



THE PEMA SYMPOSIUM 2024

"Towards building people-centered mental health care through resilient and supportive society"



Pemako Hotel, Thimphu
25 - 26 November, 2024

TABLE OF CONTENTS

PROGRAM AGENDA

Day 1 : **Opening of Technical Sessions**

Day 1: **Technical Session 1**

Evidence-Informed and Integrated Interventions for Mental Health Care Programs and Services

Day 1: **Technical Session 2**

Addressing Mental Health through Life-Course Approach

Day 1: **Technical Session 3**

Towards Building Resilience and Wellbeing for the Future

Day 2: **Technical Session 4**

Addressing Mental Health through Life-Course Approach

Day 2: Special Closing Ceremony *

LIST OF SPEAKERS

Sessions:

Opening of Technical Sessions





Mental Health Care Programs and Service


Addressing Mental Health through Life-Course Approach

Towards Building Resilience and Wellbeing for the Future


Information System and Research

Opening of Technical Sessions

	Registration of Participants All Participants	9:00 - 9:15
	Welcome Remarks Dasho Dechen Wangmo, Head, The PEMA Secretariat	9:15 - 9:25
	Keynote Address: Vision for the Region Her Excellency Saima Wazed, Regional Director, WHO-SEARO	9:25 - 9:35
	Vision for the Region: In conversation with Her Excellency, Regional Director, WHO-SEARO Dr. Aoife Kenny, Public Health Expert	9:35 - 9:55
	Remarks by Dasho Secretary-Ministry of Health, WHO Representative, and UNICEF Deputy Representative Dasho Pemba Wangchuk, Dr. Bhupinder Kaur Aulakh, Ms. Fawzia Hoodbhoy	9:55 - 10:25
	Collective Effort for Mental Health and Wellbeing: Moderated Session Dr. Aoife Kenny, Public Health Expert (Moderator)	10:25 - 10:50
	Tea Break	10:50 - 11:20



Technical Session 1: **Evidence-Informed and Integrated Interventions for Mental Health Care Programs and Services**



Innovations and Good Practices in Mental Health 11:20 - 11:40

Dr. Andrea Bruni, Regional Advisor,
Mental Health and Substance Use, WHO-SEARO

Integrating Mental Health Services: Community-Based and People-Centered Services 11:40 - 12:00

Dr. Naveen Kumar, Professor, NIMHANS, India



Mobility Break (Sorig Zhiney led by Ms. Thinlay Lhamo) 12:00 - 12:10

Mental Health Services in Bhutan: Brief History of Mental Health Services in Bhutan
Dr. Chencho Dorji, Consultant Psychiatrist, JDWNRH 12:10 - 12:30

Role of Religious Institutions for Resilient Community 12:30 - 12:45

Ven. Khenpo Choten Dorji
Secretary
Council for Administration & Development Affairs
Central Monastic Body

Q & A 12:45 - 13:00

MC

Lunch Break 13:00 - 14:00



Panel Discussion: Building a Supportive Society for Mental Health and Wellbeing 14:00 - 15:00


Dr. Andrea Bruni, Dr. Naveen Kumar,
Ms. Tshering Dolkar, Dr. Tshering Yangden

Moderator:
Dr. Aoife Kenny, Public Health Expert

DAY 1 | 25 NOV 2024



Technical Session 2: Addressing Mental Health through Life-Course Approach



Child and Adolescent Mental Health: Investing in maternal mental health and early development

15:00 - 15:20

Dr. Ugyen Dem, Child and Adolescent Psychiatrist,
JDWNRH

Child Protection and Disabilities: Intellectual Disabilities and Disability Laws

15:20 - 15:40

Ms. Pratthana Rattanatirawan, Social Worker,
Department of Mental Health, Thailand



Q & A

15:40 - 15:50


MC

Tea Break

15:50 - 16:10



Technical Session 3: **Towards Building Resilience and Wellbeing for the Future**



School Mental Health Programmes and Services: Towards Building Resilient Adolescents and Youth

Mr. Tashi Namgyal Director, DEP, MoESD

16:10 - 16:30

EduCARING for Human Flourishing: School-based Mindfulness and Wellbeing Practices

Ms. Deki Choden, Founding Principal,
Mr. Tim Huang, Head of Wellbeing Programmes,
ELC, Thimphu

16:30 - 16:50




Q & A

MC

16:50 - 17:00



Technical Session 4: **Addressing Mental Health through Life-Course Approach (continued)**



Order of Day 2 Programs


9:00 – 9:05

MC

Prioritizing Youth: Opportunities for Youth-Friendly Services

9:05 – 9:25

Ms. Carly Clutterbuck, Psychologist,
The PEMA Secretariat



Supporting the Mental Health Needs of Senior Citizens

9:25 – 9:45

Dr. Damber Kumar Nirola,
Consultant Psychiatrist, JDWNRH

Q & A

9:45 – 10:00

MC



Information System and Research:

10:00 – 10:45


- Regional Data and information
- National Health Survey Findings
- Health and Wellbeing Screening System

Dr. Andrea Bruni, Mr. Kinley Dorji, and Mr. Dil Kumar Subba

Q & A

10:45 – 11:00

MC



Tea Break

11:00 – 11:30



Group Work Template - Orientation

Mr. Dil Kumar Subba

11:30 - 11:40

Group Work: Reflection on Existing Situations - Interventions, Challenges and Opportunities

Four Groups

11:40 - 12:20

Group Presentation and Discussions

Group Leader

12:20 - 12:45

Token of Appreciation for Experts/Speakers

Hon'ble Board Member

12:45 - 13:00

Lunch Break

13:00 - 14:00

Special Closing Ceremony *



All Guests and Participants to be seated 14:00 - 14:30

Arrival of Her Majesty the Gyaltsuen 14:45

Technical Session Appraisal to Her Majesty the Gyaltsuen 14:50 - 15:00

Dr Andrea Bruni, Regional Advisor,
Mental Health and Substance Use,
WHO-SEARO

Keynote Address by Her Majesty the Gyaltsuen 15:00 - 15:15

(if it pleases Her Majesty to address the gathering)

Narration on The PEMA Home and Mitshey Yarab Lamzang 15:15 - 15:25

MC

Inauguration of The PEMA Home and Mitshey Yarab Lamzang 15:25 - 15:40

Vote of Thanks 15:40 - 15:45

Dasho Dechen Wangmo,
Head of The PEMA Secretariat

High Tea

****Time schedule is subject to change***



OPENING OF TECHNICAL SESSIONS

SESSION BRIEF

This session aims to provide a deeper understanding of mental health situation, exploring the factors that contribute to mental health challenges, the societal impacts, and the resources available to address these issues. The discussion will delve deeper to understand policy environments, current scenario and deliberate to devise innovative approaches to promote mental health and wellbeing.

KEYNOTE SPEAKER



Her Excellency, Saima Wazed
Regional Director
WHO - SEARO

WELCOME REMARKS



Dasho Dechen Wangmo
Head
The PEMA Secretariat



COLLECTIVE EFFORT FOR MENTAL HEALTH AND WELLBEING: MODERATED SESSION

Moderator: **Dr. Aoife Kenny, Public Health Expert**

REMARKS BY:



Dr. Bhupinder K. Aulakh
WHO Representative
WHO Bhutan



Dasho Pemba Wangchuk
Secretary
Ministry of Health



Ms. Fawzia Hoodbhoy
Deputy Representative
UNICEF



EVIDENCE INFORMED AND INTEGRATED INTERVENTIONS FOR MENTAL HEALTH CARE PROGRAMS AND SERVICES

SESSION BRIEF

This session will explore how evidence-informed practices and integrated care models work together to provide more effective, comprehensive, and sustainable mental health care. Through the exchange of knowledge and good practices, we can create care systems that are responsive, accessible, and tailored to the diverse needs of individuals and communities.

SPEAKERS



Dr. Andrea Bruni
Regional Advisor
Mental Health and Substance Use
WHO-SEARO



Dr. Naveen Kumar
Professor
NIMHANS, India



Dr. Chencho Dorji
Consultant Psychiatrist
JDWNRH



Ven. Khenpo Choten Dorji
Secretary
Council for Administration &
Development Affairs
Central Monastic Body



PANEL DISCUSSION: BUILDING A SUPPORTIVE SOCIETY FOR MENTAL HEALTH AND WELLBEING

Moderator: **Dr. Aoife Kenny, Public Health Expert**

PANELISTS



Ms. Tshering Dolkar
Executive Director
RENEW



Dr. Naveen Kumar
Professor
NIMHANS, India



Dr. Andrea Bruni
Regional Advisor
Mental Health and Substance Use
WHO-SEARO



Dr. Tshering Yangden



ADDRESSING MENTAL HEALTH THROUGH LIFE COURSE APPROACH

SESSION BRIEF

The life course approach emphasizes prevention and response at different stages of life. It recognizes the importance of addressing mental health risks and promoting well-being early in life to prevent long-term issues. It also considers how mental health needs change across the lifespan, from childhood and adolescence to adulthood and old age, and creates more effective, context-specific strategies to support mental health at every stage of life

SPEAKERS



Dr. Ugyen Dem
Child and Adolescent Psychiatrist
JDWNRH



Ms. Pratthana Rattanatirawan
Social Worker
Department of Mental Health
Thailand



Ms. Carly Clutterbuck
Psychologist
The PEMA Secretariat



Dr. Damber Kumar Nirola
Consultant Psychiatrist
JDWNRH



MENTAL HEALTH INFORMATION SYSTEM AND RESEARCH

SPEAKERS



Dr. Andrea Bruni
Regional Advisor
Mental Health and Substance Use
WHO, SEARO



Mr. Kinley Dorji
Research Officer
MoH



Mr. Dil Kumar Subba
Sr. Program Officer
The PEMA Secretariat



TOWARDS BUILDING RESILIENCE AND WELLBEING FOR THE FUTURE

SESSION BRIEF

This session focuses on school-based strategies and practices for building resilience and promoting long-term well-being, equipping students with the tools they need to cope with stress, adversity, and uncertainty. We will explore how personal strengths, community support, and societal structures can contribute to a more resilient and mentally healthy future.

SPEAKERS



Mr. Tim Huang
Head of Wellbeing Programmes
ELC, Thimphu



Mr. Tashi Namgyel
Director
DEP, MoESD



Ms. Deki Choden
Founding Principal
ELC, Thimphu

Our Partners for The PEMA Symposium



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