chan	Department of Psychiatry, University of Hong Kong, Hong Kong
10:45 <b>Lim Por Yen Lecture Theatre</b>	<b>PANEL TWO</b> <b>School Leaders Speak Frankly on Youth Suicide</b> <b>Effective practice &amp; protocols in supporting students following suicide and other bereavements</b>	Chaired by: Tim Conroy-Stocker	Student Support and Special Educational Needs Adviser (Secondary), English Schools Foundation, Hong Kong
		Prof. SF Hung	Senior Psychiatrist, Hospital Authority and Private Practice, Hong Kong
		Dr. Verena Lau Wing-Yin	Educational Psychologist Service, Education Bureau, Hong Kong

				Dr. Nicholas Kowalenko	Psychiatrist, Oceania Regional Coordinator for IACAPAP. Deputy Chair for Emerging Minds, Australia
				Mark Harrison	Deputy Principal and Head of Pastoral Care, Victoria Shanghai Academy, Hong Kong
				Chris Sammons	Principal, West Island School, Hong Kong
10:45	<b>Pao Yue Kong Auditorium</b>	<b>Recovery Oriented Practice: The Key Concepts and Research</b> <b>PARALLEL SESSION</b>	Creative Practice as Mutual Recovery	Prof Paul Crawford	Director of the Center for Social Futures at Institute of Mental Health, School of Health Sciences, University of Nottingham, United Kingdom
			Shared Decision Making: A Recovery Tool to Prevent Relapse from Bipolar Disorder	Prof. Samson Tse	Associate Dean (Undergraduate Education); Director of Experiential Learning, Department of Social Sciences, University of Hong Kong, Hong Kong
			De-Stigmatization & the Recovery-Oriented Practice in Mental Health Services: A 5-Year Experience (10 minutes)	Raymond Au	Senior Occupational Therapist, United Christian Hospital, Hong Kong
10:45	<b>Function Room 1</b>	<b>PARALLEL THEMATIC SESSION</b> <b>Substance Abuse, Stigma and Living Well in Recovery</b> <b>A panel exploring lived experiences and treatment perspectives</b>		Members	Alcoholics Anonymous
				Dr. Barry Connell	Resilience Services Medical Director, Goldman Sachs APAC, Hong Kong
10:45	<b>Function Room 2</b>	<b>PARALLEL THEMATIC SESSION:</b> <b>Our space, Our home, Our community.</b> <b>Discussing the impact of environment on mental health</b>	Urban planning and design: An emerging opportunity in mental health promotion	Dr Layla McCay	Director of the Centre for Urban Design and Mental Health, London
			Animal assisted interventions in recovery from psychosis	Eddie Lee	Founder, The Hong Kong Institute of Animal Assisted Intervention
			Our Hospitals are Public and Civic Buildings that Treat Citizens that have Fallen Victim to Illness and Injury: A Hospital is the Security Bedrock of a Stable Society	Stephanie Costelloe	B.Arch, Senior Practice Director BVN, Hong Kong
			PLAY your way through adversity	Enoch Li	Founder of Bearapy, Organizational Change & Play Consultant, Beijing, China
10:45	<b>James Kung Meeting Room</b>	<b>Health - WORKSHOP</b> <b>Autism</b> <b>Reaching the Unreachable: working therapeutically with autistic people from an attachment-based perspective</b>		Prof. Phyllis Chan	Consultant Child and Adolescent Psychiatrist, Queen Mary Hospital, Hong Kong
				Mark Linington	Psychoanalyst, Chair of Exec Committee, The Bowlby Centre, United Kingdom
11:45	<b>Mindful Walking Break</b>				
12:00	<b>THEMATIC PARALLEL SESSIONS</b>				
12:00	<b>Run Run Shaw Hall</b> <b>TRANSLATE</b>		Psychiatry 2017: Challenges and Opportunities	Professor Norman Sartorius	President, International Association for the Promotion of Mental Health Programmes, Geneva, Switzerland
			Progress in global mental health	Professor Sir Graham Thornicroft	Psychiatrist, King's College London, Institute of Psychiatry, Psychology and Neuroscience Chair, Maudsley International, United Kingdom

	<b>Lim Por Yen</b> Lecture Theatre	<b>PANEL</b> Suicide Prevention in Hong Kong Primary Schools		Chaired by: John Shanahan	Developmental Psychologist, Child Development Team, Southside Family Health Centre, Hong Kong
				Prof. Phyllis Chan	Consultant Child and Adolescent Psychiatrist, Queen Mary Hospital, Hong Kong
				Prof. Pat McGorry	Psychiatrist, Executive Director, Orygen, National Institute of Excellence in Youth Mental Health, Australia
				Maya Nelson	Principal (Lower Primary) Hong Kong International School, Hong Kong
				TBA	St. John's Counselling Services, Hong Kong
12:00	<b>Pao Yue</b> Kong Auditorium	<b>Education- Digital Solutions for De- Stigmatisation &amp; Mental Health Treatment</b> PARALLEL SESSION	Internet & Gaming Addiction	Dr. Huu Kim Le	Child and Adolescent Psychiatrist, CGI Clinic, Australia
			The Hidden, Socially Withdrawn Youth & the Hikikomori	Prof. Paul Wai Ching Wong	Department of Social Work and Social Administration, University of Hong Kong, Hong Kong
12:00	<b>Function</b> Room 1	<b>Education- Action to Battle the Student Blues: Wellbeing and Initiatives Across a Wide Range of Diagnoses</b> Rapid Fire Discussion PARALLEL SESSION	Bridging the gap between school counsellors & community mental health services in Hong Kong	Dr Andrew Adler	Director & Clinical Psychologist, Adler Family Centre, Consultant Psychologist, Victoria Shanghai Academy, Secretary, Psychotherapy Society of Hong Kong
			A research study on the mental health of secondary school students in Hong Kong	Thomas Fung	Baptist Oi Kwan Social Service, Hong Kong
			On being & schooling	Laura Cowan	School Counsellor, Hong Kong International School, Hong Kong
			How can we proactively deal with mental health issues to support young people, whilst also de-stigmatizing mental health?	Alexa Massingham	Yoga & Mindfulness trainer, Mind Body Matters
			Wellbeing in schools & drama	Neil Harris	Head of Drama and Theatre, Sha Tin College, Hong Kong
			5 Minutes to Wellbeing: Strategies to Support Student and Teacher Mental Health In a Busy Learning Environment	Tim Conroy-Stocker	Student Support / SEN adviser (Secondary), English Schools Foundation
			Tics, Tourettes & Coprolalia	Dr Deirdre O'Hare	Psychologist, (University of Sydney), Central Health Medical Practice, Hong Kong
12:00	<b>Function</b> Room 2	<b>PARALLEL SESSION</b> Women's mental health	The Hong Kong Jockey Club Project: Early Mental Health Intervention for Women-in- Need in Hong Kong	Prof. Eric Chen	President, Hong Kong College of Psychiatrists, Conference Co-Chair Hong Kong
			Available supports in Hong Kong	Doris Chong	Social Worker, The Hong Kong Federation of Women's Centres
			Mother and Amah: rivals or support?	Valerie Sinason	Psychoanalyst and Psychotherapist - The Bowlby Centre, United Kingdom
			Perinatal depression and the baby blues	Dr Nicholas Kowalenko	Psychiatrist, Oceania Regional Coordinator for IACAPAP, Deputy Chair for Emerging Minds, Australia
			Global perspective on women's mental health	Jillian Devlin	MBBS, Honorary Tutor, University of Hong Kong, Conference Committee Member, Hong Kong

12:00	James Kung Meeting Rm	Story Telling	Vulnerability and Performance	Yvette Kong	Olympic Swimmer
13:00	Lunch				
14:00	AFTERNOON PLENARY KEYNOTE ADDRESS				
	Run Run Shaw Hall TRANSLATE		The Hong Kong Government Anti-Stigma Campaign	Dr. Constance Chan	Director of Health, Hong Kong Government, Hong Kong
			Mental Health – Is there any insurance?	Dr Lori Stetz	Senior Medical Director, Aetna, United States
			Mental Health: The Myriad of Factors of Population Based Research that Will Surprise	Prof. Peter B Jones	Deputy Head, School of Clinic Medicine, University of Cambridge
			Mental Illness Stigma in Health Care (topic TBC)	Prof. Gin Malhi	Editor, Australian and New Zealand Journal of Psychiatry, Chair, Department of Psychiatry, University of Sydney, Australia
15:10	Mindfulness Exercise - Taster of the Public Forum			Emma Slade	Ani Pema Deki, Buddhist nun, Author and Charity Founder
15:30	Break				
15:45	WORKSHOPS Nurturing an Environment of Creativity & Discussion				
15:45	Run Run Shaw Hall	Movie	Anxiety isn't cool but talking about it is.  Angst is a documentary designed to help break the stigma around anxiety. It offers peer-to-peer interviews, experts in mental health, science, resources and hope. We will watch the 55 min film followed by a Q&A. Experience the power of film to heal. Angstmovie.com	Scilla Andreen	Award winning Producer Angst, CEO & Co-Founder IndieFlix, Founder IndieFlix Foundation, United States
15:45	Lim Por Yen Lecture Theatre	Workplace	Mental Health Literacy in 90 Minutes: A comprehensive roundup of basic mental health (to be repeated in part at the Sunday public forum).	Poppy Jaman Representative TBC	CEO, Mental Health First Aid England, United Kingdom Mental Health First Aid, Hong Kong
15:45	Pao Yue Kong Auditorium	Policy	Big Ideas: How to Keep This Movement Going? How to Lobby? How to Change the World?	Paul Farmer	CEO, Mind UK, United Kingdom
15:45	Function Room 1 TRANSLATE	Education – Early Learning	Overcoming Stigma in Families Affected by Mental Illness to Build Parenting Confidence & Resilience	Dr Nicholas Kowalenko	Psychiatrist, Oceania Regional Coordinator for IACAPAP, Deputy Chair for Emerging Minds, Australia
15:45	James Kung Meeting Room	Education - Youth	LGBTQ 101: Working Together for the Inclusivity of Our Young People	Prof Kenneth Fung  Odile Thiang	Psychiatrist and Associate Professor, Department of Psychiatry, University of Toronto. Clinical Director, Asian Initiative in Mental Health, Toronto Western Hospital, University Health Network, Canada  Nurse Practitioner, Toronto (University of Toronto). Clinical Care Coordinator, Child Development Team, Southside Family Health Centre, Hong Kong

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15:45	<b>James Kung Meeting Room</b>	<b>Story Telling</b>	A voyage of healing	Dr Robert Miller with Prof Eric Chen	Neuroscientist, Officer New Zealand Order of Merit, New Zealand Conference Co-Chair, President, Hong Kong College of Psychiatrists, Department Head, University of Hong Kong, Hong Kong
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## Day 3 |

# Overcoming the Stigma Public Forum:

5 November 2017 (Sunday)

Time	Stream	Location	Description	Detail	Facilitator
9:15	All	Lobby Area	Registration		
10:00	All	Run Run Shaw Theatre	Introduction and Housekeeping	Including objectives, conference highlights, morning plan	<b>Dominic Lau</b> (Emcee) Presenter, E! News Asia and Asia Pop 40
10:10	All	Run Run Shaw Theatre	Overcoming the Stigma – where are we now?	A look at what Hong Kong has achieved and what else we can do.	Prof Eric Chen President, Hong Kong College of Psychiatrists Dr Lucy Lord Founder, Patient Care Foundation
10:30	<b>Cantonese</b>				
		<b>Lim Por Yen Lecture Theatre</b>	Mind HK Mental Health Awareness – the Basics	Free training on how to recognise and help with common mental health issues and how to help someone who is having suicidal thoughts.	Professor Eric Chen President, Hong Kong College of Psychiatrists Doris Chong Social Worker, Hong Kong Federation of Women's Centres
11:20		Panel: Worldwide Wellbeing	Experts in differing aspects of wellbeing discuss how to look after your mental health holistically.	Facilitator: Professor Eric Chen President, Hong Kong College of Psychiatrists Panel guests: Dr Venus Wong Department of Social Work and Social Administration, University of Hong Kong <b>Cantonese dietician</b> <b>Cantonese sporting expert (Sarah Lee/rugby player tbc)</b>	

10:30 **English**

10:30	<b>Pao Yue Kong Auditorium</b>	Mind HK Mental Health Awareness – the Basics	Free training on how to recognise and help with common mental health issues and how to help someone who is having suicidal thoughts.	Professor Pat McGorry  Poppy Jaman	Psychiatrist, Executive Director, Orygen, National Institute of Excellence in Youth Mental Health, Australia  CEO, Mental Health First Aid, England
11:20		Panel: Worldwide Wellbeing	Experts in differing aspects of wellbeing discuss how to look after your mental health holistically.	Facilitator: Professor Pat McGorry  Panel guests: Kimberley Carder  Denise Fair  Cathy Ziengs  Rachel Moon/Athlete	Psychiatrist, Executive Director, Orygen, National Institute of Excellence in Youth Mental Health, Australia  Cage Fighter and Clinical Psychologist Trainee  Registered Dietitian (Canada) MSc RD  Mindfulness Coach  Founder, One Ten

12:00	<b>All</b>	<b>Lobby Area</b>	<b>Tea and Coffee Break</b>			
12:00	All	Run Run Shaw Theatre	Mind UK	What is Mind UK and how can it help in Hong Kong?  Paul Farmer	Dominic Lau (Emcee)  CEO, Mind UK	
12:40	All	Run Run Shaw Theatre	Mind Hong Kong, public launch	INFORMATION: The Mind.org.hk website: free mental health information at the touch of a button  ANTI-STIGMA: Videos and discussions with individuals who speak up about mental health. Meet our first Mind ambassadors.  AWARENESS: Public campaigns to raise the profile of mental health: Miles for Mental Health results  CONNECTING: We want to hear from you as to how we can help next	Prof Olga Zayts  Siu Sze Man Tbc  Rachel Moon HK Rugby Team Representatives  Dr Lucy Lord Prof Eric Chen Paul Farmer	Health Communications Research Cluster, School of English, The University of Hong Kong  Social worker and Expert by Experience  Lead, One ten cycles  Founder, Patient Care Foundation President, College of Psychiatrists

13.00	<b>All</b>		<b>Market Place Event</b>		
	All	Run Run Shaw Theatre/Lobby Area	Market Place Booths	<ul style="list-style-type: none"> <li>• IAAI Therapy Dogs</li> <li>• One Ten</li> <li>• St John's</li> <li>• AA</li> <li>• Early Psychosis Foundation</li> <li>• Mental Health Association</li> <li>• Rain Lily</li> <li>• New Life Rehabilitation</li> <li>• Butterfly Project (Variety Club)</li> <li>• Jardine Mindset</li> <li>• Samaritan Befrienders</li> <li>• Baptist Yan Oi</li> <li>• KELY</li> <li>• Kids4Kids</li> <li>• Tung Wah Social Enterprise</li> <li>• Christian Family Service Centre</li> <li>• RF</li> <li>• Stewards</li> <li>• Caritas</li> <li>• </li> </ul>	
	All	Lobby Area	Lets talk about wellbeing tables	Cantonese and English round table discussion, advice and resources on wellbeing	Qualified mental health professionals
	All	Lobby Area	XYZ / One Ten bikes	Mile for Mental Health – have a go and cycle a mile for mental health	Ada Rachel Moon One ten/ XYZ spin
		Run Run Shaw Stage	Music tbc		
			Therapy Dog Demonstration	IAAI Therapy Dogs	
14.00	<b>All</b>		<b>Event End</b>		