

# Psychology and Public Health Interface

Kai A. D. Morgan

President, Jamaican Psychological Society



# Public Health Psychology

An approach that combines psychological and behavioural factors, along with biological processes, such as genetics, to understand their role in illness and disease. Information and research are often presented to policy makers to improve and promote public health. For instance, a public health psychologist may focus on uncovering connections between heart disease and depression, or between diabetes and anxiety disorders.



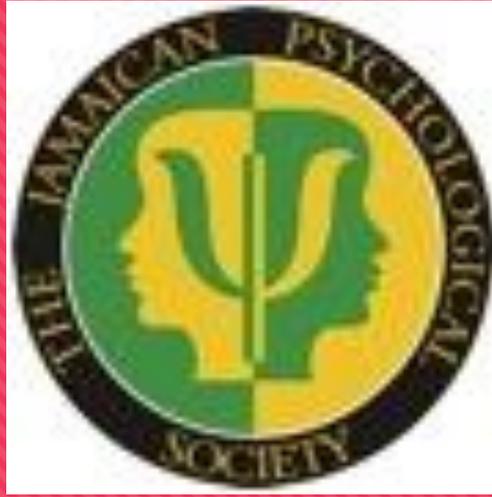
# COVID19 & PSYCHOLOGY

- How does COVID-19 impact our mental health?:
- How does working from home and schooling from home impact our mental health?
- How have the economic changes impact our stress levels?
- How does stigma of the illness impact our mental health?
- How does isolation / quarantine impact our mental health?
- How does physical distancing impact our mental health?
- How does staying inside impact us?
- How has being online constantly affected us (e.g. Zoom fatigue)



# Who are We and What Have We Done?





# JAMPSYCH COVID-19 EFFORTS & INTERVENTIONS

# THERAPEUTIC EFFORTS: GROUP & INDIVIDUAL



THE JAMAICAN PSYCHOLOGICAL SOCIETY  
INVITES ALL DOCTORS, NURSES AND OTHER  
FRONTLINE MEDICAL PERSONNEL



TO **FREE** THERAPEUTIC WEBINARS HOSTED  
THROUGHOUT MAY - AUGUST

## Psychosocial Support for COVID-19

SEND AN EMAIL TO  
[JAMPSYCHASSISTANT@GMAIL.COM](mailto:JAMPSYCHASSISTANT@GMAIL.COM)

To indicate your interest and your preferred  
webinar time.

**Current Webinar Times**

Monday@2PM	Wednesday@6PM	Saturday@11AM
Monday@4PM	Thursday@11AM	Saturday@2PM
Tuesday@6PM	Friday@10AM	Saturday@7PM
		Sunday@2PM

**More Webinars Coming Soon**

It's a (Free) Monthly Personal Growth Seminar!

# Healthy Body, HEALTHY MIND

*Personal and Organizational Growth  
amidst Covid19*

Presenter:  
**Mrs. Shirley Evelyn**

**FRIDAY, AUGUST 28, 2020**  
**@ 6PM (VIA ZOOM)**

Mtg ID: 845 5084 6902 Password: NorthEast

Brought to you by:  
**JamPsych North East**




**JamPsych**  **North East**  
presents

# THE BEST YOU 2020

Learn how to thrive in this "new normal"

Presenter: Ms. Denise McKain

## YEAR OF PLENTY!

(Free) Monthly Personal Growth Presentation  
Friday, July 31, 2020 @ 6pm

ZOOM MEETING ID: 881 2502 3457 PASSWORD: Plenty



# WORKSHOPS & WEBINARS



**OCTOBER IS  
MENTAL HEALTH  
AWARENESS MONTH**



 **The Jamaican  
Psychological Society  
(JAMPSYCH)**

INVITES YOU TO A LIVE IG EVENT

*“How to work from home  
without losing your mind”*

JOIN US @JAMPSYCH\_JM  
THURSDAY OCTOBER 22 AT 8:00 P.M

It's a (Free) Virtual Personal Growth Forum!

# Lifelong LEARNING

*Keeping your mind active  
– a Covid19 opportunity*

Presenter:  
**Ms. Melody Samuels**



**FRIDAY, SEPTEMBER 25, 2020**  
**@ 6PM (VIA ZOOM)**

Mtg ID: 845 5084 6902 Password: NorthEast

Brought to you by:  
**JamPsych  
North East**



# WORKSHOPS & WEBINARS



THE JAMAICAN PSYCHOLOGICAL SOCIETY 

## BUILDING YOUR CAPACITY FOR THE "NEW NORMAL"

Tuesday, August 4, 2020 | 6 - 7:30 PM

CEUs: 1

Host: Ms. Kamala McWhinney

Presenters: Dr. Matthew McKenzie, Dr. Kai A.D. Morgan and Ms. Denise Simpson

Cost: Free for Students, \$1000 for Members & \$1500 for Non-Members

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**MANAGING CHALLENGING BEHAVIOUR IN YOUTH VIA ONLINE THERAPIST-ASSISTED INTERVENTION**

Presenter: Dr. Matthew McKenzie

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**TELEPSYCHOLOGY IN JAMAICA: CULTURAL AND ETHICAL REALITIES**

Presenter: Dr. Kai A.D. Morgan

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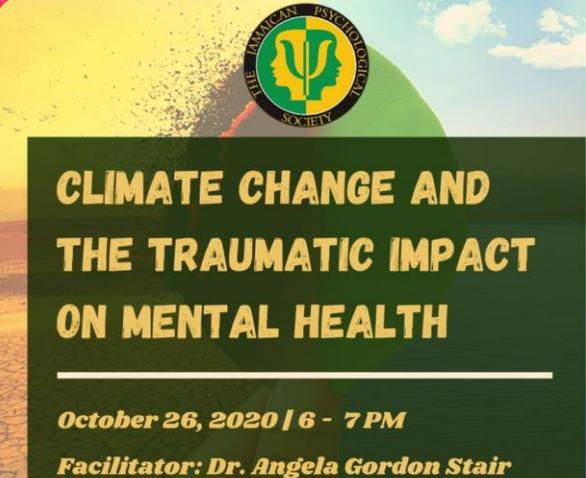
**JUST BREATHE: SIMPLE SELF-CARE TECHNIQUES TO HELP YOU TO BALANCE STRESS IN YOUR PRACTICE**

Presenter: Ms. Denise Simpson

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Join us on Zoom for this **engaging, relevant** and **informative** mini-conference!

Register by **Monday, July 27th** to reserve your spot - <https://bit.ly/2OtxYfY>



THE JAMAICAN PSYCHOLOGICAL SOCIETY 

## CLIMATE CHANGE AND THE TRAUMATIC IMPACT ON MENTAL HEALTH

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**October 26, 2020 | 6 - 7 PM**

**Facilitator: Dr. Angela Gordon Stair**

Bio: [bit.ly/3nwnFbj](https://bit.ly/3nwnFbj)

CEUs: 2 \*\*

You will earn 2 CEUs after participating in the webinar, reading the articles and successfully completing the post-test and evaluation

Location: Zoom

Cost:  
 \$1,000 JMD/ \$7 USD for Students  
 \$2,000 JMD/ \$14 USD for Members  
 \$3,000 JMD/ \$21 USD for Non-Members

Payment Options: [jampsy.com/membership](https://jampsy.com/membership)

**REGISTER TODAY! - [BIT.LY/34NV6GQ](https://bit.ly/34NV6GQ)**

# WORKSHOPS & WEBINARS



**CANPA Talks**  
Caribbean Alliance of National Psychological Associations [www.canpanet.org](http://www.canpanet.org)

## Racial Justice in the Caribbean

<b>Date</b> November 19th 5:30-7:30 EST ZOOM Webinar	<b>Featured Speaker</b> Christopher Charles
<b>Moderator</b> Kai A D Morgan	
<b>Panelists</b>	Alberto Cobian (Cuba)
	Phaidra Laraque (Haiti)
	Guillermo Bernal (Puerto Rico)
<b>Cost:</b> One Session: Professional, \$25 Students, \$15	<b>Registration Link</b> <a href="https://canpanet.org/activities/canpatalks-series/">https://canpanet.org/activities/canpatalks-series/</a>



**CANPA Talks**  
Caribbean Alliance of National Psychological Associations [www.canpanet.org](http://www.canpanet.org)

## Indigenous Healing in the Caribbean

<b>Date</b> November 20th 5:30-7:30 EST ZOOM Webinar	<b>Featured Speaker</b> Kamla Nananpanday-Jhingoeri (Suriname)
<b>Moderator</b> Maja Heijmans-Goedschalk, (Suriname)	
<b>Panelists</b>	Geoffrey Walcott (Jamaica)
	Katija Khan (Trinidad)
	Alscess Lewis-Brown (U.S. Virgin Islands)
<b>Cost:</b> One Session: Professional, \$25 Students, \$15	<b>Registration Link</b> <a href="https://canpanet.org/activities/canpatalks-series/">https://canpanet.org/activities/canpatalks-series/</a>

# REGIONAL EFFORTS: Caribbean Alliance of National Psychological Associations (CANPA)



# INTERNATIONAL EFFORTS: American Psychological Association's Global Psychology Alliance

- Global challenges require unified, global responses. As the world faces crises without precedent, more than 60 national, regional and international psychological associations from every continent across the world have joined together and formed the Global Psychology Alliance (GPA) to take action to elevate psychological science to address global issues too big for one association to tackle alone.
- Published articles on General Response to COVID19 crisis, Home-Based Violence during COVID19, collaborated on Climate Action,
- <https://www.apa.org/international/networks/global-psychology-alliance>



**GLOBAL  
PSYCHOLOGY  
ALLIANCE**



Thank  
YOU

