



PROGRAMME

9th annual Durban Mental Health Symposium

4 July 2024 | UNITE Building, University of KwaZulu-Natal

"BRIDGING THE GAPS BETWEEN RESEARCH, SUPPORT AND COMMUNITY EMPOWERMENT"

Time	Topic	Speaker
<i>07h45 – 8h45 – Registration and refreshments in the foyer</i>		
Session 1: Chair – Suvira Ramlall		
8.45 – 09.00	Welcome address Tribute to Dr Lynn Norton	Professor Suvira Ramlall
09.05 – 09.45	Can we agree on a definition of mental health?	Professor Johannes John-Langba
09.45 – 10.25	“Engaged pedagogy”: using dance as a tool for building community and supporting mental health for refugee adolescent girls in Durban	Dr Lliane Loots
10.25 – 11.05	Preventing relapse: An integrated model of aftercare for substance use disorder clients	Dr December Mpanza
11.05 – 11.15	Brief word from Joint Medical Holdings (JMH)	Vishaal Jasmat
<i>11.15 – 12.00 – Brunch in the foyer</i>		
Session 2: Chair – Suntosh Pillay		
12.05 – 12.10	Brief word from Healing Hills Hospital	Roland Padayachi
12.10 – 12.50	Creating dementia-friendly communities: Research on local terms used to describe dementia in the iLembe district, KZN	Dr Xoli Mfene
12.50 – 13.30	Supporting people living with Schizophrenia in community-based assisted living facilities	Sr Wendy Robinson and Bruce Lomeau
13.30 – 13.40	Lucky draw and prizes (Life St Joseph’s Hospital)	Lisa Thomas
13.40 – 13.45	Conclusion and vote of thanks	Suntosh Pillay
13.45	Departure	

Thank you to all attendees and our co-sponsors for making this event a success!



SPEAKER PROFILES

Prof Johannes John-Langba, PhD., MPH is a Professor of Social Work at the University of KwaZulu-Natal (UKZN), in the position of Director of the College of Humanities Doctoral Academy. He is the UKZN representative in the KwaZulu-Natal Provincial Substance Abuse Forum. He is also Vice President for Program Development at the World Federation for Mental Health (WFMH) and Co-Chair of the Data Ethics Task Group of CODATA (Committee on Data) of the International Sciences Council (ISC). He is also Vice President & Mental Health Ambassador, Cape Mental Health Society. He is a Global Top 100 Honoree (Health & Wellness) 2023, Most Influential People of African Decent (MIPAD).

Dr Lliane Loots holds the positions of Lecturer in the Drama and Performance Studies Programme at UKZN (Howard College Campus). She has a Master's degree in Gender Studies, and completed her PhD in 2018 looking at contemporary dance/performance histories on the African continent. As an artist/scholar her PhD research is framed within an ethnographic and autoethnographic paradigm with a focus on narrative as methodology. Loots hold the founding position of Artistic Director/Curator for UKZN's Centre for Creative Arts's annual international *JOMBA! Contemporary Dance Experience* – a festival that turns 26 in 2024. Loots founded *FLATFOOT DANCE COMPANY* as a professional dance company in 2003 when it grew out of a dance training programme that originally began in 1994. Loots was awarded the *Chevalier des Arts et des Lettres* (Knight in the Order of Arts and Letters) by the French government in 2017 for her work (both artistic and curatorial) in the South African dance sector.

Dr December Mpanza is an Occupational Therapist (OT). He is a lecturer and Academic leader in the Discipline of Occupational Therapy at the University of KwaZulu-Natal. He is Vice Chairperson of the executive board of the South African National Council on Alcoholism (SANCA) Durban and a director and founder of Seamless Rehab Occupational Therapy Services. His master's study explored the substance abuse services provision in rural areas of KZN and his PhD in Public Health Medicine also focused on substance abuse. In particular, his thesis offers an aftercare model that provides a shift from an acute to a chronic approach to managing substance use disorders.

Dr Xoli Mfene is a clinical psychologist and lecturer at UKZN Psychology discipline in Pietermaritzburg. She has worked in multiple mental health settings including the KZN Department of Health and Department of Correctional Services before joining UKZN. She recently completed her PhD in Behavioural Medicine looking at dementia prevalence and knowledge systems, and has published articles in the area of dementia research. Has other research and practice interests in neurocognitive psychology with some ongoing projects on neurocognitive rehabilitation.

Sr Wendy Robinson is psychiatric nurse who got a qualification in Psychiatric Nursing Science in 1987. She has vast experience as a Community Psychiatric Nurse, Medical Aid Case Manager for persons with Mental Illness, and Operational Manager of district and specialist acute psychiatric wards. She completed her qualification as an Advanced Psychiatric Nurse Practitioner in 2009 at UKZN. She is the Secretary for Association for Dementia and Alzheimer's of South Africa (ADASA), and a member of Phrenaid, the only Support Group in the greater eThekweni region that is dedicated solely to the support of Persons living with Schizophrenia. She has accreditation by HPCSA for 6 CPD courses, ranging from ½ to 3-day courses. Currently she is in Private Practice.

Mr Bruce Lomeau is a mental healthcare user who has lived in the Phrenaid House for the past 14 years. He was born in Johannesburg but lived in Durban most of his life. He went to Westridge High School. He has been on treatment for schizophrenia for the past 20 years, and has had no hospitalisations or relapses for the past 13 years. He is very disciplined about going to the clinic and taking his medication. Bruce's interests include cycling, where he came out 3rd in KZN for track cycling, and he also enjoys growing Bonasai plants and doing photography.

Chairs: Professor Suvira Ramlall is a specialist psychiatrist, head of clinical unit at King Dinuzulu Hospital, and lecturer at the University of KwaZulu-Natal. Suntosh Pillay is the chief clinical psychologist for eThekweni and iLembe in the KwaZulu-Natal Department of Health.