

WORKSHOP TO LAUNCH EAST AFRICA PSYCHO-SOCIAL SUPPORT NETWORK

Monday 1 December – Tuesday 2 December 2014

VENUE

LMS Guest House (Seventh Day Adventist Church, opposite Integrity House)
Milimani Road, Nairobi (Kenya)

BACKGROUND

A Roundtable Discussion was held at the First Eastern Africa Regional Conference of Psychology (6-8 November 2013, Kampala) on the topic of Mainstreaming Mental Health and Psycho-social Support (MHPSS) into Refugee Operations.

The Roundtable explored the questions of: how best to provide MHPSS services to those in need; the most feasible & fundable options to “piggyback” MHPSS onto existing programmes and how to raise awareness of MHPSS in the donor community to attract funding.

The Roundtable agreed to launch the East Africa Psycho-Social Support Network, an independent, professional, non-profit organization. The Network would bring together psychiatrists, psychologists, para-psychologists, counsellors and drug & alcohol abuse treatment practitioners to share experiences and best practices in the East Africa region and as an academic forum for new research on selected topics.

The Network would begin by focusing on the following three activities:

- (1) **Awareness-Raising of MHPSS** issues and needs
- (2) **Proposal-Writing & Fund-Raising** to access available resources in MHPSS
- (3) New research on selected topics, beginning with **Substance Abuse & Addiction** and **Anxiety & Depression**

Other topics (e.g. sexual and gender-based violence, adolescent suicide, HIV and mental health, psychotherapy and art, psychopathology, family conflict, etc.) could be taken up in subsequent workshops.

FINAL PROGRAMME

DAY ONE: Monday 1 December 2014

9:00 - 10:00 Registration of participants and welcome tea

Session I Setting the Scene: Mental Health and Psycho-Social Support (MHPSS) in East Africa

10:00 - 10:10 Welcome and opening remarks (Ms. Brinda Wachs, PhD candidate, Carl Jung Institute of Analytical Psychology, Zurich)

10:10 - 10:15 Procedural matters (workshop format, time-keeping, social events) (Mr. Mtheto Hara, Master's student, Counseling Psychology, Catholic University of Eastern Africa)

10:15 - 10:40 Keynote speech by Dr. William Okedi, Chief Executive Officer, National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA)

10:40 - 10:45 Tour de table: Brief introduction of participants (Name, Country, Area of interest, Expectations for workshop)

10:45 - 11:00 TEA BREAK

Session II Addiction, Anxiety and Depression

11:00 - 11:20 Substance abuse treatment and care (Mr. Paul Ndungu, Programs Manager, Asumbi Treatment Center)

11:20 - 11:40 The Science and Art of Addictology (Dr. Andre Kuntz, Fribourg Mental Health Network, Switzerland) (to be confirmed)

11:40 - 12:00 Drug and Substance Abuse among Secondary School Students in Uganda: A mini-survey in the Central Region, (Dr. Leon Matagi (PhD), lecturer in the School of Psychology, Makerere University)

12:00 - 12:20 Discussion on substance abuse and addiction / Q&A with presenters

12:20-12:30 Division into break-out groups

Group I: Substance Abuse and Addiction (Group leaders: Brinda Wachs and Annika Fleischmann)

Group II: Anxiety and Depression (Group leaders: Stephen Asatsa and Mtheto Hara)

12:30-14:00 LUNCH (included in registration fee)

14:00 - 15:00 Discussions in Break-out Groups (Each group should select a "rapporteur" to take notes to present summary to Workshop after Tea Break).

15:30 - 16:00 TEA BREAK

16:00 - 16:30 Reporting out: Summaries of break-out groups and further discussion

16:30 Close of Day 1, free time before convening for dinner

18:30 Meet at LMS Reception to walk to Restaurant for group dinner ("Slim's" on Ralphe Bunche Road). A sign-up sheet with price and menu will be circulated on day one. Participants can opt to join the group dinner, eat at LMS or elsewhere of their choosing.

DAY TWO: Tuesday 2 December 2014

9:00-10:45 Training module: Fund-raising and grant-writing on MHPSS: Writing creative and compelling concept notes and proposals to obtain funding/grants on Mental Health and Psycho-social Support projects. (Mr. Timothy Mukua, Integrated Professional Counseling and Advisory Ltd. and Mr. Mtheto Hara, IPCA)

10:45 - 11:00 TEA BREAK

Session III MHPSS in Urban Settlements

11:00 - 11:15 MHPSS in refugee operations: Mental Health and Psycho-social Support through Child-Friendly Spaces (Ms. Bellah Warimu, Coordinator, Waldorf Kakuma Project)

11:15 - 11:30 MHPSS in urban settlements (Mr. Felix Otieno Oduor, Office Mgr, Kilimanjaro Initiative (KI), Nairobi and psycho-social support counsellors in Kibera)

11:30 - 11:45 New research on selected topics: Traditional Mourning rituals as a grief processing tool - a case of Batsotso, Kakamega county, Mr. Stephen Asatsa, Phd Candidate, Catholic University of Eastern Africa (Nairobi), Dept. of Psychology

11:45 -12:00 Awareness raising on Mental Health and Psychosocial Support: Challenges & Opportunities in the Context of Uganda (Mr. Kilara Sam, Capacity Development Advisor, Global Capacity & Research Consulting Ltd, Kampala -Uganda)

12:00 - 12:30 Discussion / Q & A with presenters

12:30-14:00 LUNCH (included in registration fee)

Session IV Tools and Methods: Launch of Network

14:00 - 14:20 The new Counsellors and Psychologists Act of 2014, Mr. Kimani Githongo, Chairman of the Kenya Counseling and Psychological Association

14:20 - 14:40 Psychology and counseling degree and certificate programmes in the region (Ms. Bellah Warimu, Kakuma Waldorf Project and Counseling Diploma candidate).

14:40 - 15:15 Launch of the East Africa Psycho-Social Support Network: Proposed name, Vision, Mission Statement, Work plan, dates and themes of the Second Workshop

15:15 - 16:00 Final discussion and conclusions, way forward

16:00 Close of Workshop, final coffee

Registration

Workshop fee: 4500 KSH (50 USD), payable in cash on the opening day of the Workshop (students with student card 3600 KSH (40 USD)).

Also payable on MPESA: (+254) (0) 704 853 675

To register for the Workshop, please email your name, title, and area of expertise/interest to: brindawachs@gmail.com

Hotel Information

LMS Guesthouse has offered single hotel rooms to participants at a 25% discount (3000 KSH). Please mention the workshop when booking your room at: lmsguesthouse@yahoo.com

The Organizing Committee

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photo credit: David Mwenda Karuti, UNHCR

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