

CARIBBEAN INSTITUTE OF MENTAL HEALTH & SUBSTANCE ABUSE (CARIMENSA)



Professor Emeritus Frederick W. Hickling – Executive Director

MISSION STATEMENT

The Caribbean Institute for Mental Health & Substance Abuse (CARIMENSA), a Centre in the Faculty of Medical Sciences at the University of the West Indies, (UWI) is the country's only public health mental health facility and is responsible for implementing projects for research, therapeutics and social development.

INTRODUCTION

CARIMENSA was established as a Centre within the Faculty of Medical Sciences in February 2008 with supportive relationships to the Section of Psychiatry in the Department of Community Health and Psychiatry. The Executive Director of CARIMENSA is Professor Emeritus Frederick W. Hickling of the Department of Community Health and Psychiatry.

The proposal to develop the Caribbean Institute of Mental Health and Substance Abuse (CARIMENSA) was developed in the Section of Psychiatry in 2003 and approved by the Faculty of Medical Sciences in 2004 as the vehicle for the development of Cultural Therapy at the UWI and the training of postgraduate students in this novel mental health therapeutic instrument pioneered in Jamaica. In 2005 this proposal was presented to UWI Mona F&GPC as a part of the Strategic Transformation Team's New Initiative Budget. The Mona F&GPC approved a budget of J\$5.2M as an establishment grant for this Institute for the Academic Year 2005–2006., and on May 30, 2006 established that CARIMENSA would be located in the FMS, with budgetary control by the Bursar UWI Mona.

The CARIMENSA Press was established in 2007 as a publication organ of CARIMENSA to serve the publication of books and journals on mental health in the Caribbean, an area that is underserved in the region. Since its inception, CARIMENSA Press has published seven books on mental health issues in the Caribbean

PRIVATE/PUBLIC PARTNERSHIP

CARIMENSA has engaged in a private/public partnership with Psychotherapy Associates Ltd, one of the leading private medical research organizations in Jamaica (Figueroa & Henry Lee 1998). Psychotherapy Associates Ltd is managed by Collective productions Ltd and is located at Connolley House, the home of the Non-Governmental Organization Bond-Hickling Cultural Institute. This collaboration has facilitated the development of CARIMENSA as a self-sustaining organization within the UWI, in keeping with its remit from the F&GPC UWI. Connolley House has provided office and classroom facilities, administrative and utility support for this fledgling UWI Institute.

ORGANIZATION

On August 23, 2017, at a meeting with the new Dean of the FMS, Dr Tomlin Paul, Professor Hickling, Dr. Geoffrey Walcott, and Dr. Christopher Charles, the legal origin and organizational structure of CARIMENSA were reviewed. It was agreed that the Dean's Office would pursue the legal incorporation of CARIMENSA as a legally constituted non-profit company limited by guarantor in the FMS as stipulated by the F&GPC in 2006. The Executive Director and the CARIMENSA team would update the CARIMENSA terms of reference of the operations and functions of the organization.

MEMBERSHIP OF CARIMENSA

In keeping with its mission, cross-faculty membership of CARIMENSA is voluntary from any member of staff or student from any Department of any Faculty of the UWI; in addition it is community orientated with membership from all segments of the public. The requirements for membership are:

1. Active involvement in any research or other CARIMENSA activity
2. Attendance at the weekly CARIMENSA Research Meeting weekly (60% attendance per annum)

The following persons have fulfilled these criteria for academic year 2018–19:

- Professor Emeritus Frederick Hickling, Executive Director CARIMENSA
- Professor Jaswant Guzder, Professor of Child Psychiatry McGill University Canada
- Dr. Geoffrey Walcott, Clinical Director, Psychotherapy Associates Ltd
- Dr. Christopher Charles, Senior Lecturer, Faculty of Social Sciences UWI
- Dr Hilary Robertson-Hickling, Senior Lecturer, MSB, Faculty of Social Sciences UWI

- Dr. Debbie-Ann Chambers, Counselling Psychologist, University Health Service UWI
- Dr. Deborah Hickling-Gordon, Lecturer Faculty of Humanities and Education UWI
- Dr. Brian Kazaar, Senior House Officer, Faculty of Medical Science UWI
- Dr. Jordan Eaton, Senior House Officer, Kingston Public Hospital
- Dr. Nicole D'Souza, Postgraduate Fellow Transcultural Psychiatry McGill University
- Mr. Paul Wilson, Teacher, Cultural Therapist
- Ms. Carmen, Clarke, Public Relations Specialist
- Ms. Raquel Jennings, Research Associate, Psychotherapy Associates Ltd
- Ms. Renae Raymond, Research Associate, Psychotherapy Associates Ltd.
- Ms. Judine Bailey, Research Associate, Psychotherapy Associates Ltd
- Ms. Jackie Thompson, Administrator Connolley House, Collective Productions Ltd.
- Ms Andrea Hu Sam, MSc psychology student Faculty of Social Sciences UWI
- Ms Deidre Chang, MSc psychology student Faculty of Social Sciences UWI
- All staff members employed to CARIMENSA projects.

WORK OF THE DEPARTMENT

Funded Service/Research

1. Global Mental Health Conference – April 6, 2019

Reports

Professor Frederick Hickling

- Supervisor, PhD Student, Nicole D'Souza, McGill University Canada . *Co-constructing knowledge with children in implementation research: relationality, ethics and embodied affect in a multimodal intervention in Jamaica*. A thesis submitted to McGill University in partial fulfillment of the requirements for the degree of Doctor of Philosophy April 2019. Dissertation Meeting June 25, 2019.

Presentations Made At Meetings

Professor Frederick W Hickling

- **Countering the Effects of Adverse Childhood Experiences: From therapeutics to public policy**. Global Mental Health Conference. April 6, 2019; FMS UWI.

“Personality Disorder, Psychosis and Major Depression: The Sequelae of Adverse Childhood Experiences in a Post-Colonial Society”

- African Mental Health Research Institute (AMARI) third Annual Scientific Meeting (ASM) Addis Ababa, Ethiopia, 20–22 March 2019. *A psychological decolonization antidote.*
- American Psychiatric Association Annual Meeting May 18–22, 2019 San Francisco: International lecture on Children’s Mental Health Prevention Program. *Dream-A-World Cultural Therapy and Cultural Resiliency: Multimodal Primary Prevention, Mental Health Interventions in High-Risk Primary School Children.*

Dr. Geoffrey Walcott

- **Countering the Effects of Adverse Childhood Experiences: From therapeutics to public policy.** Global Mental Health Conference. April 6, 2019; FMS UWI. *“Development and Nationalization of an Indigenous Cultural Resilience programme for children”*
- **Deans of Discipline Annual Retreat, Jewel Runaway Bay** July 11, 2019. *Cultural Therapy: Enhancing Productivity and wellbeing*
- **Nurse Practitioner Annual Conference Royalton White Sands Trelawny** July 11 2019. *“Inside the Suicidal Mind: Helping Others Battle Their Demons”*
- **Cultural Poetics of Illness and Healing Embodiment, Enactment and the poetics of Experience** Advanced Scientific Institute 25th Annual Conference McGill University June 28th 2019 *“To Di World: Jamaican soccer, Poiesis, and post-colonial transformation”*
- **Art and Healing course** Social and Transcultural Psychiatry Summer School McGill University June 17th to June 22nd 2019. *“Psychohistoriographic Cultural Therapy”*

Professor Jaswant Guzder

- **5th World Congress of Cultural Psychiatry Association (WACP) October 10–13 2018. Columbia University,**
- Paper: 1. *Reflections on the Integration of Art and Psychiatry: A Personal Journey*; 2. Symposium: *Culture, Systems, and Relationships: Theoretical and Clinical Approaches. Paper: Systemic approaches on a Cultural Consultation Service: cultural safety, cultural camouflage and family systems approaches*. Co-presenters: Dr Ellen Berman (symposium leader), Dr Sharon Bond, Dr Jaswant Guzder New York, US
- **SHERPA Workshop October 17, 2018: Parcours de resilience: accompagner les réfugiés suite aux traumatismes.** Workshop : *Cultural Safety , Cultural Camouflage and Cultural Formulation : working with complex trauma in refugee populations in Cultural Consultation Service.* Montreal, QC

- Paper: Spirituality and Childhood: implications for clinicians at “Culture, Spirituality and Mental Health International Conference” October 29, 2018 McGill University (Canada), University of Norway and Tribhuvan University Institute of Medicine (Nepal). Katmandu, Nepal
- **Countering the Effects of Adverse Childhood Experiences: From therapeutics to public policy.** Global Mental Health Conference. April 6, 2019; FMS UWI. *“Clinical work with Caribbean children: unpacking past migratory impact of complex trauma, attachment disorder and post slavery trauma”*
- **June 13, 2019 : McGill Summer School in Transcultural Psychiatry : lecturer in Global Mental Health Methods Course. Topic: Community engagement and research : Dream a World Cultural Therapy Resilience Promotion studies, Montreal**
- *June 18–21, 2019: McGill Summer School in Transcultural Psychiatry: Course coordinator and lecture: topics on ARTS AND HEALING , Montreal.*

Dr. Hilary Robertson-Hickling

- **Countering the Effects of Adverse Childhood Experiences: From therapeutics to public policy.** Global Mental Health Conference. April 6, 2019; FMS UWI. *“Cultural Therapy, adverse childhood experiences and resilience development in Jamaica”*
- **African Mental Health Research Institute (AMARI) third Annual Scientific Meeting (ASM) Addis Ababa, Ethiopia, 20–22 March 2019. “Preparing to Lead”**

Dr. Christopher Charles

- **Countering the Effects of Adverse Childhood Experiences: From therapeutics to public policy.** Global Mental Health Conference. April 6, 2019; FMS UWI. *“Skin Bleaching and the Decolonization of the Self: Challenging Intergenerational Discrimination”.*

Dr. Debbie Ann Chambers

- **Countering the Effects of Adverse Childhood Experiences: From therapeutics to public policy.** Global Mental Health Conference. April 6, 2019; FMS UWI. *“Creating a Safe Space for Emancipation: The Value of the Poetic in Countering Adverse Childhood Experiences”*
- **Cultural Poetics of Illness and Healing Embodiment, Enactment and the poetics of Experience** Advanced Scientific Institute 25th Annual Conference McGill University June 28th 2019 *“We thought they were bobble heads: How engaging inner-city youth in the creation of poetry and song challenges the prevailing narrative”*

Art and Healing course Social and Transcultural Psychiatry Summer School McGill University June 17th to June 22nd 2019. *“Psychohistoriographic Cultural Therapy”*

PUBLICATIONS

Professor Frederick W Hickling

- Nicole A. D'souza, Jaswant Guzder, Frederick Hickling, Danielle Groleau: The ethics of relationality in implementation and evaluation research in global health: reflections from the Dream-A-World program in Kingston, Jamaica. *BMC Medical Ethics* 2018 19(1) :50

Dr. Christopher Charles W Hickling

- Charles, C.A.D. & McLean, S-K. (2019). Cases of murder-suicide among Jamaican immigrants in the United States. In *Crime and violence in the Caribbean: Lessons from Jamaica*. Sherill V. Morris-Francis, Camille A. Gibson & Lorna E. Grant (eds.) pp. 113–132. London, UK: Rowman & Littlefield
- Charles, C.A.D., Reid, G.S. O. & Albarus, N. (2019). A method for election forecasting. Sage Research Method Cases, part 2. DOI: <https://dx.doi.org/10.4135/9781526490803>

Professor Jaswant Guzder

- Nicole A. D'souza, J. Guzder, F. Hickling, D. Groleau. The ethics of Rationality in Implementation and Evaluation Research in Global Health: Reflections form the Dream A World Program in Kingston, Jamaica. *BMC Medical Ethics*. <https://doi.org/10.1186/s12910-018-0282-5>.

Book Chapters

Professor Frederick W Hickling

- Hickling F.W., Walcott G.O. (2019) *The Jamaican LMIC Challenge to the Biopsychosocial Global Mental Health Model of Western Psychiatry*. In: Okpaku S. (eds) *Innovations in Global Mental Health*. Springer, Cham.

Media Appearances

Professor Frederick W Hickling

- Frederick W. Hickling – RJR News Interview “*Gov’t must provide support for families of discharged Bellevue patients, says professor*” – October 11, 2018.
- Frederick W. Hickling – Power 106: Power Talk Interview – “*Global Mental Health Conference*” – April 3, 2019
- Frederick W. Hickling and Andrea Hughsam – Power 106: Power Talk Interview “*Is there a Mental Health Issue at Stake?*” – April 9, 2019.
- Frederick W. Hickling – CVM LIVE – Panel Discussion “*Tangible Outcomes from Diaspora Conference*” – June 19, 2019.

Dr. Geoffrey Walcott

- Debbie-Ann Chambers and Geoffrey Walcott – “*Global Mental Health Conference*” TVJ Smile – March 26, 2019
- Geoffrey O. Walcott – CVM At Sunrise – “*Global Mental Health Conference*” April 1, 2019
- Christopher Charles and Geoffrey O. Walcott – Gleaner Article – “*A public health understanding and response to domestic violence*” – April 21, 2019.
- Geoffrey O. Walcott – CVM At Sunrise – Hot Topic - “*Murder- Suicide Wave*” - April 26, 2019
- Christopher Charles and Geoffrey O. Walcott – “*Dealing with vigilante mob violence in Jamaica*” –Gleaner article – April 28, 2019
- Geoffrey O. Walcott – Beyond the Headlines – “*Hospitalization of mentally ill people who commit crimes*” – June 3, 2019.

Dr. Christopher Charles

- Christopher Charles and Andrea Hughsam – Morning Agenda Power 106 FM “*Global Mental Health Conference*” April 1, 2019
- Christopher Charles and Geoffrey O. Walcott – Gleaner Article – “*A public health understanding and response to domestic violence*” – April 21, 2019
- Christopher Charles and Geoffrey O. Walcott – “*Dealing with vigilante mob violence in Jamaica*” – Gleaner article– April 28, 2019.

Dr. Debbie-Ann Chambers

- *Debbie-Ann Chambers* and Geoffrey Walcott – “*Global Mental Health Conference*” TVJ Smile – March 26, 2019.

INCOME GENERATION**Income from Projects**

Project Title	Period	Income
Global Mental Health Conference	April 2019	JMD \$ 400,000

PUBLIC SERVICE**Professor Frederick W Hickling**

- **Caribbean Representative: World Psychiatric Association.** Section on Conflict Management and Resolution. 2003–present
- **AMARI (AFRICAN MENTAL HEALTH RESEARCH INITIATIVE)** *Member Independent Scientific Advisory Committee; August 2016 to present*
- **Ministry of Education** Behavioural Modification Committee 2019