



### **DETAILS:**

**Date:** 04 July 2018

**Time:** 08:30 – 14.00

**Venue:**

**UNITE Building**

**UKZN Howard College  
Campus, Glenwood**

**Gate 8**

**Rick Turner Rd**

**Cost:** R150 at the door

**Tea & lunch included.**

**CPD points applied for**

The KZN Mental Health Advocacy Group  
invites you to the  
**4<sup>TH</sup> Annual Durban Mental Health Symposium**  
***"Thuma mina! Together we can do more"***

**Prof. Bonga Chiliza: Head of Department, Psychiatry, UKZN**

Language, culture & migration: Delivering mental health care 'met eish'

**Dr. Jaclyn Lotter: Head of programmes, SA College of Applied Psychology**

Mental health care in SA: A different destination requires new roads

**Prof. Monique Marks: Head of Urban Futures Centre, DUT**

Does opioid substitution therapy improve quality of life for heroine users?

**Mrs. Shelly Ottino: mental health care user & activist**

My journey with bipolar mood disorder

**Dr. Kalpesh Narsi: Specialist Psychiatrist, eThekweni District Office**

Integrating mental health into primary care: Begging Bowls & Global Goals

**Mrs. Nerena Ramith, Chief Occupational Therapist, Ekuhlengeni Hospital**

Skilled hands – healthy minds: Occupational therapy in mental health

**[CLICK HERE](#) to RSVP by JUNE 25**

# SPEAKER BIOGRAPHIES

- **Dr Kalpesh Narsi** is a psychiatrist in the public sector. He obtained his undergraduate and post graduate degrees from UKZN. After having worked as a specialist at various hospitals in the province (Addington, King Edward, Ladysmith, and King Dinuzulu Hospitals), he moved to eThekweni District Health Office to take on the kamikaze-esque role of begging and supporting primary care doctors to treat mental illness in the district health system. He has a special interest in community psychiatry, cognitive disorders, and mindfulness based psychotherapies.
- **Professor Bonga Chiliza** is an Associate Professor/Chief Specialist and Head of the Department of Psychiatry at the University of KwaZulu-Natal. He completed his medical degree and psychiatry specialization at the University of KwaZulu-Natal and his PhD at Stellenbosch University. His research interests include schizophrenia, consultation-liaison psychiatry, health services and medical education. He is Deputy Editor of the South African Journal of Psychiatry, and President-Elect of the South African Society of Psychiatrists. He has received many awards including the Hamilton Naki Clinical Research Fellowship and CINP Rafaelsen Young Investigators Award. He has authored over 50 peer reviewed articles and book chapters and served on many NGO Boards. He is also one of the Founding Directors of Harambee Medical Consulting and African Global Mental Health Institute.
- **Professor Monique Marks** heads up the Urban Futures Centre at the Durban University of Technology (UFC@DUT). Initially trained as a social worker, she has a doctorate in Sociology from the University of Natal, and writes predominantly in the field of criminology. She has published widely in the areas of youth social movements, ethnographic research methods, police labour relations, police organisational change and street level drug use. She has published five books and has also published over 47 peer reviewed articles and numerous reports. She sits on a number of journal editorial boards as well as the Board of Trustees of the Safer South Africa Foundation. Her research is mostly ethnographic and takes place in spaces that are considered compromising or unsafe. She is also the founder of the KwaZulu-Natal Harm Reduction Advocacy Group
- **Mrs. Nerena Ramith** completed her Bachelor of Occupational Therapy in 2003 and has worked in mental health since 2005 at Ekuhlengeni Psychiatric Hospital and is currently its Chief Occupational Therapist. Before that she completed her comm serv at Stanger Hospital. She is responsible for planning and coordinating activities for the facility, which caters for mental health care users with chronic mental illnesses. She teaches and supervises undergraduate OT students from UKZN and OT Technicians and OT Assistants.
- **Dr. Jaclyn Lotter** is the head of programmes at the South African College of Applied Psychology (SACAP). She is responsible for ensuring the quality of the curriculum for all programmes at SACAP across all campuses. She completed her PhD at Rhodes University between 2012 and 2016 and her Masters degree in Counselling Psychology (with distinction) in 2010 at Rhodes. She has previously worked in private practice and as a contract lecturer. She has also designed and ran several workshops, including a series of “Self-Development” workshops run weekly with female learners from Grade 7-12 at Kingswood College in Grahamstown.
- **Mrs. Shelly Ottino** is a mental health care user and activist who has journeyed with bipolar mood disorder for many years. She worked as a senior manager at SARS from 1993-2012 and is currently self-employed, running a business with her husband. She has a higher diploma in taxation from Rand University (2004-2005), amongst other qualifications. She has a long track record of leadership, and led a team of 60 people at Megawatt Park, and 10 years of management experience. She lives in Richards Bay.