



University  
of Glasgow

School of Health  
& Wellbeing



# SOLVING THE CRISIS IN MENTAL HEALTH SERVICES: GLOBAL SOLUTIONS

Across the Life Span: 5th International Mental Health Conference

Glasgow Friday 21st June 2024 (all Day – FREE EVENT)

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

IN HONOUR OF LEA MILLIGAN (CEO of MQ Mental Health Research)

## INNOVATING FOR AUTISM CARE IN A LOW RESOURCE SETTING: A RESEARCH JOURNEY IN INDIA

Dr Gauri Divan – Keynote speaker –  
Consultant Developmental Paediatrician,  
Sangath, India.

## INNOVATIONS FOR ADOLESCENT AND YOUTH MENTAL HEALTH: CASE STUDIES FROM INDIA

Dr Pattie Gonsalves – Youth Mental Health  
Researcher, Sangath, India.

## THE CHALLENGES OF MENTAL HEALTH ACCESS FOR CHILDREN AND YOUNG PEOPLE

Hitesh Sanwal – Founder & CEO at Youth  
For Mental Health. Youth Advisor to the  
Secretary General at World Federation for  
Mental Health.

## SCALING UP MENTAL HEALTH SUPPORT THROUGH BUILDING PARTNERSHIPS

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

## TOGETHER WE HEAL: UNRAVELLING THE MECHANISMS OF GROUP SUPPORT PSYCHOTHERAPY

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

## BOOKING DETAILS: FREE EVENT

To secure a place contact – Irene O’Neill, Administrator,  
School of Health and Wellbeing, Clarice Pears Building, (Level 2),  
University of Glasgow, 90 Byres Road, Glasgow, G12 8TB  
[irene.oneill@glasgow.ac.uk](mailto:irene.oneill@glasgow.ac.uk) or 0141 201 9239 / 0141 330 8795

## POSTER DEADLINE - 31st MAY 2024



# BIOGRAPHIES



**Dr Gauri Divan** is the Director of the Child Development Group at the non-governmental organisation [Sangath](#) which is based in India. The focus of Sangath's work [extends](#) across the life span with focus areas on child development, adolescent health, mental health and chronic diseases. The organisations aim to develop and evaluate innovative packages of care that can be delivered through non- specialist health workers through the process of task-sharing and works through their main centre in Goa and hubs in Delhi and Bhopal. As a developmental paediatrician, Gauri works in the areas of early child development, developmental disabilities, and adolescent health. One of these packages, called 'SPRING Kilkaari' based on the WHO UNICEF Nurturing care framework, aimed at integrating early child stimulation activities into the care of young children and has been adapted for delivery in Telangana with the support of UNICEF, India. Another package called the 'Parent mediated intervention for Autism Social communication intervention for non-Specialists (PASS) Plus' uses video feedback with parents so that they can support their autistic child's communication needs. With other colleagues in Sangath, she has been working on developing digital tools to assess biomarkers of neurodiverse development, which would allow a frontline worker to detect if a child is faltering in development and refer them to early intervention services. She has been on the technical resource group of the Rashtriya Bal Swasthya Karykram, Government of India and on the WHO technical consultative group providing expertise for autism in developing country settings. She has been teaching on Sangath's Leadership in Mental Health course since 2009. She has been a member of the Lancet Commission on the Future of Care and Research in Autism, 2019-2021 and is an INSAR Global Senior Leader and serves on their Nomination Committee.



**Dr Pattie Gonsalves** leads the Youth Mental Health Group at Sangath, an Indian mental health research non-profit. Pattie leads a portfolio of participatory youth research projects and digital innovations on depression, anxiety and suicide prevention supported by Wellcome Trust, Comic Relief and Grand Challenges Canada. Pattie's training and professional experience is in area of global mental health. She holds a PhD in psychology from the University of Sussex and MSc in global health science from the University of Oxford. Pattie brings expertise in engaging youth with lived experience in research, evaluation and public engagement. In 2016 Pattie founded the 'It's Ok To Talk' national public engagement campaign recognised by Facebook as one of 2019's top 10 international mental health youth projects. She presently leads programmes including Outlive which addresses urban youth suicides; Baatchheet, a study focused on addressing depression and anxiety among young people through digital storytelling and Metropolis, aimed at advancing understanding about the effectiveness and mechanisms of problem solving and behavioural active nation as early interventions for youth depression.



**Hitesh Sanwal** is the Founder and CEO of Youth for Mental Health, a leading youth-based organisation working for the advancement of mental health among young people through its national and global endeavours. Hitesh is currently serving as the Co-Investigator for Lived Experiences on METROPOLIS, one of the World's largest clinical trials led by King's College London and Sangath. He has also been working as the Advisor to the Secretary-General for Youth and Communications at the World Federation for Mental Health, founder of the World Mental Health Day. His journey in the field of mental health began with his lived experiences of mental health and made him realise just how dire the need to work towards better mental health care, access and advocacy was. Over the last ten years, he has been working on diverse, on-ground and digital mental health projects at the national and global fronts.



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

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



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

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



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

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