

# HEALTH HERALD

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## #DoYourShare

# WOMEN'S CENTRE GETS WELLNESS CHECK-IN

The Women's Centre of Jamaica Foundation in Kingston is among the latest institutions to benefit from the 'Wellness Check-In' intervention of the Ministry of Health & Wellness, done in collaboration with the Ministry of Education and Youth.

The visit, organised on February 28, was conducted as part of the ongoing #DoYourShare mental wellness campaign and in line with the School Mental Health Literacy Programme.

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# Celebrating HEART Month



*#HeartHealthy*





## More than 5,000 Jamaicans Benefit from Ja/Cuba Eye Care Programme

Approximately 5,847 Jamaicans have been assessed for treatment since the reopening of the Jamaica-Cuba Eye Care Programme in September of last year.

The announcement was made by Minister of Health and Wellness Dr. the Hon. Christopher Tufton on Tuesday, February 6 while on a tour of the St. Joseph's Hospital facility in Kingston, which was recently refurbished and repaired to carry out both pre- and post-operative care under the programme.

Of that number, 2,562 have been prepped for surgery, while 1,226 have been screened for their condition.

Minister Tufton says he is happy with the progress being made under the programme.

"I have not been able to visit the facility since its reopening, so I had to take this opportunity to come on the ground and hear from the team and patients. I am happy to report that we have completed more than 1,200 procedures including laser treatments and surgeries.

Unfortunately, some 200 persons who were prepped for surgeries could not do it because of various

**Above: Minister Tufton (centre) on tour of the Jamaica-Cuba Eye Care programme, together with other stakeholders, at the St Joseph's Hospital recently.**

uncontrolled NCDs.

"So we will need to continue to work with those persons," the Minister said.

Cuban Ambassador to Jamaica, His Excellency Fermin Gabriel Quinones, who was also on the visit, noted that it is important for these and other related initiatives to regain traction after the disruptions caused by COVID-19.

"It is a very important moment, and we are delighted to have visited and seen the progress happening at this facility. Our partnership with the health sector continues to bear fruit and we are happy that Jamaicans can benefit from the expertise and services under the programme, the Ambassador noted.

The facility currently staffs 20 members, including 3 Jamaicans and 17 Cubans, inclusive of a Lab Technician, 6 Ophthalmologists, a Bio Medical Engineer and 8 Nurses.



# Women's Centre of Jamaica Foundation gets Wellness Check-In

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The Wellness Check-In saw the participation of the Minister of Health & Wellness, Dr. the Hon. Christopher Tufton and the Minister of Culture, Gender, Entertainment and Sport, the Hon. Olivia "Babsy" Grange, as well as members of the national mental health team who all provided words of inspiration for the teens while also sharing tips and information about available mental wellness resources.

Those resources include the Mental Health & Suicide Prevention Helpline, 888-NEW-LIFE (888-639-5433) and the U-Matter Chatline that can be accessed by texting the word SUPPORT to 876-838-4897.

The visit also saw the donation and unveiling of a 'Wellness Bench', a symbol for the creation and maintenance of safe spaces for persons to share or otherwise access resources in support of their mental wellness.

"At the WCJF, the 'Wellness Bench' is where youngsters can enjoy some time out or otherwise



**Photos above:** Mental health team members (at left) and Senator Dr. Sapphire Longmore, a psychiatrist, during the Wellness Check-In at the WCJF.

**Photo below:** Minister of Health & Wellness, Dr. the Hon. Christopher Tufton and Minister of Culture, Gender, Entertainment & Sport, the Hon. Olivia Grange unveils the new Wellness Bench donated to WCJF.

engage with someone they feel comfortable talking to, if they are experiencing emotional or other challenges.

We believe in this programme. It is a national one and should engage the nation," noted Dr. Tufton.

"It is about how we help each other to overcome the stresses we face in life," he added, while encouraging private sector stakeholders to collaborate with the Ministry in making more 'Wellness Benches' available in different spaces islandwide – from schools to communities and workplaces.

The Minister also gave the undertaking to donate 10 Wellness Benches to other WCJF facilities islandwide.



# STAFF SPOTLIGHT

Chad-Rick White



This month's Staff Spotlight features Monitoring & Evaluation Analyst Chad-Rick White of the Policy Planning and Development Division.

**WHICH HIGH SCHOOL DID YOU ATTEND:** St. Catherine High School.

**WHAT IS YOUR CORE FUNCTION:** I design and implement monitoring and evaluation frameworks for the Ministry, collecting and managing data to track project progress and assess impact. Additionally, I communicate findings to stakeholders (both internal and external), provide recommendations for the improvement of projects and programmes based on findings, and contribute to the adaptive management of programmes by identifying and proposing recommendations to challenges.

**MY VISION FOR THE MINISTRY OF HEALTH & WELLNESS IS:** My vision for the Ministry of Health and Wellness is a steadfast commitment to advancing its Monitoring and Evaluation (M&E) capacity, ensuring the continual development of impactful programs. By embracing a culture of continuous improvement, the Ministry can effectively track progress, assess outcomes, and adapt strategies in real time. Through this dedication, the ministry will approach its vision of healthy people in a healthy environment.

**WHAT DO YOU ENJOY ABOUT YOUR JOB:** I enjoy collaborating with my team. The unique complexities each team member brings to the table create a harmonious blend that not only enhances our work but also ensures the successful completion of tasks. It's the synergy of diverse perspectives and skills within the team that makes the job both enjoyable and effective.

**FAVOURITE CHILDHOOD MEMORY:** Strangely, my fondest childhood memory is after every doctor's visit, my mom and I would stop by Tastee to get a patty and a cold Apple-J (the glass bottle one).

**FAVOURITE COLOUR:** Purple.

**WHAT WOULD BE YOUR DREAM VACATION:** My dream vacation is in the Maldives, where I envision myself unwinding by the pristine beaches. The crystal-clear waters and the serenity of the surroundings create the perfect setting for a truly relaxing getaway.