



THE PROGRAMME



PROGRAMME OVERVIEW

| | | | |
|-----------------------------|----------------------------|---------------------------------|-------------------|
| FRIDAY, 3RD NOVEMBER | 8:15 | Registration | <i>45 minutes</i> |
| | 9:00 | Opening Ceremony and Speech | <i>60 minutes</i> |
| | 10:00 | Parallel Thematic Sessions | <i>60 minutes</i> |
| | 11:00 | Break | <i>30 minutes</i> |
| | 11:30 | Parallel Thematic Sessions | <i>60 minutes</i> |
| | 12:30 | Lunch | <i>60 minutes</i> |
| | 13:30 | Welcome Plenary Keynote Address | <i>90 minutes</i> |
| | 15:00 | Break | <i>30 minutes</i> |
| 15:30 | Parallel Thematic Sessions | <i>60 minutes</i> | |

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|-------------------------------|--------------|----------------------------|-------------------|
| SATURDAY, 4TH NOVEMBER | 8:15 | Registration | <i>45 minutes</i> |
| | 9:00 | Morning Plenary | <i>90 minutes</i> |
| | 10:30 | Break | <i>30 minutes</i> |
| | 11:00 | Parallel Thematic Sessions | <i>60 minutes</i> |
| | 12:00 | Parallel Thematic Sessions | <i>60 minutes</i> |
| | 13:00 | Lunch | <i>60 minutes</i> |
| | 14:00 | Afternoon Plenary | <i>90 minutes</i> |
| | 15:30 | Break | <i>30 minutes</i> |
| 16:00 | Workshops | <i>75 minutes</i> | |

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|-----------------------------|--------------|--|-------------------|
| SUNDAY, 5TH NOVEMBER | 0915 | Registration | <i>45 minutes</i> |
| | 10:00 | Plenary | <i>25 minutes</i> |
| | 10:25 | Mind HK Mental Health Awareness Cantonese or English Stream | <i>50 minutes</i> |
| | 11.15 | Panel: World Wide Well-being Cantonese or English Stream | <i>35 minutes</i> |
| | 11:50 | Break | <i>30 minutes</i> |
| | 12:20 | Plenary | <i>40 minutes</i> |
| | 13:00 | Market Place, Miles for Mental Health and Mindfulness | <i>60 minutes</i> |
| | 14:00 | End of Conference | |

OVERCOMING THE STIGMA DAY 1

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 OPENING CEREMONY

Run Run Shaw Hall

INTRODUCTION

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

OFFICIATING GUESTS

The Hon Mrs Carrie LAM CHENG Yuet-ngor *GBM, GBS, Chief Executive, the HKSAR Government*

The Hon Prof Sophia CHAN Siu-chee *JP, Secretary for Food and Health, the HKSAR Government*

Dr Constance CHAN Hon-yeet *JP, Director of Health, Department of Health, the HKSAR Government*

Mr Anthony CHOW *SBS, JP, Deputy Chairman, The Hong Kong Jockey Club*

Dr Lucy LORD *Co-chair, The Hong Kong Mental Health Conference; Founder, Patient Care Foundation*

Prof Eric CHEN *Co-chair, The Hong Kong Mental Health Conference; President, Hong Kong College of Psychiatrists*

Prof Gabriel LEUNG *GBS, JP, Dean, Li Ka Shing Faculty of Medicine; Chair, Public Health Medicine at the University of Hong Kong*

09:30 OPENING ADDRESS

WELCOME

Prof Gabriel LEUNG *GBS, JP, Dean, Li Ka Shing Faculty of Medicine; Chair, Public Health Medicine at the University of Hong Kong*

SPEECH

Paul FARMER *Chief Executive, Mind UK, United Kingdom*

10:00 PARALLEL THEMATIC SESSIONS

HEALTHCARE

Stigma, Mental Health & Suicide in Hong Kong
Crucial concepts followed by discussion

Suicide Prevention via Early Detection and De-stigmatization of Mental Health Disorders in Hong Kong

Prof. Eric Chen *Co-chair, The Hong Kong Mental Health Conference; President, Hong Kong College of Psychiatrists*

Community Based Approach to Suicide Prevention

Prof. Paul Yip *Director, The Centre of Suicide Research and Prevention, University of Hong Kong, Hong Kong*

Run Run Shaw Hall

WORKPLACE

Mental Health Inequalities, Initiatives & Information in the Workplace

Benchmarking & Minimum Data Set Development - Mental health measures & what we know so far

Beth Robotham *Head of Business Development, BUPA, United Kingdom*

City Mental Health Alliance Hong Kong: Survey results

Peter Reynolds & Marco Studer *Oliver Wyman Consultants with City Mental Health Alliance, Hong Kong*

Stigma in the Workplace

Janice Lam *University College London, Hong Kong*

Lim Por Yen Lecture Theatre

10:00 PARALLEL THEMATIC SESSIONS CONTINUED

HEALTH

Asia Focus: Regional Innovations and Change in Mental Health Care

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*

Psychosis & mental health stigma

Dr. Sherry Kit Wa Chan *Department of Psychiatry, University of Hong Kong, Hong Kong*

Pao Yue Kung Auditorium

HEALTH PANEL

Traditional Chinese Medicine and Mental Health

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*

Function Room 1

LAW

Putting Mental Health on the Legal Agenda

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 *Partner, Solicitor Advocate, Howse Williams Bowers, Hong Kong*

Alex Yau *Howse Williams Bowers, Hong Kong*

How do Psychiatrists Assess Financial Capacity?

Dr Josephine Wong *Psychiatrist, The Central Practice, Hong Kong*

Testamentary Capacity Assessment: Medical and Legal Perspectives

Dr Gabriel Hung *Psychiatrist and Solicitor (not currently practicing), The Central Practice, Hong Kong*

Function Room 2

STORYTELLING

Mental Health Stories from the Front Line

Awakening: Transforming Your Life After Trauma

Emma Slade *Ani Pema Deki, Buddhist nun, Author and Charity Founder*

James Kung Meeting Room

11:00 BREAK

11:30 PARALLEL THEMATIC SESSIONS

POLICY PANEL

Local & Global Transformation Through Leadership in Mental Health

Figureheads discuss the evidence that will help us overcome stigma

Prof. Sir Graham Thornicroft *Psychiatrist, King's College London, Institute of Psychiatry, Psychology and Neuroscience.*

Chair, Maudsley International, United Kingdom

Prof. Eric Chen *Co-chair, The Hong Kong Mental Health Conference;*

President, Hong Kong College of Psychiatrists

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

Run Run Shaw Hall

WORKPLACE

Resilience & Growth in
the Corporate Sector
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: 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*

Lim Por Yen
Lecture Theatre

Building Resilience in the Workplace

Damian Ordish *Head of Reward APAC, Goldman Sachs, Hong Kong*

SPIRITUALITY

Mind, Body & Spirit
A holistic discussion on the
intersection of the body,
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*

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*

Function Room 2

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*

The Influence Mental illness in Marital Breakdown in Hong Kong

Sharon Ser *Partner, Withers, Hong Kong*

LAW

Law, Disability and Family
A multidisciplinary
approach to family,
attachment and mental
health disability

Whose Disability? - working therapeutically with people with disabilities who have experienced attachment trauma

Mark Lington *Psychoanalyst, Chair of Exec Committee, The Bowlby Centre, United Kingdom*

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*

Function Room 1

11:30 PARALLEL THEMATIC SESSIONS CONTINUED

CARE OF THE ELDERLY

**The Learned Generation:
Partnering Old World
Wisdom with Current
Evidence in the Care of
the Aged**

Dementia: The grand challenge for the 21st Century

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*

**Pao Yue Kong
Auditorium**

STORY TELLING

**Mental Health Stories
from the Front Line**

Hope is Not too Far

Elaine Peng *National Alliance on Mental Illness (NAMI), Chinese Community Support Specialist, United States*

**James Kung
Meeting Room**

12:30 LUNCH

13:30 WELCOME PLENARY KEYNOTE ADDRESS

Run Run Shaw Hall

WELCOME

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

MENTAL HEALTH PROGRAMS - SYNERGIES & CONTROVERSIES

Prof. Norman Sartorius *President, The International Association for the Promotion of Mental Health Programmes, Switzerland*

OVERCOMING THE STIGMA

Prof. Sir Graham Thornicroft *Psychiatrist, King's College London, Institute of Psychiatry, Psychology and Neuroscience. Chair, Maudsley International, United Kingdom*

INVESTING IN THE FUTURE: YOUTH MENTAL HEALTH & SUICIDE PREVENTION

Prof. Pat McGorry *Executive Director, Orygen, National Institute of Excellence in Youth Mental Health, Australia*

14:45 MINDFULNESS EXERCISE

Run Run Shaw Hall

Emma Slade *Ani Pema Deki, Buddhist nun, Author and Charity Founder*

15:00 BREAK

15:30 PARALLEL THEMATIC SESSIONS

HEALTH

**Epidemiology, Youth and
Sociocultural drivers of
mental health**

Mental Health of Young People: What Should Be Done?

Prof. Peter B Jones *Professor of Psychiatry, Deputy Head, School of Clinic Medicine, University of Cambridge, United Kingdom*

The Hong Kong Mental Morbidity Survey - Three-Year Mental and Physical Outcomes

Prof. Arthur Mak *Head, Division of Psychosomatic Medicine. Assistant Professor, Department of Psychiatry, Faculty of Medicine, The Chinese University of Hong Kong, Hong Kong*

Representing Prof. Linda Lam *Chairman, Department of Psychiatry, Director, Dementia Research Unit, The Chinese University of Hong Kong, Hong Kong*

Is The Colour of Depression Only Skin Deep?

Prof. Gin Malhi *Editor, Australian and New Zealand Journal of Psychiatry. Chair, Department of Psychiatry, University of Sydney, Australia*

**Run Run
Shaw Hall**

FRIDAY, 3RD NOVEMBER

All Conference events will be held at
the Hong Kong Academy of Medicine
99 Wong Chuk Hang Road, Hong Kong

15:30 PARALLEL THEMATIC SESSIONS CONTINUED

MEDIA PANEL

**Sex, Drugs & Rock & Roll: When "Madness" Makes the Moulah.
The role of the media in the portrayal of mental health.**

Chaired by: Deborah Kan *Former Executive Producer, Wall Street Journal,
Founder, BeingPatient.com, University of California, United States & Hong Kong*
Scilla Andreen *Award winning Producer Angst, CEO & Co-Founder IndieFlix,
Founder IndieFlix Foundation, United States*
Dr Robyn Ho *Psychiatrist, YouTube, Hong Kong*

**Lim Por Yen
Lecture Theatre**

HEALTH An in-Depth Look at Distress and Depression

**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*

**Pao Yue Kong
Auditorium**

CARE OF THE ELDERLY PANEL

**Understanding and Improving Quality of Life and Quality of Care
for People with Dementia and their Family Carers**

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 *Founding Member, Brain Health Initiative.
Parent caregiver, Hong Kong*

Function Room 1

SPORT Sport on the Mind Research and real life links between sport and mental health

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*

**Mind Shift: Overcoming the stigma through community,
fitness & contact**

Christina Lam *EPISO Project Coordinator, Dept Psychiatry
Hong Kong University, Hong Kong*

Healing Through Nutrition

Denise Fair *Nutritionist, Central Health Medical Practice, Hong Kong*

Function Room 2

STORY TELLING Mental Health Stories from the Front Line

James Chau *TBC Journalist, Television Presenter and United Nations
Goodwill Ambassador, China*

Jackie Lam *Counsellor, interviewer, Hong Kong*

**James Kung
Meeting Room**

16:30 END DAY ONE

OVERCOMING THE STIGMA DAY 2

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 MORNING PLENARY

Better Mental Health for Hong Kong is Better Mental Health for Asia

Run Run Shaw Hall

WELCOME REMARKS

Andrew Stevens *Asia Pacific Editor for CNN International, Hong Kong*

INTERNATIONALLY UTILISED PARADIGMS FOR ANTI-STIGMA PROGRAMMES: WILL THEY BE USEFUL IN HONG KONG?

Prof. Norman Sartorius *President, International Association for the Promotion of Mental Health Programmes, Switzerland*

TRAINING CHAMPIONS TO ADDRESS THE INTERSECTIONALITY OF RACE, CULTURE, AND MENTAL HEALTH

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*

ANTI-STIGMATIZATION & MENTAL HEALTH PROMOTION IN HONG KONG SCHOOLS

Dr. Verena Lau Wing-Yin *Educational Psychologist Service, Education Bureau, Hong Kong*

10:30 BREAK

11:00 PARALLEL THEMATIC SESSIONS

Run Run Shaw Hall

HEALTH PANEL

Mental Health, Stigma & Asian Culture

A panel examining the differing effects of stigma in Chinese and other Asian cultures

Chaired by: Prof. Cecilia Lai Wan Chan *Chair Professor, Department of Social Work and Social Administration, University of Hong Kong, Hong Kong*

Prof. Eric Chen *Co-chair, The Hong Kong Mental Health Conference; President, Hong Kong College of Psychiatrists*

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*

Run Run Shaw Hall

11:00 PARALLEL THEMATIC SESSIONS CONTINUED

EDUCATION PANEL

School Leaders Speak Frankly on Youth Suicide Effective practice & protocols in supporting students following suicide and other bereavements

Chaired by: John Shanahan *Psychologist, Director of Central Health Partners
Child Development Team, President of the Psychotherapy Society of Hong Kong.*

Dr. Verena Lau Wing-Yin *Educational Psychologist Service, Education
Bureau, Hong Kong*

Tim Conroy-Stocker *Student Support and Special Educational Needs
Adviser (Secondary), English Schools Foundation, Hong Kong*

Chris Sammons *Principal, West Island School, Hong Kong*

Dr. Nicholas Kowalenko *Psychiatrist, Oceania Regional Coordinator for
IACAPAP. Deputy Chair for Emerging Minds, Australia*

Lim Por Yen
Lecture Theatre

HEALTH

Recovery Oriented
Practice: The Key
Concepts and Research

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*

Pao Yue Kong
Auditorium

De-Stigmatization & the Recovery-Oriented Practice in Mental Health Services: A 5-Year Experience

Raymond Au *Senior Occupational Therapist, United Christian Hospital, Hong Kong*

Experience in Recovery and Overcoming Social Stigma: Two members of AA will give a short talk on their personal experience

Members *Alcoholics Anonymous*

HEALTH

Substance abuse,
Tourette's and Drama

Wellbeing in schools & drama

Neil Harris *Head of Drama and Theatre, Sha Tin College, Hong Kong*

Function Room 1

Tics, Tourette's & Coprolalia

Dr Deirdre O'Hare *Psychologist, University of Sydney, Hong Kong*

ENVIRONMENT

Our space, Our home,
Our community.
Discussing the impact
of environment on
mental health

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

Function Room 2

Creating an Environment of Health: Architecture and Wellbeing

Stephanie Costelloe *.Arch, Senior Practice Director BVN, Hong Kong*

Play your way through adversity

Enoch Li *Founder of Bearapy, Organizational Change & Play Consultant,
Beijing, China*

HEALTH WORKSHOP

Autism: Reaching the Unreachable: working therapeutically with autistic people from an attachment-based perspective

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*

James Kung
Meeting Room

12:00 PARALLEL THEMATIC SESSIONS

HEALTH

Our senior leaders in mental health discuss the Big Picture

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*

Run Run Shaw Hall

EDUCATION PANEL

Suicide Prevention in Hong Kong Primary Schools

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 *Comprehensive Childhood Development Service, Hong Kong Government*

Lim Por Yen
Lecture Theatre

EDUCATION

Digital Solutions for De-Stigmatisation & Mental Health Treatment

Internet & Gaming Addiction

Dr. Huu Kim Le *Child and Adolescent Psychiatrist, CGI Clinic, Australia*

How Video Games Engage Us

John Shanahan *Psychologist, Director of Central Health Partners Child Development Team, President of the Psychotherapy Society of Hong Kong.*

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*

Pao Yue Kong
Auditorium

EDUCATION

Action to Battle the Student Blues: Wellbeing and Initiatives Across a Wide Range of Diagnoses Rapid Fire Discussion

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*

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*

A Research Study on the Mental Health of Secondary School Students in Hong Kong

Thomas Fung *Baptist Oi Kwan Social Service*

Function Room 1

Suicide from a School Counsellor's Perspective

Laura Cowan *School Counsellor, Hong Kong International School, Hong Kong*

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*

SATURDAY, 4TH NOVEMBER

All Conference events will be held at
the Hong Kong Academy of Medicine
99 Wong Chuk Hang Road, Hong Kong

12:00 PARALLEL THEMATIC SESSIONS CONTINUED

HEALTH

Women's Mental Health

The Hong Kong Jockey Club Project: Early Mental Health Intervention for Women-in- Need in Hong Kong

Prof. Eric Chen *Co-chair, The Hong Kong Mental Health Conference; President, Hong Kong College of Psychiatrists*

No Health Without Perinatal Mental Health

Dr. Nicholas Kowalenko *Psychiatrist, Oceania Regional Coordinator for IACAPAP, Deputy Chair for Emerging Minds, Australia*

Self-harm in Families Left Behind by Temporary Foreign Migration – Evidence from Sri Lanka

Dr. Duleeka Knipe *University of Bristol, United Kingdom*

Young Voices in The Family Model

Dr. Benjamin Hoadley *Child and Adolescent Psychiatrist, Sydney, Australia*

Global Perspective on Women's Mental Health

Jillian Devlin *Conference Committee Member, MBBS, RANZCP Registrar, Honorary Tutor, University of Hong Kong,*

Function Room 2

STORY TELLING

Mental Health Stories from the Front Line

Vulnerability and Performance

Yvette Kong *Olympic Swimmer*

James Kung
Meeting Rm

13:00 LUNCH

14:00 AFTERNOON PLENARY

Run Run Shaw Hall

INTRODUCTION

Andrew Stevens *Asia Pacific Editor for CNN International, Hong Kong*

MENTAL WELL-BEING PROMOTION: JOURNEY AND BEYOND

Dr. Constance Chan *Director of Health, Hong Kong Government, Hong Kong*

CAN WE BREXIT STIGMA?

Prof. Gin Malhi *Editor, Australian and New Zealand Journal of Psychiatry, Chair, Department of Psychiatry, University of Sydney, Australia*

MENTAL HEALTH OF YOUNG PEOPLE: WHAT SHOULD BE DONE?

Prof. Peter B Jones *Deputy Head, School of Clinic Medicine, University of Cambridge*

MENTAL HEALTH – IS THERE ANY INSURANCE?

Dr. Lori Stetz *Senior Medical Director, Aetna, United States*

15:30 BREAK

MINDFULNESS EXERCISE - TASTER OF THE PUBLIC FORUM

Emma Slade *Ani Pema Deki, Buddhist nun, Author and Charity Founder*

Lim Por Yen
Lecture Theatre

SATURDAY, 4TH NOVEMBER

All Conference events will be held at
the Hong Kong Academy of Medicine
99 Wong Chuk Hang Road, Hong Kong

16:00 WORKSHOPS Nurturing an Environment of Creativity & Discussion

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*

Karin Gornick *Executive Producer, Producer Angst, United States*

Run Run Shaw Hall

WORKPLACE

Mental Health Literacy in 90 Minutes.

A comprehensive roundup of basic mental health (to be repeated in part at the Sunday public forum). Including presentation 'Mental Health First Aid Hong Kong'.

Poppy Jaman *CEO, Mental Health First Aid England, United Kingdom*

Maria Shuk Yu Hung *Associate Professor, School of Nursing, Tung Wah College, Hong Kong*

**Lim Por Yen
Lecture Theatre**

POLICY

Big Ideas: How to Keep This Movement Going? How to Lobby? How to Change the World?

Paul Farmer *CEO, Mind UK, United Kingdom*

**Pao Yue Kong
Auditorium**

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*

Function Room 1

EDUCATION

Youth

LGBTQ 101: Working Together for the Inclusivity of Our Young People

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

Odile Thiang

Nurse Practitioner, Toronto (University of Toronto). Clinical Care Coordinator, Child Development Team, Southside Family Health Centre, Hong Kong

Function Room 2

STORY TELLING

Mental Health Stories from the Front Line

A voyage of healing

Dr Robert Miller *Neuroscientist, Officer New Zealand Order of Merit, New Zealand*

Prof Eric Chen *Co-chair, The Hong Kong Mental Health Conference; President, Hong Kong College of Psychiatrists*

**James Kung
Meeting Room**

17:15 WORKSHOPS FINISH

OVERCOMING THE STIGMA PUBLIC FORUM

| | | | |
|-------|-----------|---|-----------------------------|
| 9.15 | All | REGISTRATION | Lobby Area |
| 10:00 | All | INTRODUCTION AND HOUSEKEEPING Including objectives, conference highlights, morning plan | Run Run Shaw Theatre |
| 10:10 | All | OVERCOMING THE STIGMA – WHERE ARE WE NOW? A look at what Hong Kong has achieved and what else we can do. Professor Eric Chen <i>President, Hong Kong College of Psychiatrists</i> Dr Lucy Lord <i>Founder, Patient Care Foundation</i> | Run Run Shaw Theatre |
| 10:25 | Cantonese | 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 <i>President, Hong Kong College of Psychiatrists</i> Doris Chong <i>Social Worker, Hong Kong Federation of Women's Centres</i> | Lim Por Yen Lecture Theatre |
| 11:15 | Cantonese | PANEL: WORLDWIDE WELLBEING Experts in differing aspects of wellbeing discuss how to look after your mental health holistically. Facilitator: Professor Eric Chen <i>President, Hong Kong College of Psychiatrists</i> Doris Chong <i>Social Worker, Hong Kong Federation of Women's Centres</i> Panel guests: Dr Venus Wong <i>Department of Social Work and Social Administration, University of Hong Kong</i> Representative, HKRFU <i>Hong Kong Rugby Union</i> Sui Sze Man <i>Social worker and Expert by Experience</i> | Lim Por Yen Lecture Theatre |
| 10:25 | English | 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. TBC Poppy Jaman <i>CEO, Mental Health First Aid, England</i> | Pao Yue Kong Auditorium |
| 11:15 | English | PANEL: WORLDWIDE WELLBEING Experts in differing aspects of wellbeing discuss how to look after your mental health holistically. Facilitator: TBC Poppy Jaman <i>CEO, Mental Health First Aid, England</i> Panel guests: Kimberley Carder <i>Cage Fighter and Clinical Psychologist Trainee</i> Denise Fair <i>Registered Dietitian (Canada) MSc RD</i> Cathy Ziengs <i>Mindfulness Coach</i> | |
| 11.50 | All | Tea and Coffee Break | Lobby Area |

SUNDAY, 5TH NOVEMBER

All Conference events will be held at
the Hong Kong Academy of Medicine
99 Wong Chuk Hang Road, Hong Kong

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|-------------------------|-----------|---|-----------------------------|
| | | <p>MIND HONG KONG, PUBLIC LAUNCH Paul Farmer <i>CEO, Mind UK</i></p> <hr/> <p>Information The Mind.org.hk website: free mental health information at the touch of a button Prof Olga Zayts <i>School of English, The University of Hong Kong</i></p> <hr/> <p>Anti-Stigma Real stories that break down the stigma about mental health 5 speakers <i>Experts by Experience</i> Rachel Moon <i>Lead, One ten cycles</i></p> <hr/> <p>Awareness Public campaigns to raise the profile of mental health: Miles for Mental Health results HK Rugby Team Representatives <i>HKRFU</i></p> <hr/> <p>Connecting We want to hear from you as to how we can help next Dr Lucy Lord <i>Founder, Patient Care Foundation</i> Prof Eric Chen <i>President, College of Psychiatrists</i> Paul Farmer <i>CEO, Mind UK</i></p> | Run Run Shaw Theatre |
| | | <p>MARKET PLACE EVENT Market Place Booths: IAAI Therapy Dogs, One Ten, St John's, AA, Early Psychosis Foundation, Mental Health Association, HK Inclusive Rugby, Samaritans Befrienders, Darkness into Light, OCD & Anxiety Support, Hong Kong, Variety Club, Butterfly Project and many more</p> | Run Run Shaw Theatre |
| 13.00 | All | <p>LETS TALK ABOUT WELLBEING TABLES Cantonese and English round table discussion, advice and resources on wellbeing Kate Threfall <i>Central Health Medical Practice</i></p> | Lobby Area |
| | All | <p>XYZ / ONE TEN BIKES MILE FOR MENTAL HEALTH Have a go and cycle a mile for mental health Ada Cheung and Dionne Lee <i>One ten</i> Rachel Moon <i>XYZ spin</i></p> | Lobby Area |
| 13.15 | All | <p>MUSIC Therapy Dog Demonstration IAAI Therapy Dogs IAAI</p> | Run Run Shaw Stage |
| 13.10 13.25 13.40 | English | <p>Mindfulness in 15 minutes (rolling session) Cathy Ziengs <i>Mindfulness Coach</i></p> | Pao Yue Kong Auditorium |
| 13.10 13.25 13.40 | Cantonese | <p>Mindfulness in 15 minutes (rolling session) Dr Venus Wong <i>Department of Social Work and Social Administration, University of Hong Kong</i></p> | Lim Por Yen Lecture Theatre |
| 14:00 | EVENT END | | |