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الجامعة الإسلامية العالمية ماليزيا
INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA
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Garden of Knowledge and Virtue



BREAKING THE SILENCE:

ROLE OF MENTAL HEALTH ADVOCACY AND COMMUNICATIONS

Wednesday, 15 September 2021 | 10.00 a.m. – 1.00 p.m.

#mentalhealth



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Background

The pandemic has worsened existing uncertainties and distress. Containment measures and school closures have isolated children and adolescents from their social networks. Self-isolation can result in anxiety and sleep problems among adolescents, including because of increased screen time, irregular eating habits and reduced physical activity. Specific stressors linked to quarantine, fear for one's own health and infecting others, isolation and boredom, financial loss and stigma can lead to negative and long-lasting psychological effects, such as post-traumatic stress symptoms, confusion and anger.

The negative mental health impact of COVID-19 may also be worse for young people with existing psychological disorders, especially those whose treatment may have been disrupted as a result of the pandemic. The impact of COVID-19 may be further exacerbated among children and adolescents with disabilities, who may not be able to maintain physical distancing or access basic services or therapy. And children and adolescents with learning or cognitive disabilities may not be able to fully understand the situation brought about by COVID-19, or effectively use available virtual channels for communication and to access remote support. Marginalized and high-risk groups, such as migrant and displaced children, also struggled to access services that were available.

However, effective communication and advocacy may help reduce taboos that have prevented people from speaking out and seeking help is enabling a much bigger conversation on meeting the mental health needs of populations, including children and adolescents. This is discussed in the concept of resilience, being aware that it is a significant aspect discussed in the concept of mental health.

The speakers will discuss mental health advocacy through traditional and non-traditional communication channels. Can there be targeted advocacy campaigns for different subgroups providing psychosocial support for children, women, the elderly, delivered whether through the media or workplace and schools? Mental health support and communication should be part of orchestrated efforts to empower individuals and community to persevere despite the difficulty.



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Time	Agenda
9.45 am	REGISTRATION OF PARTICIPANTS AND SPEAKERS
10.00 am	WELCOMING REMARKS Niloy Banerjee Resident Representative UNDP Malaysia, Singapore and Brunei Darussalam
10.10 am	OFFICIATING ADDRESS Bawani Selvaratnam Chief Corporate and International Officer, Malaysian Communications and Multimedia Commission
10.20 am	IN-CONVERSATION Prof Emeritus Tan Sri Dato' Dzulkifli Abdul Razak Rector, International Islamic University Malaysia MODERATOR Dr Haniza Khalid Senior Development Economist, UNDP Malaysia, Singapore and Brunei Darussalam
10.40 am	COMFORT BREAK
10.45 am	IN-CONVERSATION Khairil Hilmi Bin Mokhtar Senior Principal Assistant Director of National Security Strategy Center (NASTRAC), National Security Council, Prime Minister's Department MODERATOR Prof Dr Shukran Abd Rahman Dean, Kulliyah Of Islamic Revealed Knowledge And Human Sciences, International Islamic University Malaysia
11.05 am	PANELLISTS Dr Nurashikin Ibrahim Public Health Medicine Specialist, Sector Head, Mental Health, Substance Abuse And Violence Injury Prevention, Non-communicable Disease Section, Disease Control Division, Ministry Of Health Nurul Mardiyya Roslan Psychology Officer (Clinical Psychologist), Department Of Social Welfare Malaysia, Ministry Of Women, Family And Community Development Professor Dr Alvin Ng Lai Oon Associate Dean (Engagement And Internationalisation), School Of Medical And Life Sciences, Sunway University MODERATOR Associate Professor Dr Wan Shahrazad Wan Sulaiman President, Malaysian Psychological Association
12.05 pm	Q&A SESSIONS
12.50 pm	CLOSING REMARKS Manon Bernier Deputy Resident Representative, Undp Malaysia, Singapore And Brunei Darussalam

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Niloy Banerjee

Resident Representative

UNDP Malaysia, Singapore and Brunei Darussalam



Appointed as the Resident Representative for UNDP Malaysia, Singapore and Brunei Darussalam on March 7, 2019. Niloy is a development economist with specialization in effective institutions and capacity development. He previously led the UN System Affairs Group in UNDP, New York. In this position he led UNDP's interface with UN agencies, funds and programmes, and with Member States in the arena of intergovernmental affairs. He has also led UNDP's engagement in the round of UN reforms. In previous assignments, he has been the Director of Knowledge, Innovation and Capacity Development Group; and Team Leader and Policy Advisor of Asia-Pacific - all for the Bureau for Development Policy in UNDP. He is highly familiar with the region, having been a regional policy advisor who supported countries in Asia-Pacific, and set up of the Singapore Policy Center for UNDP. Niloy has a Master Degree in Economics from New Delhi's Jawaharlal Nehru University and is a Fellow of the City University of New York.

Bawani Selvaratnam

Chief Corporate and International Officer,

Malaysian Communications and Multimedia Commission



Bawani Selvaratnam joined the Malaysian Communications and Multimedia Commission (MCMC) in 2002 and currently holds the position of Chief Corporate and International Officer.

She has had the benefit of working on different portfolios in MCMC, including managing licensing matters pursuant to the Communications and Multimedia Act 1998, overseeing a multi-billion ringgit project portfolio under the Universal Service Provision programme, as well as playing a lead role in conceptualising and coordinating the development of national digital connectivity plans such as the National Fiberisation and Connectivity Plan (NFCCP) and the current Jalanan Digital Negara initiative or JENDELA.

Her current responsibility includes MCMC's Strategy Planning, Academy and International portfolios.

Bawani is a lawyer by training and was in legal practice for eight years prior to joining MCMC.

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Prof. Emeritus Tan Sri Dato' Dzulkifli Abdul Razak
Rector
International Islamic University Malaysia



Dzulkifli Abdul Razak (or for short, Dzul) is currently the Rector of the International Islamic University Malaysia. He was the Vice Chancellor of Universiti Sains Malaysia (USM) from 2000-2011. He is the immediate past president of the International Association of Universities (IAU), a UNESCO-affiliated organisation, based in Paris. He was the Convenor of the Regional Centre for Expertise on Education for Sustainable Development based in USM, one of seven pioneering centres worldwide, beginning 2005. Dzul was awarded the prestigious 2017 Gilbert Medal by Universitas 21 in recognition of "his long term commitment to a sustainable approach to international higher education." He is a Fellow of the Academy of Sciences Malaysia (FASc), the World Academy of Art and Science (FWAAS) and the World Academy of Islamic Management (FWAIM).

Dzul was an Honorary Professor at the University of Nottingham from 2014 until August 2020, He is a member of the Advisory Board of the Right Livelihood College Steering Committee based at University of Bonn and an Advisory Board Member, Institute of Sustainable Development and Learning at Leuphana University of Luneburg . He was an invited speaker at the 2015 Nobel Dialogue in Sweden. In October 2020, he was appointed as a member of Qatar Foundation Higher Education Strategy Advisory Panel. Besides, Dzul is also a member of the UN Academic Network for Development Dialogue (ANDD), World Islamic Economic Forum (WIEF) and National Digital Economy & Fourth Industrial Revolution Council. In February 2021, he was invited to serve as an Expert for the Futures of Higher Education Project at UNESCO's Institute for Higher Education (IESALC) based in Caracas.

Dzul was awarded the 2017 Tokoh Akademik Negara (National Academic Laureate) and recipient of number of Honorary Doctorate from various international universities. Locally, in October 2018, he was conferred Professor Emeritus by USM, whilst in November 2019, Universiti Sains Islam Malaysia (USIM) conferred him an Honorary Doctorate of Dakwah and Islamic Management in recognition of his efforts in widening the dimensions of dakwah through various research and leadership while serving at the University. In addition, the Government of Japan, in recognition of his contribution to the academic collaboration and exchanges between the two nations has conferred him "The Order of the Rising Sun, Gold Rays with Neck Ribbon" in September 2019.

Since 1995 Dzul writes weekly Op-Ed columns for Malaysia's dailies especially, The New Straits Times.

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Dr Haniza Khalid

Senior Development Economist

UNDP Malaysia, Singapore and Brunei Darussalam



Dr. Haniza Khalid is UNDP Malaysia's Senior Development Economist and previously an Associate Professor at the Department of Economics, Kulliyah of Economic and Management Science, International Islamic University Malaysia. Her research interests include role of institutions in determining welfare-increasing motivations across different vulnerable groups; and impact or sustainability of policies designed for their economic improvement. She has been involved in a number of policy studies for the Government of Malaysia mainly on land-use planning and development, green transport systems, affordable housing and issues related to poverty and costs of living. Haniza holds a doctorate degree in Economics from the University of Nottingham, UK and has a prior work experience in Bank Negara Malaysia before joining the academia.



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Khairil Hilmi Bin Mokhtar

Senior Principal Assistant Director
of National Security Strategy Center (NASTRAC),
National Security Council, Prime Minister's Department



Khairil Hilmi Bin Mokhtar is the Senior Principal Assistant Director of National Security Strategy Center (NASTRAC), National Security Council, Prime Minister's Department. He has been with the National Security Council since 2006.

Previously, he served at the Melaka Tengah District Office from 2004 to 2006 and worked in the private sector as a software engineer from 2001 to 2004. He specialised in security strategy and policy formulation, strategic security documents, land boundary management, crisis management, security negotiation, and geo-big data technology.

Khairil has participated in and managed major national security situations since 2009, leading local and overseas missions and operations. He participated in Humanitarian Mission in Padang, Indonesia, Mass Evacuation for Operation Pyramid and Operation Yemen, Mass Evacuation in Yemen and Djibouti, National Security Council Directive review, and Covid-19 Pandemic Crisis Management.

He led the operation and production of Southern Thailand Peace Dialogue Process, Comprehensive Security Concept, NSC Act 2020 (Amendment), National Security Council, MKN 50 Tahun, COVID-19 Pandemic Management, National Security Strategy Center, and National Security Policy 2021- 2024.

Khairil was the Head of the MH 17 Mission to Ukraine and the Netherlands. He is an alumnus of Asia Pacific Center Security Studies. He obtained a Diploma in Public Administration from INTAN and graduated with a Bachelor in Computer Science from University Putra Malaysia and has a Master in Social Science (Defense Studies) from Malaysian Armed Forces Defence College, National University of Malaysia (UKM).

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Professor Dr Shukran Abd Rahman

*Dean, Kulliyah of Islamic Revealed Knowledge and Human Sciences,
International Islamic University Malaysia*



Shukran Abdul Rahman is a professor at Department of Psychology, International Islamic University Malaysia (IIUM). He holds Doctor of Occupational Psychology degree from Murdoch University, Australia. His research areas include career development; organization development; organisational behaviour; academic culture; changes and development in higher education; employability and graduateness of students in higher learning institutions.

Shukran had served as Deputy Dean of Admission and Record Division, Director of Alumni and Career Services Division, Deputy Dean in the Office of Corporate Strategy and Quality Assurance, and Director of Centre of Professional Development. Currently he is the Dean of the Kulliyah of Islamic Revealed Knowledge and Human Sciences.

He was a Visiting Academic in the Department of Educational Psychology at Taibah University, Al-Madinah Al-Munawwarah, Saudi Arabia (2008) and Visiting Academic IPPTN, USM (2017). He is also President-Elect of the Malaysian Psychological Association; the Coordinator for Graduatness Research Unit, IIUM, and Associate Research Fellow at the National Higher Education Research Institute (IPPTN). Besides, he is also a Distinguished Associate Fellow at the Institute for Psychotherapy, Correctional and Rehabilitation (iPSYCORE), a team member of Signature Leadership Program For Asean Higher Education Institutions which is a project by Higher Education Leadership Academy AKEPT and SEAMEO RIHED.



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Dr Nurashikin Ibrahim

Public Health Medicine Specialist, Sector Head, Mental Health, Substance Abuse and Violence Injury Prevention, Non-Communicable Disease Section, Disease Control Division Ministry of Health



Dr. Nurashikin Ibrahim, a medical doctor and Public Health Medicine Specialist received her undergraduate training from University of Malaya. Has been working in the Ministry of Health for past 26 years. Currently she holds the post as Public Health Physician and Sector Head of Mental Health, Substance Abuse and Violence Injury Prevention, Disease Control Division, Ministry of Health. She has been involved in mental health for the past 17 years. Her areas of expertise/knowledge are in Mental Health Promotion Mental Health Services and Psychosocial Support Disaster and Suicide Prevention upon which she received training in Psychosocial Response to Disaster from Hyogo Institute of Traumatic Stress, (HITS) Japan as well as training in Mental Health Promotion & Mental Illness Prevention from Hunter Institute of Mental Health, Australia and Suicide Prevention from AISRAP, Australia.

She is also responsible as Head Coordinator of the Mental Health and Psychosocial Support Services of Ministry of Health in response to the COVID-19 outbreak in Malaysia. Also has been involved at the field in many of crisis that has occurred in Malaysia; among them, the unprecedented incident of air tragedy of MH370 and MH17 in 2014, massive flood tragedy between December 2014 to March 2015, pre-deployment and post-deployment for Malaysian field Hospital Cox's Bazar for Humanitarian Mission for Rohingya's, October 2017 and chemical waste poisoning tragedy in February 2019. Involved in providing training and mentoring on areas of mental health and mental health in disaster for health care providers and also training for other govt and non-governmental agencies.

She participates actively in various activities and several NGOs at community level, advocates mental health in various media and has written mental health articles for several magazines. Also known to family members and friends as Dr. Ann, her passion is in reading, hiking and singing. She is now very much involved in performances and emceeding various functions.



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Nurul Mardiyya Roslan

*Psychology Officer (Clinical Psychologist), Department of Social Welfare Malaysia
Ministry of Women, Family and Community Development*



Nurul Mardiyya Roslan is currently a Psychology Officer (Clinical Psychologist) at the Department of Social Welfare Malaysia, Ministry of Women, Family and Community Development. She has served at Department of Social Welfare since 2017. Previously, she was a Psychology Officer at the National Audit Department from 2009 to 2015. She graduated as a Bachelor of Arts (Honours) in Psychology from International Islamic University Malaysia, and has a Master in Clinical Psychology from National University Malaysia.

Professor Dr Alvin Ng Lai Oon

*Associate Dean (Engagement and Internationalisation)
School of Medical and Life Sciences, Sunway University*



Dr Alvin Ng Lai Oon is a Professor at the Department of Psychology under the School of Medical and Life Sciences at Sunway University, Malaysia. He is a clinical psychologist by training, previously attached to Universiti Kebangsaan Malaysia (National University of Malaysia) for 11 years as an instructor and practitioner in clinical psychology. He serves as an Adjunct Senior Lecturer at the Jeffrey Cheah School of Medicine and Health Sciences, Monash University Malaysia, an Honorary Senior Lecturer at the Norwich Medical School, University of East Anglia, UK, and an Honorary Associate Professor at the College of Life and Environmental Sciences, University of Exeter, UK. Dr Ng's research areas include mental health literacy, positive psychology, mindfulness-based cognitive therapy, and cross-cultural factors in psychotherapy. While no longer in clinical practice, Dr Ng is a passionate advocate of mental health and has given numerous talks on mental health and psychology. He is very involved in initiatives that promote public mental health and professional training in mental health issues, appearing on radio and in the news media. He won the 2017 EduCoop National Outstanding Educator (Psychology) Award in recognition of his contributions towards the development of psychology in Malaysia. Recently, he won the 2020 University of East Anglia Engagement Award for Group Achievement together with his collaborators from UEA, Prof Sian Coker and Dr Paul Fisher. Dr Ng recently chaired and hosted the 7th Asian Cognitive Behavior Therapy Conference 2021, that received over 7,400 registered participants from more than 80 countries. He's currently the Secretary of the Asian Cognitive Behavioral Therapy Association, and was the Founder President of the Malaysian Society of Clinical Psychology that he helped establish in 2010.

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Associate Professor Dr Wan Shahrazad Wan Sulaiman

President

Malaysian Psychological Association



Wan Shahrazad Bt Wan Sulaiman is an Associate Professor at the Centre for Research in Psychology and Human Well-Being, Faculty of Social Sciences and Humanities, Universiti Kebangsaan Malaysia. She receives her qualifications of Bachelor of Human Sciences (Hons) (Psychology) from International Islamic University Malaysia (IIUM), Master of Arts (Psychology) from Universiti Kebangsaan Malaysia (UKM), and Doctor of Philosophy (Psychology) from International Islamic University Malaysia (IIUM). Her field of specialization is in psychometric; psychological tests and measurements; psychology profiles of at-risk youths, drug addiction and correctional studies; and application of psychological tests in industrial and organizational psychology. She is currently the President of Malaysian Psychological Association (PSIMA) and the Deputy Dean (Undergraduate Programme) at the Faculty of Social Sciences and Humanities, Universiti Kebangsaan Malaysia.

Manon Bernier

Deputy Resident Representative

UNDP Malaysia, Singapore and Brunei Darussalam



Manon Bernier, Deputy Resident Representative UNDP Malaysia, Singapore & Brunei Darussalam has 17 years of work experience with UNDP and UNV serving in Latin America, Europe and Asia. She joined UNDP Malaysia Management Team in September 2020, supporting national stakeholders in the implementation of the 2030 agenda for sustainable development. She leads the development of innovative programmes and partnerships to accelerate structural transformation for sustainable development and build evidence for informed policy design and implementation. Prior to that, she established the first UNV Regional Office for Asia and the Pacific based in Bangkok. She led the strategic development of a new programme portfolio, integrating volunteerism as an avenue for participation and inclusion of citizen and communities in the achievement of the SDGs. She was also overseeing the deployment of over 1000 UN Volunteers and managed UNV support to UN Agencies COVID-19 response across the Asia Pacific region. In the context of south south cooperation, she developed ground-breaking cooperation with China, Thailand and Brazil as well as steered innovative partnerships with the engagement of the private sector. She also served in Latin America managing portfolios of projects on decentralization, local governance, and women's economic empowerment.