



THE AGA KHAN UNIVERSITY



Brain & Mind Institute



The Aga Khan University Hospital



Healing the brain

Bridging the Gap in Low-and Middle-Income Countries

November 15 - 17, 2023

Radisson Blu Hotel, Upperhill, Nairobi, Kenya



MINISTRY OF HEALTH



KENYA
PSYCHIATRIC
ASSOCIATION
*No Health without
Mental Health*

HEALTH[e]
FOUNDATION



Aga Khan Health Services



INS

International
Neuropsychological
Society
Founded in 1967

About the Brain & Mind Institute



The Brain and Mind Institute (BMI) at the Aga Khan University, operates in East Africa and Central/South Asia. BMI's ethos is to span from neuron to the neighborhood, and across multi-country campuses. The operational model is to empower and strengthen neuroscience and mental health research and interventions through capacity building and partnerships; connecting the rich tapestry of academics, research entities, stakeholders, and communities of lived experience.

BMI facilitates interdisciplinary research, education and innovation in mental health and neurosciences. Through transdisciplinary research approaches, BMI aims to impact the lives of people who are affected by debilitating neurological and mental health problems. Whether it is uncovering the causes of illness or advancing breakthrough research into treatments or interventions, BMI's approach is always mindful of the local needs of the people and communities at risk.

About the conference

Healing the brain: Bridging the Gap in LMICs

Mental health and Neuroscience are rapidly growing fields with a significant impact on individuals, communities, and societies. Yet, despite progress in these areas, low and middle-income countries (LMICs) continue to face significant challenges in addressing brain health issues. In spite of the growing awareness of the importance of brain health, countries in the global south still face numerous obstacles in addressing brain health issues, including inadequate access to care, insufficient research, development and funding, cultural barriers towards help-seeking behaviour and a general lack of awareness by the populace.

This conference aims to bring together leading experts and stakeholders in neuroscience and mental health to explore innovative solutions and strategies to promote brain health in LMICs.

Objectives

1. To facilitate the exchange of pioneering brain health research and inform evidence-based practices.
2. To raise awareness of the current state of brain health in LMICs and the challenges faced in providing adequate care.
3. To bring together leading experts in the field to share their knowledge and experience in addressing brain health issues.
4. To identify innovative solutions and strategies for improving brain health care and research.
5. To foster collaboration among stakeholders to promote the integration of brain health into overall health systems.

Day 1 - November 15, 2023

8.00 am - 8.30 am

Registration

8:30 am - 8:45 am

Introduction and welcome remarks - Prof Zul Merali

9:00 am - 1:00 pm | Stakeholder Forum

Investment in brain health: Global perspectives

9:00 am - 11:00 am | Workshop

Advancing Neuropsychology and Brain Health: Tools, Collaboration, and Empowerment

11:00 am - 11:30 am

Tea Break

11:30 am - 1:15 pm | Workshop

Enhancing Brain Health: Innovative Neuro-Monitoring Solutions

1:15 pm - 2:00 pm

Lunch Break

2:00 pm - 3:00 pm

Poster presentations

3:00 pm - 3:30 pm

Tea Break

3:30 pm - 4:30 pm

Brain Health Hackathon

Day 2 - November 16, 2023

7.30 am - 8.30 am

Registration

8.30 am - 8.45 am

Introduction and welcome remarks - Prof Zul Merali

8:45 am - 9:30 am | Plenary Session 1

Keynote Address

9:30 am - 10:30 am | Plenary Session 2: Roundtable Discussion

Integrated Health Care: The Aga Khan Development Network Perspective

10:30 am - 11:00 am

Tea Break

11:00 am - 12:00 noon | Plenary Session 3: Roundtable Discussion

Dementia assessment & interventions: Building tools in LMICs

12:15 pm - 1:15 pm | Parallel Sessions

Session 1: Perinatal mental wellbeing: Innovations and interventions

Session 2: Prevention and treatment of mental ill health and substance use disorders

1:15 pm - 2:00 pm

Lunch Break

2:00 pm - 2:30 pm | Plenary Session 4: Roundtable Discussion

Mizizi Africa: Spoken Poetry
Lived Experience Perspective

2:30 pm - 3:45 pm | Plenary Session 5: Roundtable Discussion

Mitigation of suicidal behaviours in resource constrained countries

4:15 pm - 5:15 pm

Tea Break & Networking

Day 3 - November 17, 2023

8.30 am - 8.40 am

Introduction and welcome remarks

8:45 am - 10:00 am | Plenary Session 1: Roundtable Discussion

Global trends: The role of LMICs in addressing the brain health crisis

10:00 am - 10:30 am | Plenary Session 2

Keynote Address

10:30 am - 11:00 am

Tea Break

11:00 am - 12:00 noon | Plenary Session 3: Roundtable Discussion

Understanding brain diversity: The role of African neuroscience

12:00 noon - 1:00 pm | Parallel Sessions

Session 1: Technology & brain health: The good, bad and the ugly

Session 2: Culture, society and mental health

1:00 pm - 2:00 pm

Lunch Break

2:00 pm - 4:00 pm | Plenary Session 4: Roundtable Discussion

Presentations: Climate Change & Mental Health Competition

Keynote Address & Panel Discussion - Climate change and mental health: Mitigating a potential crisis

4:00 pm - 4:50 pm | Plenary Session 5: Roundtable Discussion

4:50 pm - 5:15 pm

Tea Break & Networking

7:00 pm - 8:30 pm

Closing Ceremony and Dinner

Day 1 - November 15, 2023

8.00 am - 8.30 am

Registration

8.30 am - 8.45 am

Introduction and welcome remarks



9:00 am - 1:00 pm | Theme: Global Brain and Mental Health Challenges & Solutions

Investment in brain health: Global perspectives

Mental health conditions cost the world economy \$1 trillion annually, and projected to rise to \$6 trillion by 2030.

This roundtable discussion will take a deep dive into current and potential future global investments in mental and brain health. This discussion will conclude with a call for action for the mitigation of the burgeoning costs of inaction.

Stakeholder Forum



Dr Hussein Manji,
President and CEO, Science for
Minds LLC



Prof Lekan Ayo-Yusuf,
Scientist and Professor of Public
Health, University of Pretoria



Dr Nasri Omar,
Focal Person, Mental Health
System and Policy, Ministry of
Health, Kenya



Dr Simon Njuguna, Director, Mental
Health Division, Kenya



Prof Cyprian Mostert,
Mental Health Economist, Brain &
Mind Institute, Aga Khan University

9:00 am - 11:00 am | Pre-conference Session

Advancing Neuropsychology and Brain Health: Tools, Collaboration, and Empowerment

Speakers in the field of neuropsychology will address the importance of African-specific and global perspectives. In order to be relevant in the African context, neuropsychological data will need to reflect functional capacities that are valued and adaptive in African settings.

However, in order to study the international impacts of climate change, pandemics, and socioeconomic disparities, measurement tools will need to be harmonised across international sites. This challenge and various ways it might be addressed, will be a primary focus of the workshop.

Workshop



Prof Ozioma Okonkwo,
Geriatrics Faculty,
Clinical Science Center,
Department of Medicine
University of Wisconsin
School of Medicine and Public
Health



11:00 pm – 11:30 pm

Tea Break

11:30 pm – 1:15 pm | Pre-conference Session

Enhancing Brain Health: Innovative Neuro-Monitoring Solutions

During the session, participants will engage in interactive discussions, case studies, and live demonstrations of cutting-edge technologies that can be utilized for real-time neuro-monitoring in resource-constrained settings. We will explore the potential of portable and low-cost brain monitoring devices, remote sensing technologies, and telemedicine solutions to aid in early diagnosis, continuous monitoring, and personalized treatment of neurological conditions.



Dr Dilraj Sokhi,
Consultant Neurologist, Aga Khan
University Hospital, Nairobi



Dr Samuel Gitau,
Consultant, Radiology and Nuclear
Medicine, Aga Khan University
Hospital, Nairobi



1:15 pm – 2:00 pm

Lunch Break

2:00 pm – 3:00 pm | Pre-conference Session

Poster presentations

This session allows us to invite researchers to participate in the Poster Presentations at the Conference. This promises to be a platform for scholars and scientists to showcase their groundbreaking work in the field of brain health.



3:00 pm – 3:30 pm

Tea Break

3:30 pm – 4:30 pm | Pre-conference Session

Brain Health Hackathon



Day 2 - November 16, 2023

7.30 am - 8.30 am

Registration

8.30 am - 8.45 am

Introduction and welcome remarks



8:45 am - 9:30 am

Keynote Address



9:30 am - 10:30 am | Theme: Global Brain and Mental Health Challenges & Solutions

Integrated Health Care: The Aga Khan Development Network Perspective

This conference session provides a comprehensive understanding of integrated care and its role in transforming access to quality healthcare. We focus on AKHS's pioneering approach, examining its profound influence, obstacles, and future possibilities. Additionally, we explore how AKHS's innovative integrated care model fosters Brain Health in low- and middle-income countries (LMICs). Through captivating conversations, we highlight AKHS's exceptional expertise in providing comprehensive healthcare services to underserved communities, showcasing their commitment to making a positive difference.



Stakeholder Forum



Dr Zeenat Sulaiman Khan,
Regional Chief Executive Officer,
AKHS, East Africa



Dr. Gijs Walraven,
Director for Health, AKDN & Global
General Manager, AKHS



Mr. Rashid Khalani,
Chief Executive Officer, Aga Khan
University Hospital, Nairobi

10:30 am - 11:00 am

Tea Break



11:00 am - 12:00 noon | Theme: Global Brain and Mental Health Challenges & Solutions

Dementia assessment & interventions: Building tools

This conference session aims to discuss how we can build tools for dementia assessment & interventions in LMICs to improve the quality of life for those affected by this condition. Furthermore, dementia projections in LMICs indicate that those affected will have tripled by 2050. Therefore, the urgency to build tools for dementia assessment and interventions for LMICs has never been more dire.



Stakeholder Forum



Healing the brain: Bridging the Gap in Low-and Middle-Income Countries
November 15 - 17, 2023 | Radisson Blu Hotel, Upperhill, Nairobi, Kenya



Dr Victor Valcour,
Executive Director Global Brain
Health Institute & Atlantic Fellows
for Equity in Brain Health



Prof Mohammed Wasay,
Neurologist & Professor
Department of Medicine, AKU,
Pakistan



Dr Karen Blackmon,
Consultant Neuropsychologist,
Brain & Mind Institute, Aga Khan
University



Dr Juzar Hooker,
Consulting Neurologist, Aga Khan
University Hospital, Nairobi



Dr Sarah Lenz Lock,
Senior Vice President for Policy
and Brain Health in AARP's Policy,
Research and International Affairs
(PRI)

Parallel Sessions

12:15 pm – 1:15 pm | Theme: Stress, Trauma and Mental health

Perinatal mental wellbeing: Innovations and interventions

The innovative approaches to identify mental health issues and promoting mental wellbeing during pregnancy are essential, especially in LMIC where stigma, underreporting, a lack of knowledge, and resources are some of the key factors. This discussion will emphasize on the shift from disease/deficit-based approach to the strength-based approach (positive psychological constructs).



Nelius Mukami Rwamba,
Maternal and Child Health
Champion and Mental Health
Champion Founder, The Kena
Foundation



Fatima Gohar,
Lead, Maternal and Child Health,
UNICEF



Prof Rozina Karmaliani,
Associate Director, Brain & Mind
Institute - South & Central Asia



Amisa Rashid,
CEO, Nivishe Foundation, Kenya



Aneel Braar,
Research Fellow, Brain & Mind
Institute, Aga Khan University



Parallel Sessions

12:15 pm – 1:15 pm | Theme: Frontiers for the young mind

Session 2: Prevention and treatment of mental ill health and substance use disorders - A conversation

Many of the existing validated measures of substance use disorders used in Kenya rely on self-reports, which has aided in the field's advancement. However, what is sorely needed are more objective endpoints in the form of clinical trials, genetic, epigenetic and other biomarkers. Objective measures will make data sharing, comparing findings across studies, and replication convenient. As a result, we will be able to design more dynamic and personalized interventions for substance abuse disorders that effectively assist people in reducing or eliminating their substance use.



Dr Catherine Gitau,
Assistant Professor & Consultant
Psychiatrist, Aga Khan University
Hospital, Nairobi



Fareed Khimani,
Mental Health Advocate & Radio
Host, Capital FM, Kenya



1:15 pm – 2:00 pm

Lunch Break



Workshop

2:00 pm – 2:30 pm

Mizizi Africa: Spoken Poetry

Story from a Person with Lived Experience [Positioning of his art]



Stakeholder Forum

2:30 pm – 3:45 pm | Theme: Frontiers for the young mind

Mitigation of suicidal behaviours in resource constrained countries - Roundtable Discussion

The global prevalence of suicidal behaviors, encompassing suicidal ideation, suicide attempts, and completed suicides, presents a profound and pressing public health issue. However, resource-constrained countries encounter distinctive obstacles when confronting this matter, stemming from insufficient funding, inadequate mental health infrastructure, and socio-economic factors that intensify susceptibility.

In order to address suicidal behaviors effectively within resource-constrained countries, the adoption of innovative strategies and community-based interventions becomes pivotal.



Dr Linet Onger,
Suicide Prevention Consultant,
BMI, AKU; Deputy Director Non
Communicable Disease Program,
Kenya Medical Research Institute



Dr Lakshmi Vijayakumar,
Consultant psychiatrist & Founder
of SNEHA, India



Nadra Alley,
Life Coach/ Mental Wellness
Advocate, General Manager, TSG
Hospitality



Prof Murad Khan,
Suicide Prevention Scientist, Brain &
Mind Institute, Aga Khan University



Dr Boniface Chitayi,
Psychiatrist & President, Kenya
Psychiatric Association



Ramadhan Said,
Creative Director, Karali Pics



3:45 pm – 5:00 pm

Tea Break & Networking

Day 3 - November 17, 2023

8.30 am - 8.40 am

Introduction and welcome remarks

8:45 am - 10:00 am | Theme: Global Brain and Mental Health Challenges & Solutions

Global trends: Addressing the brain health crisis

In this round table discussion, we aim to examine the current state of mental health in LMICs and the trends shaping its future while exploring the unique challenges they face in addressing the mental health crisis, including the lack of funding, trained professionals, and effective policies. Most importantly, we intend to identify the unique contributions LMICs can make to address the crisis, drawing on their strengths, valuable resources, and cultural heritage.



Prof Zul Merali,
Founding Director, Brain and Mind
Institute, Aga Khan University



Prof Vikram Patel,
The Pershing Square Professor
of Global Health, Department of
Global Health and Social Medicine,
Harvard Medical School



Prof Lukoye Atwoli,
Deputy Director, Brain & Mind
Institute & Dean Medical College,
Aga Khan University



Fareed Khimani, Mental Health
Advocate & Radio Host, Capital FM,
Kenya



Prof Amina Abubakar,
Director, Institute for Human
Development, Aga Khan University



Stijn De Leeuw,
Founding Director at Little Lions
Child Coaching

10:00 am - 10:30 am

Keynote Address

10:30 am - 11:00 am

Tea Break

11:00 am - 12:00 noon | Theme: Global Brain and Mental Health Challenges & Solutions

Understanding brain diversity: The role of African neuroscience

This roundtable discussion seeks to explore the contributions of African neuroscience to unraveling the complexities of brain diversity and its implications for tackling global health challenges. This discussion will delve into the unique perspectives, research endeavors, and collaborative efforts originating from African neuroscientists that shed light on the rich tapestry of brain variations and how they can shape global health initiatives.





Dr Chi Udeh Momoh,
Translational Neuroscientist, Brain
and Mind Institute, Aga Khan
University



Prof. Amadi Ihunwo,
Professor of Anatomy, Head of
School of Anatomical Sciences,
Wits University



Dr Edwin Mogere,
Programme Director, Department
of Surgery and Consultant
Neurosurgeon, Aga Khan
University Hospital



Dr Sylvia Mbugua,
Assistant Professor and Section
Head, Aga Khan University



Parallel Sessions

12:00 pm - 1:00 pm | Frontiers for the young mind

Technology & brain health: The good, bad and the ugly

In the modern era, technology has become an integral part of our lives, influencing how we communicate, work, and even think. While technology offers numerous benefits and advancements, its impact on brain health is a subject of increasing concern. This roundtable discussion aims to delve into the multifaceted relationship between technology and brain health, examining the positive, negative, and potentially harmful effects that technology can have on our cognitive well-being.



Dr Dilraj Sokhi,
Consultant Neurologist, Aga Khan
University Hospital, Nairobi



Dr Beverly Cheserem,
Consultant Neurosurgeon, Aga
Khan University Hospital, Nairobi



Dr Jasmit Shah,
Assistant Professor & Data
Scientist, Brain & Mind Institute



Dr Rébecca Robillard,
Assistant Professor, School of
Psychology, University of Ottawa



Philip Ogolla (HSC),
Founder, Digital Humanitarian



Parallel Sessions

12:00 pm – 1:00 pm | Theme: Frontiers for the young mind

Culture, society and mental health - Roundtable Discussion

This roundtable discussion aims to shed light on the intricate relationship between culture, society, and mental health. It seeks to foster a deeper understanding of how cultural and societal factors influence mental well-being, as well as explore potential solutions and strategies for promoting positive mental health across diverse cultural contexts.



Dr Samim Hasham,
Chief Operating Officer, Global &
Associate Director, East Africa



Prof Lukoye Atwoli,
Deputy Director, Brain & Mind
Institute & Dean Medical College,
Aga Khan University



Dr Frank Njenga,
Psychiatrist and Founder, Chiromo
Hospital Group



Dr Edna Bosire,
Medical Anthropologist &
Implementation Scientist, Brain &
Mind Institute, Aga Khan University



Dr Bonga Chiliza,
Associate Professor/Chief
Specialist and Head of the
Department of Psychiatry at the
University of KwaZulu-Natal



1:00pm – 2:00 pm

Lunch Break

2:00 pm – 2:30 pm | Theme: Stress, Trauma and Mental health

Presentations: Climate Change & Mental Health Competition



Stakeholder Forum

2:30 pm – 4:00 pm | Theme: Stress, Trauma and Mental health

Climate change and mental health: Mitigating a potential crisis

Growing evidence of climate change impacts on mental health demonstrates a need for more contextual awareness and research in this area to mitigate or forestall potential mental health crises in the near future. This plenary session will pave the way for a conversation on possible strategies for alleviating a possible crisis while interrogating the role of cultural and societal factors in shaping the mental health impact of climate change in low and middle-income countries.





Prof Lukoye Atwoli,
Deputy Director, Brain & Mind
Institute & Dean Medical College,
Aga Khan University



Onno Ruhl,
General Manager, Aga Khan
Agency for Habitat, Aga Khan
Development Network



4:00 pm – 4:45 pm

Tea Break & Networking



7:00 pm – 8:30 pm

Closing Ceremony and Dinner

Speaker Profiles



Prof Amadi Ogonda Ihunwo

**Head of School, School of Anatomical Sciences,
University of the Witwatersrand**

Prof Amadi Ihunwo's research area is Comparative Adult Neurogenesis and Gliogenesis in the brain in mammalian and avian species and the factors that affect the process at different life stages.

He is a Fellow of both the Anatomical Society of Nigeria and the Neuroscience Society of Nigeria and a member of the Royal Society of South Africa. Prof Ihunwo is a South African National Research Foundation (NRF) rated Scientist. He is the immediate past Secretary-General of the Society of Neuroscientists of Africa (SONA) and Chair of SONA Governing Council. Prof Ihunwo is a Councillor, representing Africa on the Council of the International Society for Neurochemistry (ISN). He is the Founder of the Brain Awareness Initiative (BWI) foundation.



Prof Amina Abubakar

Director, Institute for Human Development, Aga Khan University

Prof Amina Abubakar is a Senior Research Scientist at the Kenya Medical Research Institute/Wellcome Trust Research Programme and Visiting Academic at the University of Oxford, Department of Psychiatry.

She is a Developmental Psychologist with interest in both acquired and congenital brain disorders. Her research interests lie in a) quantifying the neurocognitive burden of early childhood diseases; b) developing culturally appropriate psychological measures for use in SSA and; c) identifying culturally appropriate intervention strategies for at-risk children in SSA. Her expertise in tool development is widely acknowledged and adapted in several countries including Kenya, South Africa, Spain, and Indonesia.



Amisa Rashid

Founder and Executive Director of Nivishe Foundation

Amisa Rashid is a counseling psychologist, mediator, and tireless advocate for community resilience, mental health, and peaceful social cohesion. She founded Nivishe Foundation, an organisation dedicated to foster community resilience through community based mental health interventions, innovations and approaches.



Aneel Brar

Research Fellow, Brain and Mind Institute, Aga Khan University

Aneel Brar's research focuses on maternal health, specifically on how social forces become embodied as mental and physical disorder among pregnant women and young mothers. Using anthropological methods, epidemiology, and implementation science, Aneel's objective is to translate research into policies and programs that decolonize global health practice, address structural violence, and advance health

equity. He is a PhD candidate in Medical Anthropology at the University of Oxford, has a Master of Medical Sciences degree in Global Health Delivery from Harvard University, a Master of Arts in Political Science from McGill University, as well as Bachelor degrees in Cell Biology and Political Science from University of Calgary.

Over the past 10 years, Aneel has lived and worked mostly in rural Rajasthan to improve access to quality care. He is the Co-Founder and Executive Director of the Mata Jai Kaur Maternal and Child Health Centre, has led the development of a task-shared non-specialist delivered perinatal mental health intervention called the Khushee Mamta Program (Happy Motherhood Program), and a male focused gender-based violence prevention program called Men Against Violence (MAV) with funding from Grand Challenges Canada and Harvard Medical School's Center for Global Health Delivery. He also was a Visiting Academic at Harvard Medical School's Department of Global Health and Social Medicine.



Dr Bonga Chiliza

Associate Professor and Head of the Department of Psychiatry at the University of KwaZulu-Natal

Dr Bonga Chiliza is the immediate past President of the South African Society of Psychiatrists and the Deputy Editor of the South African Journal of Psychiatry. He completed his medical degree and psychiatry specialization at the University of KwaZulu-Natal and his Ph.D. at Stellenbosch University. His research interests include schizophrenia, consultation-liaison psychiatry, health services, and medical

education. Prof Chiliza has received several awards, including the Hamilton Naki Clinical Research Fellowship, and research grants from international funding agencies. He has authored over 100 peer-reviewed articles and book chapters. He has also served on several NGO Boards, including the SA YMCA and Life Choices. He is one of the Founding Directors of Harambee Medical Consulting and the Africa Global Mental Health Institute.



Dr Catherine Gitau

Full-time faculty in the Department of Medicine, Aga Khan University Medical College, East Africa

Dr Catherine Gitau is a consultant psychiatrist with a Master of Medicine degree in Psychiatry from the University of Nairobi.

She has over 12 years' experience in the management of various mental illness. She previously held a faculty position at the University of Nairobi for five years where she participated in various teaching and research activities and was a fellow under the Partnership for Health Research and Training in Kenya

(PHERT), an Epidemiology fellowship Programme.

Her main research interest is in integration of mental healthcare at the primary healthcare and all levels of healthcare which forms her main objectives in her PhD proposal. She actively participated in providing psychosocial support to healthcare workers during the COVID 19 pandemic, under the Kenya psychiatric association (where she held the position of continuous medical education coordinator) through weekly mental health webinars and in the establishment of the healthcare workers call center among others.

Dr Gitau believes in a holistic approach to mental healthcare, where individual patient needs are addressed and the dignity of the patient is prioritized as we provide mental health care services.



Dr Chi Udeh-Momoh

Senior Translational Neuroscientist, Brain and Mind Institute, Aga Khan University

Dr Chi Udeh-Momoh is at the forefront of developing dementia and healthy brain aging research, education, and care while collaborating with Mental Health and Neuroscience subject experts, clinicians, and educators across the Aga Khan University, to ultimately build the neuroscience capacity and strength at the University.

Dr Udeh-Momoh has been a Programme and Biomarker Lead for several large-scale dementia prevention studies, including the world-class Imperial College London UK-led longitudinal CHARIOT: PRO cohort with over 2000 cognitively healthy older adults screened, and data on imaging and fluid biomarkers as well as neurocognitive and lifestyle factors collected at high throughput. She is also an Atlantic Fellow for Equity in Brain Health at the Global Brain Health Institute, University of San Francisco, California, USA.

Having completed a competitive CASE PhD studentship in Neuroscience and Neuroendocrinology at the MRC Centre for Synaptic Plasticity at the University of Bristol (2010-2014), her current research focuses on elucidating dementia prevention bio-mechanistic pathways and strategies across diverse populations, with multiple grants and awards to execute this work.



Cyprian M. Mostert

Assistant Professor, Department of Population Health and Lead Mental Health Economist, Brain and Mind Institute, Aga Khan University

Cyprian has worked in higher education for ten years, teaching and conducting research for universities and international financial institutions, including the World Bank Group (Washington DC), Roche Diagnostics (Switzerland), University of Twente (the Netherlands), University of Maastricht (the Netherlands), Universitat Pompeu Fabra (Spain), Barcelona Graduate School of

Economics (Spain), University of the Witwatersrand (South Africa) and University of Pretoria (South Africa). Cyprian has also garnered socio-cultural experience by living and working in several world regions, mainly in Africa, Americas and Europe.

His research interests are in applied econometrics, development economics, health inequality, mental health, poverty, health technology assessment, public health policy, and healthcare financing. He is among the leading emerging voices in global health systems. He has over twenty peer-reviewed journal articles and international conference proceedings- covering health systems in Cuba, Brazil, Kenya, Malaysia, Mexico, Malawi, South Africa, OECD countries, Oman, Zambia, and Zimbabwe.



Dr Edna N Bosire

Assistant Professor, Brain and Mind Institute and Department of Population Health, Aga Khan University, East Africa.

Dr Edna Bosire is also the lead for the BMI's Living Lab in East Africa. Edna also holds an honorary appointment as a researcher at the Developmental Pathways for Health Research Unit (DPHRU), University of the Witwatersrand, Johannesburg, South Africa. She has a multidisciplinary background in Medical Anthropology, Public Health, and Implementation

Science. Edna completed her postdoctoral research fellowship in Implementation Science at Georgetown University, Centre for Innovation in Global Health (USA) & Kamuzu University of Health Sciences (Malawi). She has also undertaken further training in Implementation Science at University of Washington (USA). Edna holds a PhD in Medical Anthropology and Public Health from the University of the Witwatersrand, Johannesburg (South Africa), and a Master's degree in Medical Anthropology from the University of Nairobi (Kenya).

Her research interests are in mental health, health systems strengthening, HIV/ AIDS, diabetes and nutrition. Edna has used various Anthropological, Public Health and Implementation Science theories and frameworks to design and implement health research projects in urban poor settings in Kenya, Tanzania, South Africa, and Malawi. She has participated in research as a Principal Investigator (PI), Co-PI and as a researcher and project leads. She has extensive experience working

with communities using participatory research approaches and co-creation of health interventions to ensure that solutions generated are culturally sensitive and context based. She also works closely with policy makers, political leaders and other key decision makers in translating evidence / research into actions, with the aim of improving public and population health.



Dr Frank Njenga (FRCPsych)

Fellow Emeritus of The Royal College of Psychiatrists

For the last 43 years, Dr Frank Njenga has served in many roles in Kenya and the world.

He taught at the University of Nairobi before venturing into full time private practice in 1983. He was the first full time Psychiatrist in private. Through the media, public lectures as well as talks to professional bodies and schools, he was, for a long time the public face of

mental health in Kenya.

Most recently he was the Chairman of the National Taskforce on Mental health and was for the last few years the Presidential Advisor on mental health in Kenya.

Dr. Frank Njenga graduated at the University of Nairobi in 1975. He obtained the Membership of the Royal College of Psychiatrists in 1980, after training at the Maudsley Hospital in London. He was subsequently elected Fellow of the College.

Over the years, he has led the campaign against stigma of mental health using among other methods, the mass media. His T.V series, (Frankly Speaking) broke the silence over mental health issues and led Kenyans to embrace the message that mental illness is common and treatable.

He is the author of several books, including a textbook of psychiatry, numerous scientific publications as well as a long running weekly column in the Business Daily. His latest book published last year 2022 by the name Healing The Mind, is available in All Chiromo Hospital Group Branches. He has, over the years mentored many (now senior) Psychiatrists.

In public life, he served as Chairman NACADA, and was founder Chairman of AAPAP. (Association of African Psychiatrists and Allied Professions). He is the founder and Chairman of The Chiromo Group of Hospitals.



Dr Jasmit Shah

Data Scientist, Brain and Mind Institute, Aga Khan University

Dr Shah holds a Doctorate and Master of Science degree in Biostatistics and Bioinformatics from the University of Louisville, USA, 2017 and 2011, respectively. He also holds a Bachelor of Science degree in Mathematics, Statistics and Chemistry from University of South Alabama, USA, 2009.

Dr Shah's cumulative experience, spanning 11 years, includes research, teaching and consultancy. His experience is in biostatistics having worked in various departments within AKU such as Department of Internal Medicine, Department of Population Health, and the Centre of Excellence in Women and Child Health. Dr Shah has supported UNICEF Zambia and the World Bank Group in data consolidation and updating of tools such as EQUIST and PATHS to conduct evidence-based analysis and was part of the strategic plan for RMNCAHN for Zambia 2022-2027. He has also been a lead trainer in EQUIST(UNICEF) for projects in Ethiopia, Mozambique and Pakistan. As a lead in biostatistics and data science, Dr Shah has held the position of Assistant Professor in AKU Department of Population Health and delivered short courses in biostatistics in the Department of Biomedical Informatics, Moi University, Kenya. Further, he was a Research Associate and REDCap Database Coordinator at the Diabetes and Obesity Centre, University of Louisville, USA.



Dr Juzar Hooker, MB, ChB, MMed, DCN, FCP

Consulting Neurologist - tertiary care referral private practice, Aga Khan University Hospital, Nairobi

Dr Juzar Hooker is also involved in teaching clinical neurology. His main interests include movement disorders and neurodegenerative diseases as well neurological infections, especially neurotuberculosis.

He went to medical school and did his internal medicine and early neurology training at the University of Nairobi and the Kenyatta National Hospital in Nairobi, Kenya, and then went on to complete his neurology training and do a clinical fellowship in movement disorders at The National Hospital for Neurology and Neurosurgery, Queen Square, London, UK. On his return in 2003, he continued to work at the Kenyatta National Hospital till 2007, and then went into private practice based at the Aga Khan University Hospital, Nairobi.



Dr Karen Blackmon

Consultant Neuropsychologist, Brain and Mind Institute, Aga Khan University

She completed her doctoral degree in clinical psychology at the New School for Social Research in New York City and her postdoctoral fellowship in clinical neuropsychology at New York University Comprehensive Epilepsy Center. She is board-certified in clinical neuropsychology through the American Board of Professional Psychology.

Her research interest is in expanding capacity to conduct culturally appropriate neuropsychological assessments and interventions in regions of the world that are disproportionately burdened by chronic neurologic diseases. She has received funding from the National Institutes of Health, US Agency for International Development, and Epilepsy Foundation. She is the recipient of the INS Laird S. Cermak Award for memory research and the Grass Young Investigator Award from the American Epilepsy Society. She is a Research Fellow at the Windward Islands Research and Education Foundation and serves on the board of directors for the International Neuropsychological Society (INS) and Caribbean Center for Child Neurodevelopment. She has published over 50 peer-reviewed articles on neuropsychological manifestations of epilepsy, malformations of cortical development, and infectious diseases such as Zika virus and COVID-19. She serves on the editorial board of Epilepsy and Behavior Case Reports and Frontiers in Neurology. As part of her commitment to global health, she participates in international efforts to harmonize data collection, such as the Zika IPD-MA Consortium and ENIGMA-Epilepsy.



Dr Linnet Onger

Suicide Prevention Scientist, Brain and Mind Institute, Aga Khan University

Dr Onger is a psychiatrist and a scientist in the final stage of completing her PhD in suicidal behaviour among persons with psychotic disorders at Vrije University in the Netherlands. She holds a Master of Medicine degree in Psychiatry and a Bachelor of Medicine and Surgery from the University of Nairobi, 2011 and 2006, respectively. Her expertise includes clinical research and development, public health and epidemiology, policy formulation, data analysis, and monitoring and evaluation. Her research interest is in designing and implementing appropriate cultural and regional research models that integrate mental health in primary health care.

Currently, Dr Onger heads the mental health division at the Centre for Clinical Research in KEMRI. She is a member of the Taskforce on Mental Health in Kenya and collaborates with and guides the Ministry of Health Technical Working Group

at the national and county level. She is also an investigator on several studies that include: 1) testing strategies for integrating non-specialist delivery of evidence-based interventions for depression and/or trauma-disorder with primary care services at public sector hospitals; and 2) analysing neuropsychiatric genetics of African populations. The latter is funded by the Broad Institute of MIT and Harvard.



Prof Lukoye Atwoli

Dean of the Medical College, East Africa and Deputy Director, Brain and Mind institute, Aga Khan University

Prof Lukoye Atwoli is a Professor in Psychiatry with extensive leadership, teaching, and academic research experience. He is the former Dean of the Moi University School of Medicine, where he excelled at building collaborations and partnerships between the School of Medicine and academic medical centres in Africa, Europe, and the US, transforming it into a

regionally leading research and graduate medical school.

Prof Atwoli has a Bachelor of Medicine and Bachelor of Surgery from Moi University. His residency (Master of Medicine) in Psychiatry was undertaken at the University of Nairobi. Prof Atwoli has a PhD from the Department of Psychiatry and Mental Health at the University of Cape Town in South Africa. He is a Visiting Scientist at the Harvard T. H. Chan School of Public Health and an Honorary Associate Professor at the Department of Psychiatry and Mental Health, University of Cape Town. He is an international Faculty member at the Global Health Institute, Duke University and an external examiner for multiple universities. Prof Atwoli leads and participates in mental health research locally and globally.

He is a member of the WHO World Mental Health Surveys Consortium, which is the leading collaborative project in psychiatric epidemiology globally. He was also the Global Technical Director for the citiesRISE initiative (www.cities-rise.org), whose goal is to help make five cities mental health friendly (Nairobi, Chennai, Bogota, as well as Seattle and Sacramento). The initiative works with young people in these cities to increase connectedness, improving their coping ability by working to build resilience and hopefulness, and linking those in need to care.



Prof Murad Khan

Suicide Prevention & Mental Health Consultant

Professor Murad Khan supports the Brain and Mind Institute's work on suicide prevention research, depression, and implementation science.

He holds a PhD from University of London. Prior to his doctorate, Prof. Khan completed his MBBS from Dow Medical College, Karachi then furthered his psychiatric training and fellowship through King's College and Institute of Psychiatry, London. He is Professor Emeritus in the Department of Psychiatry, Aga Khan University (AKU), Karachi, Pakistan. He is also Associate

Faculty at the Centre for Bioethics and Culture (CBEC), Karachi. Prof. Khan is the past President of the International Association for Suicide Prevention (IASP) 2017-2020, and continues to serve on the Board of IASP, where he contributes to the organization's global suicide prevention strategy. He also serves in several other mental health non-governmental organizations in Pakistan as well on the Bioethics Group at AKU. He holds the Membership of Royal College of Psychiatrists, UK and the Fellowship Certificates of Specialist Training in General Adult and Old-Age Psychiatry, UK.

Prof. Khan's research interests include focusing on epidemiology and socio-cultural and religious factors in suicide and self-harm in South Asia and developing economies, mental health of women and the elderly, narrative medicine, and organizational ethics. His extensive research work, findings and contributions on social and ethical issues have been published in several medical journals and the lay press, where is a frequent contributor.



Nadra Aley

Hospitality Expert, Life Coach and Founder of Safe Haven Wellness Group

For over 25 years, Nadra has been in the hospitality industry and currently runs TSG Hospitality, a company that owns and manages serviced and furnished apartments, in different parts of the country.

Nadra's passion for mental health awareness and assisting teenagers and adults in life skills and career development led her to becoming a certified life coach. Her holistic approach aims at empowering her

clients to develop and nurture strategies and tools necessary for life and career success, through self-discovery and experiential training. In 2022, Nadra founded Safe Haven Wellness group, a non-profit, voluntary therapy group composed of individuals who share a common interest to overcome their social and/or psychological problems.

As a champion for the prevention of both suicide and self-harm in Kenya especially among young male adults, Ms. Aley has partnered with various advocates and organizations to help shape and change the policies that define the perception and management of mental health in the country.



Nasri Omar

Focal person for Mental Health Legislation, Policy and System strengthening, Ministry of Health, Kenya

Nasri has a Bachelor of Pharmacy degree and a Master of Science in Global Mental Health from the London School of Hygiene & Tropical Medicine and King's College London. She has been actively involved in policy and strategy formulation at the national level particularly on the recently launched Kenya Mental Health Action Plan (2021-2025). This action plan is a major milestone for Kenya as it provides the first road map for national and county governments on

mental health system reforms.

Nasri also coordinated the Kenya Mental Investment Case, a project co-led with the WHO-UNDP joint programme. This has enabled the country to develop coordinated and cost national responses based on findings from cost-effective interventions with high return on investments.

Her strength lies with policy making, stakeholder engagements and coordination of national mental health projects.



Nelius Mukami Rwamba

Maternal and Child Health Champion and Mental Health Champion Founder, The Kena Foundation

Nelius Mukami Rwamba is a maternal and child health champion who is also passionate about Mental health. Mukami has a degree in Political science and Sociology while she has working experience in governance, social accountability and sustainable health innovations. In 2017, Mukami delivered triplets prematurely at 28weeks gestation. After 3 months and various health complications, she lost 2 babies and only went home with one child. She struggled through the process,

taking care of her new baby who also needed specialized care that included occupational therapy and continuous monitoring by various professionals. During this time, she also experienced depression, grief due to the loss of her two children and she eventually was admitted for a month in a mental institution. It is against this back ground that she founded The Kena Foundation which means 'happy' in her native Embu Language.

The Kena Foundation is a non-governmental organization that aims to support parents with preterm babies, create awareness on preterm birth and maternal mental health through the promotion of low-cost interventions. There are various low-cost interventions that can help mothers of premature babies to ensure that their babies survive and thrive. These interventions include promoting proper nutrition, kangaroo care, involving mothers in neonatal care, providing education on safe sleep practices, monitoring the baby's weight gain, and providing support for maternal mental health. By implementing these interventions, healthcare providers and policymakers can help to improve the health outcomes of premature babies and their mothers.



Ramadhan Said

Ramadhan Said is the creative force behind Karali, driven by an unwavering passion for photography as a tool for transformation. From a young age, the influence that visuals hold in shaping opinions and inspiring action became apparent to him. Having grown up in diverse surroundings, the complexities of the human experience and the need to address injustices became evident. It was at that point that the potential of photography to not solely capture moments suspended in time, but also to spark conversations and propel societal change, was

recognized.

Karali Pics signifies more than just a name; it stands as a declaration of purpose. "Karali" embodies strength, resilience, and the ability to overcome barriers. In his capacity as a photographer, Ramadhan's objective is to exploit this visual art form to amplify the voices of the unheard, exhibit the beauty of diversity, and unveil the realities that command attention.

His lens serves as a conduit for stories that demand telling — the narratives of marginalized communities, the trials of the oppressed, and the victories of the human spirit. With every snap of the camera, the endeavor is to question viewpoints, evoke empathy, and mobilize viewers into positive action.



Dr Rozina Karmaliani

**Implementation Scientist and Associate Director,
Brain & Mind Institute, AKU, South and Central Asia
region**

Dr Karmaliani was the first Pakistani to obtain a PhD in Nursing in 2000, from the University of Minnesota. She also holds a Master of Public Health and a Master of Science in Nursing from the same institution, along with a Bachelor of Science in Nursing from AKU. Additionally, she has obtained diplomas in midwifery and nursing from the Aga Khan Health Services and AKU, respectively.

She served as Dean of the AKU School of Nursing and Midwifery from 2019-2022 and steered AKU- SONAM to use its institutional excellence to advance nursing and develop leaders and educators in healthcare. Besides Pakistan, she has worked for the development and promotion of higher education in nursing in East Africa, Afghanistan, Syria and Egypt.

A recipient of various national and international research grants, Dr Karmaliani's areas of research include women, child and adolescent health, with special focus on the prevention of gender-based violence, promoting mental health and preventing suicides from a health systems perspective.



Dr Simon Njuguna

Director of Mental Health, Ministry of Health, Kenya

Dr. Njuguna has training and expertise in Psychiatry and Mental Health.

He is the head-Division of Mental Health Ministry of Health Kenya, with the lead role in the formulation and implementation of mental health policies, strengthening of mental health systems and technical advisor on mental health.



Victor Valcour, MD, PhD

Director of the Atlantic Fellows for Equity in Brain Health training program, University of California San Francisco, Professor of Geriatric Medicine in the Department of Neurology

Dr Victor Valcour work aims to improve brain health worldwide by training a new generation of experts to meet community needs. Dr. Valcour also leads large observational studies across six Latin American countries examining the social determinants of health and genetics of Alzheimer's disease and

related dementia. His group sponsors studies developing multidomain cognitive assessment tools across diverse populations, including sites in Ethiopia, Israel (Arab populations) and Kenya. He also maintains several grants examining the impact of HIV on the brain with international collaborations.



Dr Vikram Patel

The Pershing Square Professor of Global Health at the Harvard Medical School and Mental Health lead for All Lab

His work has focused on the burden of mental health problems, their association with social disadvantage, and the use of community resources for their prevention and treatment.

He is a co-founder of the Centre for Global Mental Health (at the London School of Hygiene & Tropical Medicine) and Sangath, an Indian NGO which won the MacArthur Foundation's International Prize and the WHO Public Health Champion of India prize. He is a Fellow of the UK's Academy of Medical Sciences and member of the US National Academy of Medicine. He served on the Committee which drafted India's first National Mental Health Policy and the WHO High Level Independent Commission for Non-Communicable Diseases. He co-led the Lancet Commission on Global Mental Health & Sustainable Development and the Lancet-World Psychiatric Association Commission on Depression; he serves as co-chair of the Lancet Citizens Commission on Reimagining India's Health System.

He has been awarded the Chalmers Medal (Royal Society of Tropical Medicine and Hygiene); the Sarnat Prize (National Academy of Medicine); the Pardes Humanitarian Prize (the Brain and Behaviour Research Foundation); the Klerman Senior Investigator Prize (the Depression and Bipolar Disorder Alliance); an Honorary OBE (UK Government); and the John Dirk Canada Gairdner Award in Global Health. He has been awarded Honorary Doctorates from Georgetown University, York University, Stellenbosch University and the University of Amsterdam. He was listed in TIME Magazine's 100 most influential persons of the year in 2015.



Dr Zul Merali

Founding Director of the Brain and Mind Institute at the Aga Khan University

Dr Zul Merali is a neuroscientist and pharmacologist by training (McGill University, University of Ottawa and Wharton), with over 40 years of academic engagement. Has published over 250 peer-reviewed scientific publications. He has used his proven academic and entrepreneurial ability to add value to forward thinking organizations to help address the mental health problem, locally, nationally and globally. His objectives

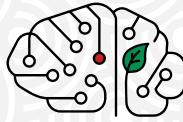
have been to build and/or re-engineer organizations to deliver outstanding results and motivating and encouraging others towards positive change.

Healing the brain

Bridging the Gap in Low-and
Middle-Income Countries



THE AGA KHAN UNIVERSITY



Brain & Mind Institute
from neuron to neighbourhood
Kenya | Pakistan



The Aga Khan University Hospital



MINISTRY OF HEALTH



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*No Health without
Mental Health*



Aga Khan Health Services

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