

8.50am	Mindfulness Session by CPSS <i>Ms Josephine Wang (Counsellor Intern)</i>			
9.00am	Welcome Address by SMHC Advisory Committee Co-Chairpersons <i>A/Prof Daniel Fung (CEO, IMH) & Mr Tan Kwang Cheak (CEO, AIC)</i>			
9.10am	Speech by Guest-of-Honour <i>Mr Masagos Zulkifli, Minister for Social and Family Development and Second Minister for Health</i>			
9.25am	<u>Keynote Address</u> Mental health services for those with Intellectual Disabilities – a perspective from Scotland <i>Dr John A Russell, FRCPsych</i> <i>Consultant Psychiatrist, South-East Scotland Intellectual Disability Service</i> <i>Royal College of Psychiatrists Associate Dean for Curricula</i> <i>Chairperson: Dr Tor Phern Chern (Head, Neurostimulation Service and Senior Consultant, IMH)</i>			
10.35am	Break			
10.50am	<u>Plenary 1: Building Resilience for Future Pandemics</u> Epidemiology and impact of COVID-19 - where we are now and where we will be <i>Prof Vernon Lee</i> <i>Saw Swee Hock School of Public Health, NUS</i> <i>Director, Communicable Diseases Division, Ministry of Health</i> The Psychological Impact of COVID-19 on the General Population <i>A/Prof Mythily Subramaniam</i> <i>Assistant Chairman, Medical Board (Research), IMH</i> <i>Chairperson: Dr Tor Phern Chern (Head, Neurostimulation Service and Senior Consultant, IMH)</i>			
11.50am	Lunch Break (Delegates should pre-order lunch)			
12.20pm	<u>Engagement Session 1</u> Youth Alliance – Youth Empowerment through co-creation of e-Escape Room <i>Mr Bryan Roshan Sidhu (RP Alumnus)</i> <i>Mr Joshua Ng (Student, SP)</i> <i>Mr Grant Ng Rui Zhi (Student, SP)</i> <i>Ms Shirley Woo (EXCO, Youth Corps Mental Health Cluster)</i> <i>Facilitator: Mr Terence Lou (Senior Counsellor, Student Support & Career Services, TP)</i>	<u>Engagement Session 2</u> Peer Support Works! <i>Ms Sumaiyah Mohamed (Programme Coordinator, Club HEAL)</i> <i>Ms Lee Zhong Yi (Peer Support Specialist, IMH)</i> <i>Ms Lim Lay Keow (Senior Case Manager (Team Lead), IMH)</i> <i>Mr Jackie Tay (Executive Director, Psalt Care Limited)</i> <i>Mr Avellino Felix (Employment Service Officer, Club HEAL)</i> <i>Chairperson: Mr Jeremy Chan (Project Lead, CPSS)</i>	<u>Engagement Session 3</u> "How to Communicate with Us" An open conversation with 3 peers, facilitated by Resilience Collective. What does good communication look like, between mental health professionals & the persons they care for? What are good communication practices for positive support to persons in mental healthcare? Engage directly with persons in recovery, & participate in a conversation on their care, treatment & support experience with mental health providers. Resilience Collective Ltd, a peer-powered organisation, provides a platform for persons with lived experience to share their perspectives on what supports & challenges their recovery journey. <i>Panellists: Ms Carla Castillo, Ms Nadia Daeng & Mr Mak Kean Loong</i> <i>Facilitators: Ms Belinda Cheng & Mr Didi Amzar bin Harun</i>	<u>Sponsored Session by Lundbeck Singapore Pte Ltd & Otsuka Pharmaceuticals (Singapore) Pte Ltd</u> Myth vs Truth in Mental Health Disorders <i>Dr Joseph Leong (Deputy Program Director, Community Mental Health Team and Senior Consultant, IMH)</i> Panel Discussion: a. <i>Dr Joseph Leong</i> b. <i>Ms Nicole Kay (Founder & Executive Director, The Tapestry Project)</i> <i>Facilitator: Mr Ng Boon Tat (Principal Pharmacist, IMH)</i>
1.10pm	Break			
1.20pm	<u>Youth Mental Health and Wellbeing (Breakout 1)</u> Family Involvement in addressing youth mental health conditions and prevention of suicide <i>A/Prof Jonathan Singer (Loyola University, Chicago and President of the American Association of Suicidology)</i> <i>Chairperson: Dr Jared Ng (Senior Consultant, IMH)</i>	<u>Wellbeing@Work – Continuum Approach (Breakout 1)</u> How COVID Affects Working Adults, and implications for the way moving forward for workplace mental health - <i>Dr Majeed Khader [Chief Psychologist, MHA, Inter-ministry Psychological Research Group (IPRG)]</i> - <i>A/Prof John Wong Chee Meng (NUHS Mind Science Centre)</i> <i>Chairperson: Ms Joanne Koh (Assistant Director, HPB)</i>	<u>Building Resilience for Future Pandemics (Breakout 1)</u> New opportunities for mental health service delivery a. Telehealth in IMH <i>A/Prof Lee Cheng (Programme Director, NAMS and Senior Consultant, IMH)</i> b. Psychup Online - A Virtual Cognitive Behavioural Group Therapy <i>Mr Lim Wee Onn (Senior Clinical Psychologist, IMH)</i> c. mindline.sg – A glimpse into the future of digital self-help <i>Ms Janice Weng (Senior Assistant Director, Integrated Health Promotion, MOHT)</i> <i>Chairperson: Dr Tor Phern Chern (Head, Neurostimulation Service and Senior Consultant, IMH)</i>	<u>Mental Health and Recovery - Digital Innovation (Breakout 1)</u> Evidence and Experiences: Improving functioning of people with mental health conditions through games and technology <i>A/Prof Tan Bhing Leet (Director of Programmes, SIT)</i> Digital Mental Health: The World's Urgent Need for Modern Mental Healthcare & How to Solve it <i>Mr Theodoric Chew (Co-Founder & CEO, Intellect)</i> Sharing of Digital Outreach and Online Counselling experiences <i>Ms Yeo Hui Teng (Social Worker, Fei Yue Community Services)</i> <i>Chairperson: Ms Wong Ying Li (Division Head, Fei Yue)</i>

2.10pm	Break			
2.25pm	<p>Plenary 2: Wellbeing@Work – Continuum Approach From Mental Well-being to Inclusion in the Workplace <i>Prof Dame Carol Black (Advisor to UK government on health, work and wellbeing from 2006 to 2016; Principal of Newnham College & Deputy Vice-Chancellor, Cambridge from 2012 to 2019)</i></p> <p>Best Practices in Workplace Wellbeing <i>Ms Jennifer Lee (HR Director, South East Asia, Dairy Farm Group)</i></p> <p><i>Chairperson: A/Prof John Wong Chee Meng (NUHS Mind Science Centre)</i></p>			
3.25pm	Break			
3.40pm	<p><u>Youth Mental Health and Wellbeing (Breakout 2)</u> Candid Conversations on Youth Mental Health Panel Dialogue: a. Ms Niky Sakhrani (Caregiver) b. Ms Tasneem Majeed (Youth with lived experience) c. Mr Muhammad Syazan Bin Saad (Youth Peer helper) d. Dr John Tan (Executive Director, CARE)</p> <p><i>Chairperson: Ms Lee Yi Ping (Programme Lead/Principal Case Manager, CHAT)</i></p>	<p><u>Wellbeing@Work – Continuum Approach (Breakout 2)</u> Encouraging awareness and help-seeking in the workplace: Sharing by a few companies a. Mr Yuri Bhanage (Director, Tiger-Hall) b. Mr Mathew Hyde (Principal Health BHP) c. Ms Lee May Gee (Director, PSD)</p> <p><i>Chairperson: Ms Low Yu Ting (Manager, HPB)</i></p>	<p><u>Building Resilience for Future Pandemics (Breakout 2)</u> Community Mental Health: Engagement in a Pandemic Mr Dennis Loi & Mr Herman Lim (Montfort Care)</p> <p>Adapting psychological interventions to meet mental health needs in the community during the COVID-19 pandemic <i>Dr Goh Ciping (Clinical Psychologist, Clarity Singapore)</i></p> <p>Addressing Circuit Breaker challenges faced by persons living with dementia via a multi-agency effort <i>Mr Jeremy Khoo (Dementia Singapore Ltd)</i></p> <p>Let Art Care for You (Part 1) - Artpreciate <i>Ms Dian Handayani (Senior Art Therapist, SGH)</i></p> <p><i>Chairperson: Dr Tor Phern Chern (IMH)</i></p>	<p><u>Mental Health and Recovery - Employment (Breakout 2)</u> Coffee Talk: Creating Inclusive Employment and Workplaces a. Ms Ng Sing Hwee (Head of HR, Singapore & Malaysia, Johnson & Johnson) b. Mr Vincent Budihardjo (Head of Integrated Employment Services & Senior Services, SACS) c. Mr Ang Poh Hee (Assistant Director, Programmes & Professional Development, SAMH) d. Mr Lim Wei Jie (Co-Founder, Foreword Coffee)</p> <p><i>Chairperson: Ms Anthea Ong (Founder, Workwell Leaders Workgroup, Hush Teabar & SG Mental Health Matters)</i></p>
4.30pm	Break			
4.40pm	<p><u>Engagement 4</u> Working during a pandemic – coping well and remaining productive</p> <p>The COVID-19 pandemic has had a negative impact on us. Some of us may be anxious with all the uncertainties faced, while those of us who work from home may struggle with multiple tasks as the lines blur between work and home. In these challenging times, what are some things your company did to ensure that employees are still able to cope well, while remaining connected and productive at work? Let's hear from each other on how these challenges can be addressed.</p> <p><i>Facilitators: Ms Michelle Lee & Ms Ainul Abubakar (HPB)</i></p>	<p><u>Engagement 5</u> Let Art Care for You (Part 2) - Experiencing art for mental wellness These mini experiential sessions comprise of three programs that are conducted separately by SingHealth, Gallery and SAM. These individual sessions will allow participants to sample various art programs that promote mental wellness. Participants will be allocated at random to attend one of these art wellness programs.</p> <p><u>Breakout Room 1 (Singhealth)</u> Experience Artpreciate, a novel art as therapy approach for mental well-being. <i>Presenters: Ms Dian Handayani & Ms Bernice Lin (SGH)</i></p> <p><u>Breakout Room 2 (National Gallery)</u> Slow Art – Inspired by principles of slow looking and mindfulness, The Slow Art programme takes participants on a journey to explore the intersection of visual art and emotional wellness <i>Presenter: Ms Alicia Teng (National Gallery Singapore)</i> <i>Facilitator: Ms Tan Heng Yeng (National Gallery Singapore)</i> <i>Co-facilitator: Ms Koh Yishi (National Gallery Singapore)</i></p> <p><u>Room 3 (Singapore Art Museum)</u> “Unwind with SAM” - Navigating Wellness during Circuit Breaker <i>Presenters: Ms Sharon Chen (Singapore Art Museum) & Dr Russell Chan (Marie Curie Research Fellow, Cognition, Data, and Education, University of Twente, The Netherlands)</i> <i>Co-facilitator: Ms Maria Tang (Singapore Art Museum)</i></p>	<p><u>Engagement 6</u> Interactive Cinema Agency for Integrated Care</p> <p>Be aware, inspired, and share your after thoughts on initiatives that support person with mental health conditions in the community through curated bite sized video screenings</p>	
5.30pm	End			
ALL DAY	Posters & Sponsors Exhibition			

9.00am	Plenary 3: Youth Mental Health and Wellbeing The role of community, health and schools in youth mental health prevention and intervention <i>Prof Stanley Kutcher (Professor Emeritus, Dalhousie University)</i> <i>Chairperson: Ms Tan Yan Yan (Assistant Director, Social Inclusion, NCSS)</i>			
10.00am	Break			
10.15am	Learning from the World: Research Insights on Children and Youth (Breakout 3) Childhood adversities, mental health and resilience among children in out-of-home care: Findings from the Resilience and Empowerment amidst Adversities of Childhood (REACH) study <i>Dr Pony Chew (NCSS)</i> Child and Adolescent Mental Health & Wellbeing: Challenges, scalable strategies and solutions <i>Dr Zeinab Hijazi (Snr Mental Health Technical Advisor, Programme Division Director's Office, UNICEF)</i> <i>Chairperson: Ms Mindy Chen (Assistant Director, Partnership Lab, NYC)</i>	Wellbeing@Work – Continuum Approach (Breakout 3) Development of the Tripartite Advisory on Mental Health at Workplaces <i>Mr Christopher Koh (General Manager, Workplace Safety and Health Council)</i> iWorkHealth tool and other resources <i>Ms Ong Peh Woon (Senior Assistant Director, Workplace Safety and Health Council)</i> <i>Chairperson: Ms Hazyl Ng (Senior Manager, HPB)</i>	Building Resilience for Future Pandemics (Breakout 3) Challenges and solutions to traditional mental health service delivery during COVID-19 a. Managing COVID-19 in IMH <i>Dr Mok Yee Ming (Assistant Chairman, Medical Board (Clinical) and Senior Consultant, IMH)</i> <i>Dr Daniel Poremski (Research Fellow, IMH CGQ)</i> b. Strategies to keep members safe and support them in their recovery during COVID-19 <i>Ms Yvonne Kiang (Deputy Centre Director, Anglican Care Centre Hougang)</i> COVID related mental health challenges a. A chain mediation model on COVID-19 symptoms and mental health outcomes in Americans, Asians and Europeans <i>A/Prof Roger Ho (Senior Consultant, NUHS)</i> b. Psychological Impact of COVID-19 on Singapore healthcare workers and coping strategies <i>Dr Cyrus Ho (Consultant, NUHS)</i> <i>Chairperson: Dr Tor Phern Chern (IMH)</i>	Mental Health and Recovery - Caregiving (Breakout 3) Circle of Sharing: Walking the Caregiving and Recovery Journey Panel Speakers: a. Caregiver for parent in recovery b. Young working adult in recovery c. Parent for child in recovery d. Caregiver for person living with Dementia <i>Chairperson: Ms Carol Yeung (Senior Assistant Director, Caregiving & Community Mental Health Division, AIC)</i>
11.05am	Break			
11.15am	CEO Dialogue with WorkWell Leaders <i>Ms Lou Dela Pena (Member, Workwell Leaders Workgroup and Former CEO of a collection of 9 communications agencies)</i> <i>Mr Ng Tian Beng (Senior Vice President and General Manager, Channel, Asia Pacific Japan, Dell Technologies)</i> <i>Ms Erika Pagani (Country Manager and Managing Director, Pfizer Singapore)</i> <i>Chairperson: Ms Anthea Ong (Founder, Workwell Leaders Workgroup, Hush Teabar & SG Mental Health Matters)</i>			
12.05pm	Lunch Break (Delegates should pre-order lunch)	Sponsored Session by Johnson & Johnson Pte Ltd The Road to Recovery: Holistic Treatment & Care for People Living with Schizophrenia and their Caregivers <i>Dr Sutapa Basu (Senior Consultant, IMH)</i>		
12.55pm	Plenary 4: Mental Health and Recovery a. COVID-19: Bane or Boon for Mental Health? Moving Beyond the Community Mental Health Masterplan <i>Dr Tan Weng Mooi (Director [Programmes, InHealth], Co-Head [Integrated Health Promotion], MOH Office for Healthcare Transformation)</i> b. Mental Health, Artificial Intelligence and Real-World Data: The Holmusk Experience <i>Mr Miguel E. Rentería (Principal Data Scientist, Holmusk)</i> c. Dual Disability: Hidden and Overlooked <i>Dr Chen Shiling (Founder, Happee Hearts Movement & Head, Intellectual Disability Service, Tsao Foundation)</i> <i>Chairperson: Ms Eunice Wong (Deputy Director, Caregiving & Community Mental Health Division, AIC)</i>			
1.55pm	Break			

Day 2: Wednesday 25 August 2021 (9.00am – 4.30pm)

2.10pm	<p align="center"><u>Youth and Social Media (Breakout 4)</u> The impact of social media on youth mental health: Challenges and Opportunities <i>Dr Jacqueline Lee Tilley (Research Fellow, Institute of Policy Studies, LKYSPP)</i></p> <p align="center">Managing children’s media habits: What can we do? <i>A/Prof Jiow Hee Jhee (Programme Leader, SIT and Member, Media Literacy Council, IMDA)</i></p> <p align="center"><i>Chairperson:</i> <i>Ms Mindy Chen (Assistant Director, Partnership Lab, NYC)</i></p>	<p align="center"><u>Wellbeing@Work – Continuum Approach (Breakout 4)</u> Organization leaders on mental health <i>- Ms Anthea Ong (Founder, Workwell Leaders Workgroup, Hush Teabar & SG Mental Health Matters)</i></p> <p align="center">Leaders' role in driving wellbeing and performance at the workplace How to get support from leaders from a HR point of view <i>- Mr Yong Weng Hong (Executive Director, CMHA)</i></p> <p align="center"><i>Chairperson: Ms Phua Xin Yan (Senior Manager, HPB)</i></p>	<p align="center"><u>Building Resilience for Future Pandemics (Breakout 4)</u> Migrant Worker Mental Health during COVID-19 – Inequalities revealed <i>Dr Chan Lai Gwen (Senior Consultant, TTSH and Director, CLIMB)</i> <i>Mr Justin Paul (Head of Mental Health & Counselling Services, HealthServe Ltd)</i></p> <p align="center">Managing Migrant Workers' COVID Mental Health challenges in Community Care Facilities <i>Dr Rochelle Kinson (Head, Medical Psychiatry and Senior Consultant, WHC)</i></p> <p align="center"><i>Chairperson: Dr Tor Phern Chern (IMH)</i></p>	<p align="center"><u>Mental Health and Recovery - Intervention (Breakout 4)</u> Case Sharing: How to Manage Dual Disabilities – Mental Health and Intellectual Disabilities <i>a. Dr Wei Ker-Chiah (Chief, West Region and Senior Consultant, IMH)</i> <i>b. Dr Chen Shiling (Founder, Happee Hearts Movement & Head, Intellectual Disability Service, Tsao Foundation)</i></p> <p align="center">Community Approach to Intervention <i>Dr Joseph Leong (Deputy Program Director, Community Mental Health Team and Senior Consultant, IMH)</i></p> <p align="center"><i>Chairperson: Ms Noor Haslinda Binte Ibrahim (Manager, Caregiving & Community Mental Health Division, AIC)</i></p>
3.00pm	Break			
3.15pm	Closing Plenary <i>Ms Constance Lien, Former national swimmer, Jiu-Jitsu SEA Games Gold Medalist & Singapore's only female World Champion (2019)</i> <i>Chairperson: Mr Keith Lee (Deputy Director, Caregiving & Community Mental Health Division, AIC)</i>			
4.30pm	End			
ALL DAY	Posters & Sponsors Exhibition			