

# Integrating Cultures, Counseling & Mental Health

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Institutes are multicultural immersion experiences that allow participants to learn and interact with the local culture and tour through the program's host community.

Institute participation is first reserved for National Certified Counselors, but can also include counselors, counseling students, and individuals of varying professions. Each individual's professional identity will complement their learning experience. Learning activities from the local community will contribute towards continuing education credits.

The program also provides a foundation for participants to build new relationships and possibly return to the host country for further volunteer collaboration independent of the institute.

## Learning Objectives

### **Social and cultural diversity:**

Participants will learn about different aspects of the local culture through direct interaction with members of the community.

### **Human growth and development:**

Participants will be introduced to available resources that provide mental health support for the community.

### **Wellness and prevention:**

Participants will be exposed to alternative options of care based on local resources.



## Continuing Education

NBCC-I has been approved by NBCC as an Approved Continued Education Provider, ACEP No. 803. Programs that do not qualify for NBCC credit are clearly identified. NBCC-I is solely responsible for all aspects of the program.

**NBCC-I offers 15-20 clock hours for this institute.**

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## Presenters

*The following are potential presenters:*

Dr. Ronald Kaluya was an accountant in Uganda with a big vision to help his people. He felt that a graduate degree from the United States would help his mission. Lindsey Wilson College in Columbia, Kentucky paid for Dr. Kaluya to study there, and he graduated with a double master's degree in ministry and counseling. He created Uganda Counseling and Support Services and assembled a board, including Dr. John Begley (former President of the College) as the board chair, several ministers, and businessmen.

Elizabeth Kasujja has over five years of experience in the health sector of Uganda. She's cofounder and CEO of Clear Yo Mind, which builds technologies focused on mitigating the mental health illness of depression before it becomes chronic. It also raises awareness about mental health within communities in Uganda to ultimately contribute to the reduction of stigmatization towards mental illnesses. She has a certificate in public health from John Hopkins Bloomberg School of Public Health and is currently pursuing a diploma in psychology. Ms. Kasujja is passionate about technology and the power it has to transform the health sector.

Derrick Kizza is a leader for Mental Health Uganda (MHU), an indigenous, non-government membership-based organization established in 1997. MHU was founded in response to the overwhelming marginalization, isolation, and abuse of rights of persons with psychosocial disabilities, users of psychiatry services, and their families. MHU was established to mobilize and empower membership, promote and protect rights, and increase awareness of the unique needs and challenges of people living with mental health illnesses. The mission of MHU is to create a unified voice that influences the provision of required services and opportunities, in favor of people and survivors of mental illness in Uganda through capacity building, networking, advocacy, and partnerships.

Patrick Onyango Mangan possesses over 18 years of demonstrable experience in the design, implementation, and monitoring of highly syndicated social development projects concentrating on children, women, and communities living in extremely difficult contexts, including conflict, post conflict, poverty, HIV/AIDS, and disaster. He has spent 12 of these years at senior level management, focusing on growth strategy, networking and resource mobilization, effective NGO management, and practice-oriented research. Mr. Mangan has propelled the Transcultural Psychosocial Organisation (TPO), a Ugandan NGO, into an influential local and global actor in the sectors of child protection, mental health and psychosocial support, care for orphans and vulnerable children, livelihoods and food security, and disaster risk reduction.

Rose Nalwanga works at the Makerere University Counseling & Guidance Centre, which provides help to address personal and emotional challenges that affect students and employees at the University. The centre provides several services, including counseling, career guidance, academic support, group counseling, outreach and education, and resources.

Tajudeen Adebayo is a faculty member of the Kabale University Department of Social Work & Social Administration/Counseling. Mr. Adebayo spoke about understanding the concept of psychoses at the half-day mental health summit that took place at Kabale University in 2017. The session highlighted the gaps in resources and knowledge that a rural public university in Uganda has, while also demonstrated the great passion and yearning for knowledge to address mental health issues.