



# The 12th International East Africa Psychology Conference

**Community Based Participatory Mental Health Care and Services**  
**October 10th - 11th, 2024**



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## Opening Remarks for the International East Africa Psychology Conference

Once again, we gather this year for the International East Africa Psychology Conference, 2024, to examine the pertinent topic of "Community-based Participatory Mental Health Care and Services." Focusing on mental health makes this annual conference stand out because the topic is current, though sometimes neglected.

Kudos to the organisers for remaining focused and helping us tackle one of the most significant aspects of our existence. We cannot talk of humanity's wellness without mental health. Humanity has made tremendous progress in various fields through ingenuity, creativity, and tasking the mind to go beyond the limits ever imagined. This progress has been possible because of brain power. We must protect and preserve health and mental wellness to continue progressing.

Unfortunately, we have not always taken excellent care of our mental wellbeing. The evidence of the gap is the negative connotation used when one's mental health fails; instead of helping the patient, we usually isolate them, hide them or abandon them! Some societies associate mental illness with witchcraft, curses, or even divine punishment.

Surprisingly, we do not use the same negative attitude or words when referring to someone suffering from other illnesses; these cases are often treated with sympathy and care. Yet, we should treat all cases with empathy and love.

Your choice of theme is very timely and pertinent to our struggle to resolve this pathetic approach to mental illness. A community-based approach is the best way to create a mind change in how we perceive, assist, and treat the affected persons and families by raising awareness about mental health issues and mobilising efforts to support them.

The theme is also in line with this year's World Mental Health Day theme, "Mental Health at Work," which also emphasises the crucial link between mental health and the environment we live in—whether workplace, home, or neighbours. Safe and supportive workplaces, like healthy communities, play a protective role in maintaining mental wellbeing and impacting overall quality of life.

Thank you for the ongoing excellent work of assisting the community in achieving mental wellness.

Br. Dr. Deogratias Mugema, Vice-Chancellor, University of Kisubi

## Welcome Message from Sr. Dr. Nnantamu Jane Frances

Ladies and Gentlemen here present and those of you following us virtually, with due respect, all protocol observed. Allow me to welcome you to the 12<sup>th</sup> International East African Psychology Conference. Please know that University of Kisubi, through the Faculty of Social Sciences and Psychology, is proud of hosting you here at Ulrika Guest House.

We are here from different parts of the globe. We do different kinds of work and our life styles or standards of living may be quite different. But the most important thing is the unifying factor: we are all here because of the passion we have, of creating and maintaining **mental health** wellness. We are all passionate about and working on mental health issues, to make mental health care a reality for people worldwide. Mental health problems exist in all sectors of life; at work places, in communities, even in our own families, we are all affected in some way. There is need to do as much as possible to not only heal but to also prevent mental ill health. This kind of Conference is a chance to talk about mental health and to lay strategies of taking care of it.

This Conference is timely; it comes in the month of October in which the World Federation for Mental Health (WFMH) commemorates Mental Health Day, that is, the 10<sup>th</sup> of October. The theme for this year's Mental Health Day is "**Mental Health at work**". This is not far away from the theme of this conference: "**Community-Based Participatory Mental Health Care and Services**". Let us work and pray that our time together here during these 2 days may yield the desired fruits.

Thank you very much. I wish you fruitful work.

Sr. Dr. Nnantamu Jane Frances, Dean Faculty of Social Sciences and Psychology, University of Kisubi.

## Welcome Message from Dr. Sebastian Ssempijja

Dear conference attendees, friends, sponsors and colleagues, allow me to welcome you to this important event. It was 12 years ago, January of 2012 that the inaugural conference of what was then an ambitious dream of creating a coalition that would work collaboratively to promote mental health within the context of health and community wellbeing started. The promises that were made at that meeting have been kept consistently, both in Personal, Institutional and Collective Commitments that have brought us this far. This year's theme on Mental Health within the workplace, couldn't have come at a much more challenging moment in our understanding of mental health in general.

The World Health Organization describes mental health as a “state of wellbeing in which an individual realizes his or her own dreams, can cope with the normal stressors of life, can work productively and fruitfully, and is able to make a contribution to his or her community”. The world currently, is under severe stress, compromising individual and Global wellbeing due to the scale and scope of violence in many spots of the world. While we rightfully attend to these external forces of stress and imminent threat to humanity, we are also further faced by the significance of climate change, that is also impacting the Mental Health and wellbeing of all humanity.

These examples are only 2 of many that are increasingly pressuring individuals, within our own **households, places of school, of work, of social settings and places of worship**. We have no choice but to confront the reality that Mental Health is a phenomenon that we must embrace and promote.

***What do we do about it and how does this Coalition and your being here provide an answer?***

The answer lies within each one of us as evidenced in our dedication to not only work hard to increase our own capacity to cope, but also to role model, encourage each other, provide healing space that allows more people, our neighbors to cope, so that eventually, the call for optimal functioning can be real for all of us and globally. In this year's conference, we will hear proposals and discussions that look at the role of the family, **child upbringing, school life, work opportunities and challenges**. The pressures that cause **disability**, add to the challenges of Non-Communicable Diseases such as high blood pressure, diabetes, stroke, chronic pain, and asthma. These years, attendees are drawn from a multi-disciplinary approach with a sole interest of each person and discipline, bringing their skill on table, for the ultimate good, which is to promote the wellbeing of our neighbors and contribute to humanity.

I end by thanking the Program Committee Organizers, the Institutions that have made it possible for us to be here and promise all of us leaving this 2 day experience with a better State of mind, motivation, attitude, to serve each other as neighbors.

Thank you and may God bless all of you and may we all work for the Greater Glory of God regardless of faith we profess in, tradition, to adore and venerate him.

Respectfully yours,

Dr. Sebastian Ssempijja,

On behalf of UBHA board, Sebastian Family Psychology Practice directors and staff and the consortium.

## Our Sponsors:



**Grandmothers Beyond Borders**



ANONYMOUS DONOR

Gilliam K. Mukasa Estate  
Namulamba

ULRIKA Guest House

Dr. Gerald Makumbi  
Medical Services

## Conference Theme

# Community Based Participatory Mental Health Care and Services

### Conference Sub-Themes and Topics

#### 1. It is Time to Prioritize Mental Health in the Workplace

- This is the official theme of World Mental Health Day 2024, announced by the World Federation of Mental Health (WHO 2024)

#### 2. Family and Mental Health Complex Dynamics:

- Family Wellbeing
- Child upbringing/ parenting
- Intergenerational Mental Health
- Integrating Traditional and Modern Mental Health and Care Practices
- Family Support and Resilience
- Information Technology Benefits and Hazards

#### 3. Empowering Communities:

- Preservation and sharing of Traditional knowledge
- Community Leadership in Mental Health (Including youth leadership)
- Educational Outreach and Public Health Campaigns
- Institutional Partnerships and Integration of Care
- Building Inclusive Communities
- Community Based Recovery and Peer-Led Programs.
- Land issues; including land grabbing and Family wrangles.



**4. Bridging Gaps in Mental Health Care:**

- The impact of Non-Communicable Diseases (NCDS) on family mental health (HBP, Diabetes- Type, Stroke and chronic pain).
- Sudden Unknown Nocturnal Death Syndrome (SUNDS).
- Enhancement of Professional and Psychosocial Supports Services
- Barriers to Mental Health Access.
- Policy and Advocacy for Mental Health.
- African Led Research and Development.
- Different Learning Capacities/Styles for Individuals and Families
- Addressing the needs of those living with Medical, Psychological, Develop mental, and Intellectual Disabilities

**5. Climate Change and Mental Health Implications:**

- Impact on Weather Disasters and its Implications on Mental Health
- Impact of Drought, Floods and Storms
- Impact on Life, Food, Housing, and Health
- Emerging solutions on the above

## Theme-Based Learning Objectives

### 1. It's time to Prioritize Mental Health in the Workplace

- Understand the global importance of mental health in the workplace as highlighted by World Mental Health Day 2024
- Identify strategies for creating a mentally healthy workplace culture and addressing mental health challenges in professional environments.
- Explore the role of employers and organizations in providing support and resources for workplace mental health.

### 2. Family and Mental Health Complex Dynamics

- Learn how family dynamics, parenting, and intergenerational mental health impact the well-being of children and adults.
- Understand the benefits and challenges of integrating traditional and modern mental health care practices within families.

### 3. Empowering Communities

- Explore the role of community leadership, including youth leadership, in promoting mental health and fostering community-based programs.
- Understand the importance of preserving and sharing traditional knowledge while integrating it with modern mental health care practices.

### 4. Bridging Gaps in Mental Health Care

- Identify barriers to accessing mental health care and learn strategies to improve policies and support services.
- Understand the impact of non-communicable diseases and developmental/ intellectual disabilities on mental health within families and communities.
- Explore the role of African-led research and development in addressing mental health challenges and improving care accessibility.

### 5. Climate Change and Mental Health Implications

- Learn how climate-related disasters, such as droughts and floods, affect mental health in vulnerable communities.
- Identify emerging strategies and solutions to build mental health resilience in communities affected by climate change.

## 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
- Kivu Care, Goma

### **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
- Mirembe Words of Wisdom, Central Uganda

### **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 10<sup>th</sup> and 11<sup>th</sup>:

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

Location	Local Time
Wisconsin	8:00am - 10:00am CST
New York	9:00am - 11:00am EST
Nigeria	2:00pm - 4:00pm WAT
Burundi, Beni & Goma DRC	3:00pm – 5:00pm CAT
Uganda, Kenya Somaliland	4:00pm – 6:00pm EAT

### Need to confirm your local time?

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

### Join Anytime on Oct 10<sup>th</sup> and 11<sup>th</sup>, 2024:

Beyond the joint session, participants are welcome to join online and view the events hosted by the University of Kisubi anytime between 8:30am and 6:30pm East African Time. Kindly refer to the detailed conference Program for specific events and timings.

### Zoom Meeting Link:

Join Zoom Meeting

<https://us06web.zoom.us/j/86398860398?pwd=e6VplKnWBW0iThaUkkjbEKoPTpRAjZ.1>

Meeting ID: 863 9886 0398

Passcode: 498191

### Call in Option:

Dial: +1 312 626 6799

## Conference Program

### DAY 1: THURSDAY OCTOBER 10th, 2024

*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*

	<b>TIME</b>	<b>ACTIVITY</b>	<b>PRESENTERS/ RESPONSIBLE PERSONS</b>
1.	8:00am EAT 7:00am CAT 6:00am WAT	Preliminary registration (continuing through the day)	Secretariat/ Local Organizing committee
2.	8:30am EAT  7:30am CAT 6:30am WAT	Welcome remarks from the host planning committee	University of Kisubi (UniK) and organizing committee
3.	8:45am EAT  7:45am 6:45am	Opening Prayers	Prayers shared by various denominations
4.	8:55am EAT  7:55am CAT 6:55am WAT	Official opening Remarks from UNIK	Fr. Zachary Yaya, Reverend Dr. Jane Nnantamu, VC Gilbert Bukenya
5.	9:05am EAT  8:05am CAT 7:05am WAT	Remarks from UBHA Board and Partners	UBHA Board Representatives

6.	9:25am – 10:55am EAT 8:25am – 9:55am CAT 7:25am – 8:55am WAT	<b><u>Selected Keynote Speakers:</u></b>  1. Ministry of Health, Uganda (25 mins) 2. Public Health and Addiction care (25 mins) 3. Ministry of Health, Nigeria (25 mins)	Dr. Hafsa Lukwata VC Gilbert Bukenya Dr. Tunde Ojo
7.	11:00am – 12:15pm EAT 10:00am – 11:15am CAT 9:00am – 10:15am WAT	<b><u>Presentations:</u></b>  The Perspective of Health, Illness and Disease in Indigenous Communities, and treatment of Non-communicable Diseases: - Issues of Suicide - a Health and Public Health Indicator (25 mins) - The Perspectives of Health, Illness and Disease among Indigenous Communities (25 mins) - The Role of Discoveries on Traditional Healing Treatments for Non-communicable Diseases (25 mins)	- Dr. Fred Coleman - Dr. Sekagya Yahaya - Eng. Anke Weisheit
8.	12:20pm – 12:55pm EAT 11:20am – 11:55am CAT 10:20am – 10:55am WAT	<b><u>Presentations:</u></b>  Community Building and Wellbeing: - Grandmother’s Beyond Borders - Mirembe Words of Wisdom - CARITAS for Children	<b>Moderator:</b> - Dr. Gerald Makumbi  <b>Presenters:</b> - Mrs. Yvonne Ssempijja - Mr. Alon Wangi
9.	1:00pm – 1:50pm EAT 12:00pm – 12:50pm CAT 11:00am-11:50am WAT	<b><u>LUNCH BREAK</u></b> - Indication of areas for prayer	Ulrika hosts and co-sponsors

10.	<p>2:00pm – 3:15pm EAT</p> <p>1:00pm – 2:15pm CAT</p> <p>12:00pm- 1:15pm WAT</p>	<p><b><u>Breakout Sessions:</u></b></p> <ol style="list-style-type: none"> <li>1. Panels of three presenters, 10-minute presentations each (total of 30min). Followed by 30 mins for discussion.</li> <li>2. Ask attendees to separate into groups of 15-25 people</li> </ol> <p><b><u>Presentations:</u></b></p> <p><b>MAIN ROOM:</b> Focus on National and Local Government Collaboration.</p> <ul style="list-style-type: none"> <li>- Community Engagement and Law Enforcement</li> <li>- Community Response to Raise Children in Need of Special Attention: Group Homes and Specialty Care for Children in Need of Support</li> <li>- Childcare as a Partnership Between Families and Communities in the Effort of Raising Children.</li> </ul> <p><b>ROOM 2:</b> Honoring the Role of Public Health, Mental Health, Statistics and Research</p> <ul style="list-style-type: none"> <li>- Bio Statistician Presentation on Mityana District</li> <li>- Promoting Mental Health Awareness among Secondary School Teachers and Students: How We Do It and Lessons for Schools</li> </ul> <p><b>ROOM 3:</b> Engaging the Elderly Community</p> <ul style="list-style-type: none"> <li>- Family Environment and Depressive Symptoms among Older Adults in Central Uganda</li> <li>- Slowing Down Ageing Collectively: A case of SCAN</li> <li>- Sharing on Life Experiences</li> </ul>	<p><b>Moderator:</b> Dr. Fred Coleman</p> <ul style="list-style-type: none"> <li>- Dr. Francis Mpindu and Superintendent Representatives</li> <li>- Mr. Saleem El-Amin</li> <li>- Mrs. Olivia El-Amin</li> </ul> <p><b>Moderator:</b> Uganda MoH and Dr. Hafsa’s team</p> <ul style="list-style-type: none"> <li>- Dr. Serunjogi &amp; Justine Nnampijja</li> <li>- Fr. Augustine Kalemeera</li> </ul> <p><b>Moderator:</b> Dr. Sr. Jane Nnantamu or her Designee</p> <ul style="list-style-type: none"> <li>- Harriet Namuyombya and Ddumba Matovu Pius</li> <li>- Dr. Makumbi Gerald Majella</li> </ul>
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			- Jean Mary Wendo
11.	3:20pm – 3:50pm EAT 2:20pm – 2:50pm CAT 1:20pm – 1:50pm WAT	<b>General Discussion</b>  - Continue groups discussion on previously offered conversation about suicide, its implications at the local level and interventions suggested within the traditional and western model of thinking  - Review what was shared in breakout rooms	Dr. Frederick Coleman  Moderators from breakout groups
12.	4:00pm – 6:00pm EAT 3:00pm – 5:00pm CAT 2:00pm – 4:00pm WAT	<b>Virtual Synchronous Session</b>	<i>See Agenda for this session below</i>
13.	5:50pm EAT 4:50pm CAT 3:50pm WAT	Closing Remarks and Closing Prayer	



## DAY 1: VIRTUAL SYNCHRONOUS SESSION

### Times Across the Globe:

Wisconsin	8:00am - 10:00am CST
New York	9:00am - 11:00am EST
Nigeria	2:00pm - 4:00pm WAT
Burundi, Beni & Goma DRC	3:00pm – 5:00pm CAT
Uganda, Kenya Somaliland	4:00pm – 6:00pm EAT

Duration	Topic/ Report	Presenter (s)
15 mins	Intro Message from the Ministry of Health, Uganda	Dr. Hafsa Lukwata
10 mins	Review Happenings of the University of Kisubi and the Uganda Behavioral Health Alliance	Dr. Frederick Coleman and Dr. Sebastian Ssempijja
10 mins	Responding to questions about being a medical worker in a frontline area with CIMRO	Ms. Fayza Yousef
5-10 mins	Reporting from Nairobi, Kenya	Mr. Peter Durito and Mr. Elijah Munovi
5-10 mins	Reporting from Meru, Kenya	Dr. Karambu Ringera
5-10 mins	Reporting from Eastern Congo	Mr. Noe Kasali
5-10 mins	Reporting From Aro Abeokuta, Nigeria	Mrs. Salako Larry Olawunmi
5-10 mins	Muni University, Arua, Uganda	Dr. Joyce Rebecca Bukirwa
5-10 mins	Reporting from Lira, Uganda	AYINET team
5-10 mins	Reporting from Gulu, Uganda	The Almond Foundation Representative

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

**DAY 2: FRIDAY OCTOBER 11<sup>th</sup>, 2024**

	<b>TIME ZONES</b>	<b>ACTIVITY</b>	<b>PRESENTERS/ RESPONSIBLE PERSONS</b>
14.	8:00am EAT  7:00am CAT 6:00am WAT	Preliminary registration	Secretariat/ Local Organizing committee
15.	8:30am- 8:40am EAT  7:30am – 7:40am CAT 6:30am – 6:40am WAT	Opening Prayers	Prayers shared by various denominations
16.	8:45am – 8:55am EAT  7:45am – 7:55am CAT 6:45am – 6:55am WAT	Official opening Remarks from UNIK	Fr. Zachary Yaya
17.	8:55am – 9:15am EAT  7:55am – 8:15am CAT 6:55am – 7:15am WAT	<b><u>Presentations:</u></b> <ul style="list-style-type: none"> <li>- Bridging the Gap in Mental Healthcare at Universities.</li> <li>- Updates on Kisubi Hospital</li> </ul>	<ul style="list-style-type: none"> <li>- Maria Martha</li> <li>- Kisubi Hospital</li> </ul>
18.	9:15am – 10:15am EAT  8:15am – 9:15am CAT 7:15am – 8:15am WAT	<b><u>Presentation and Discussion</u></b>  <i>Moral Compass and Moral Injury</i> <ul style="list-style-type: none"> <li>- This will give an overview of the 5 subthemes.</li> <li>- Discussion will include Community Leaders to address issues of courage, faith, and hope.</li> </ul> Representatives from sites will expand on subthemes: <ul style="list-style-type: none"> <li>- Kenya: Empowering Communities</li> <li>- Burundi and Rwanda: Bridging Gaps in Mental Health Care</li> <li>- Lira, Gulu, Arua: Climate Change and Mental Health Implications</li> </ul>	<ul style="list-style-type: none"> <li>- Dr. Fred Coleman</li> <li>- Kenya representative</li> <li>- Burundi and Rwanda representatives</li> <li>- Lira, Gulu, Arua representatives</li> </ul>

19.	10:15am – 10:30am EAT 9:15am – 9:30am CAT 8:15am – 8:30am WAT	<b><u>Presentation:</u></b>  Community Surveillance of HIV Across Community Groups	- Dr. Godfrey Ddungu
20.	10:30am – 11:30 am EAT 9:30am – 10:30am CAT 8:30am – 9:30am WAT	<b><u>Panel Discussion</u></b>  Reflections on Hope, Courage and Faith amid Crisis: Highlighting wisdom from Elderly Communities / Jjajjas - Partnership with the Elderly (20 mins) - Grandmother’s Beyond Borders (20 mins)	Moderator  Panelists: - Dr. Makumbi Gerald - Mrs. Yvonne Ssempijja
21.	11:30am – 11:35 am EAT 10:30am – 10:35am CAT 9:30am – 9:35am WAT	<b>Mindful Activity</b>	
22.	11:35am – 12:05 pm EAT 10:35am – 11:05 am CAT 9:35am – 10:05 am WAT	<b><u>Presentation:</u></b>  Police Superintendent Group discusses their role in intervening regarding mental health challenges for children, families, and schools (30 mins)	Dr. Emmanuel Nuwamanya SP Martin Odera
23.	12:05pm – 12:25 pm EAT 11:05am – 11:25 am CAT 10:05am – 10:25 am WAT	<b><u>Presentations:</u></b>  <i>Socio-Cultural Influences and Substance Use Among the Youths (10 mins)</i>  <i>Management and Rehabilitation of Homeless Mentally Ill Patients in Abeokuta, Nigeria (10 mins)</i>	Harriet Namuyombya and Ddumba Matovu Pius  Salako Larry Olawunmi
24.	12:25pm – 12:50 pm EAT	<b><u>Panel Discussion:</u></b>	Moderators: Dr. Sebastian

	11:25am – 11:50 am CAT 10:25am – 10:50 am WAT	<i>Why Focusing on Science via STEM driven Education, Contributes to National Development, Regional Peace, and Climate Security</i>  <i>Africa's Plight in the Face of Climate Change and Big Oil</i>	Panelists: - Dr. Hassimi Traore - John Hillary Balyejjusa
25.	12:50pm – 1:50 pm EAT  11:50am – 12:50pm CAT 10:50am – 11:50 am WAT	<b>LUNCH BREAK</b> - Indication of areas for prayer - Suggest that tables be organized according to the 5 subthemes	Ulrika hosts and co-sponsors
26.	2:00pm – 3:00pm EAT  1:00pm – 2:00pm CAT 12:00pm – 1:00pm WAT	<b>Breakout groups</b> 3. Panels of three presenters, 10-minute presentations each (total of 30min). Followed by 30 mins for discussion. 4. Ask attendees to separate into groups of 15-25 people  <b>Presentations:</b>  <b>MAIN ROOM:</b> <i>Community Based Participatory Health Care and Services</i>  <i>A Pathway to Sports for Education, Wellness and Service to Community</i>  The Nachan Project and Alpha Female Empowerment Initiative  <b>ROOM 2:</b>  <i>Family and Mental Health Complex Dynamics</i>	AYINET Representative  Mr. Senteza Charles  Gina de la Chesnaye, Tumwesigye Allan, and Baliko Martin  Dr. Faith Nakelema (PhD)

		<p><i>Broken Family Life and Toxic Parenting</i></p> <p><i>Martial Conflict Resolution and Child Wellbeing</i></p> <p><b>ROOM 3:</b></p> <p><i>Parenting in Children Upbringing</i></p> <p><i>Promoting Help-Seeking for Mental Healthcare among Children and Adolescents through Proactive Community Case Detection</i></p>	<p>Dr. Jacob Waiswa</p> <p>Dr. Betty Enyipu Akurut (PhD)</p> <p>Muhathikani Katuka Patient</p> <p>Sandra Agondeze</p>
27.	<p>3:00pm – 3:50pm</p> <p>2:00pm – 2:50pm CAT</p> <p>1:00pm – 1:50pm WAT</p>	<p><b><u>Group panel discussion:</u></b></p> <p>Reflections on the Highlights of the Conference and Suggestions for a Communique</p> <ul style="list-style-type: none"> <li>- Agree on operational theme for CY 2024/2025, knowing that our current operational theme has been Community Based Participatory Care and Services</li> <li>- Communique to be developed by 3:30pm</li> <li>- Between 3:30pm – 3:50pm, agree on messaging</li> </ul>	<p>Guided by MC</p>
28.	<p>4:00pm – 6:00pm EAT</p> <p>3:00pm – 5:00pm CAT</p> <p>2:00pm – 4:00pm WAT</p>	<p><b>Virtual Synchronous Session</b></p>	<p><i>See Agenda for this session below</i></p>

## DAY 2: VIRTUAL SYNCHRONOUS SESSION

### Times Across the Globe:

Wisconsin	8:00am - 10:00am CST
New York	9:00am - 11:00am EST
Nigeria	2:00pm - 4:00pm WAT
Burundi, Beni & Goma DRC	3:00pm – 5:00pm CAT
Uganda, Kenya Somaliland	4:00pm – 6:00pm EAT

### Agenda:

#### 1. Welcome to Global Audience

- Moderation by Dr. Sebastian Ssempijja and the Master of Ceremonies

#### 2. Welcome Dr. Noor Rosli from Malaysia:

- Presentation on the Role of Positive Psychology in Family Life (15 mins)

#### 3. Site discussions led by Dr. Sebastian along with Assigned MCs

- Ensure that sites are heard between 4pm and 5pm

#### 4. Concluding Remarks (5:30pm – 5:45pm)

- Led by reflections from Dr. Hafsa (Ministry of Health) if present, Dr. Coleman, Dr. Sebastian, and Dr. Gerald Makumbi.

#### 5. Concluding Prayer (5:45pm – 5:55pm)

- Led in a communique manner i.e. Christian, Moslem and Buddhist. Note that the task here is to underscore the role of spirituality in our care, across all sectors of life.

**End of Day 2:** End with a group photo, encouraging all to be present

## Our Partners

### University of Kisubi

[unik.ac.ug](http://unik.ac.ug)

University of Kisubi (UniK) is a private Chartered University owned by the Registered Trustees of the Uganda Brothers of Christian Instruction. Its forerunner, Kisubi Brothers University College (KBUC), was founded on 15 th August 2004 when the Brothers signed a Memorandum of Understanding with Uganda Martyrs University to establish Kisubi Brothers Centre of Uganda Martyrs University (KBUMU). On 27 th March 2009, the National Council for Higher Education (NCHE) granted KBUMU a constituent college status and became Kisubi Brothers University College (KBUC), a Constituent College of Uganda Martyrs University. On the 29th June 2015, NCHE granted an independent operational license to the university in its new name, University of Kisubi (UniK);

UniK is a private Chartered university rooted in the Catholic ethos but remains open to all those who qualify for its programs. It is located 24 km from Kampala along Kampala – Entebbe Highway.

Blessed with a conducive learning and teaching environment, UniK is committed to remaining a hallmark and a niche for quality education in Uganda and in the broader East African region.

### Vision, Mission, Philosophy and Core Values

#### The Vision:

A Leading Catholic-Based University Responsive to National and Global Needs.

#### The Mission:

To Provide Evidence-based Holistic Education for Social Transformation Grounded in the Catholic Ethos.

#### Philosophy:

The University College attaches great importance to the integral nature and development of the human person. We strive to empower its graduates to be capable of achieving self-realization and to improve the human condition through holistic education and innovation holding on and imparting all such values, acts and knowledge that ennoble the human person.

#### The Core Values:

UniK has agreed on a set of core values to be practiced by all staff and students as part of the enhancement process. All stakeholders, internal or external, are expected to internalize these values and demonstrate behavior that is in conformity and also hold each other accountable. UniK is committed to the following core values of Service, Creativity, Responsibility, Integrity, Professionalism and Teamwork (SCRIPT), as described in the University Charter.

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 Ankwasizi, 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 2014-2024. Please see key leaders of that site that have made our ongoing conferences possible.

## **Sebastian Family Psychology Practice, LLC**

[www.sebastianfp.com](http://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](http://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 2024 and beyond.



## **UW-Milwaukee, Master of Sustainable Peace Building:**

[uwm.edu/nursing/academics/masters/msp/](http://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.



**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 3<sup>rd</sup> – 12<sup>th</sup> 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.



**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.



**Lori DiPrete Brown** is distinguished teaching faculty and director of Global Health and Human Ecology in the Department of Civil Society and Community Studies in the School of Human Ecology at the UW-Madison Global Health Institute. DiPrete Brown works at the interface of public health and human ecology to advance quality of life and environmental sustainability worldwide. Her community-engaged teaching, outreach, and scholarship focus on the health and well-being of women and children 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.

Throughout her career, DiPrete Brown has had the privilege of collaborating with international leaders to strengthen health and social service programs. In Latin America she has lived or worked in Honduras, Nicaragua, Guatemala, Costa Rica, Chile, Ecuador, and Mexico. In Africa she led capacity-building exchanges in Ethiopia, Cameroon, Malawi, Ghana, Zambia, South Africa, Tanzania, and Senegal. She also carried out QI training in India, Nepal, Thailand, and Pakistan. From 2011-2016 she directed UW–Madison’s Quality Improvement Leadership Institute, which engaged more than 100 leaders from 24 countries. Many of these leaders have continued collaborations throughout UW–Madison. She enjoys connecting colleagues and students with places that have been part of her life.

### **California, USA**



**Dr. Godfrey Ddungu** is an Assistant Professor in the Clinical Rehabilitation and Mental Health Counseling Program at California State University, Fresno. After a Bachelor of Arts with Education (BAED) from Makerere University, Uganda, he proceeded for graduate studies at Cleveland State University, Cleveland, OH., where he obtained master’s degrees in Clinical Mental Health Counseling (CACREP) between 2012-2014. After working as Assistant Clinical Supervisors at a Residential Treatment program and Substance abuse Center, Maryland, he went on to pursue his Ph.D. in Counselor Education and Supervision with a special concentration in vicarious trauma. Dr. Ddungu obtained his Ph.D. in Counselor Education and Supervision in 2023. Dr. Ddungu’s scholarship is multidisciplinary with a focus on HIV/AIDS and disparities affecting the minority communities in Uganda, the United States and other parts of the world, mental health and school counseling systems in international global contexts, and the interface of public and mental health.

He is a Licensed Clinical Mental Health Counselor in Maryland and a nationally board Approved Clinical supervisor (ACS).

## UGANDA



### **Uganda Ministry of Health National Tobacco Control at the Ministry of Health, Uganda**

**Dr. Hafsa Lukwata Sentogo** is a Medical Doctor MBChB (Mbarara University of Science and Technology; MUST), 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 2024 conference through the leadership of the following members:

**Fr. Yaya Zachary**, Head of Department of Psychology at UNIK

**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 2024 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.



**Kampala, Uganda  
The Nachan Project**

**Gina de la Chesnaye** is the Founder and Director of The Nachan Project which provides mindfulness based practices for trauma and resiliency, humanitarian aid, psycho-social support and human rights advocacy to the Karimojong women and children of the Katwe slums in Kampala, Uganda. She also offers Mindfulness and Trauma Management Trainings to social workers, trauma therapists, medical doctors and humanitarian aid workers throughout East Africa and the United States as well as Care for Caregiver Workshops.

Gina has served as key faculty for The Lineage Project, bringing mindfulness practices to youth in incarceration sites, detention centers, and homeless shelters for over a decade. She is the Mindfulness Course Director for the Surgical PA Residency Program at Yale Medical School / Norwalk Hospital and a core faculty member of Second Response, addressing emotional and psychological needs after trauma. She also teaches a weekly online meditation class through Nalanda Institute for Contemplative Science. A martial artist for over 20 years, Gina specializes in San Da, Muay Thai, K1 kickboxing, and Western Boxing, teaching meditation, yoga, and Qi Gong to communities worldwide.

Gina holds a Harvard Global Mental Health Trauma & Recovery Certificate and a Master of Global Public Health from NYU. She is a writer, photographer, and MFA graduate from Hunter College, with work exhibited globally and articles on yoga, meditation, martial arts, and Buddhism, and has produced multiple series documenting the lives of the Sherpa and migrant communities in Nepal as well the slum communities in Uganda.

**Baliko Martin Stuart** also known as Matt B is a Ugandan singer, poet, rapper, actor, film producer, book Co- author, song and movie writer, journalist, businessman, street children ambassador former boxer and an ex-street boy. He currently serves as a director of Amari Uganda, a project founded in 2011, managing director of Lens Code Media Company and a member of The Nachan Project.

He's a Film producer with his first movie known as Crossroads, street children advocate in Kampala, co-author and producer of a Street boy book which is about the life experience of him as a street boy. He works as a media personnel and producer in Nachan project for Vulnerable women in slums, he works as a program advisor for Forum for Acid victims and his also an entrepreneur through his own film company called Lens code Media.





**Kampala, Uganda**  
**The Nachan Project**  
**Alpha Female Empowerment Initiative**

**Tumwesigye Allan Reigns** is the founder and social worker at Alpha Female Empowerment Initiative, an organization that works with homeless teenage mothers and children on streets and slums of Kampala and poor communities in Uganda, through rehabilitation programs, family Reunification programs, small scale income generating activities, and vocational skills training and education through sponsorship programs. This empowers the young women to become resilient to be able to support themselves and send their children to school.

Allan is the field supervisor and lead social worker for NACHAN Uganda which serves the women and children of Katwe slums which helps them through trauma informed resiliency training and humanitarian aid. He facilitates trainings that helps the community regulate and manage their traumatic experience hence they can be able realize their potentials and abilities and take care of themselves and children.

In addition, Allan serves as a Sexual Reproductive Health Counselor at Makerere University Hospital and is the Chairman of the CRANE Network, which supports over 40 NGOs working with street-connected children in central Uganda. He also teaches Psychology and HIV/ART Counseling at YMCA Comprehensive Institute in Kampala and is a board member of the KCCA OVC's Actors group, overseeing NGO work with vulnerable populations in Kampala.

Allan holds a Bachelor's Degree in Social Work and Administration, a Diploma in Sexual and Reproductive Health Counseling, and a Diploma in Guidance and Counseling. He lives in Kampala, Uganda, with his family.



**Central Region, Uganda**  
**MIREMBE Words of Wisdom**

Mirembe Words of Wisdom is a community-driven initiative aimed at boosting literacy rates and promoting overall wellness in Uganda’s Central Region. By delivering books through a mobile library, the program reaches over 10,000 students across 33 schools, working to improve education outcomes and nurture a love for reading.

In addition to literacy programs, Mirembe Words of Wisdom fosters leadership, character development, and community resilience. The program integrates key initiatives such as women’s health and wellness, nutritional awareness, tree planting, and sports activities—all aimed at promoting mental, physical, and environmental well-being. The program values the importance of self-reliance, nurturing both body and mind while teaching students and their communities about sustainable living and love for nature.

By building strong partnerships with local schools, families, and communities, Mirembe Words of Wisdom fosters a sense of self-reliance, environmental stewardship, and community resilience, helping students and their communities thrive.



**Caritas for the Children, USA**

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 from 2018-2024.

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](#) (IPI), an organisation that works to mitigate the impact of HIV/AIDS, poverty and violence in the lives of women and children. She has used her extensive academic background and international experience working in many countries to design and implement models of regeneration that inspire wellbeing and flourishing for people, place and planet. Dr. Karambu is a visionary, a pro-activist, a compassionate, committed, formidable force for change, and an inspiration to all who meet her.

### **About International Peace Initiatives**

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. One of IPI's core programs is the Kithoka Amani Children's Home (KACH), a home that supports vulnerable children from various backgrounds. We use 'regeneration' as a metaphor for creating conditions that inspire people to transform their lives.

### **A message to conference attendees**

This year, we are very excited to once again participate in this critical mental health conference. Mental health is an important facet of everyday life. When this facet of our lives is affected by the stress of living, we all need to come together to look for solutions, so that our communities can flourish. When we talk about community-based mental health care, all levels and contextual elements that impact that community must come to play for a holistic approach to mental health care. The intersections, interconnectedness and interdependence of all these elements inform the health or dis-ease within which any eco-system exists. Mental health is not one particular condition or event moving in a linear line; rather, it is a web of interweaving elements that co-create states-of-being. A holistic approach to addressing mental health in Africa is critically needed in our continent today. This conference is a trail-blazer in this regard.



**Nairobi, Kenya**  
**Hope Without Borders (HWB)**

**Peter Durito Baque** is a seasoned governance, peacebuilding & development practitioner with eleven 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 2024 Mental Health Conference at Daystar University slotted for October 10-11, 2024 and will join the 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.

**Hope Without Borders, USA & global**



**Lance Parve & Julie Parve** are the founding directors of Hope Without Borders, USA and global, which is headquartered in Milwaukee, USA. For over 30 years, HWB committed to providing medical aid, clean water, educational support, and economic empowerment to underserved communities in Africa, Asia and the Caribbean. Their collaboration with the Sebastian Family Psychology Practice began in 2017 notably in their involvement in Mental Health Conferences and building water projects in Kitongo, Uganda respectively. Since 2020, in partnership with SFPP, UBH, and University of Kisubi, HWB Kenya has led an annual mental health conference in Nairobi. They are set to rejoin the 2024 Conference in Nairobi, expanding collaborative efforts to serve the community.

## DEMOCRATIC REPUBLIC OF CONGO



**Beni & Goma, Democratic Republic of Congo**  
**Kivu Care, Bethesda Counseling Center**

**Noé Kasali** received his master's degree in counseling from Wheaton College, USA in 2014. He is known for his gifts and training in trauma and grief, in which he works with individuals, families, children, and groups. Noé strives to use existing local resources such as music, songs, prayers, cultural memorialization rituals, and community support to help people cope with grief, pain, and suffering.

This work led him and his wife Bethany to open Bethesda Counseling Center in the city of Beni in 2016. After preparing and empowering his team, Noé and his family moved to the city of Goma in 2022 where he and Bethany launched Kivu Care, a registered non-profit grassroots initiative with the mission of offering the community with mental healthcare support and holistic recovery service to individuals and families struggling with substance abuse addiction. This work led Noé to further his training and he has completed a six-month addiction counseling certification training through NACADA-Nairobi in 2023.

In the region, Noé and his team of volunteers have launched five different substance abuse support groups following the 12 steps model, where over 90 adults participate every week. They also provide psychosocial services to children and adults living in camps for internally displaced refugees, leading mental health conferences in schools, and offering first aid psychological care to NGO and organizational frontline workers in Goma.

Currently, Noé and Bethany are involved in plans to launch a detox and rehab clinic, the first detox in the city of Goma and the entire eastern DRC region. In a city of about 2 million people, with refugees arriving almost daily, and years of conflict seemingly unending, the needs for quality mental health care, detox, and psycho-social support in Goma, and eastern DR Congo, are great.

## NIGERIA



**Abuja, Nigeria**  
**Nigeria Ministry of Health, Department of Mental Health**  
**University of Abuja Teaching Hospital**

**Dr. Ojo Tunde Masseyferguson** is currently the Federal Government Mental Health Chair in Nigeria, and the head of the Department of Mental health at the University of Abuja Teaching Hospital. He 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 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 an Assistant Social Worker at the Federal Neuropsychiatric Hospital in Abeokuta, Ogun State, Nigeria. She holds a master's degree in social work from the University of Ibadan, Nigeria, and another master's degree in drug and alcohol studies from Avogadro University, Italy. She has worked in community mental health and the rehabilitation of mentally ill persons as a social worker for the past 17 years. Mrs. Salako is also a member of the non-governmental organization TUNDE AND FRIENDS, which focuses on the treatment and rehabilitation of physically and mentally challenged individuals.

Additionally, she is a member of the CENTER FOR BETTER MENTAL HEALTH (CBMH) that is into patients support program (ASPRO). She also volunteers with the HOPE RESTORATION AND HEALTH INITIATIVE Nigeria, serving as a liaison officer to the community, where the focus is on preventing homelessness and restoring mental health. She and her team have successfully rehabilitated several homeless mentally challenged individuals.



Mrs. Salako's primary areas of interest are the treatment, rehabilitation, and reintegration of homeless mentally challenged individuals back into society without the fear of stigmatization. She is the founder and Ceo of the OLUTUNU HEALTH AND HUMAN DEVELOPMENT INITIATIVE, a registered non-governmental organization. Mrs. Salako and her team are strong advocates for mental health awareness and education and have been committed to their services, working with UBHA since 2018.

## SOMALILAND



### **Somaliland Ministry of Health, Department of Mental Health Gabiley Mental Hospital**

**Dr. Muktar Beshir Ahmed** serves as the Somaliland National Mental Health Program Coordinator, and 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.

Dr. Muktar Beshir serves in 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.

## BURUNDI

### **Bujumbura, Burundi** **Friends Women's Association**



**Parfaite Ntahuba**, an executive board member and assistant clerk of the Friends World Committee for Consultation - FWCC (Africa Section) and a senior pastor in the Quaker community (in her home country – Burundi, in East-Central Africa). For the last 10 years, she has been the national Coordinator of the Friends Women's Association (FWA) through which she has been leading and advocating for various matters in regards to gender-based violence (GBV) through trauma healing workshops, capacity enhancement of local leaders, and dispute resolution mechanisms among couples, as well as advocating for women's rights in Africa as a member of All Africa Conference of Churches (AACC) general committee and in her local community.

Parfaite was contracted to rejuvenate FWA's clinic and move it forward. Since she began, the clinic has moved forward in leaps and bounds with 330 people under Antiretroviral (ARV) treatment. In addition to the clinical side of the clinic, Parfaite has spearheaded a program for rape survivors/gender abused women. Another program she initiated for both religious leaders and community elected leaders is the "Action on gender-based violence". Moreover, Parfaite has initiated the extension of Ntaseka clinic facilities to avail the maternity ward and the hospitalisation until its completion.

Since March 2023, Parfaite has been a member of the American Friends Service Committee International Programs' Executive Committee. On October 2, 2024 Parfaite Ntahuba was given an award by Faith to Action Network for promoting gender justice.

We were thrilled to have Parfaite and the team from Burundi join the International East Africa Psychology Conference for the first time in 2023, and now once again in 2024.





**Bujumbura, Burundi**  
**Friend's Women's Association**

**Augustin Harushimana** is a Midwife and a Christian based in Burundi. He works with health centers such as Misuhuko Medical Center, where he is responsible for mother-child healthcare in rural areas. Augustin also serves as a midwife and Health Information and Data Communication Officer at the Friends Women's Association. He is the President and Founder of *The Midwife in Action's Association* (Vyara Uheke Burundi) and a member of the International Confederation of Midwives (ICM).

As an ICM Young Midwife Leader (YML) Alumni (2001-2003), Augustin was honored as a Youth Trailblazer Awardee at the 2022 International Conference for Family Planning. He is also the co-coordinator of the Twin to Win Project and he is the Twin to Win project Expert with ICM 2023 - 2024. He is a motivator, a sexual and reproduction conference speaker, a mentor for young midwives, and a peace maker.

Known for his honesty, open-mindedness, and excellent time management, Augustin is a hard worker who is friendly to everybody. He is creative and full of innovation in his daily work, he even manages four languages (English, French, Swahili and Kirundi, his mother tongue). Augustin is committed to contribute his best as a Midwife to promote the well-being of women and children in an isolated village, both in rural and urban areas of Burundi.

## PLANNING COMMITTEE ACKNOWLEDGMENT

It takes many hands to put this conference together. Many have donated time and skill and put in long hours to make it happen. Thanks to their efforts, we are able to be here together, sharing in person or virtually, our collective success and commitment to the field of mental health. Each of us has contributed uniquely to advancing the mission of improved care for all, a mission that binds us not only in work but in fundamental values. With that, we wanted to take some space to thank those who have contributed to the planning of the conference and the creation of the program:

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## **Thank You for Participating**

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

UBHA Website: [ubha.org](http://ubha.org)