



CURRICULUM VITAE

BIOGRAPHICAL DETAILS	
SURNAME	Daniels
NAMES	Ingrid Elizabeth
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EMAIL ADDRESS	ingrid.daniels@cmh.org.za
NATIONALITY	South African
DRIVER's LICENCE:	Code 8 Advance Driver's Certificate
LANGUAGE PROFICIENCY	English Afrikaans
EDUCATION:	
SENIOR SECONDARY 1978	Athlone Senior Secondary School
TERTIARY EDUCATION	
1979 - 1981	Diploma in Social Work University of the Western Cape
1984 - 1985	Higher Diploma in Social Work University of the Western Cape
1987 – 1991	Degree of Master of Social Science (Clinical Social Work) University of Cape Town
1988	Diploma in Human Resource Management and Training (First Class Pass)

	Varsity College Chartered Institute of Business Management
2018	Doctor of Philosophy – Social Work
	University of Cape Town
EMPLOYMENT HISTORY	
1982 -1983	Citizens Housing League – Social Worker
1983-1985	Avalon Treatment Centre – Clinical Social Worker
1985- 1993	Cape Mental Health – Intake Department Manager
1993-2000	Epilepsy South Africa – Director
2000 – Current	Cape Mental Health – Chief Executive Officer
OTHER POSITIONS HELD	
2019 -2021	<ul style="list-style-type: none"> • President: World Federation for Mental Health • WFMH Women and Mental Health Section • WFMH Human Rights Section • Executive and Board Member: SAFMH • Global Mental Health Action Network's Communications Steering Committee • Teaching Staff: Bochum Protestant University of Applied Sciences, Bochum, Germany.
SCHOLARSHIP INTERNSHIP 1996 (June – September)	Institute of Epileptology at Maudsley & Kings College Hospitals in London, United Kingdom
PROFESSIONAL AFFILIATIONS /STRUCTURES/FORUMS	
	<ul style="list-style-type: none"> • Founding member of the Western Cape Network on Disability • Western Cape Directors Forum – Founding member and Past Chairperson • South African Federation for Mental Health & World Federation for Mental Health Secretariat LOC Chairperson (2009-2011) • World Federation for Mental Health African Initiative on Mental Health Consequences of HIV/AIDS (2009-2011) • Alexandra Hospital for Persons with Intellectual Disability Health Facilities Board – past Chairperson and Vice Chairperson • South African German Network – South African Chapter past Chairperson

	<ul style="list-style-type: none"> • Southern African Weltwärt Network – Past Chairperson • Community Advisory Committee for the research on the Genomics of Schizophrenia • STIAS Interim Steering Committee – the African Mental Health Network for upscaling mental health in Africa • Rural Mental Health Campaign Task Team • National Ministerial Advisory Committee on Mental Health (2015-2020) • Trust Circle Mental Health Advisory Board Council • South African Federation for Mental Health - Executive and Board Member • Teaching Staff: Bochum Protestant University of Applied Sciences, Bochum, Germany. • Global Alliance Mental Health Advocates (GAMHA) Advisory Panel Representing South Africa • mHub Board of Professional and Academic Advisors • World Federation for Mental Health: Past President • WFMH African Regional Advisory Board • WFMH Women and Mental Health Section • WFMH Human Rights Section • WFMH Programme Development
SIGNIFICANT COURSES & CONFERENCES/CONGRESSES ATTENDED <i>(Past 5 years)</i>	
2015	World Federation for Mental Health Congress – Cairo
2015	World Federation for Mental Health Conference Lille – France
2015	International Forum EFH RWL Bochum 02 November 2015 CRPD Impact on Psychiatry in South Africa
2017	World Federation for Mental Health Congress – India

2018	<ul style="list-style-type: none"> • World Federation for Mental Health – Argentina • WFMH Trauma Conference – Houston Texas, USA • Movement for Global Mental Health – SDGS – leave no one Behind, JHB, South Africa
2019	<ul style="list-style-type: none"> • AU and German Federal Government – Designing Guidelines for the Participation of PWD on Volunteer and Exchange Programmes, Addis Abba, Ethiopia • United Global Mental Health Campaign – Johannesburg, South Africa • Mental Health and Recovery Conference, Portugal • WFMH Congress, Argentina • Access to Medication Workshop, Amsterdam •
2020	<ul style="list-style-type: none"> • COVID-19 and Mental Health, SAFMH, JHB (Webinar) • Managing mental health and social isolation amidst COVID -19 in Africa: the role of social workers, African Federation for Social Work (Webinar) • WMHD theme and Call to Action, WFMH African Region Webinar, Uganda • WHO, UGMH, WFMH WMHD Panel discussion (Webinar) • WMHD Global Mental Health Festival, WMHD Keynote Address, (Webinar) • WMHD Theme and Call to Action, WFMH European Region (Webinar) • WMHD Theme and Call to Action, WFMH Asia Pacific, (Webinar)
2021	<ul style="list-style-type: none"> •
PRESENTATIONS AND PAPERS 2015-2021	
Cape Town (2015 -2017)	Mental Health in South Africa – UCT 4 th year Social Work Students block lecture
Cairo, Egypt	Dignity in Mental Health South Africa 2015
EFH RWL Bochum, Germany	International Forum EFH RWL Bochum 02 November 2015 CRPD Impact on Psychiatry in South Africa
EFH RWL Bochum, Germany 2015-2020	Annual Lectures on Inclusion Policy

Cape Town, SA 2017	Alan J Flischer for Public Mental Health- Mental Health Awareness Month
Johannesburg, SA 2017	Movement for Global Mental Health Summit – Mental Health and SDGs
EVH RWL Bochum, 2018 (June and November)	International Seminar – Inclusion a South African Perspective
Rondebosch Boys Senior Secondary	Youth & Mental Health in a Changing Society
South African College of Applied Psychology	Contextualising Mental Health in South Africa
American Association of Intellectual and Developmental Disabilities, Cape Town, South Africa	The Role of NGO's in Activating Citizen Support towards Inclusion of Persons with Intellectual Disability - Key Priorities for Changing the Paradigm
EVH RWL Bochum, Germany 2019	International Seminar – Inclusion a South African Perspective
SAFMH, JHB, South Africa	CRPD Article 19; Right to live in a Community Policy Implications
Mental Health Foundation (New Deli India) Access Summit 2020	Mental Health Access for All
Virtual Congresses/Webinars in 2020	<ul style="list-style-type: none"> • COVID-19 and Mental Health, SAFMH • Innovative Remote Mental Health Intervention in response to COVID-19, SAFMH • Managing mental health and social isolation amidst COVID -19 in Africa: the role of social workers, African Federation for Social Work • WMHD theme and Call to Action, WFMH African Region Webinar, Uganda • WHO, UGMH, WFMH WMHD Panel discussion (Webinar) • WMHD Global Mental Health Festival, Greater Investment - Greater Access, WMHD Keynote Address, Webinar • WFMD Global Campaign Activation, Panel Discussion, United for Global Mental Health • WMHD Theme and Call to Action, WFMH European Region Webinar • WMHD Theme and Call to Action, WFMH Asia Pacific, Webinar • WFMH Women and Mental Health: Women Rebuilding Lives Post Disaster

Virtual Congresses/Webinars 2021	<ul style="list-style-type: none"> • Social welfare consequences of the COVID -19 pandemic and its impact on communities – finding some solutions. Department of Psychiatry, UCT • Women’s Empowerment – Mental Health Advocacy & Promotion for Women during COVID-19 Pandemic. CSW Women in Public life Equal Participation – United Nations (March 2021) • Recovery IPSS Portugal: Mental Health 3.0 - Present and Future Technologies in treatment and prevention (February 2021) • World Psychiatric Association Congress: Title: Multi-disciplinary partnerships for effective bio-psycho-social interventions. (11 March 2021) • Social Changes and Challenges in Post – Pandemic Times, Bochum, Germany (June 2021) • Inclusion and Diversity -4day seminar (June 2021) • COVID-19 and Mental Health Innovations SAFMH (July 2021) • Clubhouse International: WMHD 2021 (July 2021) • 3RD Asia Pacific Virtual Regional Congress on Mental Health. Mental Health Advocacy and Promotion: • Building Bridges and Shaping the Future. (October 2021) • Community Mental Health A Paradigm Shift. XIV Congreso Argentino de Salud Mental, Buenos Aires, Argentina (October 2021)
2022	<ul style="list-style-type: none"> • Silver Ribbon, Singapore Mental Health Awards Ceremony for Employees 2022 (May 2022) • Global trends in Mental health and where we are in South Africa. International Federation for Social Workers. (August 2022) • WFMH Congress London: The Journey of Women’s Mental Health within WFMH & Relevance for today (July 2022)

	<ul style="list-style-type: none"> • George Albee Lecture on Prevention: Mental Health for All - A Call for Social Change and Targeted Strategies for Prevention. London. (July 2022) • World Mental Health Global Awareness Campaign: “Make Mental Health & Well-Being for All a Global Priority” Triest, Italy. (October 2022)
2023	<ul style="list-style-type: none"> • Child and Youth Mental Health – Is there a Crisis? GAMHA Webinar (July 2023) • How To Promote Recovery from Theory to Practice: 2nd Recovery Portugal Congress 2023. 1st World Mental Health City in Barcelos, Portugal (December 2023) • Mental Health and Human Rights in an African Context, WMHD Webinar (October 2023) • World Federation for Mental Health’s Role in Mental Health Advocacy & Promotion Towards a Sustainable Future. Educate, Empower & Engage. Singapore. (October 2023) • Mental Health is a Universal Human Right. WMHD, ClubHouse International, New York (October 2023)
2024	<ul style="list-style-type: none"> • 1st Positivian Mental Health Forum: Investing in Mental Health to Cultivate a friendly Community: Educate, Advocate, Practice, Penang, Malaysia. (September 2024) • World Mental Health Day, ClubHouse International, New York (August 2024)
Lectures 2024	<ul style="list-style-type: none"> • The Impact of Racial Segregation and Exclusion – Lessons from South Africa. (June 2024) • Principles and Strategies for Inclusion. (June 2024) • Theoretical Understanding of Inclusion. (June 2024) • The Rise of Social Advocacy Movements – Promoting Inclusion. (June 2024) • Inclusion – a South African Perspective - Where to from here....(June 2024) • Human rights, full citizenship and a lifespan approach in supporting

	persons with intellectual disability.(March 2024)
SKILLS & EXPERTISE	
	Mental Health Specialist & Practitioner
	Senior Organisational Management & Administration Specialist
	NGO Governance Specialist
	Strategic Planning and Organisational Development
	Human Resource Management Knowledge
	Policy Development
	Organisation leadership
	Excellent Writing Skills
	Excellent Computer Skills and Literacy
	Public Speaking
	Excellent Communication Skills
	Strong Leadership Knowledge and Skills
	Finance and Fundraising
HOBBIES AND INTEREST	
	Travel
	Cooking
	Interior Design
	Long walks
	Reading
AWARDS	
1980 & 1981	Presbyterian Church Youth Scholarship
1980	Ladies Rotary Leadership Award
1985	Merit Award in Recognition of Performance Excellence Cape Mental Health Society
1986	Merit Award in Recognition of Performance Excellence Cape Mental Health Society
1987	Merit Award in Recognition Of Performance Excellence Cape Mental Health Society
1996	British Council Scholarship - Helen Suzman Chevening Award
2012	South African Federation for Mental Health - National Outstanding Achievement Award for

	Exceptional and Visionary Leadership as LOC Chair of the 2011 World Mental Health Congress.
REFERENCES	
Shona Sturgeon	8 Blackheath Road
	Kenilworth
	7708
	021 6831201
	0828255575
Gary Pond	5 Semillon Street
	Stonehaven Estate
	Fish Hoek
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	021 785 4353
	0828500447