



REIMAGINING MENTAL HEALTH

VIRTUAL CONFERENCE 2023

May 30-31, 2023





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On May 30 and 31, 2023, Glasswing International, in collaboration with Catalyst 2030, co-hosted its annual virtual Mental Health Conference.

This year's theme- Reimagining Mental Health- brought together digital innovators, practitioners in traditional healing, youth leaders, the public sector and individuals with lived experiences from around the world who share a commitment to making mental health a global priority, through improved quality and access. We reached over 900 registrants from over 30 different countries!

This event took place in both English and Spanish, with simultaneous translation.

[Watch the 2023 Conference](#)



Celina de Sola
Glasswing
International
Co-Founder &
President



Chris Underhill
Catalyst 2030
Chair of the Mental
Health Collaboration
of Catalyst
2030 and Principal of
Mentor Services



Christie Civetta
Dimagi
Senior Director of
Program Strategy



Daisy Rosales
Brio
Co-founder and
Executive Director,
Brio



Daniel Lobo
BecauseYOU
Founder and CEO



David Rosenthal
University of
Wisconsin-Madison, El
Salvador Mental
Health Project
Area Chair of the
Rehabilitation
Counseling and
Rehabilitation
Counselor Education



Elisa Gamero
Office of the First Lady,
El Salvador
Health and Nutrition
Project Coordinator



Elaine Miller-Karas
Trauma Resource
Institute
Co-Founder and
Director of Innovation



Erla Magnúsdóttir
Basic Needs Network
E BasicNeeds Mental
Health Coordinator



Gabriella Brent
Amna
Clinical Lead and Head
of Programs



Gaby Arenas
TAAP
Founder and Executive
Director



Gary Belkin
Billion Minds Project
Director



Godwin Etim
Gede Foundation
Performance Director



Grace Gatera
Wellcome Trust Mental
Health Challenge Area
Advisor



Hector Aristizabal
Reconectando
Co-Creator



Ishita Sanyal
Turning Point India
Founder and Director



Juanita Zerda
Collective Change Lab
Director



Lauren Magoun
Dimagi
Sr. Health Strategy
Specialist, Dimagi



Lian Zeitz
Climate Mental Health
Network
Co-Founder



Lois Holzman
The East Side Institute
Co-founder and
Director



Marilyn Lopez Mota
Stanford's Center for
Youth Mental Health
and
Wellbeing
Youth Outreach
Coordinator



Matthew Hughsam
CitiesRISE
Facilitator, Researcher,
and Coach



Mel Young
Homeless World Cup
President and Founder



Nandita Bhatla
CorStone
Country Director, India



Natalia Valevska
Trauma Resource
Institute, EdCamp
Ukraine
Community Resilience
Model Teacher



Natalia Salcedo
Glasswing
International
Country Director, El
Salvador



Oleksandr Elkin
EdCamp Ukraine
Founder



Omayra Casama
Asociación de Mujeres
Artesanas Embera
(AMARIE)
President



Orlando Alvarez
Manuales Para
Sobrevivir
Founder



Pauline Keronyai
Nama Wellness
Executive Director



Ravindra Agarwal
Sangath
Principal Investigator



Rita Ezenwa-Okoro
Global Play Brigade
Executive Director



Romana Shaik
Kizazi
Chief Program Officer



Rosemary Gathara
Basic Needs Kenya



Samuel Habimana
Rwanda Resilience
and Grounding
Organization
Founder and Executive
Director



Sandeep Maharaj
University of the West
Indies, Planetary
Health
Senior Fellow
Planetary Health
Alliance



Sumathi
Balasubramanian
Independent
Consultant



Tafara Moga
Population Solutions
for Health Zimbabwe
Technical Director



Thandiwe Mashunye
Friendship Bench
Head of Programs



Tim Conibear
Waves for Change
Founder and CEO



Victor Juarez
Tu Consejeria
Founder



Vincent Mujune
Strong Minds
Head of Programs
and Interim Uganda
Country
Director



Vivian Khedari
Taima / Glasswing
International
Senior Mental Health
Advisor



Yann Cres
UNDP
Project Manager



Zvikomborero Tsiga
Friendship Bench
Development Manager



TOPICS

May 30, 2023

Engaging Persons with Lived Experience

Individuals with lived experience play an invaluable role in shaping mental health policies, services, and research. By amplifying their voices and fostering meaningful partnerships, we can collectively work towards creating a more inclusive, person-centered mental health system. This panel will recognize the power of personal storytelling and the impact it has on reducing stigma and raising awareness of equitable mental health care.

Moderator: Romana Shaikh, Chief Program Officer, Kizazi

Speakers: Daniel Lobo, Founder and CEO, BecauseYOU

Orlando Alvarez, Founder, Manuales Para Sobrevivir

Traditional Healing Practices

This panel will examine the benefits and challenges of integrating traditional healing practices into contemporary mental health care, including the importance of cultural safety, ethical considerations, and the need for collaboration and dialogue between traditional healers and mental health professionals. Panelists from various cultures and backgrounds will explore the cultural and historical context of traditional healing practices and their relevance in mental health care.

Moderator: Gaby Arenas de Meneses, Founder & Executive Director, TAAP

Speakers: Juanita Zerda, Director, Collective Change Lab

Hector Aristizabal, Reconectando, Co-Creator

Omayra Casama, President, Asociación de Mujeres Artesanas Embera (AMARIE)

Digital Innovation in Mental Health

Through this panel discussion, we aim to foster a deeper understanding of the transformative potential of digital innovation in mental health, inspire collaboration between technology experts, mental health professionals, policymakers, and researchers, and envision a future where leveraging digital platforms will increase accessibility and affordability of mental healthcare services.

Moderator: Lauren Magoun, Sr. Health Strategy Specialist, Dimagi

Speakers: Christie Civetta, Senior Director of Program Strategy, Dimagi

Ravindra Agarwal, Principal Investigator, Sangath

Pauline Keronyai, Executive Director, Nama Wellness

Victor Juarez, Founder, Tu Consejería

Mental Health Policy and Working with Government

This panel will highlight the global landscape of mental health policy and the role of international collaborations in shaping mental health agendas. Panelists will discuss best practices, challenges, and opportunities for cross-country knowledge exchange and collaboration to address common mental health challenges and inspire innovative approaches to drive systemic change.



Moderator: Natalia Salcedo, El Salvador Country Director, Glasswing International
Speakers: Nandita Bhatla, India Country Director, CorStone
Elisa Gamero, Health and Nutrition Project Coordinator, Office of the First Lady, El Salvador

Harnessing the Community for Better Mental Health

Panelists will emphasize the transformative potential of communities in supporting mental health and well-being. By highlighting successful community-based models from Latin America, Africa and Southeast Asia, we hope to inspire participants to build cultural bridges and harness the collective strength to promote mental health access for all.

Moderator: Erla Magnusdottir, Mental Health Coordinator, BasicNeeds
Speakers: Daisy Rosales, Co-founder and Executive Director, Brio
Rosemary Gathara, BasicNeeds Kenya

Working with Trauma: The Community-Resilience Model

Panelists will discuss the characteristics of resilient communities, including social cohesion, adaptive capacity, and resourcefulness, and examine the importance of fostering resilience at the individual, family, and community levels.

Moderator: Elaine Miller-Karas, Co-Founder and Director of Innovation, Trauma Resource Institute
Speakers: David Rosenthal, Area Chair of the Rehabilitation Counseling, University of Wisconsin-Madison, El Salvador Mental Health Project
Natalia Valevska, Community Resilience Model Teacher, Trauma Resource Institute, EdCamp Ukraine
Samuel Habimana, Founder and Executive Director, Rwanda Resilience and Grounding Organization
Oleksandr Elkin, Founder, EdCamp Ukraine



Refugees have already shown incredible resilience and resourcefulness. This is not to be minimized or diagnosed- this resilience is to be emphasized during their healing.



-Gabriella Brent,
Clinical Lead and Head of Programs at Amna



May 31, 2023

Trauma in Conflict and Post-Conflict Settings

This panel will highlight trauma-informed practices in humanitarian and post-conflict settings. Panelists will discuss strategies for creating safe and supportive environments, empowering survivors, and integrating culturally sensitive practices to promote healing and community resilience. Additionally, panelists will address the importance of collaboration among local actors and international organizations and discuss strategies for fostering meaningful partnerships to maximize impact.

Moderator: Celina de Sola, Co-founder & President, Glasswing International

Speakers: Vivian Khedari, Senior Mental Health Advisor, Glasswing International & Taima

Gabriella Brent, Clinical Lead and Head of Programs, Amna

Emotional Well-being through Play

There is insurmountable evidence that play is good for our mental health, no matter how young or how old we are. And yet, the vast majority of mental health programs ignore play as a curative, restorative and growthful activity for everyone, most especially for those experiencing emotional pain. In this session you will meet and talk with innovative practitioners who, in very different ways, put play to use to create joy, well-being and emotional growth.

Moderator: Lois Holzman, Co-founder and Director, The East Side Institute,

Speakers: Ishita Sanyal, Founder and Director, Turning Point India

Rita Ezenwa-Okoro, Executive Director, Global Play Brigade

Tim Conibear, Founder and CEO, Waves for Change

Mel Young, Founder and President, Homeless World Cup

Mental Health among HIV Patients

Panelists aim to deepen understanding of the mental health challenges faced by individuals living with HIV, foster collaboration between HIV and mental health professionals, and inspire innovative approaches to provide comprehensive, patient-centered care. By addressing the intersection of mental health and HIV, we can promote holistic well-being, reduce disparities, and support individuals in living healthy and fulfilling lives.

Moderator: Sumathi Balasubramanian, Independent Consultant

Speakers: Godwin Etim, Performance Director,, Gede Foundation

Kabati Ishaya, Champion with Lived HIV & Mental Health Lived Experience, Nigeria

Tafara Moga, Technical Director, Population Solutions for Health Zimbabwe

Intersection of Climate Change and Mental Health

Panelists will discuss the direct and indirect pathways through which climate change impacts mental well-being and highlight vulnerable populations disproportionately affected and explore strategies for integrating mental health considerations into climate change adaptation and mitigation policies, as well as advocating for increased funding and resources for mental health support in climate-vulnerable communities.



Moderator: Gary Belkin, Director, Billion Minds Project

Speakers: Sandeep Maharaj, Senior Fellow Planetary Health Alliance, University of the West Indies
Yann Cres, Project Manager, UNDP

Scalable Models in Community Mental Health

This panel will showcase community mental health models that prioritize accessibility, inclusivity, and collaboration. By highlighting successful approaches and strategies, we can inspire stakeholders, policymakers, and practitioners to invest in and replicate community-based models that foster resilient communities, reduce stigma, and improve individuals' and populations' overall mental health and well-being.

Moderator: Chris Underhill, Chair of the Mental Health Collaboration of Catalyst 2030 and Principal of Mentor Services

Speakers: Zvikomborero Tsigu, Development Manager, Friendship Bench

Thandiwe Mashunye, Head of Programs, Friendship Bench

Vincent Mujune, Head of Programs and Interim Uganda Country Director, Strong Minds

Youth Activism and Peer Support Models

This panel presentation will focus on emergent approaches to youth peer support practice, including existing evidence, international models, and lived experience leadership of young people. This panel presentation is an important opportunity to gain insights from young people who are working in the field of youth peer support, and to learn from their perspectives on the most effective and impactful approaches to supporting young people from a range of contexts. Key dimensions of the panel discussion will include supporting the multi-cultural needs of youth, integrating youth peer support into mainstream care services, and how to build processes for active and meaningful youth engagement when building peer support programs.

Moderator: Lian Zeitz, Co-Founder, Climate Mental Health Network

Speakers: Marilyn Lopez Mota, Youth Outreach Coordinator, Stanford's Center for Youth Mental Health and Wellbeing

Grace Gatera, Advisor, Wellcome Trust Mental Health Challenge Area

Matthew Hughsam, Facilitator, Researcher, and Coach, CitiesRISE



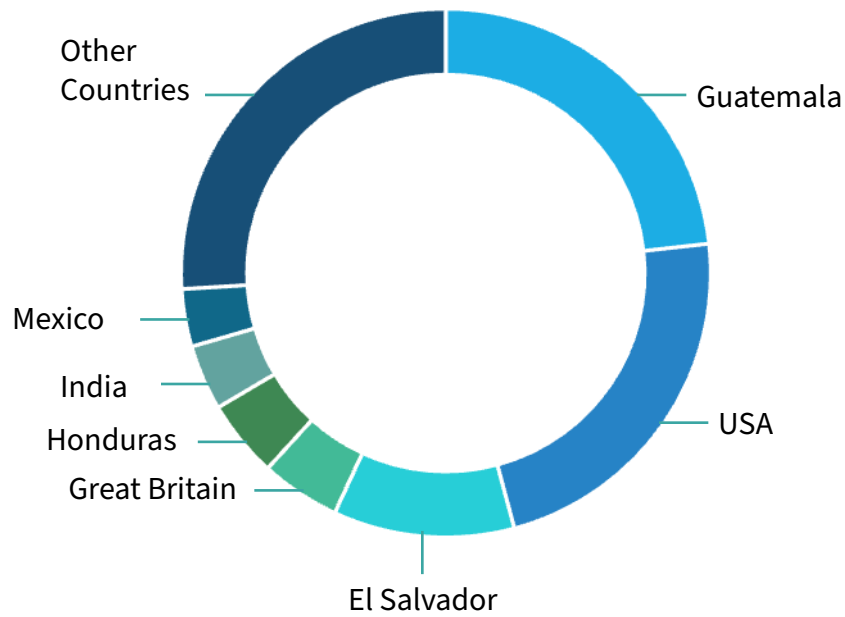
Salvadorans can walk in the dark because
they can emit their own light



-David Rosenthal, El Salvador Mental
Health Project

WHO ATTENDED?

In 2023, Glasswing's conference reached over 900 registrants from over 30 countries





GLASSWING INTERNATIONAL



Glasswing International, based in the Global South, is an organization with fifteen years of experience and proven results in mental health work. We develop and implement diverse programming in Latin America and the Caribbean, putting mental health at the center of solutions to the most pressing challenges of our time. Our mission is to address the root causes and consequences of violence and poverty through education and health programs that empower youth and communities, and strengthen public systems. At Glasswing, we believe that every person has both the potential and the right to thrive, no matter what adversity they face. Our programs engage members of communities, deepening our impact. Since 2007, we have directed more than \$140M in funds toward health and education programs and impacted the lives of more than 2.2 million people.

Learn more about our work and stay connected:

glasswing.org
info@glasswing.org

CATALYST 2030



Launched at the World Economic Forum in Davos in January 2020, Catalyst 2030 is a fast-growing global movement of 2,300 social entrepreneurs, innovators, funders, private sector, and government actors. Working to achieve the Sustainable Development Goals (SDGs) by 2030 through an unprecedented mobilization of social entrepreneurs, partners and resources serving 197 countries.

Join the Movement at:
catalyst2030.net