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

SIL

CHAK
CHRISTIAN HEALTH ASSOCIATION OF KENYA
WELCOME!  
21-23 MAY 2024

Learn more about our speakers.

View our social media toolkit!
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<tr>
<th>TIME</th>
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<td>7:00 TO 8:30 AM</td>
<td>Breakfast</td>
<td>Brackenhurst Dining Hall</td>
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<td>8:30 TO 9:00 AM</td>
<td>Check-In</td>
<td>Chapel</td>
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<td>Visit the Photo Booth: Post using #CCIH2024!</td>
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<tr>
<td>9:00 TO 10:45 AM</td>
<td>Welcome</td>
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<td>Worship and Devotion</td>
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<td>Opening Session</td>
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<td>Visit with Exhibitors</td>
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<tr>
<td>11:15 AM TO 1:00 PM</td>
<td><strong>Session #1</strong></td>
<td>Chapel</td>
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<td>Mental Health Services in Health Facilities</td>
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<td>1:00 TO 2:30 PM</td>
<td>Lunch</td>
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<td>2:30 TO 4:15 PM</td>
<td><strong>Session #2</strong></td>
<td>Chapel</td>
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<td>Community Mental Health Programs</td>
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<td>4:15 TO 4:30 PM</td>
<td>Survey</td>
<td>Chapel</td>
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<td>4:30 TO 5:00 PM</td>
<td>Afternoon Tea</td>
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<td>5:00 TO 7:00 PM</td>
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<td>7:00 TO 8:30 PM</td>
<td>Dinner</td>
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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

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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

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

GALATIANS 6:2

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<td>Opening&lt;br&gt;Worship and Devotion&lt;br&gt;Announcements</td>
<td>Chapel</td>
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<td>9:45 TO 11:15 AM</td>
<td><strong>Session #3</strong>&lt;br&gt;Maternal Mental Health</td>
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<td>Morning Tea&lt;br&gt;Exhibitors</td>
<td>Outside Chapel</td>
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<td>11:45 AM TO 1:00 PM</td>
<td><strong>Session #3 (continued)</strong>&lt;br&gt;Maternal Mental Health</td>
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<td><strong>Session #4</strong>&lt;br&gt;Mental Health for Caregivers</td>
<td>Chapel</td>
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<td>Afternoon Tea&lt;br&gt;Visit with Exhibitors</td>
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<td><strong>Session #4 (continued)</strong>&lt;br&gt;Mental Health for Caregivers</td>
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**WEDNESDAY**

**22 MAY 2024**

**CCIH REGIONAL MEETING**
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

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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

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

PROVERBS 31:8
## THURSDAY

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<td>Worship and Devotion</td>
<td>Chapel</td>
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<tr>
<td>9:00 TO 11:00 AM</td>
<td><strong>Session #5</strong>&lt;br&gt;Crafting a Culture of Staff Resilience and Wellbeing: Challenges and Opportunities</td>
<td>Chapel</td>
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<td>11:00 TO 11:30 AM</td>
<td>Morning Tea&lt;br&gt;Photo Booth&lt;br&gt;Visit with Exhibitors</td>
<td>Outside Chapel</td>
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<td>11:30 AM TO 1:00 PM</td>
<td><strong>Closing Session</strong></td>
<td>Chapel</td>
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<tr>
<td>1:00 TO 2:00 PM</td>
<td>Lunch</td>
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**CHECK OUT BY 11:00 AM**

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

**PSALM 105:4**
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

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