

Global MINDS Newsletter

Issue 01



Welcome and Thank You!

by Dr. Arlene MacDougall, Director of Global MINDS

Welcome to the inaugural issue of the Global MINDS Annual Newsletter! We are excited to share and celebrate with you what we have achieved this year! This issue provides an overview of the goals and principles of Global MINDS, our work during the winter semester graduate seminar course "Global Mental Health System Innovation", our initiative with eCampusOntario, and the launch of our Global MINDS Fellowship Program (GMFP).

But first, we would like to thank all of the faculty and institutions/organizations who have supported our work over the past many months. In particular, thank you to the Western University Interdisciplinary Development Initiative, the Africa Mental Health Foundation (AMHF), the Africa Institute at Western University, Mindfulness Without Borders, and the MaRS Solutions Lab at the MaRS Discovery Centre for your contributions and collaboration.

To all faculty who lead and sat on committees and participated in our programs as guest lecturers, thank you for your commitment to sharing your expertise with us. To all faculty mentors of the graduate seminar course and the GMFP a special thank you for your unwavering dedication to our students. As well, to Dr. Victoria Mutiso and Professor David Ndeti from

AMHF, thank you both for years of inspiration and active partnership. Thank you to Dr. Doug Jones (Vice Dean, Basic Medical Sciences Schulich School of Medicine & Dentistry, Western University) for your stewardship and support as Chair of the Global MINDS Steering Committee. And to our 2016-17 Global MINDS Program Coordinators – Raksha Sule (Western) and Ruth Ruhara (Kenya) – thank you for your unrelenting efforts and commitment to making the vision of Global MINDS come to life for so many!

Everyone in the Global MINDS family is a champion for global mental health and change agent in their own right, and we are witnessing that in real-time as our 2017-2018 Fellows from the GMFP work to continue implementing their innovative solutions in Machakos, Kenya.

After this past year, I am convinced more than ever that together, as Global MINDS, we can reduce the global burden of mental disorders!

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Global MINDS is an Interdisciplinary Development Initiative of Western University:



Our International Partner:



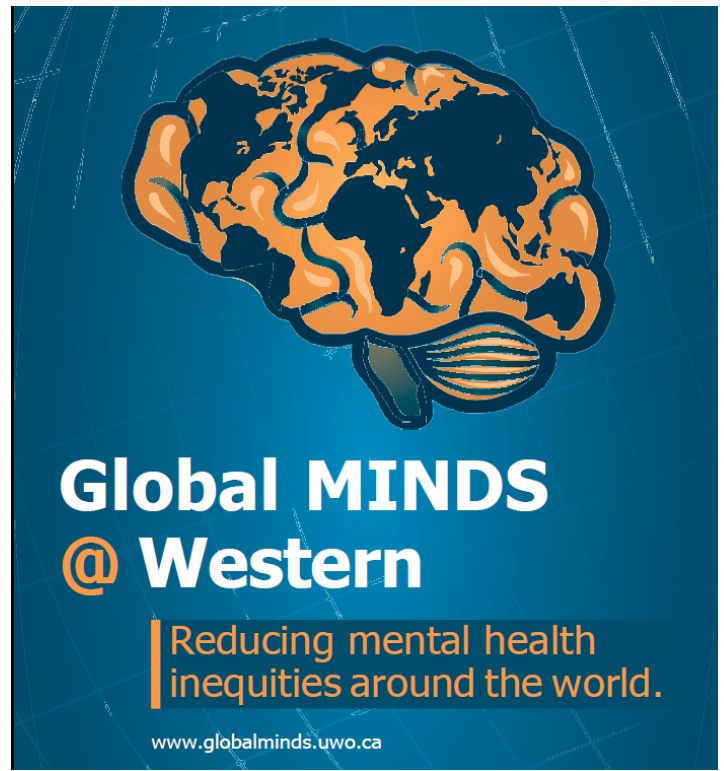
AFRICA MENTAL HEALTH FOUNDATION

Global MINDS Overview

Mental health and substance use disorders are the leading causes of disability worldwide, and their burden is increasing. There is a large gap between needing and getting treatment, especially in low and middle income countries (LMICs) and among marginalized groups in higher income settings. Up to 85 per cent of people with mental illness in LMICs who need treatment do not get it, in part because current approaches to prevent, identify and treat mental disorders are inadequate and outdated. The lack of integration between health and other sectors further compounds the problem. The impacts of, and ultimately pathways to, recovery from mental illness also cut across sectors, and include education, employment/income support, labour and business, legal/justice responses, and human rights.

A new paradigm for “mental health” is urgently needed, one that reaches beyond the individually-focused healthcare system, to include family, community and system-level approaches that address socio-environmental factors such as early childhood adversity, trauma, violence and conflict, gender, poverty, education, stigma and discrimination.

The **Global Mental Health Incubator for Disruptive Solutions** at Western University (Global MINDS @ Western) is an Interdisciplinary Development Initiative with the objective of using social innovation approaches to catalyze the development, implementation, mobilization and evaluation of disruptive solutions for the wicked problem of reducing the global burden of mental disorders and related issues (e.g., suicide). Global MINDS is focused on innovating for low resource settings in low- and middle-income countries (LMIC) (e.g., East Africa region) and for marginalized communities within Canada.



Global MINDS
@ Western

Reducing mental health
 inequities around the world.

www.globalminds.uwo.ca

FOR MORE INFORMATION

Check out our website: <http://www.globalminds.uwo.ca>

Contact our Western University Program Coordinator, Kaitlin Saxton:
ksaxton@uwo.ca

Global MINDS Guiding Principles

Through transdisciplinary collaboration and innovative pedagogy, we empower students and faculty to lead change and **make a lasting impact starting now**. These are our Guiding Principles:

- 1. Create a Culture of Innovation.** The most important driver of innovation is culture. An innovative climate is one that cultivates engagement and enthusiasm, challenges people to take risks within a safe environment, fosters learning, and encourages independent thinking.
- 2. Foster Cultural Humility.** Working in international and cross-cultural contexts requires our learners and faculty to consider both the goals and processes of traditional/local cultural constructs, paradigms and approaches to mental disorders and professional education. This requires a process-oriented approach to cultural safety, a lifelong commitment to self-evaluation, and a desire to attend to and repair power imbalances.
- 3. Participate Authentically.** Achieve competence through authentic participation in situations that are real, dynamic and emergent, distributed across networks (communities of authentic practice) and a constantly evolving set of multiple and interconnecting people, tools, teams and work.
- 4. Be Disruptive to Be Innovative.** A disruptive innovation is one that displaces an existing approach to produce something new, more efficient and effective. To create the conditions that lead to the development of solutions that disrupt existing approaches and static notions of mental health care systems, we need to first be disruptive in the way we communicate, teach and learn.
- 5. Build Communities of Practice.** By leveraging across and within the disciplines such as medicine, health and social sciences, education, business, information and media studies and the humanities, we bring together people who are engaged and motivated to tackle complex challenges in new ways.

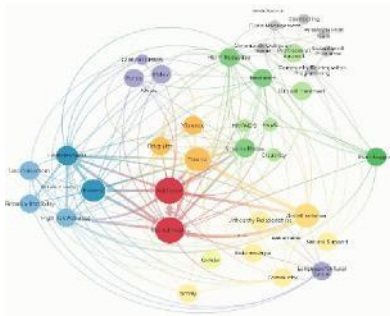
Graduate Seminar Course

Beginning January 2017, Global MINDS launched a new transdisciplinary graduate seminar course, "GHS9014B: Global Mental Health System Innovation" at Western University. At the start of the course, four high-performing student teams were created and tasked to develop a "disruptive solution" for a complex mental health system challenge proposed by one of our London community organization partners.

The Students' Journey

A day in the life of a GHS:9014B Student Social Innovator included:

- Mindfulness Exercise
- Facilitation of Knowledge via Collaborative Teaching
- Presentations
- Professional Development Activities
- At-Home Reflective Practice



The students created system maps, complex challenge questions and briefs, outlined their process, designing their solutions including implementation, evaluation and sustainability plans, and even investigated how their complex challenge is situated in Kenya.

Through all of this work, students realized how dynamic and emergent these complex challenges are, and the need for thinking and acting in novel ways.

Teams



Goodwill Industries

Mentor: Dr. Marlene Janzen LeBer

Co-Mentor: Dr. Oana Branzei

Students: Daniel Brener, Rose Moss, Leah Rosenkrantz, Spencer Yeung

Complex Challenge: Mental health support for employees



London InterCommunity Health Centre

Mentor: Dr. Nadine Wathen

Co-Mentor: Dr. Kelly Anderson

Students: Felicia Krausert, Reshele Perera, Elizabeth Pham, Carolyn Spiegel-Feld, Stefania Wisofski

Complex Challenge: Mental health support for individuals with drug addictions



Cross Cultural Learner Centre

Mentor: Dr. Susan Rodger

Co-Mentor: Dr. Lloy Wylie

Students: Onyka Gairey, Hannah Guinah, Jacintah Mwachiro, Eshan Shah

Complex Challenge: Mental health support for government assisted refugee children



CMHA Middlesex

Mentor: Dr. Helene Berman

Co-Mentor: Eugenia Canas (PhD Candidate)

Students: Lucia Hussey, Bob Kigen, Georgina Mends-Paintsil, Christine Park, Angelina Zhu

Complex Challenge: Mental health support for transitional aged youth women

Disruptive Final Solutions Pitch Event

On April 3rd, 2017 we held the Disruptive Solutions Final Pitch Event, where student teams "pitched" their final solution for their community partner's complex challenge to an audience of over 50 individuals from Western University and the London community.



Thank you!

Thank you to all of our faculty (co-)mentors and community partner representatives! Thank you, as well, to the following individuals for their curriculum support: Jerry Koh from MaRS Discovery Centre, and Dr. Sean Kidd from the Centre for Addiction and Mental Health and the University of Toronto. As well, thank you to the Africa Institute, Western University for support during the Disruptive Solutions Final Pitch Event. Finally, a huge thank you to all the faculty who participated as expert content guest lecturers to shape our collaborative teaching model (all faculty mentors, Dr. Michael Clarke, Dr. Irena Creed, Dr. Charlie Trick, Dr. Anita Kothari, Meredith Levine, Dr. Christopher Mackie, Dr. Victoria Mutiso, Professor David Ndeti, Dr. Javeed Sukhera, and Dr. Amardeep Thind).

Innovation Grant



During the Fall semester of 2016, eCampusOntario put out a call for proposals aimed at fostering innovation in online education. Our submission, "Global MINDS: Using videos to teach and ignite student social innovators tackling complex global mental health challenges" was successful!

Over the next year, we will be working to create two categories of videos: Case Study and Case Exemplar.

Case Study Videos:

- Will showcase a complex global mental health challenge that is informed by diverse stakeholders' perspectives and demonstrates core content topics (e.g. methods of conceptualizing/measuring burden, knowledge mobilization frameworks, and strategies for sustainability and scalability).

- Complemented with a case study sheet (i.e. learning objectives, data tables/graphics, narratives and discussion/reflection questions).

Case Exemplar Videos:

- Will capture and package the entire experience of the social innovation processes through first person "point of view" video of real-time activities (e.g. sense making, developing and designing the solution, pitching the solution, implementing and measuring impact).
- These videos will be interspersed with reflections as these various steps of the innovation process unfolds.

We also look forward to working with our Fellows in creating the narrative and complementary materials of the videos!

Global MINDS Fellowship Program

The Global MINDS Fellowship Program (GMFP) is a year-long opportunity for highly qualified students from low- and middle-income countries and Canada with diverse academic backgrounds and skills to collaborate in international transdisciplinary teams to create innovative and impactful solutions for the wicked problem of reducing the global burden of mental disorders and related issues (e.g., suicide).

The GMFP approach is carried out through three stages: 1) Pre-Summer Institute Orientation, 2) Summer Institute and 3) Post-Summer Institute Activities. Details can be found [here](#). The first and third GMFP (2017 and 2019) its cohorts of Fellows will be focused = on developing solutions for the East African context with the Summer Institute being held in Kenya. The second GMFP (2018) cohort will be will be focused on incubating innovative solutions for marginalized populations and under-served communities (e.g. Indigenous Peoples) in Canada. The Summer Institute will take place in the London, Ontario, area.

Inaugural 2017-2018 GMFP: Machakos, Kenya

This inaugural Summer Institute took place in Machakos Town, Machakos County, Kenya from May 21 to June 3, 2017. The Fellows were welcomed by keynote speaker Michael Njenga (Executive Director, Users and Survivors of Psychiatry in Kenya [USP-Kenya], and Board Member, National Council for Persons With Disabilities in Kenya) who inspired all through his call-to-action to promote and advocate for a more inclusive and rights-/values-based mental health system in Kenya, and globally.



Four complex challenges were identified by three of our Community Partners (CREATE Kenya, USP-Kenya, and the Machakos Level 5 Hospital). These complex challenges evolved and were shaped through further consultation with Community Partners, field visits to key community sites, discussions with local decision makers and other stakeholders, and mentorship and coaching by Faculty Mentors. By the end of the two weeks, a community-oriented and contextualized narrative of the complex challenge had been developed and a disruptive solution was ready to be proposed. On June 2nd, 2017, teams pitched their solutions in front of an audience of 40-50 individuals, made up of judges, Canadian and African faculty and staff, Community Partner representatives, local community members, local Kenyan media representatives, and Kenyan government liaisons. All projects were eligible to receive seed funding of up to \$5000 CAD.

Teams are currently working to further build upon and refine their projects, through online participation in webinar sessions related to core content areas, and team meetings with Community Partner representatives and Faculty Mentors. As well, teams are identifying opportunities for potential synergy and collaboration between projects. Over the coming months, teams will also work to develop their plans for sustainability and scalability, and knowledge mobilization activities.





Team MJR

Partner: CREATE Kenya – Seeks to address the longstanding workforce exclusion and lack of community supports experienced by people with mental illness in Kenya by developing a locally-viable social business that creates employment opportunities and supports overall functioning and wellbeing.

Project Objectives: Two-pronged approach to sustain and scale the CREATE model; 1) facilitate revenue building strategy for the initial social business (Point Tech Solutions) to become self-sustaining, and 2) pilot test “Food for the Mind”, as a CREATE expansion site.

Students (L-R): Mandela Kibiriti, Erican Robyn Masters, Jayme Bridge, Michelle Quaye, Joyce Twiri

Mentors: Dr. Marlene Janzen Le Ber, Ruth Ruhara



Team Watetezi

Partner: CREATE Kenya

Project Objectives: Leveraging CREATE’s proof of concept work to build awareness surrounding mental health and address stigma and social exclusion in Machkos; Create an advocacy incubator, designed with and for people with mental illness to share stories and ideas for generating advocacy and awareness campaigns.

Students (L-R): Richelle Bird, Stephanie Huff, Alamin Suleiman, Paula Njoki, Sharon Siyomit

Mentors: Prof David Ndeti, Dr. Arlene MacDougall



Team Tumaini

Partner: Machakos Level 5 Hospital Psychiatric Ward – The hospital serves the whole of Machakos Country and the eastern region. The psychiatric department has both an in-patient facility and an outpatient clinic. Its mission is to provide quality efficient and caring health services.

Project Objectives: To reintegrate people with mental illness in a way that promotes recovery through community follow-up; Harness family members’ potential by repositioning them as an integral part of the patient recover and reintegration process, by testing a validating a novel family education and empowerment program.

Students (L-R): Sameera Moha, Gunjan Mhapankar, Cisse Nakeyar, Sonia Muasa, Maryanne Muniu

Mentors: Dr. Victoria Mutiso, Dr. Susan Rodger



Team VisAbility

Partner: USP-Kenya – A non-governmental organization, which seeks to promote and advocate for the rights of persons with psychosocial disabilities.

Project Objectives: To build inclusive communities where people with psychosocial disability have the equal right to express their will and preference in order to participate independently within society; Create “VisAbility Kenya”, a volunteer organization that will facilitate group activities and enriching discussions to promote social interaction among people and with without mental health illness.

Students (L-R): Tanya Benjamin, Jessica Carswell, Mumbi Chege, Brianna Jackson, Lindah Ngina

Mentors: Michael Njenga, Dr. Nadine Wathen

A Day In the Life of a GMFP During the Summer Institute:



Pictures (L-R): (1) Mindfulness Ambassador Council, (2) Team Tumaini working on actors for their system map, (3) Point Tech employees and their family members presented their experience and personal and professional growth due to CREATE Kenya to GMFP students and faculty/staff.

Each morning from 8:00 – 9:00am was dedicated to the Mindfulness Ambassador Council, facilitated by Dr. Arlene MacDougall, and journeyed with the 20 Fellows and 8 faculty/staff. The Council sessions included “talking pieces”, one of which was a Fellow’s Maasai bracelet. This represented one of many parts of the beautiful Kenyan culture and heritage that exists, but also a token for being open-minded and embodying cultural humility in the place of where the work was to be done. Following, Fellows engaged in lively lectures and activities on various content topics related to social innovation and professional development sessions. Simultaneously, students participated in site visits to learn from their community partners in developing a deeper sense of the complex challenge and potential leverage points for a solution. Throughout the two weeks, students also practiced pitching their solutions as they evolved, which included receiving rapid fire feedback from faculty mentors and fellow students. To end each day, the Program Coordinators facilitated Reflection Circle with the Fellows for an hour, where the day’s events and learnings would be reflected upon.



Pictures (L-R): (1) Canadian students role-playing hockey for Canadian Culture Night, (2) Kenyan students sharing cultural information on the different tribes in Kenya, including traditional clothing and main source of economic activity, (3) Kenyan student, Sharon, feeding a giraffe at the Giraffe Centre.

Over the course of the Summer Institute Fellows had time to enjoy each other’s company and learn about the two countries’ cultures by holding Canadian and Kenyan Culture Shows. Fire-side chats and excursions to the Machakos People Park, Nairobi National Park, Elephant Orphanage and Giraffe Centre were also interspersed throughout!



Pictures (L-R): (1) Mumbi Chege pitching her team’s (Team VisAbility) solution at the Final Disruptive Solutions Pitch Event, (2) Gunjan Mhaparnkar receiving the Certificate of Accomplishment, (3) A final “hurrah & congrats!” by our inspiring co-leaders of the Summer Institute, Dr. Arlene MacDougall and Prof Ndetei.

The Summer Institute came to a conclusion with the Final Disruptive Solutions Pitch Event, where teams pitched their solutions to community partner representatives, local/regional politicians and other stakeholders of Machakos County. To celebrate the success of all the Fellows, each student received a Certificate of Accomplishment. As we finally parted ways, we kept with us the memories we made with one another, and a promise of commitment to continue doing good work over the next year. After all, the journey for the Global MINDS Fellowship Program had, really, just begun!

Thank you!

Thank you to Leah Gardiner for her support in helping us develop the Global MINDS Ambassador Council!

As well, thank you to our faculty mentors, and expert content mentors (Dr. Christopher Mackie and Dr. Oana Branzei).

Finally, a special thank you to Ruth Ruhara, African Program Coordinator and Faculty Mentor, and Raksha Sule, Western Program Coordinator and Teaching Associate who both worked tirelessly behind the scenes to make this Summer Institute run smoothly and truly a success!

Picture (L-R): Dr. Susan Rodger, Dr. Arlene MacDougall, Dr. Victoria Mutiso, Dr. Nadine Wathen, Dr. Chris Mackie, Michael Njenga, Dr. Marlene Janzen Le Ber, Raksha Sule and Ruth Ruhara.



A Special Thank You: Dr. Susan Rodger

We would like to give a special thank you to Dr. Susan Rodger, Lead of the Curriculum Sub-Committee and Global MINDS faculty-extraordinaire! Susan's leadership was paramount for the development of the core Global MINDS pedagogy and curriculum materials. From the big picture visioning sessions to marking individual student course assignments – Susan's commitment, wise advice, humour and genuine compassion could always be counted on! She encapsulates what it means to be a Global MIND and is a mentor to students, staff and faculty alike. Thank you, Susan! And as Susan's grandmother would tell her, "You should finish just like you began". I guess this means that for Global MINDS we will be finishing big!

Final Notes!

Check Out:

- Global MINDS Fellowship Program Recap Video on YouTube, [here!](#)
- Reflections by our GMFP Western University Fellows on our website, [here!](#)

Staffing Updates:

- As of Sept 1, 2017, Raksha Sule has transitioned to the role of Curriculum Developer for Global MINDS and Kaitlin Saxton has joined us as the Global MINDS Program Coordinator at Western. Kait is passionate about global and community health and the ways in which innovative, interdisciplinary strategies could address complex health equity challenges. She earned her BSc in Biological and Medical Sciences from Western University and MSc in Global Health from Duke University. Her Master's studies included research ethics, epidemiology, and health systems in developing countries and her research focused on the influence of grandparent-grandchild relationships on socioemotional and cognitive outcomes of youth in rural Sri Lanka. Welcome Kait to the Global MINDS family!

Next Steps:

- Presenting the Global MINDS innovative pedagogical approach in the form of a workshop at the Canadian Conference on Global Health on October 30th, 2017 in Ottawa
- Developing the online, post-graduate certificate program (launch planned for Spring 2018!)
- Collaborating with Dr. Chantelle Richmond to develop the 2018 – 2019 GMFP with focus on working alongside Indigenous students and faculty and partnering with local Indigenous communities to apply social innovation approaches for addressing mental health system challenges
- Continuing to work with our partners at the MaRS Discovery Centre and Mindfulness Without Borders to shape and strengthen our curriculum

Interested in Becoming Involved? Other questions?

Email our Western University Program Coordinator, Kaitlin Saxton: ksaxton@uwo.ca