



Introduction

The Primary Health Revitalisation Division (PHCRD) of Ministry of Health and Population, Government of Nepal along with several stakeholders involved in the mental health in Nepal hosted the first **International Mental Health Conference of Nepal (IMHCN 2018)** in Kathmandu, Nepal on **16th and 17th February 2018** at the Park Village Hotel, Kathmandu.

Considering the lack of awareness regarding mental health in the general public and an environment to work together among stakeholders working in the field of mental health in Nepal, IMHCN 2018 was conducted with the following objectives;

1. To create a common platform for the government, multilateral and bilateral organizations, health professionals, social workers, the private sector, innovators, academic and research institutions, civil society and right/stake holders to exchange information, ideas, research findings, best practices, and lessons learnt by the researchers and practitioners.
2. To present the best practices, experiences and cases to the different stakeholders in order to attract investment in the field of mental health, exploration of cost-effective, affordable and feasible interventions, their integration into primary (health?) care and community settings.
3. To build and strengthen collaboration and cooperation among different like-minded national and International institutions and utilize their resources in catering further the objective of serving the community at large.
4. To create a common lexicon of mental health terms in Nepali through the inputs from different concerned stakeholders in order to create uniformity of terminologies while writing articles, reports, books, policies, etc. related to mental health in Nepali Language.



A total of more than **400 delegates** attended the Conference, of which there was participation of **policy makers, psychiatrists, psychologists, social workers, lawyers, students** and most importantly **people with lived experience** (psychosocial and intellectual disabilities). There were altogether participants from 14 countries, including Asia, North America, Europe, and Australia.

Program

The conference was organized in such a way that the attendants coming from different background would not feel bored for the whole 2 days. To address this every scientific session was concluded by an entertaining programs such as Slam Poetry, Drama, and Personal experience sharing by people who had lived with mental health difficulties. The program schedule is as follows

Day 1: 16th February 2018	
8:15 - 09:00	Registration and Tea
9:00-10:00	Opening Ceremony
	<p>Dias seating:</p> <ol style="list-style-type: none"> 1. Chair of Conference- Secretary, Government of Nepal Ministry of Health 2. Guest - Honorable member, NHRC 3. Norwegian and Australian Ambassadors to Nepal 4. Conference Organizing Committee Chair- PHCRD Director <p>Inauguration proceedings:</p> <ol style="list-style-type: none"> 1. Reception of Health Minister and escort to Dias. 2. Dias call of remaining dignitaries for Dias seating 3. National Anthem 4. Welcome Song: By right holders 5. Welcome speech with Reflection on Conference Objectives: Conference Organizing committee chair & PHCRD Director 6. Inauguration lamp lighting and Conference Abstract Book Launch 7. Key note address: <ol style="list-style-type: none"> a. Dr. Arun Kunwar b. Dr. Shishir Subba 8. Address by His Excellency, Norwegian Ambassador to Nepal 9. Address by Guest 10. Chief Guest's Inaugural Speech <p>Closing remarks by Chair of inauguration program with Handover to General Secretary, International Mental Health Conference 2018 for initiation of Conference regular business</p>
10:00-10:30	TEA BREAK
10:30-12:00	<p>Presentation on Current Updates on Mental Health Policy Discourse on Mental Health Act Draft and Policy Implementation</p> <p>Panelists:</p> <ol style="list-style-type: none"> 1) Dr. Shree Krishna Giri, PPICD Chiefy, Ministry of Health 2) Honorable Member Mohana Ansari, National Human Right Commission- she is expected to give right based perspective on mental health 3) Dr. SarojOjha, Head of the department of psychiatry, Institute of Medicine
12:00-12:30	Presentation and Call for "English Mental Health Terminology Translation and Validation into Nepali"

12:30-13:30	LUNCH	
	Mental Health Promotion	
13:30-14:00	Keynote Lecture: Dr. Suraj Thapa	
14:00-14:20	INVITED speaker Patrice Moulton: "The Status of Mental Health as a Profession in Nepal"	
14:20-14:30	Break	
	Parallel 1	Parallel 2
14:30 – 14:45	Comparision between contents of Mental Health Act 1987 with that of Mental Health Care Act 2017 (Dr. Vaishali Dinesh Tendolkar, Dr.Quazi Syed Zahiruddin)	School Based TeacherCorps Program for Children’s Mental Health Promotion in Arghakhanchi District of Nepal (Mahesh Prasad Joshi)
14:45 – 15: 00	The effectiveness of mental health services in primary care in Nepal: Results from PRIME studies (PrasansaSubba)	Anxiety and Depression in Parents of Children with Childhood Disorders (Dr. JaisriMoothedath& M.I. Joseph)
15:00 – 15:15	Challenges and strategies for integrated mental health system processes in Nepal (RujaPokhrel)	Understanding psychosocial and mental health needs of Harwa and Charuwa bonded labourers in South-Eastern Nepal (PashupatiMahat)
15:15-15:30	Tea Break	
15:30 – 16:00	Special Talk by Consumers on “Emerging out of Mental Illness” Speakers : 2	
	Parallel Session 1	Parallel session 2
16:00 – 16:15	Improving detection and treatment of persons with mental disorders in community settings: development, validation and evaluation of Community Informant Detection Tool in Nepal (PitambarKoirala)	Taking What Is Broken and Becoming Whole Again: Four Steps to Fierce Resilience (Lynette Johnson)
16:15 – 16:30	The Role of Social Health Insurance in Mental Health Protection and Promotion in Low- and Middle-Income Countries: a Comparative Analysis of Ghana and India (Arun Kumar Tiwari)	Integration of Mental Health & Psychosocial Support Services (MHPSS) in the Existing Health Care System and Community Settings in the Post-Earthquake Context of Nepal: A Program Description (Dr. Kamal Gautam)
16:30-16:45	Understanding social dimensions of mental health in Nepal: situation, demands and challenges (Kalyan B. Mathema)	Feasibility, Acceptability and Utility of Mental Health Indicators in Existing Health System (UpasanaRegmi)

Day 2: 17 th February 2018		
Mental Health Prevention		
9:00-9:30	Keynote Lecture: Joop de Jong	
09:30 - 09:50	INVITED speaker Ingunn Dreyer Ødegaard : Salutogenesis : What is health and unhealthy	
9:50 -10:00	TEA BREAK	
	Parallel Session 1	Parallel Session 2
10:00 – 10:15	Relationship between Intelligence and Impulse control among new entrants of health professional courses (RupaliSarode)	Mental health resources and financing mechanisms in Nepal: identification and assessment of needs and strategies (RujaPokhrel)
10:15 – 10:30	Burnout, its associated factors and job satisfaction among female teachers in Southern Sri Lanka (Vijita De Silva)	Depressive Symptoms and Perceived Stress among Estate Rubber Tappers in Southern Sri Lanka (HemajithThatindra)
10:30 - 10:45	Association of Internet Addiction and Alexithymia: A systematic Review (Dr. Pawan Sharma)	Patterns of Coping Strategies and coping style among school adolescents of Kathmandu: A Cross sectional Study (Anup Raj Bhandari)
10:45- 11:00	A retrospective study of EEG findings from a tertiary care center (Sulochana Joshi)	A study of emotional well-being and coping of adolescents living in child care homes of Kathmandu Valley (Sujan Shrestha)
11:00-11:10	Break	
11:10-11:40	Slam Poetry	
Mental Health Treatment		
11:40 – 12:10	Keynote Speaker: Dr. Peter Norton	
12: 10-12:30	INVITED Speaker Dr. Nimisha Kumar: CBT for Anxiety and Depression	
12:30 – 13:30	Lunch	
	Parallel Session 1	Parallel Session 2
13:30– 13:45	Prevalence of Depression among Imprisoned Women at a Central Jail (LeelaKhanal)	A Comparative Study on Automatic Thoughts and Hopelessness among Depressive and Anxiety Disorder. (PratibhaMaharjan)
13:45- 14:00	Opioid Substitution Therapy in Nepal: Ten years of country experience. (Dr. SagunBallav Pant)	Emotional reactivity and activity and positive mood regulation in bipolar disorder (Magdalena Nowicka)
14:00- 14:15	Understanding barriers to help-seeking and developing innovative strategies for perinatal depression in Chitwan (PrasansaSubba)	A phenomenological study of Mania (Dr. Suman Prasad Adhikari)
14:15- 14:30	Feasibility and acceptability of home-based m-Health sensing technologies to improve early child development interventions in Nepal (Shristi Rijal for	Personality Disorders among Psychiatric patients at tertiary level hospital in Kathmandu (Monalisha Pradhan)

	KiranThapa)	
14:30 – 15:00	Symposium: Depression Let's talk (Moderator: Dr. Mita Rana) Panelist: 1. Dr Arju Deuba 2. Dr. Kapil Upadyaya 3. Psychosocial Counselor: Laxmi Maya Tamang 4. Consumer : Sharada Bhandari	
15:00 – 15:15	Tea Break	
	Mental Health Rehabilitation	
15:15 – 15:45	Keynote Lecture: Prof. SekharSakshena	
15:45 – 16:05	INVITED SPEAKER Dr. James Courtney: Emergence of trauma-related mental health needs in the years following natural disaster.	
	Parallel Session 1	Parallel Session 2
16:05-16:20	Psychosocial support and maternal mental health: an evaluation from FUSAM project. (K. Le Roch)	Who seeks treatment and rehabilitation care for alcohol problems in Nepal? A descriptive clinico-epidemiological study. (Mr. Bishnu Fueal Sharma)
16:20-16:35	Mental health and Psychosocial Problems after Eighteen Months from the Earthquake in Nepal (Damodar Rimal)	Prevalence of depression among haemodialysis patients at Human Organ Transplant Center, Bhaktapur (Prabina Karki)
16:50	Strengthening the demand and supply of mental health and psychosocialsupport services in five districts of Nepal (Kritika Dixit)	Psychological well-being among persons with spinal cord injury in Nepal (Muna Bhattarai)
16:50-17:30	Drama on Mental Health	
17:30 – 18:15	CLOSING and DISSEMINATION of CONFERENCE OUTCOMES	
	<ul style="list-style-type: none"> • Chaired by Minister of Woman, Children and Social Welfare, Government of Nepal, MoH • Proceeding shared by Organizing secretary of the conference • Declaration launching by Health secretary and Dissemination by Joint Secretary • Reflection by one foreign delegate and one Nepali • Vote of thanks by Conference Chairperson • Concluding remarks and closing by Minister of Woman, Children and Social Welfare 	
18: 15 onwards	Dinner	

Program Summary:

There were more than 400 participants attending the conference with 34 paper presentation, 41 poster presentations and 10 posters for exhibitions hence all together there were 95 presentations under the theme of mental health promotion, prevention, treatment and rehabilitation. The presentations were mainly focused on the mental health policies, mental health detections and integration into general health care system,

mental health research on the specific group and community, mental health impact in post-disaster context in Nepal and many other important topics.

The conference also had 6 key note speakers and 4 invited speakers who highlighted global mental health perspectives in the conference.

Inaugural session of the conference was chaired by the secretary of Ministry of Health, the Honorable member of Nepal Human Rights Commission, His Excellency Ambassador from Norway, WHO representative to Nepal and keynote speakers. They highlighted the several aspects of mental health. After the inauguration there was a panel discussion on mental health policy. It was very informative and fruitful to hear the presentations from various professionals and stakeholders of mental health. A presentation on the translation and validation of English Mental Health words into Nepali was also shared. The right holders from Bardiya and Sindhupalchowk shared their touching life experiences. There was also a panel discussion on the theme: Depression let's talk. In addition, there was also a slam poetry session which was really a powerful touching tool. To quote one of the delegates after the slam poetry session, "I couldn't stop being tearful!" Finally, there was an amazing theatre performance from the professional artists regarding mental health issues.

Based on the presentations from the keynote speakers and the reports provided by rapporteur from each session, conference declaration was developed.

DECLARATION



Government of Nepal
Ministry of Health
Department of Health Services
Primary Health Care Revitalization Division



INTERNATIONAL MENTAL HEALTH CONFERENCE NEPAL

16-17 February, 2018

The 'International mental health conference 2018' recommends;

Global Recommendations:

- Governments, Private sectors, Civil Societies, International communities, Development agencies and all relevant stakeholders should prioritize the mental health sector and increase investments.

National Recommendations:

- Respect, protection and fulfillment of the rights of people living with mental health problems should be ensured at all time through relevant policies and legal provisions at all levels adhering to the rights of all citizens ensured by national constitution and international standards.
- A resourceful and functional 'Mental Health Focal Unit' in each Provincial Health Ministry should be established.
- Multi-sectorial approach and interventions is required to address the issues related to mental health. Thus mental health service should be integrated into the primary health care delivery system, using bio-psychosocial model in mental health and connected to other relevant areas.
- Advocacy and awareness related to mental health should be promoted by all the relevant stakeholders including government at all levels from local to national.
- Necessary actions should be taken to prevent suicidal deaths with special priority to the youth and women.
- Alcohol and substance abuse should be recognized as mental health problems and appropriate action should be taken to address the related issues.
- Derogatory language used in the current legislation related to Mental Health should be amended immediately.
- Scientific research and evidence based practice in mental health should be emphasized and promoted.

Bhogendra Raj Dotel
Chairperson IMHCN 2018
&
Director, PHCRD
17 Feb, 2018

(Ms Tham Maya Thapa)
Honorable Minister
Woman, Children and Social Welfare Ministry
17 Feb, 2018

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PHOTO JOURNEY OF THE CONFERENCE



Opening Ceremony



Inauguration



Songs by Right Holders



Panel Discussion on Mental Health Policy



A huge participation!



Certificate and Token of Love



The launching of Declaration in the closing ceremony by
Hon. Minister of Woman, Children and Social Welfare