



# Adolescent Mental Health Summit 2024

**Theme: Improving Adolescent and Youth Mental Well-Being**



**8TH OF MAY, 2024**



**8:00AM-4:00PM**



**MOVENPICK HOTEL,  
WESTLANDS, NAIROBI**

## About the Summit

This inaugural summit is convened by **Grassroot Soccer; LVCT Health**, and in collaboration with the Ministry of Health and the Departments of Health in Mombasa and Nairobi Counties.

This pivotal event will explore the influence and effectiveness of #MindSKILLZ – an innovative, play-based program that builds adolescents' mental health knowledge and coping skills – and other mental health promotion and prevention approaches. Sessions will share best practices for adolescent mental health prevention and promotion and facilitate discussions around common obstacles to improving mental well-being.

The Adolescent Mental Health Summit will bring together leading figures in mental health, including government representatives, international and local agencies, donors, and young people themselves, to address the pressing issue of adolescent mental health.

# MIND SKILLZ

[#MindSKILLZ](#)

[#AfyaYaAkili](#)

[#MentalHealthMatters](#)



MINISTRY OF HEALTH



# Program

Time	Main Hall	Breakout Room 1	Breakout Room 2
7:45AM - 8:30AM	Registration and Login	Exhibitions (Partner booths + Coach posters + digital display)	Exhibitions (Partner booths + Coach posters + digital display)
8:30 AM–9:00AM	<b>Entertainment</b> Prayers, Kenya National anthem & East African Anthem Welcoming Remarks		
9:00AM–9:30AM	<b>Young People's Perspectives on Mental Health</b> A panel discussion where young individuals share their experiences and challenges with mental health alongside insights from youth advocates and mental health coaches.		
9:30AM–9:50AM	<b>Keynote Speaker</b> Remarks by the Chief Guest Launch of: <b>1st Adolescent Mental Health Summit</b> <b>Best Practice: MindSKILLZ Intervention for Adolescent Mental Health</b> <b>MindSKILLZ Practical Demonstrations</b>		
9:50AM - 10:00AM	<b>ENTERTAINMENT BREAK</b>		
10:00AM - 10:40AM	<b>Adolescent Mental Health Landscape in Kenya</b> An expert panel discusses the effectiveness of Kenya's mental health policies and services, providing recommendations for improvements.		
10:40AM-11:15AM	<b>TEA BREAK</b>		
10:40AM-11:15AM		Exhibitions (Partner booths + Coach posters + digital display)	Exhibitions (Partner booths + Coach posters + digital display)
11:15AM-12:00PM	<b>Session: MindSKILLZ Research Dissemination</b> <b>Session Objectives:</b> Share the key findings and outcomes of the MindSKILLZ research		

Time	Main Hall	Breakout room 1	Breakout Room 2
12:00PM-12:45PM	<p><b>Innovative and Best Practices for Adolescent Mental Health</b></p> <p>Exploration of innovative mental health practices, focusing on their effectiveness, scalability, and the role of community and technology.</p>	<p><b>Exhibitions (Partner booths + Coach posters + digital display)</b></p>	<p><b>Care for Carers</b></p> <p>Discussion on the challenges caregivers face in maintaining their mental health while supporting others, with a focus on advocacy and resources.</p>
12:45PM-2:00PM	<b>LUNCH</b>		
2:00PM-2:45PM	<p><b>Digital Mental Health Services/Programming in Kenya.</b></p> <p>Examination of how digital platforms can enhance access to mental health services for adolescents, including ethical and human rights considerations.</p>	<p><b>Exhibitions (Partner booths + Coach posters + digital display)</b></p> <p><b>MindSKILLZ Practical Demonstrations</b></p>	<p><b>Integrated Approaches to Adolescent Mental Health.</b></p> <p>An overview of integrated care models that address mental health needs by combining medical, psychological, and social services.</p>
2:45PM-3:30PM	<p><b>Global Research Priorities and Opportunities for Adolescent Mental Health</b></p> <p>A discussion on the future of adolescent mental health research, focusing on digital technologies, community involvement, and interdisciplinary approaches.</p>	<p><b>Exhibitions (Partner booths + Coach posters + digital display)</b></p>	<p><b>MindSKILLZ Practical Demonstrations</b></p>
3:30PM-3:40PM	<b>Call for Action &amp; Unveiling 2025 Host County</b>		
3:40PM-4:00PM	<b>Acknowledgements and Closing Remarks</b>		
	<p><b>TEA AND ENTERTAINMENT</b></p> <p><i>Guests leave at their own pleasure</i></p>		