

Friday 21st June 2024

9.15 am - 4.30 pm

5th International Conference, Glasgow

Mental Health Interventions Increasing Accessibility Across the Globe

**Venue: Sir Charles Wilson Building
1 University Avenue,
Glasgow, G12 8QQ**

8.45 - 9.15 am Registration (tea/coffee)

Chair - Dr Ruchika Gajwani

9.15–9.30 am Welcome

Across the globe, countless individuals - children, adolescents, and adults alike - are grappling with unmet mental health needs. While effective assessments, interventions and treatments exist, they remain out of reach for many, especially in low and middle-income countries where mental health resources are scarce. But there's hope on the horizon. Visionary experts are pioneering innovative solutions, scaling up proven treatments, and ensuring they reach those who need them most. The responsibility doesn't lie solely with healthcare professionals. Teachers, social workers, youth workers, doctors, health workers, community workers, and families - all have a crucial role in this collective effort. Join us for a transformative conference where science, art, culture, and a shared passion for better mental health converge. Let's collaborate, innovate, and pave the way for a brighter mental health future for all.

Presentations

Dr Gauri Divan – Keynote speaker - Director of the Child Development Group, [Sangath](#), India.

Innovating for Autism in India

Dr Pattie Gonsalves – Project Director, Youth Mental Health Group, Mental Health Research, [Sangath](#), India.

Innovations for adolescent and youth mental health: Case studies from India

Lea Milligan, Chief Executive Officer, MQ: Transforming Mental Health and panel of experts by experience.

Experts by Experience Debate

Professor Helen Minnis, Child and Adolescent Psychiatrist and **Dr Ruchika Gajwani**, Senior Research Fellow in Clinical Psychology, both University of Glasgow.

Scaling up mental health support through building partnerships.

Dr Ethel Nakimuli-Mpungu - Keynote speaker - Associate Professor of Psychiatry at Makerere University in Kampala, Uganda.

Together We Heal: Unravelling the Mechanisms of Group Support Psychotherapy

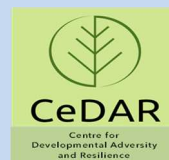
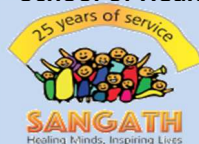
Biographies attached

BOOKING DETAILS EMAIL irene.oneill@glasgow.ac.uk or PHONE 0141 201 9239/0141 330

Delegate fee £90 / Student £70 (lunch provided)

Irene O'Neill, Administrator, Clarice Pears Building (Level 2),

School of Health and Wellbeing, University of Glasgow, 90 Byres Road, Glasgow, G12 8TB



BIOGRAPHIES



Dr Gauri Divan is the Director of the Child Development Group at the non-governmental organisation [Sangath](#) which is based in India. The focus of Sangath's work [extends](#) across the life span with focus areas on child development, adolescent health, mental health and chronic diseases. The organisations aim to develop and evaluate innovative packages of care that can be delivered through non- specialist health workers through the process of task-sharing and works through their main centre in Goa and hubs in Delhi and Bhopal. As a developmental paediatrician, Gauri works in the areas of early child development, developmental disabilities, and adolescent health. One of these packages, called 'SPRING Kilkaari' based on the WHO UNICEF Nurturing care framework, aimed at integrating early child stimulation

activities into the care of young children and has been adapted for delivery in Telangana with the support of UNICEF, India. Another package called the 'Parent mediated intervention for Autism Social communication intervention for non-Specialists (PASS) Plus' uses video feedback with parents so that they can support their autistic child's communication needs. With other colleagues in Sangath, she has been working on developing digital tools to assess biomarkers of neurodiverse development, which would allow a frontline worker to detect if a child is faltering in development and refer them to early intervention services. She has been on the technical resource group of the Rashtriya Bal Swasthya Karykram, Government of India and on the WHO technical consultative group providing expertise for autism in developing country settings. She has been teaching on Sangath's Leadership in Mental Health course since 2009. She has been a member of the Lancet Commission on the Future of Care and Research in Autism, 2019-2021 and is an INSAR Global Senior Leader and serves on their Nomination Committee



Dr Pattie Gonsalves leads the Youth Mental Health Group at [Sangath](#), an Indian mental health research non-profit. Pattie leads a portfolio of participatory youth research projects and digital innovations on depression, anxiety and suicide prevention supported by Wellcome Trust, Comic Relief and Grand Challenges Canada. Pattie's training and professional experience is in area of global mental health. She holds a PhD in psychology from the University of Sussex and MSc in global health science from the University of Oxford. Pattie brings expertise in engaging youth with lived experience in research, evaluation and public engagement. In 2016 Pattie founded the 'It's Ok To Talk' national public engagement campaign recognised by Facebook as one of 2019's top 10 international mental health youth projects. She presently leads programmes

including Outlive which addresses urban youth suicides; Baatchheet, a study focused on addressing depression and anxiety among young people through digital storytelling and Metropolis, aimed at advancing understanding about the effectiveness and mechanisms of problem solving and behavioural active nation as early interventions for youth depression.



Lea Milligan is the CEO of MQ Mental Health Research; Chair of Collective Voice, the UKs Drug and Alcohol Services Network and a member of the All Party Parliamentary Group for a Fit and Healthy Childhood. His background is in delivering education and health programmes, capacity building and research in the UK and West Africa. His career began delivering cognitive behavioural therapy (CBT) and trauma informed alternative education programmes in prison and community education centres before becoming COO of a charity-led group of alternative provision free schools, nurseries and women centres in Tower Hamlets supporting outcomes in education, mental health, and employment. Lea was CEO for 4 years at Mercy Ships - a medical capacity building and surgical platform delivering life saving and life changing procedures across West Africa. He was part of a team that funded the launch of the Harvard Center for Global Surgery

Evaluation (CGSE) that produces scientific research focused on outcomes to increase access to surgical care and inform surgery policy on a global scale. In 2020 Lea became the CEO of MQ Mental Health

Research and has overseen the launch of the new strategy focusing on the development of early career researchers and translational research in the field of mental health on a global scale. Lea is passionate about communicating mental health science to broad audiences and has been published in The Journal of Mental Health, BMJ, The Parliamentary Review, The Guardian, London Economic and appeared as mental health commentator for ITV News.



Helen Minnis is Professor of Child and Adolescent Psychiatry at the University of Glasgow and Director of Centre of Developmental Adversity and Resilience (CeDAR). She has had a longstanding clinical and research focus on the psychiatric problems of abused and neglected children. Currently her focus is on intervention research, including a randomised controlled trial (RCT) of an infant mental health service for young children in foster care, an RCT of Dyadic Developmental Psychotherapy for primary school-aged children in adoptive or foster placements and an RCT of a coproduced infant mental health intervention for struggling families in which the child has a social worker. She has also conducted behavioural genetic research focussed on the role of abuse and neglect and its overlap with neurodevelopment across the life-course. She has

collaborations with colleagues at the Institute of Psychiatry, Psychology and Neuroscience at King's College London, the Universities of Aalborg and Aarhus, Denmark, Tulane University, New Orleans, US, and with the Gillberg Neuropsychiatry Centre, Gothenburg, Sweden.



Dr Ruchika Gajwani is a Senior Research Fellow in Clinical Psychology at the Centre of Developmental Adversity and Resilience (CeDAR) at the University of Glasgow. Engaging substantially in the model of early intervention and prevention, she is leading complex clinical trials in adolescent mental health for some of the most vulnerable and excluded children and young people. With the prestigious MQ fellowship, her current work is focussing on testing community trials for young people with Borderline Personality Disorder features (BRIDGE project). Her research focus for the last twenty years has been on developing pathways for understanding risk and resilience within marginalised, clinical high-risk children and young people. She has conducted genetic, longitudinal and

qualitative research on the role of developmental adversities and neurodevelopmental conditions on health outcomes. Recent and current projects have been funded by the Medical Research Council, NHS Greater Glasgow and Clyde, NHS Ayrshire & Arran, CSO – Scotland, UNHCR, MQ, Rosetrees Trust, 'Why Not Trust' charity.



Dr Ethel Nakimuli-Mpungu is an Associate Professor of Psychiatry at Makerere University in Kampala, Uganda. She works toward making psychotherapy more culturally appropriate, particularly for people living with HIV and depression. She has developed a highly cost-effective group support psychotherapy program that can be delivered by lay health workers and which has been shown to dramatically reduce depression symptoms and improve anti-viral medication adherence and viral suppression in those affected. Her research has earned her national and international recognition-the 2016 Elsevier Foundation Award and a Presidential National Independence Medal of Honor on 8 March 2016 – International Women's Day. Recently, she was listed among the BBC 100 most inspiring and influential women in 2020. She completed her medical degree and Master of Medicine in

Psychiatry at Makerere University in 1998 and 2006 respectively. In 2012, she attained a doctoral degree in psychiatric epidemiology from Johns Hopkins University, USA. In 2023, she was elected a member of the Executive Committee of the WPA Psychotherapy Section and later appointed a Council Member representing Uganda on the WFP Council.

DIRECTIONS

**Sir Charles Wilson Building, 1 University Avenue,
Glasgow, G12 8QQ.**



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How to get to Byres Road in Glasow by Bus or Train...

https://moovitapp.com/index/en-gb/public_transportation-Byres_Road-Scotland-site_27386335-402

How to get from Glasgow Airport to Byres Road (about 20 minutes by car)...

<https://www.rome2rio.com/s/Glasgow-Airport-GLA/Byres-Road#:~:text=The%20quickest%20way%20to%20get,and%20arriving%20at%20Church%20Street>

General Map ...

<https://www.google.com/maps/dir//Sir+Charles+Wilson+Bldg,+1+University+Ave,+Glasgow+G12+8NN/@55.8723952,-4.3666787,12z/data=!4m8!4m7!1m0!1m5!1m1!1s0x488845d2a722eac7:0xa4601e1da03c6883!2m2!1d-4.2842788!2d55.8724227?entry=ttu>