

**oevaru**

mental health conference

15 - 16 october 2023

*changing currents ~**~ forming connections*

## AGENDA: PRE-CONFERENCE WORKSHOPS

14.10.2023 Saturday

### 8:20am

Arrival of participants for morning session

### 8:30am - 12:30am

**Workshop 1: Healing through Connection: a Transdiagnostic and Integrated Approach to Working with Young People**

Conducted by Dr. Shaystah Dean  
Venue: Moonimaa Maalam, Meeruma

**Workshop 2: Playing for Health and Wellbeing (Play Therapy)**

Conducted by Dr. Seetha Subbiah  
Venue: Keeranmaa Maalam, Meeruma

### 12:30am - 1:15pm

Lunch Break

### 1:20pm

Arrival of participants for afternoon session

### 1:30pm to 5:30pm

**Workshop 3: Risk is Everyone's Business: Managing Risk as a Stakeholder Team**

Conducted by Ms. Juana Katzer  
Venue: Keeranmaa Maalam, Meeruma  
Workshop Leader: Ms. Rishtha Abdul Majeed

**Workshop 4 : Introduction to Motivational Interviewing for practitioners**

Conducted by Dr. Shaystah Dean  
Venue: Moonimaa Maalam, Meeruma  
Workshop Leader: Ms. Sidra Abdulla



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## AGENDA: Oevaru Conference Day 1, 15.10.23 Sunday

**7:15am**

Arrival at Male' Jetty for departure

**7:30am - 8:15am**

Travel to Villa Nautica

**8:15am - 8:45am**

Registration (Outside Dinasha Hall)

**9:00am - 9:45am**

### Opening Ceremony

Moderator- Aishath Yooliya Haleem

**9:45am - 10:15am**

Tea Break

**10:15m - 11:00am**

### Keynote 1- Changing Currents in Youth Mental Health

Prof. Patrick McGorry

Moderator- Dr Farzana Firdous

**11:00am - 11:45am**

### Keynote 2- Mental Health Services in Maldives: Need for integrated approaches and strategic investments

Prof G. Gururaj

Moderator- Athifa Ibrahim

**11:45pm - 12:45pm**

Lunch Break

**12:45pm - 1:15pm**

**Poster Presentations** (outside Dhinasha Hall)  
(refer to page 4 for list)

**1:15pm - 2:00pm**

### Keynote 3- The centrality of connection in mental health care provision: insights from the emerging field of Islamic psychology

Dr. Shaystah Dean

Moderator- Dr. Aishath Shanoora

### Concurrent Sessions:

**Stream 1:** Venue- Dhinasha Hall

Moderator: Aishath Yooliya Haleem

**Stream 2:** Venue- Burunu Hall

Moderator: Fathimath Rishtha Abdul Majeed

**2:05pm - 2:20pm**

### 1. Implementing WHO's mhGAP-based training in the Maldives and monitoring its outcome

Dr. Abdulla Nazim, Mental Health Awareness Foundation

### 2. Strengthening Mental Health Services in Island Communities: The Impact of IBAMA's Multi-Sectoral Approach

Aishath Saaha Sabah & Fathimath Liusha Nasheed, Ministry of Gender, Family & Social Services

**2:25pm - 2:40pm**

### 1. Cognitive Behavioral Group Therapy for Depression and Anxiety in the Maldives

Fathimath Sofiya Rasheed, National Centre for Mental Health

### 2. Balancing progress and well-being: Assessing impacts on mental well-being from development initiatives in the Maldives

Dr. Mizna Mohamed, Small Island Geographic Society

**2:45pm - 3:00pm**

### 1. Invited speaker- Are there new advances in psychopharmacology psychiatry and why do we need newer treatments?

Dr Amer Siddiqui (Psychiatrist, Malaysia)

### 2. Mental health services for children in the Maldives - A child rights perspective

Fathimath Nabaha Naseer, Children's Ombudsperson's Office

**3:05pm - 3:20pm**

### 1. Invited speaker- Neuropsychiatric manifestations of neurological conditions

Dr Ahmed Rasheed (IGMH)

### 2. Invited speaker- Regulating mental health care in the Maldives

Uza. Aishath Mohamed

**3:30pm - 4:30pm**

### PANEL DISCUSSION- Are we doing enough to save our young people from drugs?

Panelists: Dr. Amer Siddiq (International Expert), Shahula Ahmed (UNICEF), Abdulla Faseeh (NDA), Ali Adyb (Journey, NGO) & Dr. Arif Mohamed (NCMH)

Moderator- Dr. Abdul Malik

**4:30pm - 5:00pm**

Evening Tea

**5:00pm - 5:45pm**

Return travel to Male'



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## AGENDA: Oevaru Conference Day 2, 16.10.23 Monday

7:00am

Arrival at Male' Jetty for departure

7:25am - 8:00am

Travel to Villa Nautica

8:00am - 8:20am

Refreshments

### VOICES ACROSS OCEANS Overlap Hybrid Session of Oevaru Mental Health conference & Creating Futures Conference

Moderators- Prof. Ernest Hunter (Australia) &  
Dr. Afiya Ali (Maldives)

8:30am - 8:45am

#### Official opening (Maldives and Pacific)

Jimmy Obed (OSMHP) and Aneesa Ahmed (Maldives)

8:50am - 9:10am

#### Expanding community mental health services in WHO South East Asia Region (WHO Maldives)

Dr. Mushfique Mahmud

9:10am - 9:30am

Presentation from WHO WPRO Tomo Kanda

9:30am - 9:50am

Presentation from Samoa Dr. George Tuitama, Samoa

9:50am - 10:10am

#### Resonance from the Indian Ocean (Maldives)

Dr. Shanooha Mansoor & Dr. Arif Mohamed, Maldives

10:10am - 10:30am

#### Remodelling mental health care in Fiji (Fiji)

Dr. Balram Pandit, Fiji

10:30am - 10:50am

#### Discussion & Conclusion

Prof. Ernest Hunter/ Dr. Afiya Ali

10:50am - 11:00am

Break

11:00am - 11:45am

#### Keynote 4- Looking forward, Making Decisions for Mental Health Dr. Seetha Subbiah

Moderator- Dr Afiya Ali

11:45am - 1:00pm

Lunch Break

1:00pm - 1:45pm

#### Keynote 5- Reflections on Anxiety, Defence and Vicarious Trauma in Mental Health Organisational Structures Ms. Juana Katzer

Moderator- Mariyam Neerish

### Concurrent Sessions:

**Stream 1:** Venue- Dhinasha Hall

Moderator: Aishath Yooliya Haleem

**Stream 2:** Venue- Burunu Hall

Moderator: Fathimath Rishtha Abdul Majeed

1:45pm - 2:05pm

**1. Auntie Aisha Answers: A Way Forward For  
Islamically-Based Comprehensive Life Skills Education**  
Aisha Hussain Rasheed

**2. Factors contributing to stress among mothers of  
children with autism spectrum disorders in Maldives**  
Yuna Siraj & Fathimath Shaheeda, Villa College

2:05pm - 2:25pm

**1. Do we have the right words in Dhivehi language  
to use when communicating about mental health?**  
Azeeza Afeef, Maldives National University

**2. Mental Health and Psychosocial Support  
Interventions during Covid-19 in the Maldives**  
Afaa Mohamed & Mariyam Ifshan Ahmed, Maldivian Red  
Crescent

2:25pm - 2:45pm

**1. The relationship between online psychological  
support and psychological wellbeing: A random  
survey in Maldives and New Zealand**  
Dr. Afiya Ali, National Centre for Mental Health

**2. Bullying in Schools: Anti Bullying Policy and Effective  
Interventions** Dr. Aishath Nasheeda, Villa College

2:45pm - 3:05pm

**1. Invited speaker- Implementing Mental Health Policy  
in Maldives: Challenges and way forward**  
Aminath Shahuza, Mental Health Department

**2. Invited speaker- Challenges faced by people living  
with mental illness in the Maldives**  
Aminath Ula Ahmed, Mental Helath Support Group

3:15pm - 4:15pm

#### Panel discussion- Increasing access to mental health... Is it time for a change in currents?

Panelists: Professor G. Gururaj (International Expert),  
Fathimath Himya (MRC), Saeed Ahmed (Family/Public  
Representative), Safiyya Saeed (MoH)  
Moderator- Fathimath Sofiya Rasheed

4:15pm - 4:30pm

#### Closing Ceremony

M/C- Aishath Yooliya Haleem

4:30pm - 5:00pm

Evening Tea

5:00pm - 5:45pm

Return travel to Male'

6:45pm - 9:00pm

Cultural night - Gala Dinner

## OEVARU POSTER PRESENTATIONS

Please find below all the papers that shall be displayed throughout the conference and shall be getting an allotted time on day 1 for presenters to engage with the conference attendees. The authors name listed are the registered presenters who shall be present by the poster during the poster session.

### **Bullying Prevention for a Happier and Safer Schools: Implementation of the Bullying Prevention Month**

Hussain Rasheed Moosa, Ministry of Education

### **Breaking the stigma- Community reintegration of patients suffering psychiatric illnesses- An exploratory study**

Saany Shareef, Fathimath Warudha, Ministry of Gender Family and Social Services

### **Identifying Nutrition Therapies Appropriate for the Treatment of Psychological Disorders in the Maldivian Population: A Preliminary Review**

Asiya Abdul Raheem, Indira Gandhi Memorial Hospital (IGMH) / Dharumavantha Hospital

### **Mental Health Education in Curricula of The Maldives National University**

Zeenath Shakir, Mariyam Neerish, Faculty of Health Sciences, Maldives National University

### **A snapshot of the history of Mental Health in the Maldives**

Dr. Fathmath Lubaina Rasheed, National Centre for Mental Health (NCMH), IGMH

### **Impact of stigma on patients with mental illness, registered in National Centre for Mental Health (NCMH) of Maldives**

Aminath Fazeela, National Centre for Mental Health, IGMH

### **Existential Anxiety amid COVID-19 pandemic in Kashmiri population**

Mr. Syed Nasir Ahmed Gilani, CYMA CARE Maldives

### **A review of critical incidents reported in the National Centre for Mental Health Inpatient Care Unit (NCMH IPCU) of Indira Gandhi Memorial Hospital (IGMH).**

Fathimath Ajna, National Centre for Mental Health, IGMH

### **Incorporating Mindfulness to Create Trauma-Informed Classrooms**

Aishath Zara Athif, Small Island Geographic Society, Maldives

### **The journey of forming and running a Cancer Support Group (CSG) by Cancer Society of Maldives (CSM) in the Maldives; to assess the impacts of CSG on mental wellbeing of patients and caregivers.**

Mohamed Razzan Ismail Rasheed, Aminath Shafaq, Cancer Society of Maldives

### **Pathology of internet gaming among adolescents**

Aishath Nasheeda, Azra Abdul Sattar, Faculty of Educational Studies, Villa College, Maldives

### **Family Burden in the Patients of Alcohol Dependence Syndrome Attending The Psychiatry Department of Nepal Medical College Teaching Hospital**

Dr. Bibek Subedi, Addu Equatorial Hospital, Maldives

### **Analysis of Clinical and Financial Consequences of Electroconvulsive Therapy (ECT) Unavailability in the Maldives: A Cross-Sectional Study**

Dr Hussain Samah, National Centre for Mental Health, IGMH

### **Data Inferences for an 18-month Period for Children with Developmental Delay**

Luhab Qubad & Mariyam Dheena Nizar, Child Development Centre, Hulhumale' Hospital

### **A retrospective descriptive analysis of young people re-admitted with suicidal behavior in the National Centre for Mental Health, Indira Gandhi Memorial Hospital, Maldives**

Dr. Abdulla Nazim, National Centre for Mental Health, IGMH

### **Parents of Children with Neurodevelopmental Disorders Living in the Maldives: A Qualitative Approach in Understanding Stress and Challenges in Parenting.**

Aminath Raziya Mohamed, Aishath Azka Saeed, Child Developmental Center, Hulhumale' Hospital