

PhD Confirmation

The University of Melbourne

How might a 'people-centred' mental health system operate in Timor-Leste?

Presenter: Teresa Hall

Supervisors: Dr Ritsuko Kakuma, Dr Lisa Palmer, Assoc/Prof Michelle Kermode, Assoc/Prof Harry Minas, Prof Joao Martins

**Monday 19th June 2-3pm
Room 410, Level 4 207 Bouverie Street**



Teresa (Tess) Hall is a Research Fellow and PhD student at the Centre for Mental Health, and a Nossal Global Health Scholar and APA Scholarship recipient. Tess has experience in mental health policy and program development and evaluation in both developed and developing country settings including Colombia, Peru, Sri Lanka, the United Kingdom and Australia.

Tess is passionate about inclusive health development, with a particular focus on the role of persons with mental ill-health, their families and communities in the health system. Tess has a First Class Honours in Psychological Science and a MSc Public Health. Tess speaks English and Spanish, and is learning Tetum for her PhD.

Internationally, there is a shift towards people-centred mental health care. In people-centred health care (PCHC), health care consumers, families and communities are active participants in designing, planning, delivering, monitoring and evaluating the health system – “*nothing about us without us*”. Given the international focus on people-centred health systems, Timor-Leste will be encouraged to consider this framework in the country’s future mental health system strengthening activities.

This seminar outlines a mixed-methods research protocol aimed at detailing the current state of people-centredness, the acceptability and feasibility of the concept, and an optimal model of PCHC in Timor-Leste at the national level (Dili), district level (Baucau) and sub-district level (Venilale).