

Mental Health Matters: Speaking Up for Mental Health in Christian Communities

CHRISTIAN CONNECTIONS FOR INTERNATIONAL HEALTH



CCIH REGIONAL MEETING

21-23 MAY 2024 | LIMURU, KENYA

HOSTED BY



CCIH

Christian Connections
for International Health



WELCOME!

21-23 MAY 2024

Learn more about our speakers.



View our social media toolkit!



TIME	TOPIC	WHERE
7:00 TO 8:30 AM	Breakfast	Brackenhurst Dining Hall
8:30 TO 9:00 AM	Check-In Visit the Photo Booth: Post using #CCIH2024!	Chapel
9:00 TO 10:45 AM	Welcome Worship and Devotion Opening Session	Chapel
10:45 TO 11:15 AM	Morning Tea Group Photo Visit with Exhibitors	Outside Chapel
11:15 AM TO 1:00 PM	Session #1 Mental Health Services in Health Facilities	Chapel
1:00 TO 2:30 PM	Lunch	Dining Hall
2:30 TO 4:15 PM	Session #2 Community Mental Health Programs	Chapel
4:15 TO 4:30 PM	Survey	Chapel
4:30 TO 5:00 PM	Afternoon Tea Photo Booth Visit with Exhibitors	Outside Chapel
5:00 TO 7:00 PM	Free Time	
7:00 TO 8:30 PM	Dinner	Dining Hall

OPENING WORSHIP AND DEVOTION

Welcome Message: Mr. Doug Fountain, CCIH

Devotion: The Rt Revd Charles Kaskan Asilutwa, Anglican Church of Kenya, Bishop of Maseno North, Christian Health Association of Kenya (CHAK) Board Chair

Message from Kenya Ministry of Health: Dr. Mercy Karanja

Message from USAID: Dr. Diana Kemunto Nyamweya

Announcements: Ms. Mona Bormet, CCIH

SESSION #1

MENTAL HEALTH SERVICES IN HEALTH FACILITIES

Facilitator: Mrs. Nkatha Njeru, Africa Christian Health Associations Platform (ACHAP)

Building a Mental Health Program in a Faith-Based Hospital: Lessons from AIC Litein Hospital

- Dr. Elijah Terer and Dr. Matthew Loftus, AIC Letein Hospital

Use of a Mental Health Service and Factors Associated With Mental Disorders in Primary Health Care Settings in the Eastern Part of the Democratic Republic of the Congo

- Dr. Martial Mumbere Vagheni, Communauté Baptiste au Centre de l'Afrique

Integrating Mental Health in Primary Medical Care

- Ms. Margaret Karani, PCEA Kikuyu Hospital

Stories From the DRC–Village Clinic Outreach

- Hospitainer

INTERACTIVE SMALL GROUP DISCUSSIONS

Paul's story

- Group A: Facilitated by Dr. Margaret Karani
- Group B: Facilitated by Ms. Sanne van Heusden

Mercy's story

- Group C: Facilitated by Mr. Doug Fountain
- Group D: Facilitated by Dr. Godfrey Kway

Grace's story

- Group E: Facilitated by Dr. Elijah Terer
- Group F: Facilitated by Dr. Matthew Loftus

SESSION #2

COMMUNITY MENTAL HEALTH PROGRAMS

Facilitator: Mrs. Ruth Kayima, World Renew

Mental Health in Humanitarian Crises

- Mr. Thomas Atem Aleu Kiir, National Health Coordinator-Juba, World Relief South Sudan

Patient Safety in Community Mental Health

- Mr. James Mwesigwa, Uganda Protestant Medical Bureau

Role and Participation of Religious Leaders in Mental Health

- Mr. Jean Marie Vianney Gatete, Rwanda Interfaith Council on Health

Mental Well-Being of Pregnant Teenagers/Adolescents

- Dr. Alex Muhereza, Africa Christian Health Associations Platform

Christian Mental Health Programs in Community-Based Services: Addressing the Needs, Implementing Solutions

- Mrs. Mary Gitau, Centre for Suicide Research & Intervention, Kenya

Supporting the Mental Health of Families Impacted by Disability

- Ms. Martha Omar, Kuhenza for the Children, Kenya

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Carry each other's burdens, and in this way you will fulfill the law of Christ.

GALATIANS 6:2

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TIME	TOPIC	WHERE
7:00 TO 8:30 AM	Breakfast	Dining Hall
9:00 TO 9:45 AM	Opening Worship and Devotion Announcements	Chapel
9:45 TO 11:15 AM	Session #3 Maternal Mental Health	Chapel
11:15 TO 11:45 AM	Morning Tea Exhibitors	Outside Chapel
11:45 AM TO 1:00 PM	Session #3 (continued) Maternal Mental Health	Chapel
1:00 TO 2:30 PM	Lunch	Dining Hall
2:30 TO 4:00 PM	Session #4 Mental Health for Caregivers	Chapel
4:00 TO 4:30 PM	Afternoon Tea Visit with Exhibitors	Outside Chapel
4:30 TO 6:00 PM	Free Time	
6:00 TO 7:00 PM	Session #4 (continued) Mental Health for Caregivers	Chapel
7:00 TO 8:30 PM	Dinner	Dining Hall

OPENING WORSHIP AND DEVOTION

Welcome Message: Mr. Manasseh Wekunda, SIL Africa

Devotion: Rev. Paul Kihiro, Wycliffe Africa

Announcements: Ms. Mona Bormet, CCIH

SESSION #3: MATERNAL MENTAL HEALTH

Facilitator: Ms. Mona Bormet, CCIH

Introduction to Maternal Mental Health

- Ms. Deirdre Church, CCIH

Perinatal Mental Health – Limited Information, Education, and Access to Psychosocial and Mental Health Services

- Ms. Subira Lyimo, Christian Social Services Commission (CSSC) of Tanzania

Exploring the Synergy Between Faith/Spiritual Resilience and Perinatal Mental Health: Insights From Peer-Support Groups

- Ms. Ruth Gemi, Africa Christian Health Associations Platform

BREAKOUT ROOMS

1. Theological Dimensions of Maternal Mental Health

- Dr. Susan Njuguna, Daystar University
- Ms. Elizabeth Munyenge, World Relief

2. Combating Maternal Mental Health Stigma

- Ms. Allison Flynn, World Relief
- Ms. Weanne Estrada, Adventist Development and Relief Agency

3. Guidance on Discussing Maternal Mental Health

- Ms. Ruth Gemi, ACHAP
- Ms. Mary Gitau, Centre for Suicide Research and Intervention

4. Dispelling Mental Health Myths and Misinformation

- Mrs. Jannet Opio, LifeNet International
- Ms. Subira Lyimo, CSSC

SESSION #4: MENTAL HEALTH FOR CAREGIVERS

Facilitator: Dr. Samuel Mwenda, Christian Health Association of Kenya

Trauma Healing: A Mental Health Recipe for the Whole Community and a Discipleship Tool for a Community of Believers

- Ms. Clene Nyiramahoro, SIL International

Caregiving for Catholic Sisters in Uganda

- Mrs. Jannet Opio, LifeNet International, Uganda

Care of Caregiver Program (Companions of Grace International)

- Dr. Proscovia Mugaba, National Chairperson, Uganda Christian Medical Fellowship
- Ms. Sylvia Namutebi Sewagudde, Nursing Officer, Nurses Christian Fellowship Uganda

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Speak up for those who cannot speak for themselves, for the rights of all who are destitute.

PROVERBS 31:8

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TIME	TOPIC	WHERE
7:00 TO 8:30 AM	Breakfast	Dining Hall
8:30 TO 9:00 AM	Worship and Devotion	Chapel
9:00 TO 11:00 AM	Session #5 Crafting a Culture of Staff Resilience and Wellbeing: Challenges and Opportunities	Chapel
11:00 TO 11:30 AM	Morning Tea Photo Booth Visit with Exhibitors	Outside Chapel
11:30 AM TO 1:00 PM	Closing Session	Chapel
1:00 TO 2:00 PM	Lunch	Dining Hall
CHECK OUT BY 11:00 AM		

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Look to the LORD and his strength; seek his face always.

PSALM 105:4

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OPENING WORSHIP AND DEVOTION

Welcome Message: Dr. Samuel Mwenda, Christian Health Association of Kenya

Devotion: Ms. Anne Tweheyo Otwine, Bishop Stuart University

SESSION #5: CRAFTING A CULTURE OF STAFF RESILIENCE AND WELL-BEING: CHALLENGES AND OPPORTUNITIES

Moderators:

- Ms. Weanne Estrada-Magbanua, Adventist Development and Relief Agency International
- Mr. Paul Apedha, Health Coordinator, Adventist Development and Relief Agency, Yemen

Nurturing a Compassionate and Caring Environment: Addressing Substance Abuse and Building a Support Network in a Christian Hospital

- Ms. Millicent Muthoni Muriuki, Kijabe Hospital

Investing in Employee Wellbeing for Resilience: Cross-Learnings From an NGO in Zambia

- Ms. Mwaka Namwinga, Access to Health

Weaving Through Staff Care in Humanitarian Settings

- Ms. Hannah Ndungu, Adventist Development and Relief Agency, Africa Regional Office

PANEL DISCUSSION

- Ms. Millicent Muthoni Muriuki
- Ms. Hannah Ndungu
- Ms. Mwaka Namwinga

CLOSING SESSION

Mr. Doug Fountain, CCIH