



REPUBLIC OF KENYA

Ministry of Health

2ND NATIONAL MENTAL HEALTH CONFERENCE 2025

📍 JW Marriott Hotel Nairobi 📅 8th - 9th October 2025

PROGRAM



THEME: Securing the future: holistic approach to mental health for generations

DAY ONE

Wednesday 8th October 2025

Master of Ceremony (MC) : Eddy Kimani

Venue: JW Marriot Hotel, Ballroom, 2nd Floor

TIME (EAT)	ACTIVITY	SESSION CHAIR
7:30 - 8:30 a.m	Registration	Conference Secretariat
8:30 - 8:45 a.m	Entertainment	MC
8:45 - 9:00 a.m	Welcoming Remarks - Dr. Mercy Karanja	MC
SESSION 1: PLENARY PANEL DISCUSSION		
9.00 - 10.00 a.m	Topic: Lived experiences of those living with mental health conditions and caregivers of those with mental health conditions	Gathoni Mbugua
	Panelists:	
	1. Grace Gathitu - Youth Mental Health Consortium	
	2. Joseph Githinji Kiboi - Kamili Mental Health Organization	
	3. Stephen Oluoch	
	4. Dr Patrick Borruett - Bipolars Heroes Foundation	
	5. Edwin Mutura - Global Mental Health Peer Network	
	6. Katrine San Jose - Pamoja Network	
	7. Waringa Kamau - Mental Safe Space & Villgro Africa	
	TEA BREAK	

SESSION 2: REMARKS

TIME (EAT)	ACTIVITY	SESSION CHAIR
10.30 - 10.40 a.m	Dr. Mercy Karanja - Ag. Head, Division of Mental Health, MoH- Introductory Remarks	Dr. Mercy Karanja
10.40 - 10.50 a.m	Dr. Frank Njenga (Former Presidential Advisor on Mental Health and Chairperson of the Taskforce for Mental Health) - Keynote address	
10.50 - 11.00 a.m	Dr. Simon Njuguna (Former Taskforce committee member) – Progress of implementation of the Taskforce for Mental Health’s recommendations	

SESSION 3: PLENARY PANEL DISCUSSION

TOPIC: FIVE YEARS ON: REFLECTIONS FROM KENYA’S MENTAL HEALTH TASKFORCE

11.00 - 11.30 a.m	Panelists: Taskforce Members	Dr. Mary Bita
	1. Melanie Blake	
	2. Dr. Simon Njuguna	
	3. Dr. Linet Ongeru	
	4. Dr. Oscar Githua	

SESSION 4: PLENARY PANEL DISCUSSION

TOPIC: MENTAL HEALTH FINANCING

11.30 - 12:15pm	1. Dr. Mercy Mwangangi - CEO, Social Health Authority	Dr. David Oluoch
	2. Dr. Meshack Ndiangu - Amref Health Africa-Country Director, Kenya	
	3. Dr. Moitreyee Sinha - CitiesRISE	
	4. Dr. Matiko Riro - Clinton Health Access Initiative (CHAI)	
	5. Dr Cyprian Mostert - Aga Khan University	
	6. Dr. Lilian Otiso - LVCT Health	
	7. Allan Oginga - Basic Needs, Basic Rights	
	8. Dr. Regeru Regeru - Johson & Johnson	

SESSION 5: OFFICIAL OPENING CEREMONY

TIME (EAT)	ACTIVITY	SESSION CHAIR
12.15 - 1.30 p.m	Remarks:	MC/ Dr. Issak Bashir
	1. Dr. Arch. Sylvia Kasanga, Mental Health Champion	
	2. Partners Remarks - Johnson & Johnson, Amref Health Africa, Mathari National Teaching and Referral Hospital, Council of Governors	
	3. Dr. Patrick Amoth - Director General, Ministry of Health	
	4. Dr. Ouma Oluga, OGW - Principal Secretary, State Department of Medical Services, Ministry of Health	
1.05 - 1.30 p.m	OFFICIAL OPENING ADDRESS: Chief Guest, Hon. Aden Duale, EGH Cabinet Secretary, Ministry of Health	
1:30 - 2:30 pm	LUNCH BREAK	

SESSION 6: PLENARY PANEL DISCUSSION

TOPIC: MENTAL HEALTH IN CHILDREN, ADOLESCENTS, AND YOUNG ADULTS

11.30 - 12:15pm	1. Dr. Judy Kamau Consultant Psychiatrist – Zen Mental Health Services	Easter Olwanda
	2. Prof Amina Abubakar-Director, Institute for Human Development – Aga Khan University	
	3. Robert Kimathi - LVCT Health Adolescents & Young Population in mental health	
	4. Maureen Gikonyo - Youth 4 Mental Health Consortium	
	5. Peter McDermott - Chair CitiesRISE Board	
	6. Faith Henton - Pamoja Network	
	7. Tom Osborn - CEO-Shamiri Institute	
3.15 - 3:30 pm	BREAK	

SESSION 7: BREAK OUT SESSIONS FOR ORAL ABSTRACTS PRESENTATIONS

TIME (EAT)	ACTIVITY			SESSION CHAIR
3.30 – 4.10 p.m	SESSION 7 - Breakout Room 1	SESSION 7 - Breakout Room 2	SESSION 7 - Breakout Room 3	SESSION 7 - Breakout Room 4
	Topic: Conference Sub-Theme 1 - Foundations of Mental Health: A Focus on the Family, Children, and Youth Mental Health	Topic: Conference Sub-Theme 2 – Workplace Mental Health	Topic: Conference Sub-Theme 3: Community Approaches: Advocacy, Education, and Addressing Cultural Issues	Topic: Conference Sub-Theme 4: Innovation, Technology, and Research in Mental Health
	Moderator: Japheth Adina	Moderator: Dr. Catherine Wanjiku	Moderator: Patrick Mwangala	Moderator: Dr. Stephen Mulupi
	Opening speech from Subject Matter Expert: Prof. David Ndetei	Opening speech from Subject Matter Expert: State Department of Public Service, Human Capital Development- Willis Ombima	Opening speech from Subject Matter Expert: Rosemary Gathara	Opening speech from Subject Matter Expert: Prof.Dickens Akena
	1. Building Resilience at the Margins: Psychosocial Needs and Family-Centered Mental Health Support for Youth Living with Sickle Cell Disease in Kenya Speaker: Yvonne Ochieng	1. Unmasking The Silent Pandemic: Navigating The Mental Health Dynamics Among Healthcare Workers (HCWs) In Kenya Speaker: Lordlaro Lidoros	1. Evaluating Rehabilitation Outcomes and Service Gaps at Ihururu Treatment and Rehabilitation Hospital: A Case Study from Nyeri County, Kenya" Speaker: Stella Maris Wambui	1. Evaluating the clinical and socioeconomic impact of a long-acting antipsychotic injectable on schizophrenia patients – retrospective and prospective case study within a patient access program at Mathari National Teaching and Referral Hospital Speaker: Dr. Victoria Wamukhoma
	2. Improving the Mental Health Literacy of Young People in Resource- limitedSettings: A Systematic Review Speaker: Dr.Regeru Regeru	2. Impacts of Societal Disruptions on Mental Health and Quality of Life of Health Workers: Qualitative Findings from the Reach Study (Resilience Amid Challenges in Healthcare) Speakers: Anna Helova	2. Acceptability, Feasibility And Fidelity Of Problem Management Plus (Pm+) For Pregnant And Postpartum Women Living With HIV In a Resource-Limited Setting Speaker: Dr. Linnet Ongeru	2. Enhanced Mental Health Data Reporting: The Development of the Mental Health Indicators and the Mental Health Morbidity Summary Tool Speaker: Dr. Peris Wambui

TIME (EAT)	ACTIVITY			SESSION CHAIR
	3. Comparing Mini-IPT and Full IPT for Postpartum Depression in Kenyan Adolescent Mothers: A Feasibility Study Speakers: Angela Langat & Dr. Obadia Yator	3. The Impact of Youth First on Teachers: Enhancing Teacher Mental Wellbeing through School-Based Mental Health Programming Speaker: Kate Leventha	3. Exploring the effectiveness of community-driven strategies in promoting mental well-being in Othaya, Nyeri South Sub-County in Nyeri County. Speaker: Priscilla Nyaga	3. Bridging the Gap: Leveraging Integrated Digital Platforms to Enhance Mental Health Service Delivery in Kenya Speaker: Duncan Muhilikha
	Q&A	Q&A	Q&A	Q&A
4.10 - 4.20 p.m	BREAK			
4.20 – 5.10 p.m	SESSION 8- Breakout Room 1	SESSION 8 - Breakout Room 2	SESSION 8 - Breakout Room 3	
	Topic: Conference Sub-Theme 1 - Foundations of Mental Health: A Focus on the Family, Children, and Youth Mental Health Moderator: Dr. Jebet Boit	Topic: Conference Sub-Theme 2 – Workplace Mental Health Moderator: Dr. Mellany Murgor	Topic: Conference Sub-Theme 3: Community Approaches: Advocacy, Education, and Addressing Cultural Issues Moderator: Anthony Kanyatta	
	Opening Speech from Subject Matter Expert: Elicah Mbithi - Amani Institute	Opening Speech from Subject Matter Expert: Judith Mbaye	Opening Speech from Subject Matter Expert Eugene Wanekeya	
	1. Early Childhood Trauma and its Long-Term Mental Health Effect in Kangema Constituency, Muranga County Speaker: Susan Wambui	1. Voices from the Frontline: Mental Health Realities of CHWs in Kenya’s Evolving Health System – Findings from a Qualitative Study Speaker: Patricia Okoth	1. Deeply Depressed Or Reasonably Distressed? A Qualitative Study Of Women’s And Health Care Workers’ Perspectives On Maternal Mental Health In Kajiado County, Kenya Speaker: Caren Kamau	
	2. Contextualization and Adaptation of the Child and Adolescent Mental and Behavioural Disorders Module of the mhGAP-IG in Kilifi and Nairobi Counties in Kenya Speaker: Beatrice Mkubwa	2. Towards formulation of work-place perinatal loss in Kenya Speakers: Stephen Asatsa, Nimo Jamal Sharrif	2. Affiliate stigma experiences among caregivers of children with neurodevelopmental disorders in rural Kilifi and Nairobi’s informal settlements: a phenomenological qualitative study Speaker: Eva Mwangome	

TIME (EAT)	ACTIVITY	SESSION CHAIR	
	<p>3. To evaluate the effectiveness of an experimental learning intervention in improving adolescents' knowledge and understanding of self-esteem as a key component of mental health literacy</p> <p>Speaker: Grace Mutuku</p>	<p>3. The future is here: Supporting Gen Z Mental Well-Being Through Scientific and Inclusive Workplace Design</p> <p>Speaker: Faith Gichanga</p>	<p>3. Community-Led Mental Health Advocacy in informal settlements: breaking cultural barriers to access and awareness</p> <p>Speaker: Robina Namono Ogero</p>
	<p>4. Promoting Service Engagement For Families Of Children With Developmental Disabilities In Nairobi And Kilifi: Lessons From Spark's Implementation</p> <p>Vibian Angwenyi</p>		
	Q&A	Q&A	Q&A
TEA			



DAY TWO

Thursday 9th October 2025

Master of Ceremony (MC) : Eddy Kimani

Venue: JW Marriot Hotel, Ballroom, 2nd Floor

TIME (EAT)	ACTIVITY	SESSION CHAIR
7:30 – 8:00 a.m	Registration	Conference Secretariat
8:00 - 8:30 a.m	Entertainment	MC

SESSION 1: PLENARY PANEL DISCUSSION

08:30 – 09:30 a.m	Topic: Caring for the caregiver: addressing the needs of the healthcare workers/Healthcare worker mental health	Sabina Odera
	Overview of the survey conducted by AKU	
	Panelists:	
	1. Sandra Muthune - Chief programs Officer-Lwala Community Alliance	
	2. Dr. Mellany Murgor - Ministry of Labor-Secretary Directorate Occupational Safety and Health Services (DOSHS)	
	3. Simon Githui - Dedan Kimathi University of Technology	
	4. Prof. Eunice Ndirangu - Dean, school of Nursing and Midwifery - AKU	

SESSION 2: PLENARY PANEL DISCUSSION

09:30 – 10:30 a.m	Topic: Suicide Prevention	Mercy Githara
	Kenya National Commission on Human Rights (KNCHR) Presentation on Decriminalization of Suicide	
	Panelists:	
	1. Hon. Justice Mr. Bahati Mwamuye	
	2. Life Line International - Prof. Lateef Taiwo	

09:30 – 10:30 a.m	3. Dr. Boniface Chitayi Basic Needs, Basic Rights	Mercy Githara
	4. Religious Leader	
	5. Dr. Linnet Ongeru - KEMRI	
	6. Julian Onyango - Lived Experience person	
	7. Hon. Senator Hamida Kibwana - MP, Nominated Senator	
	8. Merab Mulindi - Befrienders Kenya	

SESSION 3: POSTER VIEWING / TEA BREAK

10:30 – 11:30 a.m	1. What Are The Mothers Saying?" Insights From The Maternal Mental Wellbeing Project In Rural South Africa Speaker: Julia Greenland
	2. Improving Mental Health Literacy On Self-Esteem Among Adolescents Through Experiential Learning: Insights From The Holiday Escapade Program In Nairobi, Kenya-Speaker: Grace Mutuku
	3. The Association Between Perceived Maladaptive Parental Behavior And Conduct Disorder Symptoms Among Adolescents Attending The Youth Clinic At Kenyatta National Hospital - Speakers: Praxides Pessah
	4. Mental Health Realities Among Youth In Nairobi County: A Research Abstract-Speakers: Duncan Ochieng
	5. Prevalence Of Depression And Anxiety And Their Drivers Among Sexual And Gender Minority Youth In Nairobi City County, Kenya- Speaker: Stacy Njani
	6. Tracking And Evaluating Health Indicators Reporting On Mental Health And Disabilities In Nairobi and Kilifi Counties: A Mixed-Methods Study- Speaker: Samlee Nyambu
	7. Political Unrest And Its Impact On The Mental Health Of The Youth (A Case Study In Kenya) Speaker : Everlyne Okado
	8. Rise & Rest: A School-Based Sound Therapy Routine To Promote Adolescent Mental Wellness and Neuro-Inclusion In Kenya - Speaker: David Okello
	9. Promoting workplace mental wellbeing; creating safe and supportive environments across all sectors Speaker: Ann Wanjiru
	10. Digital Innovation In Mental Health: A Mobile Application Framework For Community-Based Mental Health Support In Kiambu County- Speaker: Samuel Njuguna
	11. Financing Mental Health Integration in Kenya's Primary healthcare; Progress, Challenges and Pathways to Sustainability under the New Health Act - Speaker: Jackson Kamau
	12. Working With Mentor Mothers To Deliver Problem Management Plus Intervention For Perinatal Women Living With Hiv And Common Mental Health Disorders In Kenya- Speaker: Mercelline Ogolla - Onyando

13. Cultivating Resilience: Swiss's Community-Led Care Model For Mental Health Justice Among Widows
Speaker: Zilpher Renalda Audo
14. Leveraging Community-Based Interventions To Improve Teenage Girls' Mental And Reproductive Health Outcomes In Kibera Slums - Speaker: Ezekiel Kimondiu
15. Conceptualization Of Mental Wellbeing In The Context Of Community Health Workers Within Two Rural And Urban Informal Settlements In Kenya- Speaker: Benjamin Mutuku
16. The Silent Crisis: Mental Health Impacts Of Funding Cuts And Service Disruptions Among Key Populations And PLHIV In Kenya- Speaker: Jackson Kamau
17. Integrating Mental Health Screening And Services Into Hiv Management To Improve Health Outcomes For Persons Living With Hiv (Plhiv) In 10 Micare-Supported Counties: A Case Study Of Usaid Stawisha Pwani (Usp)
Speaker: Gaitho. M Mwangi
18. Strengthening Mental Health Systems:
The Critical Role Of Psychologists In A Multidisciplinary Psychiatry Clinic-Speaker: Ivy Jepkemoi
19. The Hidden Struggles among Students: Mental Wellness in Kenyan Educational Institutions
Speaker: Fransisca Mbutitia
20. Determinants of Mental Health Status of primary care givers of children with mental disorders attending Chuka referral hospital, Kenya - Speaker: Lucy Wanja Kiraithe

SESSION 4: COUNTIES PRESENTATION-BALLROOM

11.30 - 12.30 p.m

Topic: Perinatal Mental Health Kuboresha Afya ya Akili ya Kina Mama - County Focus

Session Moderator: Dr. Carol Ngunu - Director, Preventive Promotive Health, Nairobi County

Key Note Speaker: Prof Manasi Kumar - Prof. NYUGSOM and affiliate Prof. UoN
Panelists:

1. Dr. Hassani Leli - Director of Health, Kilifi County

2. Dr. Tom Mboya - Medical Superintendent, Kisumu County

3. Dr. Mohammed Dayow - Head of School Health, Nairobi County

4. Dr. Yator Obadiah - Postdoctoral Researcher, UoN, Summit Study

Toolkit Launch - Sheila Mwavua

Chief Guest - Mr. Tom Michira Nyakaba

12.30 - 12.45 p.m

BREAK

SESSION 5: BREAKOUT SESSION FOR ORAL ABSTRACTS PRESENTATIONS

	SESSION 5 - Breakout Room 1	SESSION 5 - Breakout Room 2	SESSION 5 - Breakout Room 3
12.45 – 13.45 p.m	<p>Capacity Building for Mental Healthcare Workforce</p> <p>Moderator: Larry Sisei</p> <p>Opening speech from Subject Matter Expert: Dr. Lawrence Nderi, Ag. CEO MNTRH</p>	<p>Workplace Mental Health AND Suicide Prevention</p> <p>Moderator: Dr. Catherine Kanari</p> <p>Opening speech from Subject Matter Expert: Dr. Shadrack Opon</p>	<p>Topic: Mixed Community Approaches: Advocacy, Education, and Addressing Cultural Issues & Technology, innovations and research in mental health</p> <p>Moderator: Dr. Carol Ngunu</p> <p>Opening speech from Subject Matter Expert: Jefferson Ponde</p>
	Oral Presentations:	Oral Presentations:	Oral Presentations:
	<p>1. Evaluating the impact of the mhGAP-IG Child and Adolescent Mental and Behavioural Disorders Module in Kenya: Training Outcomes on knowledge, attitudes, and practices</p> <p>Speaker: Beatrice Mkubwa</p>	<p>1. Workplace Mental Well-Being as a Pathway to Respectful Maternity Care: Study Protocol for the CPIPE intervention</p> <p>Speakers: Dr. Linnet Onger</p>	<p>1. Pregnancy to Parenthood: A Community-Based Task Shifting Approach to Address Perinatal Mental Health in Nairobi's Informal Settlements</p> <p>Speaker: Hawa Mohamed</p>
	<p>2. The Acceptability, Feasibility, and Adaptation of the World Health Organization Caregiver Skills Training for Children with Developmental Disabilities in Kenyan settings</p> <p>Speaker: Vibian Angwenyi</p>	<p>2. Prevalence, Drivers, and Coping Strategies for Mental Health Challenges Among Community Health Promoters in Kenya: Findings from a Mixed Methods Study</p> <p>Speaker: Sabina Odera</p>	<p>2. Best practice in assessing, diagnosing, and successful management of mental health challenges that culminated from temporary funding freeze for USAID among PMTCT clients at maternal child health clinic (MCH) in Mutuini Hospital from February 2025 – May 2025</p> <p>Speaker: Linda Ouma</p>

BREAKOUT SESSION FOR ORAL ABSTRACTS PRESENTATIONS

3. An Assessment of Training Gaps, Barriers, and Facilitators in Managing Postpartum Depression Among Healthcare Workers and Policymakers in Nairobi, Kenya and Zomba, Malawi

Speaker: Shillah Mwavua

Q&A

3. Community-Level Suicide Surveillance in Kenya: Descriptive Insight from the mDharura Application in Nakuru County (2020 – 2025)

Speaker: Lydia Njoki Nyaga

Q&A

3. Digital Device Access, Use Patterns, Preferences and Acceptability for Delivery of Mental Health Interventions: Insights from Young People in a Rural Kenyan Community Setting

Speaker: Moses Kachama Nyongesa

Q&A

1.45 – 2.30 p.m

LUNCH BREAK

SESSION 6: PLENARY PANEL DISCUSSION

2.30 – 3.30 p.m

Topic:
Emerging topics (e.g., Femicide, GBV, Behavioral and Substance Use Disorder)

Overview of the survey conducted by AKU

1. Dr Pamela Kaithuru-International Society for Substance Use Professionals

2. Ann Wilhote - UNICEF

3. Anne Ireri - Executive Director, FIDA Kenya

4. Dr Carole Okoth - National Spinal Injury Referral Hospital

5. Judah Njoroge - Youth for Mental Health Consortium-

6. Nelson Aseri - Director, Counselling Ministry, Nairobi Chapel

Dr. Stacey Njani

SESSION 7: OFFICIAL CLOSING CEREMONY

3.30 – 4.30 p.m

1. Awards Ceremony - Best poster Presentation

2. Partners Remarks - Johnson and Johnson

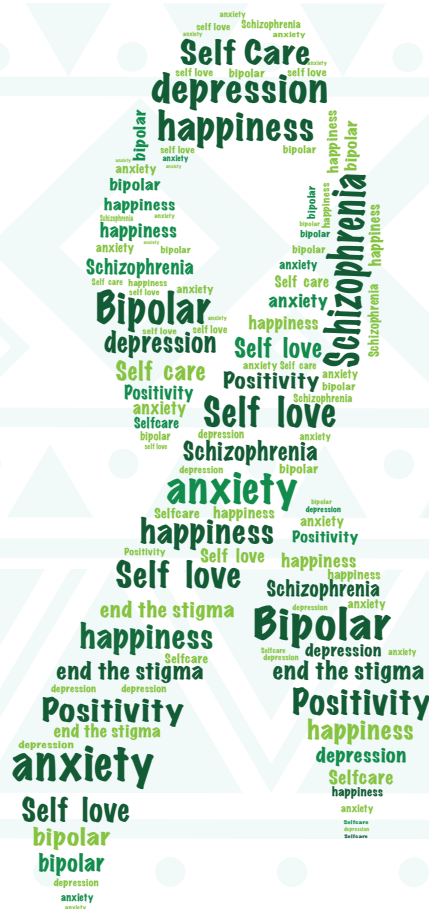
3. Commitments and Resolutions - Dr. Mercy Karanja and Council of Governors

OFFICIAL CLOSING ADDRESS: Guest of Honor, Dr. Ouma Oluga, OGW

Principal Secretary, State Department of Medical Services, Ministry of Health

MC

TEA/ END OF CONFERENCE



OUR PARTNERS

Johnson & Johnson

