



THE 11th INTERNATIONAL EAST AFRICA PSYCHOLOGY CONFERENCE

Community-Based Mental Health Care: Harnessing Compassion, Trust, Family,
and Dignity through a Cultural Lens

October 5th - 6th, 2023



Welcome Message	3
In Memory of Architect Henry William Ssentongo	4
Our Sponsors:	5
Conference Theme	6
Learning Objectives	6
Conference Sub-Themes	7
Our Communities	8
How to Join Online:	9
Conference Program	10
DAY 1: THURSDAY OCTOBER 5th, 2023.....	10
DAY 1: VIRTUAL SYNCHRONOUS SESSION.....	14
DAY 2: FRIDAY OCTOBER 6th, 2023.....	15
DAY 2: VIRTUAL SYNCHRONOUS SESSION.....	19
Our Partners	20
About our Sites and Leaders:	23
<i>WISCONSIN, USA</i>	23
<i>UGANDA</i>	26
<i>KENYA</i>	30
<i>SOMALILAND</i>	32
<i>DEMOCRATIC REPUBLIC OF CONGO</i>	33
<i>NIGERIA</i>	34
UNLOCKING MENTAL HEALTH CARE: A CALL TO ACTION	35

Welcome Message

Dear Ladies and Gentlemen, on behalf of University of Kisubi and in particular the Faculty of Social Sciences and Psychology, I greet you all in your respective capacities. It is my pleasure to welcome everyone here and to appreciate the effort made by each one of you to be here, coming from your various destinations. Several of you have flown across the world, others have made long journeys on land and perhaps there are some who travelled by water to be here. You are all most welcome.

I would like to extend a special welcome to our keynote speakers of the day, Dr. Fred Coleman and Dr. Hafsa Lukwata, and the Vice Chancellor of University of Kisubi who will be addressing us shortly from now. I am also very excited to welcome all the presenters for this Conference and I am glad to have you all ladies and gentlemen here present.

We are here to participate in the 11th International East Africa Psychology Conference organized by UBHA, SFPP, and UniK. This annual occasion started with the East Africa Mental Health Conference that took place in early 2012. That is when SFPP in collaboration with UBHA developed and established an alliance with UniK (then KBUM) for the purpose of addressing mental health and health challenges facing Uganda.

On behalf of UniK I would like to acknowledge in a special way those who have majorly helped to turn this event from an idea into a reality. We greatly recognize the tireless efforts of Dr. Sebastian Ssempijja, Maama Yvonne, Dr. Coleman, Ms. Debbi Omondi, Dr. Gerald Makumbi, and my team at UniK, without your hard work and dedication this occasion would not have happened.

During these two days; today and tomorrow, a lot is expected. As our theme states: “Community-Based Mental Health Care: Harnessing Compassion, Trust, Family, and Dignity through a Cultural Lens,” the Conference is aligned to culture and tradition. We are here to participate in learning experiences deriving from many resourceful people and events. We expect presentations, breakup rooms, panel discussions, and casual exchange among participants for networking and knowledge. For the cultural aspect we invited our department of Art, Fashion and Design to showcase some of the items that are learned at UniK under that department. We may also have chance to enjoy some cultural entertainment later in the event of this Conference.

I hope and pray that you all enjoy each aspect of this Conference and that each of us takes away something that can inspire ideas and discussions around Mental Health care. Once again thank you very much and best wishes to you all.

Sr. Dr. Nnantamu Jane Frances

Dean, Faculty of Social Sciences and Psychology, UniK

ARCH. HENRY WILLIAM SSENTOOGO



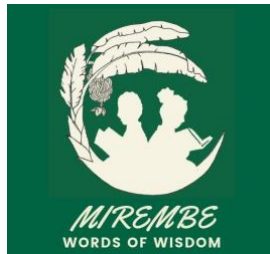
In Memory of Architect Henry William Ssentooogo

UBHA, Sebastian Family Psychology Practice, the University of Kisubi, and all university attendees, wish to honor the Late Engineer Henry Ssentooogo. His love for and commitment to the University of Kisubi is well known and well documented. We hope to use this conference of 2023 as an event of learning, concern, engagement, and most importantly an opportunity to remember him.

As an architect, he loved to use his mind to create and design buildings in a dignified and magnificent manner. His commitment to beauty and magnificence taught us a lot, and may it be an ongoing inspiration for all of us to pursue excellence in all that we do.

Mr. Engineer Ssentooogo and his family loved and supported the idea of this International Conference, and for that we remain grateful. We commit to standing with and honoring his family, his company and employees, and many people whose lives he has tremendously and positively impacted.

Our Sponsors:



Grandmothers Beyond Borders



ULRIKA Guest House



ANONYMOUS DONOR

Gilliam K. Mukasa Estate
Namulamba

Mr. Charles Ssentenza's
Rugby Team

Dr. Gerald Makumbi
Medical Services

Conference Theme

Community-Based Mental Health Care: Harnessing Compassion, Trust, Family, and Dignity through a Cultural Lens

Learning Objectives

1. **Enhanced Community Awareness:** Participants will enhance knowledge about mental health in the community and holistic approaches to care.
2. **Building Strong Partnerships:** Participants will strengthen collaborations, recognizing the significance of establishing diverse partnerships in mental health care.
3. **Ongoing Professional Growth:** Participants will commit to continuous learning and stay updated with emerging strategies in the mental health domain.

Conference Sub-Themes

1. Holistic Approaches: Family, Community, and Therapeutic Modalities

- The role of family in moments of triumph and vulnerability.
- Expanding roles in community-based mental health: Volunteers, CHWs, non-clinical counselors.
- Embracing arts and recreation: Music, dance, drama, games, and sports in therapy and well-being.
- Navigating youth in the digital age: Technology, social media, and identity formation.

2. Social and Economic Equity in Mental Health Care

- The link between economic health, empowerment, employment, and mental well-being.
- Service learning, its impacts, and contributions to social and economic health.
- Challenges and solutions in service delivery: Addressing Compassion Fatigue, Burnout, and related risks.
- Leadership in mental health: Moving towards sustainable, purposeful, and dedicated leadership models.

3. Tradition and Spirituality in Mental Health

- Role and importance of traditional and religious leaders in mental health.
- Spiritual health and its significance in overall well-being.
- Inter-generational/Intercultural Knowledge: Valuing and passing on traditional wisdom, values, and practices

Our Communities

Burkina Faso

Burundi:

- Friends Women's Association

Canada

- CIMRO, Critical Incident Management Response Organization Corporation, Toronto

Democratic Republic of Congo

- Bethesda Counseling Center, Beni

Denmark

- DIGNITY, The Danish Institute Against Torture

Kenya

- Hope without Borders, Nairobi
- International Peace Initiatives, Meru

Nigeria

- University of Abuja Teaching Hospital, Abuja
- Neuropsychiatric Hospital, Aro Abeokuta, Ogun State

Rwanda:

- Health Builders

Somaliland

- Gabiley Mental Hospital, Gabiley
- Department of Mental Health, Ministry of Health, Somaliland

Uganda

- University of Kisubi, Kampala
- Butabika Hospital, Kampala
- Africa Youth Initiative Network, Lira
- Muni University, Arua
- The Almond Foundation, Gulu
- The Nachan Project, Kampala

United States

- Hope Without Borders
- Uganda Behavioral Health Alliance
- UW - Madison, Department of Psychiatry
- UW- Madison, Global Health Institute
- UW- Milwaukee, Institute for Systems Change and Peacebuilding
- Medical College of Wisconsin, Office of Global Health
- Caritas for Children, USA
- Sebastian Family Psychology Practice, Wisconsin

How to Join Online:

Global Synchronous Session on Oct 5th and 6th:

We're hosting an intentional joint online meeting for all participating sites. Make sure to adjust for your local time!

Location	Local Time
Wisconsin	8:30am - 10:30am CST
New York	9:30am - 11:30am EST
Nigeria	2:30pm - 4:30pm WAT
Burundi, Beni & Goma DRC	3:30pm - 5:30pm CAT
Uganda, Kenya Somaliland	4:30pm - 6:30pm EAT

Need to confirm your local time?

Use the Time Zone Converter: <https://www.thetimezoneconverter.com/>

Join Anytime on Oct 5th and 6th, 2023:

Beyond the joint session, participants are welcome to join online and view the events hosted by the University of Kisubi anytime between 9:00am and 6:30pm East African Time. Kindly refer to the detailed conference Program for specific events and timings.

Zoom Meeting Link:

<https://us06web.zoom.us/j/82826918360?pwd=a1paT2pFemgrNndyY2N2SXBIWWdKdz09>

Meeting ID: 828 2691 8360

Passcode: 650652

Call in Option:

Dial: +1 312 626 6799

Conference Program

DAY 1: THURSDAY OCTOBER 5th, 2023

East African Time (EAT) Covers: Uganda, Kenya, Somaliland, and Tanzania

Central African Time (CAT) Covers: Burundi, Rwanda, and Beni & Goma, DRC

West African Time (WAT) Covers: Nigeria

	TIME	ACTIVITY	PRESENTERS/ RESPONSIBLE PERSONS
1	8:00am EAT 7:00am CAT 6:00am WAT	Preliminary registration (continuing through the day), social networking 8:45am: Call to order for attendees by the conference Masters of Ceremonies (MCs)	Secretariat/ Local Organizing committee
2	8:50am EAT 7:50am CAT 6:50am WAT	Welcome remarks from the host planning committee	University of Kisubi (UniK) and organizing committee
3	9:00am-9:15 am EAT 8:00am- 8:15am CAT 7:00am-7:15am WAT	Official opening remarks	Vice Chancellor Rev. Dr. Deogratius Mugema, and Dr. Jane Nnantamu
4	9:15am EAT 8:15am CAT 7:15am WAT	Remarks from UBHA Board and partners	Dr. Sebastian, Mrs. Yvonne Ssempijja and Dr. Fred Coleman
5	9:25am – 10:10am EAT 8:25am – 9:10am CAT 7:25am – 8:10am WAT	<u>Keynote</u> <i>Moral Foundation Theory Applied to Mental Health Care</i> Two 20-minute speakers representing Uganda government, and collective UBHA partnership.	Dr. Fred Coleman Dr. Hafsa Lukwata (Ministry of Health)

6	10:25am – 11:55am EAT 9:25am-10:55am CAT 8:25am- 9:55am WAT	<u>Site Updates</u> Previous year report, 2022 - 2023	Designated site representatives: <ul style="list-style-type: none"> - Mirembe Words of Wisdom - Nairobi, Kenya - Meru, Kenya - AYINET, Lira - Muni University, Arua - The Almond Foundation, Gulu - Beni and Goma, DRC - Aro Abeokuta, Nigeria
7	12:00pm – 1:00 pm EAT (20 minutes per presentation) 11:00am – 12:00pm CAT 10:00am – 11:00am WAT	<u>PANEL DISCUSSION:</u> Skill development under Education and Clinical Care: <ul style="list-style-type: none"> - Framing higher education, and especially STEM, as a promising step in post war/disaster recovery - Recognizing disability as diversity: Fostering contextual fit - Universal design for meeting diverse needs of learners: college and beyond - An introduction to the chronic traumatic stress framework, treatment, and mobile health (mHealth) application utilizing a non-pathologizing culturally responsive lens (part 1) 	Moderator: <ul style="list-style-type: none"> - Dr. Oluka Robert Panelists: <ul style="list-style-type: none"> - Dr. Hassimi Traore - Dr. Perry LaRoq (USA) - Dr. Emily Mazzulla
8	1:00pm – 1:50pm EAT 12:00pm – 12:50pm CAT 11:00am-11:50am WAT	<u>Working Lunch break conversations</u> <ul style="list-style-type: none"> - Themed interest groups 	Ulrika hosts and co-sponsors

<p>9</p>	<p>2:00pm – 2:40pm EAT</p> <p>1:00pm – 1:40pm CAT</p> <p>12:00pm- 12:40pm WAT</p>	<p><u>Breakout Sessions:</u></p> <p>MAIN ROOM: Overcoming barriers to Mental healthcare services for children and adolescents aged 6 to 18 years in five Refugee settings in Uganda.</p> <p>Integration of self-awareness model for sustainable and effective Mental Health care for professionals.</p> <p>ROOM 2:</p> <p>The Contribution of public Health corps Africa to community-based mental health services: a conversation about the steps taken so far, and a call for collaboration.</p> <p>Statistics for Public Health, Keeping the Public Informed on Health Matters from the Perspective of a Uganda Ministry of Health Statistician.</p> <p>ROOM 3:</p> <p>Grandmothers Beyond Borders: The Story of Intergenerational Parenting and Strengthening Community</p> <p>Participatory Social Action: An Approach for Comfortable aging A scan Experience</p> <p>Palliative care in Naggalama</p>	<p>Sandra Agondeze Project Coordinator,</p> <p>Mr. Ivan Ssozi (MSW)</p> <p>David Serunjogi, ⁴Sebastian Ssempijja, Hajjala Naluyinda^{1,2}, Fortunate Bukirwa Josephine Namigadde¹, Arthur Namara</p> <p>Mrs. Yvonne Ssempijja</p> <p>Dr. Makumbi Gerald</p> <p>Sr Jane Nakafeero</p>
<p>10.</p>	<p>2:45 -3:15 pm EAT</p> <p>1:45pm – 2:15pm CAT</p> <p>12:45pm – 1:45pm WAT</p>	<p>Overview of Breakout Sessions</p>	<p>Moderators from breakout groups</p>

11.	3:10pm – 3:20pm EAT 2:10pm – 2:30pm CAT 1:10pm – 1:30pm WAT	Break time	
12.	3:20pm – 4:20pm EAT 2:20pm – 3:20pm CAT 1:20pm – 2:20pm WAT	<u>General Discussion</u> 20 minutes per presentation <ol style="list-style-type: none"> 1. Possible Impacts of Active Involvement and Participation by Retired Professionals in a Poor Rural/ Peasant Community on Mental Health 2. UBHA Mental Health Model and Implications for Burkina Faso and Community Health 3. Dimensions of Spirituality and the Community Wellbeing within Black Communities in the United States 	<ul style="list-style-type: none"> - Dr. Rev. John Ssebaana - Dr. Hassimi Traore - Rev. Charles Colier McNair - Legal Advocate
13.	4:20pm – 4:30pm EAT 3:20pm – 3:30pm CAT 2:20pm – 2:30pm WAT	Break time	
14	4:30pm – 6:30pm EAT	Virtual Synchronous Session	<i>See Agenda for this session below</i>

DAY 1: VIRTUAL SYNCHRONOUS SESSION

Times Across the Globe:

Wisconsin	8:30am - 10:30am CST
New York	9:30am - 11:30am EST
Nigeria	2:30pm - 4:30pm WAT
Burundi, Beni & Goma DRC	3:30pm - 5:30pm CAT
Uganda, Kenya Somaliland	4:30pm - 6:30pm EAT

Duration	Topic/ Report	Presenter (s)
10 mins	Recaps	Dr. Fred Coleman, Dr. Sebastian Ssempijja
5-10 mins	Emergency Medicine in Times of Crisis: The CIMRO experiences	Mark Cameron, Director CIMRO Canada
5-10 mins	Mental Health Services Model by the Federation of Nigeria	Dr. Tunde Ojo
5-10 mins	Community Mental Health in Aro Abeokuta	Mrs. Larry Salako
5-10 mins	Mental Health Services in Refugee Camps: Beni/Goma, Congo	Mr. Noe Kasali
5-10 mins	Hope Without Borders- Nairobi's Community Outreach	Representatives from the Nairobi Team
5-10 mins	Reporting From Gulu, Uganda	Ms. Adong Zelinda with the Gulu Team
5-10 mins	Muni University, Arua, Uganda	Dr. Joyce Bukirwa
5-10 mins	Reporting from Lira, Uganda	AYINET team
5-10 mins	Update From University of Kisubi	University of Kisubi Representative
5-10 mins	International Peace Initiatives Report, Meru, Kenya	Dr. Karambu Ringera
5-10 mins	Mirembe Words of Wisdom: Vision for the Future	Mrs. Yvonne Ssempijja
20 mins	Moderated Q/A	Dr. Timothy Ehlinger & Dr. Makumbi Gerald

End of Day 1: Delegates and attendees, we invite you to enjoy the evening and rejuvenate for the next day.

DAY 2: FRIDAY OCTOBER 6th, 2023

	TIME ZONES	ACTIVITY	PRESENTERS/ RESPONSIBLE PERSONS
15.	8:00am EAT 7:00am CAT 6:00am WAT	Preliminary, registration etc.	Secretariat/ Local Organizing committee
16.	8:30am- 8:40am EAT 7:30am – 7:40am CAT 6:30am – 6:40am WAT	Welcome remarks from the host	University of Kisubi (UniK) and organizing committee
17.	9:00am – 11:00am EAT 8:00am – 10:00am CAT 7:00am – 9:00am WAT	<p>Critical Skills Building</p> <ul style="list-style-type: none"> - <i>Suicide Risk: Identification, Intervention, Prevention, Through a Cultural Lens (20 mins)</i> - <i>Spiritual and Traditional Healing (20 mins)</i> - <i>An introduction to the chronic traumatic stress framework, treatment, and mobile health (mHealth) application utilizing a non-pathologizing culturally responsive lens: Part 2. (35 mins)</i> - Brief training in CPR and Heimlich maneuver (30 mins) - <i>Mental Health Care Within Minority Communities in the United States (15 mins)</i> 	<ul style="list-style-type: none"> - Dr. Fred Coleman and Dr. Sebastian Ssempijja - Mr. Ssekajja - Dr. Emily Mazulla - S. Ryan Jacobus, a colleague from the Uganda medical community - Dr. Myra McNair
18.	11:00am – 11:15 am EAT 10:00am – 10:15am CAT 9:00am – 9:15am WAT	<p>Tea break</p> <p>(Announce Prayer spaces for different faith groups)</p>	

<p>19.</p>	<p>11:15am – 12:45pm EAT 10:15am – 11:45am CAT 9:15am – 10:45am WAT</p>	<p><u>Breakout groups</u></p> <ol style="list-style-type: none"> 1. Panels of three presenters, 15-minute presentations each (total of 45min). Followed by 20 mins for discussion. 2. Ask attendees to separate into groups of 15-25 people <p><u>Presentations:</u></p> <p>Main Room-Panel Discussion: The dysfunctional family: implications on mental health, prospects for service learning in Uganda.</p> <p>Enhancing the Role of Spirituality through Service-Learning on Students' Mental Health in Higher Learning Institutions in Tanzania.</p> <p>Service-Learning Trickle Down Impacts and Contribution to Social and Economic Health in Tanzania: Experience of Mwenge Catholic University Students.</p> <p>Room 2 Panel Discussion:</p> <p>Soft Skills and Graduate Employability in the Hospitality Sector of South Western Uganda-Kigezi Sub-Region.</p> <p>Exploring the Influence of Technology and social media on Identity Formation among Students at Mwenge Catholic University.</p> <p>Development and Preliminary Assessment of Thrive and Prosper (TAP): A Social and Emotional Learning and Resilience Program for Secondary School Teachers and Students in Uganda</p>	<p>Dr. Bernard Luwerekera, University of Kisubi- Service-Learning Program Coordinator</p> <p>Deogratius Kisweka, Nyanjige M. Mayala & Gileard Minja</p> <p>Nyanjige M. Mayala & Gileard Minja</p> <p>Sylvia Byarugaba Tushabe 1 , Benson Turyasingura 2</p> <p>Athanas Sing'ambi</p> <p>Augustine Kalemeera , Lawrence Ssekalembe, Linda Nsababera, Charles Ssenteza, Christine Obbo, and Daniel Obote</p>
------------	---	---	--

		<p>ROOM 3 Panel Discussion:</p> <p>A Phenomenological Study of the Role of Christian Values and Culture in Conflict.</p> <p>Scoping Literature Review: Instruments used in Rwanda for screening depression.</p> <p>Brief Summary on the Challenges of a Rural Community.</p>	<p>Betty Enyipu Akurut (PhD.)</p> <p>S. Ryan Jacobus</p> <p>Rev. Dr. C. Mukasa Kizito Ssebaana</p>
20.	<p>12:45pm – 1:05pm EAT</p> <p>11:45pm – 12:05pm CAT</p> <p>10:45pm – 11:05pm WAT</p>	<p>Overview of Breakout Sessions</p>	<p>Moderators from breakout groups</p>
21.	<p>1:05pm – 1:20pm EAT</p> <p>12:05pm – 12:20pm CAT</p> <p>11:05am – 11:20am WAT</p>	<p>Muslim Prayer Time</p>	<p>Board room</p>
22.	<p>1:15pm - 2:30pm EAT</p> <p>12:15pm – 1:30pm CAT</p> <p>11:15am – 12:30pm WAT</p>	<p>Luncheon and special recognition</p>	<p>Planning committee in consultation with Dr. Sebastian, and Dr. Makumbi Gerald</p>
23.	<p>2:30pm – 3:40pm EAT</p> <p>1:30pm – 2:40pm CAT</p> <p>12:30pm – 1:40pm WAT</p>	<p><u>Group panel discussion:</u></p> <p>Moderated discussion, 20 min per panel:</p> <ul style="list-style-type: none"> - Panel #1: Mission Statement and Reflections on the position of Uganda Behavioral Health Alliance and its partners, and looking toward the future - Panel #2: The Role of Education in Improving Social Economic and Community Health, with Special Focus on STEM, technology, and technical/trade schools 	<p>Moderated by MCs:</p> <ul style="list-style-type: none"> - Dr. Sebastian Ssempijja, Dr. Fred Coleman, Mrs. Yvonne Ssempijja, Dr. Makumbi Gerald, and Dr. Jane Nnantamu (20 mins total) - Dr. Perry LaRoq, Dr. Hassimi Traore, partner from Kenya, Patient Katuka, Caritas for Children in Uganda

		- Panel # 3: Essential Alliance Between Mental Health Care, Spirituality, and the Family	- Dr. Myra McNair, Rev. McNair, Dr. Mazzulla, Fr. Augustine Kalemeera
24.	3:40pm- 4:15pm EAT 2:40pm – 3:15pm CAT 1:40pm – 2:15pm WAT	<u>General Discussion, Resolutions, and Review Theme for Next Year</u>	
25.	4:30pm – 6:30pm EAT 3:30pm – 5:30pm CAT 2:30pm – 4:30pm WAT	Virtual Synchronous Session	<i>See Agenda for this session below</i>

DAY 2: VIRTUAL SYNCHRONOUS SESSION

Times Across the Globe:

Wisconsin	8:30am - 10:30am CST
New York	9:30am - 11:30am EST
Nigeria	2:30pm - 4:30pm WAT
Burundi, Beni & Goma DRC	3:30pm - 5:30pm CAT
Uganda, Kenya Somaliland	4:30pm - 6:30pm EAT

Agenda:

1. Hosted and Moderated Question and Answer:

- a. Moderators: Paul Waluya, Dr. Timothy Ehlinger, Dr. Makumbi Gerald
- b. This session invites participants to engage in a dynamic discussion, sharing insights, experiences, and questions related to the conference topics.

2. Closing Remarks and Feedback from Site Leaders:

- a. Moderated by University of Kisubi Organizing Committee
- b. Hear the reflections and takeaways from site leaders as we conclude the event.

3. Announcement of next year's conference and theme:

- a. Presented by Dr. Sebastian Ssempijja, Dr. Fred Coleman, Mrs. Yvonne Ssempijja, Dr. Jane Nnantamu, and Dr. Makumbi Gerald

Our Partners

University of Kisubi

unik.ac.ug

The idea of founding this university was conceived by The Brothers of Christian Instruction of the St. Teresa of the Child Jesus Province, Uganda. Drawing from their mission, and experience in the field of education, which stretches back to 1926, they wished to respond to the growing need for higher education grounded in the Catholic ethos.

In 2004, the Brothers sought collaboration with Uganda Martyrs University (UMU) to realise this project. The Memorandum of Understanding, signed on August 15, 2004, allowed the Brothers of Christian Instruction to establish Kisubi Brothers Centre of Uganda Martyrs University (KBUMU). The University Centre was to provide university level courses at Kisubi campus, coordinated by UMU. On March 27, 2009, the National Council for Higher Education (NCHE) authorised Kisubi Brothers Centre of Uganda Martyrs University to operate as a Constituent College of UMU, under the assumed name of Kisubi Brothers University College (KBUC). After operating as a constituent College of UMU for six years, the National Council for Higher Education, on June 29, 2015, granted the college a Provisional License to start operating as a full-fledged private university in Uganda under the name University of Kisubi, abbreviated as UniK.

Vision:

A dynamic University that Nurtures Pragmatic Professionals of Integrity

Mission:

To Provide a Holistic Education through Teaching, Innovation and Research for Social Transformation

The Core Values:

The University community is expected to abide by, and practice to the following UniK Core Values:

Professionalism, Responsibility, Integrity, Compassion, Honesty, Excellence, Freedom, and Service.

Since 2012, UniK has been the home of the collaborative conferences on Mental Health through their Community Counseling Department. Through the early involvement and advocacy of Ms Helen Ndagire, and Kizito Muwonge, led by the late Rev Dr. Evarist Ankwasize, they welcomed UBHA's partnership to host that inaugural conference. Now, the partnership has expanded, and UniK continues to open doors to the co-sponsored Mental Health conferences held there from 2014-2023. Please see key leaders of that site that have made our ongoing conferences possible.

Sebastian Family Psychology Practice, LLC

www.sebastianfp.com

Sebastian Family Psychology Practice, (SFPP), under the leadership of Sebastian Ssempijja, as CEO and Clinical Director, with Mrs. Yvonne Ssempijja, and Director of Operations, had a long-held interest in the needs of mental health and behavioral health services in Uganda. From around 1997, through 2008, SFPP has been active in engaging various parties in Uganda that are delivering mental health, with an intent of developing a collaboration and partnership. That relationship led to several workshops, consultations, with entities such as hospitals, universities, schools at the elementary, secondary and university levels as well as religious entities and employers, to discuss matters that amplify the role of psychological awareness and its impact on personal wellness as well as productivity. It was through such activities, that the gap of any entity to engage and develop a working relationship with other alliances was recognized. To advance that realization, the partners, SFPP, Sebastian and Yvonne Ssempijja, invited friends to form a Non-profit, which is now known as UBHA. The UBHA has agreed to work closely with SFPP to implement its mission and objectives. That relationship continues to be strong, and UBHA and SFPP have agreed to develop collaborations and partnerships with other entities in the advancement of this important work in Uganda and East Africa.

Uganda Behavioral Health Alliance:

www.ubha.org

The Uganda Behavioral Health Alliance, Inc. (UBHA), is a registered non-profit organization based in the United States. Established in 2009. Our organization was co-founded by a dedicated group of volunteer board members who continue to provide unwavering support and nurture our mission.

For over 14 years, UBHA has remained committed to its central vision and mission of improving the status and outcomes of health, behavioral health, education, and care. We operate exclusively for charitable and educational purposes, aiming to make a positive impact in these areas.

The founding board members of UBHA brought together their diverse professional backgrounds, creating a unique and interdisciplinary team. United by a shared vision, they recognized the potential of leveraging the strength and expertise of like-minded individuals and organizations. Through these collaborative efforts, UBHA leverages the collective relationships and capacities to fulfill its mission as a public charity.

In addition to the founders and current board members, UBHA is dedicated to fostering a coalition of organizations, individuals, and entities who share a common vision of improving the health and well-being of the people of Uganda, East Africa, and the broader region.

The UBHA Board espouses a spirit of collaborative partnership with agencies and individuals interested in promoting an integrated model of health for the people of Uganda and the Eastern African Regions. This approach will guide planning for 2023 and beyond.

UW-Milwaukee, Master of Sustainable Peace Building:

uwm.edu/nursing/academics/masters/msp/

The University of Wisconsin – Milwaukee Master of Sustainable Peacebuilding (MSP) program offers a transdisciplinary systems-based approach and new ways of thinking about “solutions” and “fixes,” for the complex pressures on the environment, society, and culture that face our world. The MSP was created to provide the conceptual foundation and instill the practical skills for engaging complex “wicked” problems with methods for building peace. The program’s premise is that healthy and sustainable communities lead to long-term positive change. The MSP has partnered with Sebastian Family Psychology Practice and UBHA, as well as other entities in Uganda, in effort to develop the alliance between Uganda and Milwaukee, offering support and sharing knowledge related to mental health. The MSP has sent master’s students to the conference for the past three years, offering the opportunity to learn, present at the conference and engage with participants in fostering the mental health – peacebuilding network in East Africa (including Uganda, Kenya, Tanzania and Rwanda) regionally and globally

About our Sites and Leaders:

WISCONSIN, USA



Dr. Sebastian Ssempijja is a licensed psychologist, CEO and clinic director of Sebastian Family Psychology Practice LLC (SFPP), in Glendale, Wisconsin. A graduate of Marquette University, and immigrant from Uganda, he has utilized his trans-cultural education and experiences to treat clients of diverse cultural backgrounds. His interest in ethno-psychology expanded his work from solo practice to co-founding SFPP with Yvonne Ssempijja and managing it with a cross-cultural multidisciplinary team. His deep interest in Global Health issues has propelled pioneering of consultations and conferences aimed to increase awareness on Mental Health needs, especially in reference to Uganda and Eastern Africa.



Mrs. Yvonne Ssempijja is a Certified Public Accountant, MBA, CPA. She is the Director of Operations at Sebastian Family Psychology Practice, LLC and a Co-founder of the Agency. Mrs. Yvonne Ssempijja is a Ugandan American and strongly dedicated to the needs and services of both countries. In that capacity, she has deployed her personal and professional talents, to contribute and participate in the following entities.

She is the Co-Founder of the Grandmother's Beyond Borders (GBB) and currently the Chairperson of the Board. She has been a GBB Board member since the beginning in 2006. Since 2015, she's had the privilege of serving as the GBB Board Chairperson. She is the Founder and Director of Mirembe Words of Wisdom (MWOW). A reading capacity building program with much significance now serving over 9000 students and 40 school in Central parts of Uganda. Both GBB and MWOW programs have community-based care and social and health equity.



Dr. Timothy Ehlinger, Associate Professor and William Collins Kohler Chair of Systems Change and Peacebuilding at the UW-Milwaukee Master of Sustainable Peacebuilding program. His work focuses on the study of risk-response relationships between natural and anthropogenic stressors and understanding their complex impacts on the integrity and resilience of social-ecological systems. He uses a diverse array of methodologies (e.g. risk propagation and artificial neural networks) to examine human-environmental interactions and to explore the implications of policies/interventions on ecosystem services and their effects on environmental health, human well-being and conflict. His current programs are the result of an evolution in his understanding of the importance of human-environmental systems and their role in promoting peace and sustainability.



Frederick W. Coleman, MD. Clinical Faculty, University of Wisconsin Department of Psychiatry. Medical Director of Kajsiab House, Hmong Refugee Project 1989-2019. Medical Director Cambodian Temple Project, Cambodian Refugee Project 1989-2019. Participant in 3rd, 4th, 5th East African Psychology Conferences in Uganda (for Rift Valley Countries). Member of the International Academy of Law and Mental Health and International Association for the Study of Forced Migration.



Lori DiPrete Brown focuses her scholarship and practice on global health, particularly the health and well-being of women and children in highly vulnerable situations around the world. She teaches in the Department of Civil Society and Community Studies at the School of Human Ecology and is an Associate Director of the UW-Madison Global Health Institute, where she has been an architect of UW-Madison's global health education programs and has developed and facilitated internships and service-learning programs in local settings and around the world.

DiPrete Brown is the lead author and editor of *Foundations for Global Health Practice*, a text that articulates a broad vision of global health that goes beyond health care systems, to include topics such as human rights, global mental health, water and sanitation, food systems, climate change and urban health. She is also the founding Director of the campus-wide 4W Women and Well-being Initiative, which has catalyzed a range of innovative programs that address gender-based inequality and injustice.

Before joining UW-Madison, DiPrete Brown collaborated with a range of international organizations to develop quality improvement strategies for health and development programs. She continues this work at UW through the QI Leadership Institute, which has trained over 100 leaders from 17 countries. She has collaborated on QI research, capacity building, policy development and evaluation in Chile, Costa Rica, Nicaragua, Ecuador, Ethiopia, Cameroon, India, Nepal, and Malawi.

UGANDA



Uganda Ministry of Health

National Tobacco Control at the Ministry of Health, Uganda

Dr. Hafsa Lukwata Sentogo is a physician with medical training from Mbarara University, a postgraduate diploma in tropical medicine from the Institute of Tropical Medicine at Nagasaki University Japan, and a master's degree in public health from Makerere University School of Public Health. She is currently the acting head of Mental Health and Control of Substance Abuse Division, Ministry of Health, Uganda. She has extensive work in medical care, pediatric care, infectious disease, and administrative healthcare.



Kampala, Uganda: University of Kisubi

We are pleased to continue our ongoing partnership with the University of Kisubi for the 2023 conference through the leadership of the following members:

Rev. Dr. Nnantamu Jane, Dean of the Community Counseling Programs at UniK

Mr. Charles Senteza, IT Leader at UniK, and Chair of the 2023 Conference events

Dr. Gerald Makumbi, Retired Medical Practitioner, and Active Mental Health Counselor. He is the original Chair of the Planning Committee for previous Conferences.

Rev. Dr. Augustine Kalemeera, Psychologist, Professor, and Chaplain

Mr. Paul Waluya, Clinical Psychologist

Rev Bro Barigye Vincent, Director of Development and Planning at UNIK



Lira, Uganda

African Youth Initiative Network (AYINET)

AYINET is a stunning Organization of its own founded by Mr. Victor Ochen, with explicit mission and intent of rehabilitating the community. The AYINET has been involved in providing services of a psychosocial nature along with other Rehabilitative services, following the tragedies related to Kony war. AYINET and UBHA have worked together since 2012 at the launching of the Uganda National Conferences on mental health.

AYINET continues to be involved in ongoing monthly activities of consultation, and support to staff conducted by UBHA and its partners. AYINET has an extensive presence in the Northern part of Uganda in promoting not only mental health but other social services. We are pleased to have AYINET join us again for the ongoing Conferences. We are grateful for its leader, Mr. Victor Ochen, and his willingness to continue to welcome us and enable his staff to join us in this important work from 2012 to present.

Gulu, Uganda

The Almond Foundation



The Almond Foundation is a Charity/Non-Governmental organization formed in 2005 in Gulu. Operating primarily in remote villages of Gulu, Omoro, Nwoya, Amuru & Agago Districts, they Empower mainly rural Women, Children & Youth. They carry out our activities in the fields of social welfare, Poverty eradication, HIV / AIDs care & Counselling, Public Health and Nutrition. We are happy to have the Gulu team join the 2023 conference under the leadership of Adong Zelinda. Thank you, Gulu team for your continued services and collaboration with UBHA and its partners.



Arua, Uganda

Muni University

The Uganda Behavioral Health Alliance along with Sebastian Family Psychology Practice and their partners, are pleased to Welcome the region of Arua and West Nile, Uganda. This relationship grew out of the work led by Nile Care North America, a Non-profit organization, of friends and supporters within the West Nile communities of North America, looking out for the interest of West Nile region in Uganda. Their work has a long history towards improving educational outcomes for the children of the region.

In their effort they also collaborate with other entities on the ground in West Nile. The overlap in interest and service with Sebastian Family Psychology Practice and Uganda Behavioral Health Alliance is motivated by the realization that the people and communities of West Nile have endured a long history of psychological and physical traumatization for a longtime. In this case, this history is tied up with the history of similar suffering for the nation of Uganda and neighboring countries. West Nile is flanked by Western Congo and Southern Sudan, and this region has its unfortunate share of significant negative health outcomes. Along with that, is the crushing burden of economic poverty, loss of hope, the unfortunate disruption in the protective factors of the social fabric of life.

From this context, the West Nile North America organization has collaborated with Sebastian Family Psychology Practice and Uganda Behavioral Health Alliance and other partners in the intent of promoting trauma informed mental health delivery awareness. In 2020, UBHA welcomed Muni University as a partner, under the leadership of the now late Christine Dranzoa, and now led by Prof Simon Anguma Katrini and assisted by Dr. Joyce Bukirwa Rebecca Sessanga, Dean of the Faculty of Education.

We welcome this strong partnership and look forward to a growing relationship and improved understanding of the needs on the ground and the possibilities of our working together



Gina de la Chesnaye is a core faculty member of Second Response which tends to the emotional & Psychological needs of people exposed to trauma, providing body-centered methods to relieve the harmful effects of stress, distress, & trauma. Most recently, Second Response served survivors of sex-trafficking, refugees, street-children and the women in Uganda and Kenya. Gina also leads trauma informed trainings and Care for the Caregiver workshops for clinicians and street counselors. She serves as key faculty for The Lineage Project, bringing mindfulness-based exercises, yoga and meditation to at-risk and/or incarcerated youth and their support staff in New York City.

Gina is also the Founder and Director of The Nachan Project which serves the women and children of the Katwe slums in Kampala, Uganda and offers Mindfulness and Trauma Management Trainings to social workers, street counselors, trauma therapists and caregivers throughout Uganda.

Tumwesigye Allan and Baliko Martin, community social workers and change makers with street homeless children and families in Katwe, Uganda. They have been a part of UBHA since 2012 and have invited Gina de la Chesnaye to join them since 2017.

Caritas for the Children, USA



CARITAS
For Children

Caritas for Children has been connected to Uganda for now over 18 years. The mission and vision are to serve the educational needs of children that are orphaned and/or from very economically challenged families. Caritas for Children has continued to serve an average of 500 children per year over the last 15-18 years.

Realizing that these children not only have educational needs, but also social, psychological, physiological, and emotional needs, Caritas has partnered with SFPP along with UBHA and its partners to address the needs of mental health as part of the core services for the children. Caritas for Children has been involved in attending UBHA led Conference since 2018, 2019 and now 2020.

Caritas for Children is also involved in promoting and supporting the activities of reading programs intended to improve literacy as a precursor to knowledge and learning. We thank Mr. Chris Hoar, his wife Barbara Hoar and their Caritas team leaders and Board for this phenomenal service.

KENYA



Meru, Kenya

International Peace Initiatives (IPI)

Dr. Karambu Ringera is the Founder and President of International Peace Initiatives, an organisation situated in Meru County, Kenya and has been in operation since 2003. IPI is an international nongovernmental organization (INGO) that works to mitigate the impact of HIV/AIDS, poverty and violence in the lives of women and children in Kenya. IPI runs an orphanage for children orphaned by HIV/AIDS, offers ethical leadership programs and empowers women living with HIV/AIDS. Through the Orphans and Vulnerable Children's Education Fund (OVCEF), International Peace Initiatives sponsors deserving and well above students to pursue graduate and undergraduate study in various institutions around the world. They also host and participate in various events such as mental health conferences, leadership & educational programs, as well as youth and women's empowerment initiatives in Africa.

Born and raised in Kenya, Dr. Karambu earned her Ph.D. in Intercultural Communication in 2008 from the University of Denver. She earned a master's degree in media from Natal University, South Africa, as well as a Master of Theological Studies (with a peace and justice emphasis) from the Iliff School of Theology in Colorado. She received her Bachelor of Education degree and Postgraduate Diploma in Mass Communication from the University of Nairobi, Kenya. Dr. Ringera is a 2016 Cordes Social Entrepreneurs Fellow; a 2015/16 Next Generation Leader Fellow of the McCain Institute for International Leadership, USA; the 2015 Life Achievement Award and 2015 Master Scholar Award winner, University of Denver, USA; and the 2012 African Achievers Award, UK – for her cutting-edge work in innovative and sustainable models of development & peacebuilding, women's human rights and global leadership programs around the world.

We are grateful for the teams in Meru, Kenya for commitment to encourage reclaiming personal dignity, and community services.



**Lance Parve & Julie Parve,
Directors of Hope Without Borders (HWB), USA & global**

Hope Without Borders was founded by Lance Parve and Julie Parve, the global directors of the organization. For over 30 years, HWB committed to providing medical aid, clean water, educational support, and economic empowerment to underserved communities. While headquartered in Milwaukee, HWB has initiatives in Africa, Asia, and the Caribbean. Their collaboration with the Sebastian Family Psychology Practice began in 2018, deepening with involvement in Mental Health Conferences since 2017 and water projects in Kitongo, Uganda. Since 2020, in partnership with SFPP, HWB Kenya has led an annual mental health conference in Nairobi. They are set to rejoin the 2023 Conference in Nairobi, expanding collaborative efforts to serve the community.



**Peter Durito Baqe
Director, Hope Without Borders, Kenya**

Peter Durito is a seasoned governance & peacebuilding practitioner with ten years of post-graduate experience in the design, implementation & management of conflict sensitivity programming. He is currently the Country Director of Hope Without Borders, Kenya overseeing the management and implementation of the organization's activities. In collaboration with Sebastian Psychological Family Practice, he has been pivotal in initiating and leading the annual mental health conference in Kenya since 2020. He has also been a lecturer in the department of peace and international studies at Daystar University.

Peter will be leading the Kenya team in the delivery and facilitation of the 2023 Mental Health Conference at Daystar University slotted for October 5-6, 2023 and will be join global team on a zoom meeting for deliberations on lessons learned. Peter is a PhD candidate in International Studies at the University of Nairobi. He holds a Master of Arts in International Conflict Management from the University of Nairobi and a B.A in Community Development from Daystar University.

SOMALILAND

Gabiley Mental Hospital



Dr. Muktar Beshir Ahmed is a psychiatrist trained in Ethiopia and Germany. He has worked as a lecturer at Madda Walabu University in Ethiopia teaching psychiatric theory and outreach health, in addition to leading practicums, and supervising research. He has worked as a lecturer at the University of Hargeisa. As a senior lecturer, he has offered Mental Health courses to the university medicine and health science departments in Madda Walabu University of Ethiopia as well as University of Hargeisa in Somaliland. For the last 4 years, he has been working with the Somali society where the burden of mental illnesses is rampant, as a Director of Gabiley Mental Hospital, located in Gabiley, Somaliland. As a clinician, he is engaged in providing inpatient and outpatient mental health services accordingly as the only mental health specialist at the facility

Somaliland and its relationship with UBHA, SFPP and partners, emerged because of a relationship between SFPP and the Somali community in Milwaukee. Through delicate and personal relationships locally, the needs of Somalia in general and Somaliland in particular, are known to the world and to those communities. The extent of war, violence and trauma is unfortunately too well known.

In the effort of healing the communities, and under the leadership of Dr. Bashir Mukhtar, we were pleased to have him join us for the first time at the Conference of 2017, 2018, 2019 in our Conferences at Entebbe, Uganda. That relationship has grown now to include the entire country of Somaliland and nearby regions of Ethiopia. We value their involvement with our collective efforts.

DEMOCRATIC REPUBLIC OF CONGO



Beni & Goma, Democratic Republic of Congo

Bethesda Counseling Center, Congo Initiative

Noé Kasali is the Director of Bethesda Counseling Center and lecturer at UCBC. He received his master's degree in Counseling from Wheaton College, USA in 2014. In 2016, he founded and launched Bethesda to serve the local population with professional Christian counseling. Bethesda provides counseling interventions that are critical for personal and community transformation in a context that experiences domestic and political violence in addition to common mental and behavioral health challenges. Noé conducts various seminars and training for health care workers, pastors, and community leaders in forgiveness, grief, trauma, domestic violence, and reconciliation.

We are pleased to welcome our friends and colleagues from Beni and Goma, Congo. They are led and under the leadership of Mr. Noé Kasali, in Eastern Congo. Their involvement is motivated by the love of Christ to serve the people who have realized the enormous burdens of care and suffering that the region has endured over the last several years. In view of that context and acknowledgement of the role of psychological challenges in the region, Bethesda Christian Counseling Center has been involved with our UBHA led and supported Conferences since 2018. We welcome and applaud the courage to serve in the middle of war and violence, that this team deals with daily.

NIGERIA



Abuja, Nigeria:

University of Abuja Teaching Hospital and Federal Government Mental Health Chair

Dr. Ojo Tunde Masseyferguson is a psychiatrist trained at the University Ilorin, with further training at the Medical College in Lagos, Nigeria. He received additional training in global mental health at King's College London. He is currently head of the Department of Mental Health at the [University of Abuja Teaching Hospital](#) and has received an early career psychiatrist award from the World Psychiatric Association. His interests include the intersection of substance use and mental disorders, family support programs, training of Nigerian psychiatrists, and particularly the integration of traditional healing practices in the context of evidence-based psychiatric models of care. In 2021, Dr. Tunde was asked to serve as the role of coordinator of Mental Health for the Government of Nigeria. He has continued his teaching roles and involvement with UBHA since 2018.



Ogun State, Nigeria:

Federal Neuropsychiatric Hospital, Aro Abeokuta, and Community Mental Health

Mrs. Larry Salako is a Principal Social Worker at the [Federal Neuro-psychiatric Hospital, Aro, Abeokuta, Ogun State, Nigeria](#). She has a master's degree in Social Work from the University of Ibadan, Nigeria and a master's degree in Drug and Alcohol Studies from Avogadro University, Italy. She works with community mental health practice and rehabilitation of mentally ill persons as a social worker and has been practicing in this capacity for the last 18 years. She is a member of a non-governmental organization known as Tunde and Friends that takes care of the needs of physically and mentally challenged persons in the areas of treatment and rehabilitation. Additionally, she is a member of Centre for Better Mental Health (CBMH) that is into patient support program (PASPRO). She along with her team have successfully rehabilitated several homeless mentally challenged people. Her area of interest is treatment, rehabilitation, and reintegration of homeless mentally challenged individuals back to the society without the fear of stigmatization. Mrs. Salako and her teams have been committed to their services and involved with UBHA since 2018.

UNLOCKING MENTAL HEALTH CARE: A CALL TO ACTION

Please add your name **Unlocking Mental Health Care: A Call to Action!** We invite you to DIGITALLY sign the call to action at <http://chng.it/9kvBL7p5cR>. We hope to procure a large number of signatories that can be used as leverage for policy support.

"THERE IS NO HEALTH WITHOUT MENTAL HEALTH"

All families always need welcoming access to quality mental health care and psychosocial support. Every family faces challenges related to untreated mental illness, and the increased presence of alcohol and drugs in our communities. Around the world family members are impacted by traumatic life events experienced by their loved ones, including social stigma, violence, social and economic disparities, the impacts of mass incarceration, complex emergencies, war, and environmental instability.

This need is universal, and effective strategies for health system and community-based prevention and care are known and can be made available. Yet families in need of this support face increasing rates of depression and suicide in both adults and children. They face challenges and injustice related to stigma. People living with mental illness or addiction face the added trauma of costly and unjust incarceration and detention.

We can, should and must help all families to live and prosper by unlocking mental health care. We call on local and global leaders in government, social institutions, religious organizations, development organizations and the caring professions. We ask them to work with communities and individuals, families and caregivers to provide access to care that is client-led, community-engaged, compassionate, comprehensive and culturally relevant.

Unlocking mental health care puts a stop to shackling, imprisonment, separation and exclusion, and replaces these inhumane responses with effective care and respect for human rights and personal dignity.

There is no health without mental health.

June 27, 2019, Madison, Wisconsin. USA.

This call to action was raised at the University of Wisconsin – Madison during an International Mental Health Learning exchange that brought together local Wisconsin and global African leaders in June of 2019. The event was sponsored by UW – Madison’s Global Health Institute, African Studies Program, School of Nursing, School of Medicine and Public Health Department of Psychiatry, as well as the Ugandan Behavioral Health Alliance, Sebastian Family Psychology Practice LLC of Milwaukee, Medical College of Wisconsin Department of Psychiatry, Journey Mental Health, and African Association of Madison. Please consider joining our movement by adding your signature.

Thank You for Participating

For more information, please visit the Uganda Behavioral Health Alliance Website

UBHA Website: ubha.org