

Catalyze, inspire, innovate for mental health

GlobalMentalHealth@Harvard



GlobalMentalHealth@Harvard 2nd Annual Open Day

Sever Hall 113 | Harvard Yard
Harvard University, Cambridge, Massachusetts
Saturday April 13th, 2019
8:30 am - 4:00 pm

Celebrating the diversity of global mental health activities in our community.



HARVARD

Global Mental Health Initiative

The 2nd Annual GMH@Harvard Open Day continues the theme from the inaugural event last year, and the spirit of the initiative, to *'Celebrate the diversity of global mental health activities in our community'*.

The event will feature keynote speaker: Patrick J. Kennedy, former Congressman (D-RI); Lead author of the Mental Health Parity and Addiction Equity Act of 2008; founder of The Kennedy Forum and DontDenyMe.org; co-founder of One Mind. Followed by presentations from faculty, staff, students, and others from our community who are working in the field of global mental health.

GlobalMentalHealth@Harvard is a cross-Harvard initiative aspiring to elevate the profile of mental health as a global public good and a universal human right through education, research, innovation, and engagement. The Open Day is co-hosted by the Department of Global Health and Social Medicine at Harvard Medical School, the Harvard Global Health Institute, and the Department of Global Health and Population at Harvard T.H. Chan School of Public Health.

For more information on the initiative and to find out how you can be involved visit us at:

<https://globalhealth.harvard.edu/mentalhealth>

And join the conversation on Twitter:

@GMHatHarvard

#GMHOpenDay2019



Agenda:

8:30am – 9:00am Registration and Breakfast

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Welcome and Keynote

9:00am – 9:30am **GlobalMentalHealth@Harvard:**
A year in review and preview of where we are going



Speaker: Vikram Patel, MBBS, PhD

The Pershing Square Professor of Global Health and Wellcome Trust Principal Research Fellow, Dept. of Global Health & Social Medicine, Harvard Medical School Professor, Dept. of Global Health & Population, Harvard TH Chan School of Public Health Co-Founder and Member of Managing Committee, Sangath Adjunct Professor, Public Health Foundation of India

9:30am – 10:30am **My Journey: *Making Mental Health Essential Health***

Keynote Speaker: Patrick J. Kennedy

Lead author of the Mental Health Parity and Addiction Equity Act of 2008; founder of The Kennedy Forum and DontDenyMe.org; co-founder of One Mind.



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10:30 – 10:45 **Break**

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Session 1 & 2 Flash Talks & Panel Discussion

10:45 – 11:15 **Session 1: Increasing Funding and Being Accountable**

Flash Talk Presentations:

New Science – New Finance for Mental Health

Garen Staglin

Co-Founder and Board Chairman of One Mind

Accountability for mental health in the SDG era

Shekhar Saxena, MD, FRCPsych

Professor of the Practice of Global Mental Health. Department of Global Health and Population, Harvard T.H. Chan School of Public Health

Panel Discussion and Q&A with Session 1 Presenters:

Moderated by: **Vikram Patel, MBBS, PhD**



11:15 – 11:55 Session 2: Scaling Up Mental Health Care

Flash Talk Presentations:

Community-Based Partnerships that Deliver for High-Risk Young Men

Anna Bartuska

Clinical Research Coordinator, Massachusetts General Hospital, Community Psychiatry PRIDE



Resilience Strengthening and Mental Health Promotion through Humanitarian Leadership Education

Moira Hennessey, PhD, MPH

Instructor/Mental Health Specialist, Harvard Humanitarian Initiative



Panel Discussion and Q&A with Session 2 Presenters:



Moderated by: **John Naslund, PhD**

Research Fellow in Global Health and Social Medicine
Harvard Medical School

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11:55 – 1:20 Lunch & Networking Session

Breakout rooms (located on the 2nd floor of Sever Hall):

- The Mental Health Workforce
- Mental Health Promotion Science
- Global Mental Health Delivery Science
- Human Rights
- Building our GMH@Harvard Community
- Financing & Accountability (Countdown MH 2030)

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Session 3 & 4 Flash Talks & Panel Discussion

1:20 – 1:50 pm Session 3: Mental Health on a College Campus

Flash Talk Presentations:

Student-led initiatives for student mental health: 4 examples at Harvard

Jenny H. Hsi

Doctor of Public Health (DrPH) candidate,
Harvard T. H. Chan School of Public Health



Mobile Mental Health at Harvard: Evaluating the use of a mHealth app for students seeking care at Harvard University Health Services

Leslie Tarver, MD, MPH

Child Psychiatry Fellow
Massachusetts General Hospital, Harvard Medical School



Panel Discussion and Q&A with Session 3 Presenters:



Moderated by: **Lauren Mitchell**

Medical Student at Harvard Medical School
Research Fellow at Sangath, Sinclair Kennedy Traveling Fellowship

1:50 – 2:20pm Session 4:
A Rights Based Approach to Mental Health Access & Care Flash Talk Presentations

& Panel Discussion:

An Introduction to Trauma Systems Therapy for Refugees (TST-R)

Emma Cardeli, Ph.D.

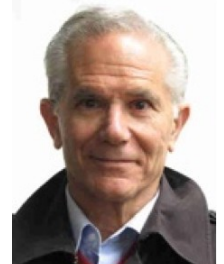
Licensed Psychologist and Research Associate at the Refugee Trauma & Resilience Center at Boston Children's Hospital/Harvard Medical School



Mental Health through a Human Rights Lens

Stephen P. Marks, Docteur d'État, Dipl. IHEI

François-Xavier Bagnoud Professor of Health and Human Rights, Harvard T.H. Chan School of Public Health



Panel Discussion and Q&A with Session 4 Presenters: Moderated
by: **Giuseppe Raviola, MD, MPH**



HARVARD
Global Mental Health Initiative

2nd Annual Open Day Agenda
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2:10 – 2:35 Break

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Session 5 Flash Talks & Panel Discussion

2:35 – 3:20pm Session 5: Enhancing Mental Health and Wellbeing

Flash Talk Presentations:

CAFF in China - Promotion of Mental Well-being for Children with Parental Mental Challenges

Miao Xue, MA

Current MMSc-GHD student, Global Health Delivery Program at Harvard Medical School, Department of Global Health and Social Medicine



A Four-Week Group Intervention for Adolescent Anxiety and Depression: Outcomes of a Randomized Trial with Kenyan Adolescents

Tom Osborn, Undergraduate

Harvard College '20



Family Strengthening Intervention (Sugira Muryango) associated with improved caregiver mental health and reduced family violence in Rwanda

Sarah K. G. Jensen, PhD

Post-Doctoral Fellow, Boston College School of Social Work



Panel Discussion and Q&A with Session 5 Presenters:

Moderated by: **Anne Becker, MD, PhD**



Maude and Lillian Presley Professor of Global Health and Social Medicine, Department of Global Health and Social Medicine, Harvard Medical School

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Closing

3:20pm – 4:00pm

Speaker: **Giuseppe Raviola, MD, MPH**
Director, Program in Global Mental Health and Social Change, Department of
Global Health and Social Medicine, Harvard Medical School
Director, Mental Health, Senior Health and Policy Advisor, Partners In Health
Assistant Professor of Psychiatry, Dept. of Global Health and Social Medicine,
Harvard Medical School

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Poster Session

Posters will be available in Sever Hall 109 throughout the day.

Please take some time to talk with our poster presenters during each of the breaks.

A qualitative pilot study on the causes and cultural interpretations of mental health in rural Nigeria.

Dr. Saheed Akinmayowa Lawal

Department of Sociology, Olabisi Onabanjo University, Ago-Iwoye, Nigeria
Department of Global Health and Population, Harvard T H Chan School of Public Health



Community Based Participatory Research Approach to a Family Strengthening Intervention with Refugee Communities in New England

Jenna Berent, MPH, Boston College School of Social Work

Other poster authors:

Jordan Farrar, William R. Beardslee, Theresa S. Betancourt Research Program on Children and Adversity, Boston College



Costs and Cost-Effectiveness of Digital Technology Interventions for Mental Health: A Systematic Review

Udita Joshi, MPH

Research Fellow, Sangath, Bhopal, Madhya Pradesh, India
Lauren Mitchell

Medical Student at Harvard Medical School

Research Fellow at Sangath, Sinclair Kennedy Traveling Fellowship



Acceptability and feasibility of digital technology for training community health workers to deliver depression treatment in rural India

Shital Shamrao Muke, PhD

Research Coordinator, Sangath, Bhopal, Madhya Pradesh, India



Poster Session (continued)

FIMRC: Sustainable Efforts to Promote Mental Health Locally and Abroad

Anna Vaynrub, student at Harvard College,
Vice President of FIMRC

Ashley Cooper, student at Harvard College,
President of FIMRC

Kayla Lentz, student at Harvard College,
Secretary of FIMRC

FIMRC stands for the Foundation for the International Medical Relief of Children



Center for Mental Health “Home of Brains” – a holistic approach to mental health care and patient empowerment in Sub-Saharan countries

Rick Peter Fritz Wolthusen, MD

McCloy Fellow/MPP candidate at Harvard Kennedy School



Embracing the Mind in Underserved Communities: Designing and Implementing a Trauma-Informed Mental Health and Wellness Program in an Inner City K-12th Grade School District

Tiana Woolridge, MD '20, MPH '19

Graduate Student at Harvard T.H. Chan School of Public Health
Medical University of California, San Francisco School of
Medicine;

Inner City Education Foundation (ICEF) Wellness Consultant

Patricia Jackson

Senior Advisor, Director of Strategic Initiatives, Inner City Education Foundation Public Schools



THANK YOU

Thank you to all of you for joining us at this event. Among our participants we have over 30 different schools, organizations, and programs represented from within the Harvard community and even beyond the Greater Boston area. Thank you supporting our initiative and for all the work you are doing within the field of global mental health.

Thank you to all of our presenters for sharing their important work with our community.

Thank you to the senior leadership at the
Harvard Global Health Institute
Department of Global Health and Social Medicine, Harvard Medical School
Department of Global Health and Population, Harvard T.H. Chan School of Public Health
for providing the financial support for this event.

Special thank you to our GlobalMentalHealth@Harvard Governance Board, listed below, for all of their support for this and our many GlobalMentalHealth@Harvard activities.

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Susan Gilbert		

SOCIAL MEDIA GUIDELINES

JOIN THE CONVERSATION! The GlobalMentalHealth@Harvard Initiative welcomes and encourages participants and presenters to use social media before, during and after the 2nd Annual GlobalMentalHealth@Harvard Open Day. Using social media at events such as this provides an opportunity to share programs, amplify messages, foster collaboration, elevate the work of the initiative, network with peers, and bring attention to the field of global mental health.

Here are a few guidelines to get you started:

- Follow and tag these social media accounts on Twitter:
 - GlobalMentalHealth@Harvard: **@GMHatHarvard**
 - Harvard Global Health Institute: **@HarvardGH**
 - Harvard Medical School: **@HarvardMed**
 - Harvard T.H. Chan School of Public Health: **@HarvardChanSPH**
- Use the event hashtag in your tweets: **#GMHOpenDay2019**
- Hashtag **#GlobalMentalHealth** / **#MentalHealth** to attract attention.
- Tweet speakers quotes, highlights, interesting findings, and pictures.
- Mention speakers you are tweeting about by including their Twitter handles or the Twitter handles of their organizations.
- Retweet your colleagues' tweets during the event.
- Don't share specifics of data presented unless it is citing a scholarly publication – as it may preclude subsequent publication of the data in an upcoming scholarly journal.



Remember:

- When tweeting from a personal Twitter account and not an official work account, consider including a disclaimer in your Twitter bio stating your tweets represent your own opinions.
- Be respectful to others and stay on topic.
- If you want others in the field to see your engagement, be sure your twitter account is public
- Mute your cellphone/laptop/tablet volume to avoid disruptions