



# LEADING MINDS

20 CONFERENCE 19

HEALTHY MINDS, HEALTHY FUTURES



unicef   
for every child

 Cooperazione Italiana  
allo Sviluppo  
Ministero degli Affari Esteri  
e della Cooperazione Internazionale

 World Health  
Organization

“

*Too many children and young people, rich and poor alike, in all four corners of the world are experiencing mental ill health as we have never seen before. This is the silent emergency of our times. It has no borders and requires urgent attention.*

”

Henrietta H. Fore, Executive Director, UNICEF

---

***Leading Minds 2019***

7–9 November 2019

UNICEF Office of Research-Innocenti, Florence, Italy  
[leading-minds.co](http://leading-minds.co)

# MENTAL HEALTH

## THE SILENT EMERGENCY FOR CHILDREN AND YOUNG PEOPLE<sup>1</sup>

As recently as two decades ago, very few people, even in the health profession, would ever have imagined that mental health would be considered as a global development priority. The first Global Burden of Disease report, issued in 1990, changed this when it stated that depression, alcohol use, disorders and psychoses were among the leading causes of the global burden of disease among adolescents and young people.<sup>2</sup> Today, mental disorders and substance abuse are the leading causes of disability<sup>3</sup> in children and young people. This is especially true for the latter cohort.

Suicide is estimated to be the second leading cause of mortality<sup>4</sup> among young people aged 15-24 years, and the top cause for young women in this age cohort. Other important causes, including interpersonal violence and road injuries, also have strong correlation with poor mental health and substance abuse.

Most disturbingly, some of these indicators are showing dramatic worsening<sup>5</sup> in the recent times in countries with available trend data. In three high-income countries with high quality longitudinal data — Australia, United Kingdom and United States — youth suicide has risen by as much as 50 per cent in the past decade.

The causes of mental disorders are not yet fully understood. But academics and practitioners tend to agree that two broad factors — adverse

childhood experiences and social and environmental influences — are strong contributors to many mental disorders among the young. These may include stressful academic environments, family stressors, bullying, violence and abuse, loneliness and isolation.

In surveys, young people across the world often express a sense of hopelessness in relation to structural determinants such as growing inequalities, rising hate and intolerance and an existential threat of climate change and environmental hazards, conflict and fragility, pervasive poverty and uncertain future employment prospects. Many parents, policymakers and others are concerned about the impact of children's access to information and communications technologies on their mental health.

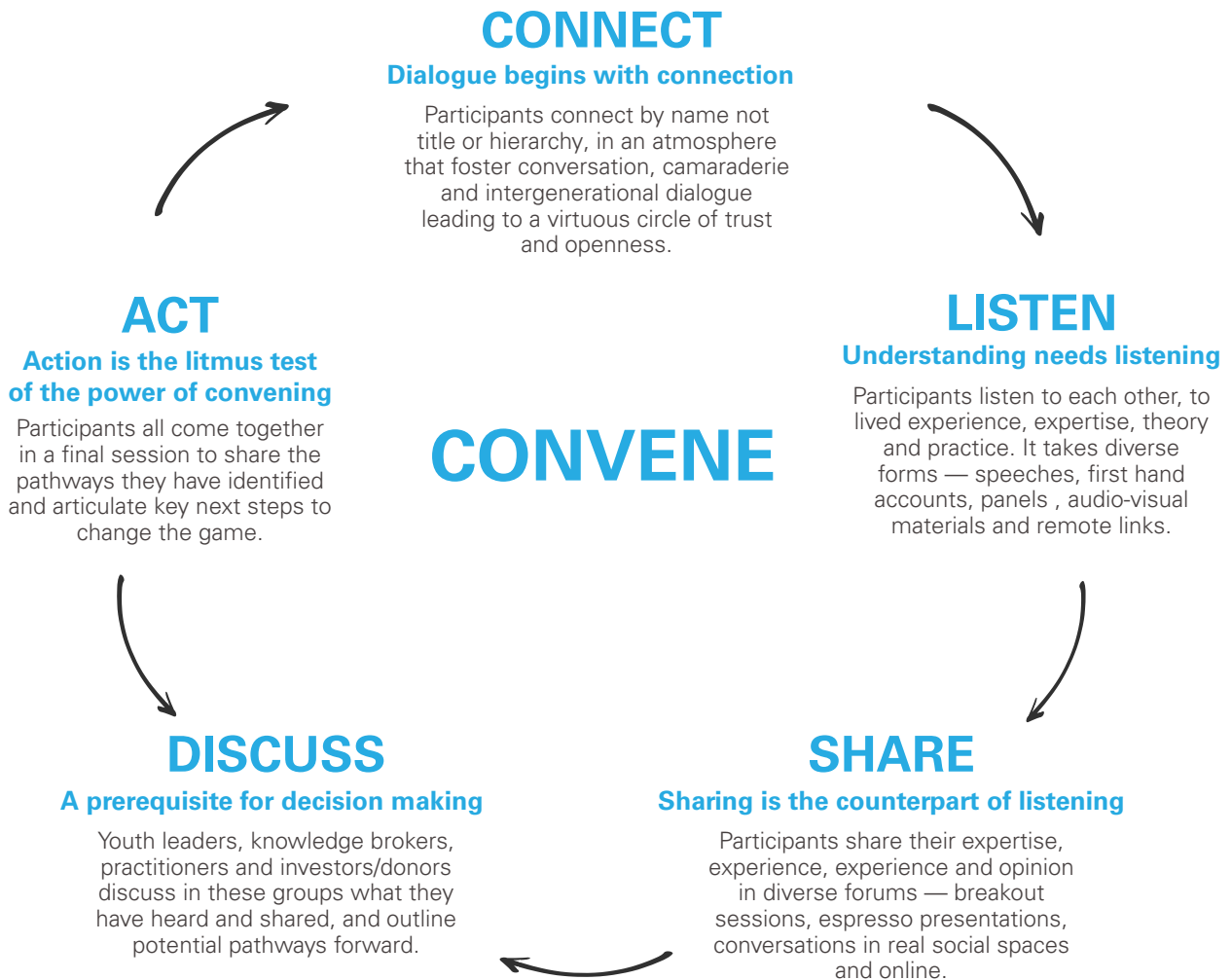
Perhaps most of important of all is that young people care deeply about their own mental health, and that of their peers and friends. Their lived experiences, past and present, must form the basis of strengthened efforts to promote healthy young minds in the 21st century. Too often, their voices have not be heard, or listened to only in a token manner, and they are no longer willing to accept this. Furthermore, they are already often heavily engaged in programming on mental health, both online and offline, and are requesting that other stakeholders work with them to co-create solutions and breakthroughs.

## LEADING MINDS 2019

On 7–9 November 2019 UNICEF convened its inaugural *Leading Minds* conference, taking the pressing issue of mental health of children and young people as its theme. The purpose of the annual *Leading Minds* conference series is to bring attention to a theme pertinent to the present and future wellbeing of the world’s children and young people by convening some of the world’s *leading minds* to examine available evidence and solutions and contribute to accelerating progress on solutions and breakthroughs.

*Leading Minds 2019* was co-hosted with the World Health Organization (WHO) and the Government of Italy, and brought together a diverse array of stakeholders from academia, youth leaders, foundations, government officials, UN agencies and civil society to discuss key challenges and opportunities on the conference theme and explore pathways to change the course.

The philosophy of the *Leading Minds* conference series is based on five principles:



## OBJECTIVES

- ▶ Convene partners and catalyze actions to promote positive mental health for children and young people.
- ▶ Agree on strategic pathways to promote mental health, based on sound research and evidence.
- ▶ Identify key issues to inform global policy and strategic advocacy positions and programming.
- ▶ Elevate mental health for children and young people within the international system as a key priority area in the 2020s.
- ▶ Strengthen existing or leverage new shared value partnerships on mental health for children and young people.
- ▶ Youth leaders taking the leading role in conference, co-curating from inception to completion, and co-creating sessions, outcomes and actions with other Leading Minds stakeholders.

## FORMAT

*Leading Minds* 2019 utilized diverse formats to enact its foundational principles and meet its objectives. These included morning plenary sessions; a keynote address and moderated panel discussions; afternoon breakout group espresso presentations and discussion; Q&A; and informal and bilateral talks during interludes of breaks and lunch.

During the conference, the participants connected with each other, listened and learned from experts and lived experience, shared their interventions and solutions and discussed lessons learned and what works. Finally, they collaborated within peer groups to decide on their actions, what they asked of other peer groups and what they could offer and then begin to outline an agenda for action to accelerate progress. Annexes 1 and 2 cover the Conference Programme and List of Participants, describing the sessions, participants and facilitators.



Henrietta H. Fore, Executive Director, UNICEF, and Yelzhan Birtanov, Minister of Health, bring together leading minds to address the challenge of youth mental health.

## KEY DATA ON ADOLESCENTS AND MENTAL HEALTH

- ▶ Up to 20% of adolescents (aged 15–19) years globally experience mental disorders.
- ▶ Suicide is the third leading cause of death among adolescents (aged 15–19) worldwide.

up to **20%** aged 15-19 years  
experience  
mental disorders

- ▶ Around 15% of adolescents in low- and middle-income countries have considered suicide.<sup>6</sup>
- ▶ Today, globally, mental and substance abuse disorders are the leading cause of disability in children and young people.<sup>7</sup>
- ▶ Youth suicide rates rose 56% in a decade in the US.

Suicide rate rose  
**56%** in 10 years  
in the United States



# CONNECT

*Leading Minds 2019* began with a warm Tuscan welcome of laughter, music, dinner and an informal chat hosted by Henrietta H. Fore, Executive Director, UNICEF. The evening — co-moderated by youth leaders Chantelle Boysen, from South Africa, and Margianta Subrahmanian Juhanda, from Indonesia — enabled participants to connect as peers from the outset without the formalities of rank and position; participants were simply addressed by their first name.

This set the tone of the conference as a meeting in which the connections made between the participants were of paramount importance, both during and after the meeting, and in which everyone's voice was heard.

The participants expressed a strong appreciation for having the space to connect before the conference formalities began.

A key feature of *Leading Minds 2019* was the connections made at this opening session and throughout the conference and beyond. By connecting first as peers, and by having youth lead, the tone of the conference became one of shared experiences and co-creation. Youth leaders had the opportunity to connect with other stakeholders and with each other.



# LISTEN

## SESSION I: CHANGING THE GAME | WHAT IT WILL TAKE

The first formal opening session, entitled *Changing the Game: What it Will Take*, embodied the listen principle. Opening remarks were provided by principals of the conference co-hosts: Henrietta H. Fore, Executive Director, UNICEF; Emanuela Claudia Del Re, Vice-Minister of Foreign Affairs and International Cooperation, Government of Italy; and Tedros Adhanom Ghebreyesus, Director-General, WHO (by video message). This session set the tone for the remaining sessions by looking at the broad tenets — resources, partnerships, strategies, political commitment and public support — of what it will take to begin to address the vast and escalating challenge of mental health for children and young people.

## SESSION II: OUR MINDS, OUR FUTURES

In practice, understanding the mental health of children and young people also begins with listening to them: their lived experiences, emotions, fears, coping strategies and hopes. This was reflected in the session on lived experiences *Our Minds, Our Futures*. Youth leaders recounted their experiences of dealing with mental illness, the ways in which they cope, what they do to support others, and what must be done for young people to feel supported and thrive. The session was designed and run by the youth leaders of the conference.

## SESSION III: STATE OF THE SCIENCE AND PRACTICE

The plenary session on the *State of the Science and Practice* looked at the latest evidence on brain health in the earliest years of life, beginning in utero, through early and middle childhood and into adolescence and youth. Vikram Patel, Pershing Professor of Global Health and Social Medicine, Harvard Medical School provided a striking keynote address on the state of the science on mental health for children and young people; the overall prevalence and spread of mental ill health across ages and geographies; causes of and contributing factors to mental ill health among the young; and methods of preventing and treating mental ill health and promoting healthy minds.

“

*Mental health in the global context has been the orphan child of global health, and children’s mental health has been the orphan child of global mental health*

”

Dr Vikram Patel, Keynote Speaker,  
*Leading Minds 2019*



# SHARE & DISCUSS

## SESSION IV: INTERNATIONAL AND NATIONAL POLICY AND ACTION

Governments are increasingly recognizing the mental health needs among their children and young people and beginning to take decisive action. Under the principles of share and discuss, a moderated panel discussion brought together government ministers and officials from Belize, Italy, Kazakhstan, United Arab Emirates and the Organization for Economic Cooperation and Development (OECD) to share their experiences on actions they are taking, the rationale behind them, and the results they expect to achieve.

## SESSION V: CIVIL SOCIETY AND FOUNDATION ACTION

Civil society organizations and private foundations are increasingly involved in advancing research, interventions, programmes and advocacy on mental health for children and young people.

This panel session moderated by Wellcome Trust heard from executives and representatives from civil society organizations and foundations, followed by Q&A – [Temasek Foundation](#) (Singapore), [United for Global Mental Health](#), [FC Barcelona Foundation](#) (Spain) and [NCD Child](#) – on the actions they are taking and funding, and their hopes and challenges.



Break out group builds a circle of trust through sharing and discussion about next steps.

## SESSION VI: SOLUTIONS AND BREAKTHROUGHS

A key focus of the *Leading Minds* conference was on solutions and breakthroughs for better mental health. These covered programmes, strategies and interventions, partnerships and collaborations; and platforms, technology and evidence. Discussions on solutions and breakthroughs took place in four different moderated Breakout Sessions, catalysed by succinct *espresso* audiovisual presentations, followed by Q&A and facilitated discussion and recommendations for action. See Annex 1 for details of lead discussants. The following topics were covered:

### Youth Engagement, Offline and Online

Young people are taking a leading role in supporting their own mental health and well-being and that of their peers. This Breakout session looked at some of the most promising solutions and breakthroughs led by young people, both offline and online and in diverse contexts.

### Platforms and Systems in Development and Humanitarian Settings

Mental health solutions for children and young people are being deployed through diverse

platforms and systems. This Breakout session examined both community focused and clinical solutions and platforms at school, for families and households, at health care delivery sites, and in humanitarian settings where much of the work on children’s mental health in low-income countries is currently focused.

### Delivering as One: Integrating Mental Health for Young People into Primary Health Care

The 2018 Global Conference on Primary Health Care, convened by UNICEF and WHO, reaffirmed the imperative of integrated delivery of health services in communities. This Breakout session examined proven and promising practices on how mental health care interventions can be integrated into primary health care packages and programmes.

### Evidence and Evidence Gaps

Evidence is imperative for setting goals, establishing quality programmes, and monitoring progress on the mental health of children and young people. This Breakout session examined the state of evidence — data, research and evaluation — identified key gaps, and discussed ways of filling them with established and emerging tools and initiatives.



Josiah Tualamali’I, Samoan changemaker, explains the break out groups to discuss pathways to change.

# ACT

## SESSION 7: CHANGING THE GAME | PEER ACTION

The *Leading Minds* conference is designed to catalyse change. In support of the actions outlined at the conference commencement on the key enablers of change, participants also had a chance to build on previous sessions and discuss pathways and actions that they and their peer groups can take to advance solutions and breakthroughs discussed and to fill gaps in programmes and evidence.

Each participant was assigned to one of the four groups — Youth Leaders; Private sector, Foundations and Philanthropists; Policy and Practitioners; and Researchers and Academics — for discussion and decisions. They reported back in a plenary session on the pathways they

discussed and actions decided on, and on what it will take — resources, partnerships, political commitment and public support — to make this a reality. The recommendations and pathways they discussed and agreed to act on are summarized in the section below.

The final recap and closing remarks were provided by Charlotte Petri Gornitzka, Deputy Executive Director, UNICEF; the late Peter Salama, Executive Director for Universal Health Coverage/Life Course, WHO; Leonardo Bencini, Head of Unit, Directorate General for Development Cooperation, Ministry of Foreign Affairs and International Cooperation, Government of Italy; and Chantelle Booysen, Youth Leader The Lancet Commission for Global Mental Health, South Africa.



# LEADING MINDS 2019 PATHWAYS

The following are the key pathways for action that emerged from *Leading Minds 2019*. An Advisory Group, comprised of selected participants, has been formed to follow up on these pathways and turn them into actions and change.

## 1

### Put young people at the centre of action to support their mental health

One of the key achievements of the conference was to place young people at its centre — listening to their experiences, sharing and discussing their projects and solutions, connecting with peers and diverse partners, and defining action to be taken with other participants. All agreed that this spirit of co-creation — of always taking action with youth leaders as opposed to just for them — is essential to successful initiatives on youth mental health. Key to this will be to include youth leaders on policy, advocacy and programming forums on youth mental health. The Advisory Group includes a strong presence of youth leaders who are collaborating with other stakeholders in taking forward these recommendations, and making the case for youth leadership in all forums on youth mental health.

## 2

### Reframe mental health as a public good

Recognize and celebrate mental health as a fundamental, universal human quality, an indivisible part of health, important to all young people in all countries, a critical global public good and a crucial contributor to human capital. This should be done by:

- ▶ Addressing the global crisis of skilled human resources to deliver psychological therapies through building a digital platform to learn, master and deliver these therapies.
- ▶ Integrating mental health into all public health programmes at all levels.
- ▶ Embracing the complexity of mental health and work outside the health sector, child welfare, education and youth employment.

- ▶ Holding governments accountable for mental health of populations and evaluating the impacts of scaled up programmes for example through a 'mental health index' for each nation (or sub-national region) including resourcing, organization and delivery of mental health care for children and young people.
- ▶ Stressing the potential that is lost when mental health is neglected and services are inaccessible, but also the potential that is found when children and young people receive the support they need.
- ▶ Support was strong for prioritizing non-medical solutions and moving away from narrow, biomedical, disorder/disease models that may work for infectious diseases but are insufficient for complex health conditions such as mental health disorders.

# 3

## Engage diverse stakeholders regularly to connect, share, and act together

The diversity of disciplines, groups, lived experiences and approaches on mental health was a cornerstone of the success of *Leading Minds 2019*, and lies at the heart of future solutions. Bringing these stakeholders — youth leaders, knowledge brokers, practitioners and policy makers and donors — together regularly will be critical to monitor progress, share lessons learned, define common goals and agendas, and foster accountability. Other organizations not engaged directly with *Leading Minds 2019*, such as sports bodies, religious leaders, food and nutrition bodies, and corporations, should be considered for inclusion in the Advisory Group.

# 4

## Build a robust evidence base on global youth mental health

The evidence base on the mental health of children and young people is slim and fragmented, especially in many low- and middle-income countries holding back programming solutions. Building this base of knowledge requires an agenda that blends investment in data collection, causal analysis, and knowledge dissemination and use with rigorous research and solid and rapid evaluation on promising programmes and policies. One of the key roles of the Advisory Group will be to help formulate a global evidence agenda for youth mental health.

Concrete initiatives towards strengthening the evidence base will include identifying gaps in evidence and research on youth mental health, both across the life course and also focused on some of the major conditions and outcomes such as depression, anxiety and suicides. A further strand will prioritise synthesising the available evidence, with a particular emphasis on low- and middle-income countries. And a third pillar will involve undertaking impact evaluation or undertaking implementation research on selected promising programmes, with a particular emphasis on youth-led initiatives. Finally, forming and sustaining a network of leading knowledge brokers dedicated to building this evidence base will be critical to its work, and to the success of policies and programmes to support youth mental health.

# 5

## Change the narrative to promote public awareness and support and reduce stigma

The current narrative on mental health is mostly based on presentations of negative factors and replete with negative nouns such as 'disorders', 'ill health' and 'disease'.

There was strong agreement at *Leading Minds 2019* that both the language and tone of the narrative of children’s mental health required an urgent change, to accentuate the positive benefits of good mental wellbeing and to begin to help de-stigmatize mental disorders.

Participants noted throughout the conference the imperative of promoting public awareness of mental health and finding ways to counter stigma and fear. Youth leaders and civil society organizations, as well as Dr Patel, emphasized that this was perhaps the most critical barrier in holding back progress. Innovative approaches, and particularly those devised and championed by young people themselves, hold substantial promise to counter stigma and should be assessed thoroughly and those that are effective should receive investment.

To change the narrative and address stigma, there needs to be clarity on definitions. This is a prerequisite for developing indicators that can be measured and monitored. Given the cultural and social sensitivities and the challenges faced by the UN and others in defining other complex issues such as poverty and equality, this will prove challenging, but needs to commence.

Participants were also insistent that an opaque approach to definitions must not become a barrier to action — enough is known to act.

## 6

### Adapt solutions to community and culture, offline and online

Culture and societal attitudes and behaviors are key determinants of mental wellbeing. As a result, solutions and interventions designed to address mental health must be adapted to community and cultural contexts and increasingly online. For “digital natives” there is little difference between online and offline communities as they blur into one. Mental wellbeing requires support in all arenas and with all the diverse stakeholders and digital platforms that support children and young people: in the household and the community, at school, work and leisure, for parents and caregivers, educators and social workers and other public sector frontline workers. Caring for the children and young people experiencing mental disorders must not preclude supporting those who care for them.



## 7

## Boost investments and make funding predictable and stable

A key recommendation of *Leading Minds 2019* was that greater and more predictable financing for children and young people's mental wellbeing was required in all of the major dimensions addressed: platforms, systems and interventions, youth led solutions and advocacy, evidence generation, analysis and use, and securing political and public support. For many countries, including affluent ones, spending on mental health is minuscule compared to expenditure on other health dimensions, and this requires urgent attention.

## 8

## Spark a global movement

Participants agreed that the mental health advocacy and programmes, and evidence generation are currently fragmented and isolated from each other, and there is no defining body responsible for their promotion, oversight and accountability. There was a strong demand for a global movement/partnership supported by a cohesive platform and institutional framework, and potentially led by WHO and UNICEF, along with others.



# REFERENCES

1. Overview is primarily from Keynote speech given by Dr Vikram Patel at LeadingMinds2019
2. <https://www.ncbi.nlm.nih.gov/books/NBK361944/>
3. <https://www.cambridge.org/core/journals/psychological-medicine/article/heavy-burden-on-young-minds-the-global-burden-of-mental-and-substance-use-disorders-in-children-and-youth/2086CED8DE6F40969B026095041C8E2>
4. [https://www.who.int/mental\\_health/prevention/suicide/suicideprevent/en/](https://www.who.int/mental_health/prevention/suicide/suicideprevent/en/)
5. <https://www.wsj.com/articles/youth-suicide-rate-rises-56-in-decade-cdc-says-11571284861> / CDC
6. <https://www.unicef.org/press-releases/increase-child-and-adolescent-mental-disorders-spurs-new-push-action-unicef-and-who>
7. <https://www.cambridge.org/core/journals/psychological-medicine/article/heavy-burden-on-young-minds-the-global-burden-of-mental-and-substance-use-disorders-in-children-and-youth/2086CED8DE6F40969C-B026095041C8E2>





# ACKNOWLEDGEMENTS

*Leading Minds 2019* was a true collaborative effort. Special thanks are due to the following:

## CO-HOSTS PRINCIPALS

**Henrietta H. Fore**, Executive Director, UNICEF  
**Tedros Adhanom Ghebreyesus**, Director-General, WHO  
**Emanuela del Rey**, Vice Minister, Ministry of Foreign Affairs, Government of Italy

## CONFERENCE SPECIAL ADVISOR

**Vikram Patel**, Pershing Square Professor of Global Health and Social Medicine, Harvard Medical School

## CONFERENCE TEAM

### Leadership and oversight

**Priscilla Idele**, Director a.i, UNICEF  
 Innocenti

### Content management and production

**David Anthony**, **Sarah Crowe**, **Angus Ingram**

### Administration and Logistics

**Clare Akehurst**, **Cinzia Iusco Bruschi**, **Matteo Raddi**

### Communication

**Dale Rutstein**, **Kathleen Sullivan**, **Patrizia Faustini**, **Cristina Pizzolato**, **Angie Lee**

### Assistance

**Daniele Regoli**, **Lara Stefanizzi**

### Creatives and Co-facilitation

**Red Zebra Event Management**

## PHOTO CREDITS

**Mario Llorca**

## CO-HOST SUPPORT

### UNICEF

**Charlotte Petri Gornitzka**, Deputy Executive Director

**Stefan Swartling Peterson**, Chief of Health

**Zeinab Hijazi**, Child protection specialist– Mental Health and Psychosocial Support Specialist

**Liliana Carvajal**, Statistics and Monitoring specialist, Data and Analytics Section

**Willbald Zeck**, Senior Advisor Health

**Jumana Haj-Ahmad**, Chief Adolescent Development

**Marcy Levy**, Adolescent Development Manager

**Paloma Escudero**, Director, Division of Communication

**Benjamin Perks**, Senior Advisor, Advocacy, Division of Communication

**Juliano Diniz De Oliveira**, State of the World's Children

**Celine Little**, Editor, State of the World's Children

**Brian Keeley**, Editor, State of the World's Children

### WHO

**Peter Salama** (In memoriam), Executive Director, Universal Health Coverage and Life Course

**Dévora Kestel**, Director, Mental Health and Substance Abuse

**Chiara Servili**, Medical Officer, WHO

### Government of Italy

**Diego Cimino**, Head of Unit, Italian Ministry of Foreign Affairs and International Cooperation, Italy

**Leonardo Bencini**, Minister, Development Cooperation, Ministry of Foreign Affairs, Italy

## FINANCIAL SUPPORT

Government of Italy; UNICEF Private Sector Fundraising and Partnerships

# AGENDA

## OPENING

Thursday Evening, 7 November  
*Palazzo Budini Gattai*

## CONNECT

- 5.00pm      **INFORMAL INTRODUCTION**  
Aperitivo e Musica: A relaxed, warm Florentine introduction for participants to the Leading Minds conference.
- 5.45pm      Concert of the Scuola di Musica di Fiesole, a music academy for all ages.
- 6.15pm      **TUSCAN WELCOME**  
Maria Grazia Giuffrida, President, Istituto degli Innocenti  
Dario Nardella, Mayor, Firenze  
Emanuela Claudia Del Re, Vice-Minister of Foreign Affairs and International Cooperation, Government of Italy
- 6.45pm      **LIGHT BUFFET DINNER**
- 7.30pm      **LEADING MINDS CHAT**  
Welcome for Leading Minds 2019 Co-Hosts, Dr Priscilla Idele, Director a.i., UNICEF Office of Research-Innocenti  
  
An Informal Chat on Mental Health and Young People hosted by Henrietta H. Fore, Executive Director, UNICEF, and Tedros Adhanom Ghebreyesus, Director-General, WHO with:  
  
Emanuela Claudia Del Re, Vice-Minister of Foreign Affairs and International Cooperation, Government of Italy  
Alisher Kabylbekov, Youth Leader, Kazakhstan;  
Olayinka Olusola Omigbodun, Professor, College of Medicine, University of Ibadan  
Stefan Germann, Chief Executive Officer, Botnar Foundation
- 8.30pm      **CLOSE**

# DAY 1

Friday 8 November

*Salone Brunelleschi, Istituto degli Innocenti*

## LISTEN

### CHANGING THE GAME: WHAT IT WILL TAKE

The Opening Session of the Leading Minds conference will set the tone for the remaining sessions by looking at broad tenets – resources, partnerships, strategies, political commitment and public support – of what it will take to begin to address the vast and escalating challenge of mental health for children and young people.

- |               |   |
|---------------|---|
| 08.00-08.15am | <p><b>INTRODUCTION</b></p> <p>The Leading Minds Conferences are based on five principles: Connect – Listen – Share – Discuss – Act. These principles will infuse the meeting and are introduced here by the Office of Research-Innocenti and Red Zebra.</p>   |
| 08.15-08.20am | <p><b>VIDEO MESSAGES</b></p> <p>Antonio Guterres, Secretary-General, United Nations</p>   |
| 08.25-08.35am | <p><b>OPENING REMARKS FROM CO-HOSTS OF LEADING MINDS 2019</b></p> <p>Henrietta H. Fore, Executive Director, UNICEF<br/>         Tedros Adhanom Ghebreyesus, Director-General, WHO<br/>         Emanuela Claudia Del Re, Vice-Minister of Foreign Affairs and International Cooperation, Government of Italy</p> |

### OUR MINDS, OUR FUTURES

- |               |  |
|---------------|--|
| 08.35-09.50am | <p><b>LIVED EXPERIENCE</b></p> <p>Understanding the mental health of children and young people begins with listening to them: their lived experiences, emotions, fears, coping strategies, and hopes.</p> <p>The conference will begin with young people recounting their experiences of mental illness, the ways in which they cope, what they do to support others, and what must be done for young people to feel supported and thrive.</p> <p>The session will be designed and run by the Youth Leaders of the conference.</p> |
|---------------|--|

### STATE OF THE SCIENCE AND PRACTICE

This Plenary session will look at the latest evidence on brain health in the earliest years of life, beginning in utero, through early and middle childhood and into adolescence and youth. The session will present the state of the art in the science on mental health for children and young people; the overall prevalence and spread of mental ill health across ages and geographies; causes of and contributing factors to mental ill health among the young; and methods of preventing and treating mental ill health and promoting healthy minds.

## 10.00-10.30am KEYNOTE ADDRESS

Vikram Patel, Pershing Professor of Global Health and Social Medicine, Harvard Medical School  
Presentation followed by Q&A

**Moderator**

Ronald Flores Vega, Ambassador to Italy, Government of Costa Rica

## 10.30-11am COFFEE AND BILATERAL MEETINGS

Coffee for those who just need a break and an informal chat. Arranged bilateral meetings for those who want to meet someone else specifically.

## SHARE AND DISCUSS

### INTERNATIONAL AND NATIONAL POLICY AND ACTION

Governments are increasingly recognizing the mental health crisis among their children and young people and beginning to take decisive action. This Plenary session hears from several governments from diverse country contexts on the actions they are taking, the rationale behind them, and the results they expect to achieve.

## 11.00.-12.15pm NATIONAL POLICY AND ACTION

Moderated panel discussion with government ministers and international organizations on national and international policy and programme action in support of the mental health of children and young people, followed by Q&A.

**Moderator**

Giorgio Marripodi, Min. Plen. Director General for Development Cooperation, Ministry of Foreign Affairs and International Cooperation, Government of Italy

**Panelists**

Elzhan Birtanov, Minister of Health, Government of Kazakhstan

Eleanor Bennet, Head of Mental Health Unit, Ministry of Health, Government of Belize

Mark Pearson, Deputy Director, Employment, Labour and Social Affairs Directorate, OECD

Rym Alfalasy, Secretary General, Supreme Council for Motherhood and Childhood, Government of United Arab Emirates

Followed by Q&A

### CIVIL SOCIETY AND FOUNDATION ACTION

## 12.15-1.00pm

Civil society organizations and private foundations are increasingly involved in advancing research, interventions, programmes and advocacy on mental health for children and young people. This Plenary session hears from these groups, the actions they are taking and funding, and their hopes and challenges.

Moderated panel discussion with representatives from civil society organizations and foundations, followed by Q&A.

#### Moderator

Miranda Wolpert, Professor of Evidence Based Practice and Research, University College London; and Lead, Mental Health Priority Area, Wellcome Trust

#### Panelists

Woon Saet Nyoon, Chief Executive, Temasek Foundation  
 Sarah Kline, Deputy CEO, United for Global Mental Health  
 Maria Valles, Director General, FC Barcelona Foundation  
 Maria Hauerslev, Physician and Chair Elect, NCD Alliance

1.00-2.00pm LUNCH

## SOLUTIONS AND BREAKTHROUGHS

A key focus of the Leading Minds conference is on solutions and breakthroughs for better mental health. These cover programmes, projects and interventions, partnerships and collaborations, and platform, technology and evidence. Discussions on solutions and breakthroughs will take place in moderated Breakout Sessions. Each participant will have a choice of two of four sessions that will run concurrently twice.

### ROUND 1 OF PARALLEL SESSIONS

2.00-3.30pm BREAKOUT 1 | Youth Engagement, Offline and Online  
 Young people are taking a leading role in supporting their own mental health and well-being and that of their peers. This Breakout session looks at some of the most promising solutions and breakthroughs led by young people, both offline and online and in diverse contexts.  
 Sala Pocetti, Istituto degli Innocenti

#### Co-Moderators

Chantelle Booyesen and Amie Wade

#### Espresso Presentations (10 mins each max)

Gabby Frost on the Buddy Project in the USA (Offline Initiative)  
 Anna Gueye on Teal Talk with Angel in Senegal (Online Initiative)  
 Satvik Sethi on Runaway in India (Online Initiative)  
 Sibusiso Mandia Shongwe on Music, Film, Art and Mental Health in South Africa (Offline Initiative)

Followed by Q&A and facilitated discussion and recommendations for action

BREAKOUT 2 | Platforms and Systems in Development and Humanitarian Settings  
 Mental health solutions for children and young people are being deployed through diverse platforms and systems. This Breakout session examines both community focused and clinical solutions and platforms at school, for families and households, at health care delivery sites, and in humanitarian setting where much of the work on children's mental health in low income countries is currently focused.  
 Sala Ragazzi, Istituto degli Innocenti

**Co-Moderators**

Mark Tomlinson and Aminata Fall

**Espresso Presentations** (10 mins each max)

Lucie Cluver on Mental Health Care for Communities and Families in South Africa

Leslie Snider on Mental Health and Psychosocial Support for Children in Humanitarian Situations

Followed by Q&A and facilitated discussion and recommendations for action

**BREAKOUT 3 | Delivering as One: Integrating Mental Health for Young People into Primary Health Care**

The 2018 Global Conference on Primary Health Care reaffirmed the imperative of integrated delivery of health services in communities. This Breakout session examines proven and promising practices on how mental healthcare interventions can be integrated into primary health care packages and programmes.

Ground Floor Meeting Room 1, Office of Research-Innocenti

**Co-Moderators**

Olayinka Omigbodun and Mohammed Zurak

**Espresso Presentations** (10 mins each max)

Felicia Knaul on Integrating Mental Health for Youth in Latin America's Healthcare Systems

Bernadette Jardiolin Madrid on Caring for Youth Mental Health Clinics in the Philippines

Followed by Q&A and facilitated discussion and recommendations for action

**BREAKOUT 4 | Evidence and Evidence Gaps**

Evidence is imperative for setting goals, establishing quality programmes, and monitoring progress on the mental health of children and young people. This Breakout session examines the state of evidence – data, research and evaluation – identifies key gaps, and discusses ways of filling them with established and emerging tools and initiatives.

Ground Floor Meeting Room 2, Office of Research-Innocenti

**Co-Moderators**

Anca Gliga and Victor Anthony Lopez-Carmen

**Espresso Presentations** (10 mins each max)

Gordon Harold on Knowledge and Evidence Gaps in Child and Adolescent Mental Health

George Patton on Research on Adolescent Health and Its Consequences Later in Life in Australia

Followed by Q&A and facilitated discussion and recommendations for action

3.30p-4.00pm

**COFFEE AND BILATERAL MEETINGS**

Coffee for those who just need a break and an informal chat. Arranged bilateral meetings for those who want to meet someone else specifically.

## ROUND 2 OF PARALLEL SESSIONS

- 4.00-5.30pm      BREAKOUT 1 | Youth Engagement, Offline and Online  
Sala Pocetti, Istituto degli Innocenti
- BREAKOUT 2 | Platforms and Systems  
Sala Ragazzi, Istituto degli Innocenti
- BREAKOUT 3 | Delivering as One: Integrating Mental Health for Young People into Primary Health Care  
Ground Floor Meeting Room 1, Office of Research-Innocenti
- BREAKOUT 4 | Evidence and Evidence Gaps  
Ground Floor Meeting Room 2, Office of Research-Innocenti
- 5.30-5.55pm      WRAP UP
- This Plenary session will take the pulse of the conference at its halfway mark, with all participants asked to contribute what they have seen, heard, learned and discussed during the day, and how that might influence their decisions on how to act in support of mental health for children and young people.
- Moderated by Charlotte Petri Gornitzka, Deputy Executive Director, UNICEF and Peter Salama, Executive Director for Universal Health Coverage/Life Course, World Health Organization
- 6.00-7.30pm      CHAT AND DRINKS AT CAFFE VERONE (Optional)

## DAY 2

Saturday 9 November

*Salone Brunelleschi, Istituto degli Innocenti*

### ACT

- 07.45-08.30am      BREAKFAST
- 08.30-09.00am      RECAP AND INPUT FROM BREAKOUT GROUP MODERATORS
- 09.00-09.10          REMARKS  
Charlotte Petri Gornitzka, Deputy Executive Director, UNICEF and Peter Salama, Executive Director for Universal Health Coverage/Life Course, World Health Organization

### CHANGING THE GAME | PEER ACTION

The Leading Minds conferences are committed to be catalysts of change. In support of the actions outlined at the conference commencement on the key enablers of change, participants will also have a chance to build on Day 1 and discuss actions that they and their peer groups can take to advance solutions and breakthroughs discussed and to fill gaps in programmes and evidences.

Each participant will be assigned to a peer group for discussion and decision.

09.15-11.15am	<p>GROUP A: PRIVATE SECTOR, FOUNDATIONS AND PHILANTHROPISTS Ground Floor Meeting Room 2, Office of Research-Innocenti</p> <p><b>Facilitator</b> Stefan E. Germann, Chief Executive Officer, Botnar Foundation</p> <p>GROUP B: RESEARCHERS AND ACADEMICS Sala Pocetti</p> <p><b>Facilitator</b> George Patton, Senior Principal Research Fellow, National Health and Medical Research Council of Australia</p> <p>GROUP C: POLICY AND PRACTITIONERS Ground Floor Meeting Room 1, Office of Research Innocenti</p> <p><b>Facilitator</b> Sarah Kline, Deputy CEO, United For Global Mental Health</p> <p>GROUP D: YOUTH LEADERS Sala Ragazzi</p> <p><b>Facilitator</b> Victor Ugo, Youth Leader, Nigeria and Margianta SJD, Youth Leader, Indonesia</p>
11.15-11.45am	<p>COFFEE AND BILATERAL MEETINGS Coffee for those who just need a break and an informal chat. Arranged bilateral meetings for those who want to meet someone else specifically.</p>
11.45-12.30	<p>DISCUSSION In this final Plenary session, peer groups report back on actions they have discussed and decided on, and on what it will take – resources, partnerships, political commitment and public support – to make this a reality.</p>
12.30-1.00pm	<p>FINAL RECAP, NEXT STEPS AND CLOSING REMARKS Charlotte Petri Gornitzka, Deputy Executive Director, UNICEF Peter Salama, Executive Director for Universal Health Coverage/Life Course, WHO Leonardo Bencini, Minister of Development Cooperation, Ministry of Foreign Affairs and International Cooperation, Government of Italy</p>

## CLOSING

1.00-2.00pm	LUNCH
2.30-3.30pm	<p>TRIP TO PIAZZALE MICHELANGELO (Optional)</p> <p>Participants have the option of a trip to Piazzale Michelangelo, with its spectacular views of the city of Firenze.</p>



# PARTICIPANTS LIST

Participant	Title/organization
J. Lawrence Aber	Willner Family Professor in Psychology & Public Policy, University Professor, New York University, USA
Rym Al Falasy	Secretary General of The Supreme Council for Motherhood & Childhood, United Arab Emirates
Aisha Al Said	Head of Partnerships, FCB Foundation, Spain
Naseema Al Hosani	The Supreme Council for Motherhood & Childhood, United Arab Emirates
Anita Anastacio	Senior Initiatives Manager at The LEGO Foundation, Denmark
Leonardo Bencini	Head of Unit, Directorate General for Development Cooperation, Ministry of Foreign Affairs and International Cooperation, Government of Italy
Jonny Benjamin	MBE British mental health campaigner, author and vlogger, United Kingdom
Eleanor Bennett	Head, Mental Health Unit, Ministry of Health, Belize
Yelzhan Birtanov	Minister of Health of the Republic of Kazakhstan
Sasja Bökkerink	Director of Programmes and Advocacy, UNICEF Netherlands
Chantelle Booyesen	Youth Leader, The Lancet Commission for Global Mental Health, South Africa
Niall Boyce	Founding Editor of The Lancet Psychiatry, United Kingdom
Diego Cimino	Head of Section – Relationships with International Organizations and Unit for Strategy, Global Processes and International Organizations, Directorate General for Development Cooperation, Ministry of Foreign Affairs and International Cooperation, Italy
Lucie Cluver	Professor of Child and Family Social Work, University of Oxford, United Kingdom
Francesca Colombo	Head of Health Section, OECD, France
Kelly Davis	Director, Peer Advocacy, Support and Services for Mental Health America, USA
Emanuela Del Re	Deputy Minister of Foreign Affairs and International Cooperation, Italy
Blanca Martinez Delgado	Corporate Partnerships Manager, UNICEF, Switzerland
Michelle Engels	Humanitarian Mental Health Adviser, Humanitarian Public Health Team, Save the Children, United Kingdom
Aminata Fall	Mental health documentarist, Senegal
Fatou Dièye Fall	Founder of the S.O.S (Safe Open Space), Senegal
Nina Ferencic	Youth/Adolescent Regional Advisor, UNICEF Europe and Central Asia Regional Office, Switzerland
Ronald Flores Vega	Costa Rican Ambassador to Italy
Henrietta H. Fore	Executive Director, UNICEF
Sara Funaro	City Councilor for Education, University and Research, City of Florence, Italy
Grace Gatera	Mental Health Advocate, The Lancet Commission for Global Mental Health, Rwanda
Stefan E. Germann	Chief Executive Officer, Fondation Botnar, Switzerland
Leone Gianturco	Head of Planning, Italian Agency for Development Cooperation, Italy

<b>Participant</b>	<b>Title/organization</b>
Maria Grazia Giuffrida	President, Istituto degli Innocenti, Italy
Anca Gliga	Youth Development Expert/Consultant, International Development Law Organization, Italy
Anna Gueye	Instagrammer and Youtuber, Senegal
Gordon Harold	Professor of Child and Adolescent Mental Health, The School of Psychology, University of Sussex, United Kingdom
Marie Hauerslev	Physician and Chair-Elect of NCD Child, USA
Yoshikawa Hirokazu	Professor, New York University, Department of Applied Psychology Co-Director, Global TIES for Children (Transforming Intervention Effectiveness and Scale) Center, USA
Craig Hodges	Global Lead Youth Mental Health Project, World Economic Forum, Switzerland
Alisher Kabyzbekov	Youth Leader, Kazakhstan
Saule Kassymova	Head, Centre of Global Health, Ministry of Health, Kazakhstan
Dévora Kestel	Director, Department of Mental Health and Substance Use, WHO, Switzerland
Sarah Kline	Deputy CEO, United for Global Mental Health, United Kingdom
Felicia Marie Knaul	Director, University of Miami Institute for Advanced Study of the Americas; Chair, Lancet Commission on Gender-based Violence, USA
Manasi Kumar	Clinical Psychologist and Senior Lecturer, University of Nairobi, Kenya.
Serene Lee	Director of Community Stewardship, Temasek Foundation Cares, Singapore
Veronique Lonnerblad	Senior Adviser, UNICEF National Committee, Sweden
Victor Anthony Lopez-Carmen	Mental Health Advocate for Indigenous Children, Crow Creek Sioux Tribe
Bernadette Madrid	Director, Child Protection Unit, University of the Philippines, Philippine General Hospital
Giorgio Marrapodi	Director General for Development Cooperation, Ministry of Foreign Affairs and International Cooperation, Italy
Maximilian Martin	Global Head of Philanthropy, Lombard Odier, Switzerland
Daniela Mohaupt	PPF Foundation Partnerships Team, UNICEF Switzerland
Nikolay Negay	General Director, National Centre for Mental Health, Ministry of Health, Kazakhstan
Olayinka Olusola Omigbodun	Professor of Psychiatry, Director, Centre for Child and Adolescent Mental Health, College of Medicine, University of Ibadan and Consultant Child and Adolescent Psychiatrist, University College Hospital, Ibadan, Nigeria
Vikram Patel	The Pershing Square Professor of Global Health and Wellcome Trust Principal Research Fellow, Department of Global Health and Social Medicine, Harvard Medical School; Co-Founder and Member of Managing Committee, Sangath, India
George Patton	Professor, Centre for Adolescent Health and the Murdoch Children's Research Institute; National Health and Medical Research Council, Senior Principal Research Fellow, Australia
Mark Pearson	Deputy Director, Employment, Labour and Social Affairs, OECD, France
Charlotte Petri Gornitzka	Deputy Executive Director, UNICEF

<b>Participant</b>	<b>Title/organization</b>
Aigerim Raissova	First Secretary of the Embassy of the Republic of Kazakhstan in Italy
Paolo Rozera	Director General, UNICEF National Committee, Italy
Peter Salama (in memoriam)	Executive Director, Universal Health Coverage and Life Course, WHO, Switzerland
Satvik Sethi	Creator of “Runaway” and organizer of events on mental health awareness, USA
Sibusiso Mandla Shongwe	Screenwriter, film director, musician, South Africa
Sudhvir Singh	Director of Policy, EAT Foundation, Norway
Leslie Snider	The MHPSS Collaborative on MPHSS for Children and Families, United Kingdom
Annie Sparrow	Assistant Professor Pediatrics, Icahn School of Medicine at Mount Sinai, Hospital, USA
Gunhild Stordalen	Founder, EAT Foundation, Norway
Margianta Surahman Juhanda	Spokesperson of Youth Movement for FCTC, Indonesia
Toshio Tamamuro Takeda	Head of Takeda Pharmaceutical Corporate Social Responsibility, Japan
Mark Tomlinson	Professor of Psychology, Stellenbosch University, South Africa
Josiah Tualamali’i	Young Samoan changemaker, New Zealand
Victor Ugo	Mental health expert for youth and for Africa, Nigeria
Maria Valles	Director General at the FC Barcelona Foundation, Spain
Mark van Ommeren	Coordinator, Department of Mental Health and Substance Use, WHO, Switzerland
Aimie Wade	Youth Leader and President of her Municipality’s Child Advisory Body, Belize
Viviana Wagner	Humanitarian Multilateral Aid and Mine Action Adviser, Italian Agency for Development Cooperation
Miranda Wolpert	Professor of Evidence Based Practice and Research, University College London; and Lead, Mental Health Priority Area, Wellcome Trust, United Kingdom
Saet Nyoon Woon	Chief Executive, Temasek Foundation Cares, Singapore
Mohammed Amin Zurak	Co-founder, Zurak Cancer Foundation, Ghana
Baurzhan Zhumagulov	Third Secretary of the Embassy of the Republic of Kazakhstan in Italy

## COMMUNICATION TEAM

<b>Participant</b>	<b>Title/organization</b>
Patrizia Faustini	Senior Communications Associate, UNICEF Office of Research, Italy
Angie Lee	Communications, UNICEF Office of Research, Italy
Cristina Pizzolato	Communications, UNICEF Office of Research, Italy
Dale Rutstein	Chief of Communications, UNICEF Office of Research, Italy
Kathleen Sullivan	Communications Specialist, UNICEF Office of Research, Italy

# PLANNING, ADVISORY & CONVENING TEAM

<b>Participant</b>	<b>Title/organization</b>
Claire Akehurst	Convening, UNICEF Office of Research, Italy
David Anthony	Chief, Planning Strategy and Convening, UNICEF Office of Research, Italy
Liliana Carvajal	Statistics and Monitoring Specialist MNCAH at UNICEF NYHQ, USA
Sarah Crowe	Senior Advisor Communication Specialist, UNICEF Office of Research, Italy
Juliano Diniz de Oliveira	Policy Specialist Policy Unit, OGIP, UNICEF NYHQ, USA
Zeinab Hijazi	Child Protection Specialist, UNICEF NYHQ, USA
Priscilla Idele	Director, a.i, UNICEF Office of Research, Italy
Giuseppe Fusco	Senior Advisor, Generation Unlimited YPA Secretariat UNICEF NYHQ, USA
Jennifer Keane	Partnerships Specialist Generation Unlimited (YPA), UNICEF NYHQ, USA
Brian Keeley	Editor OGIP, UNICEF NYHQ, USA
Marcy Levy	Adolescent Development Manager UNICEF NYHQ, USA
Celine Little	Editor/adviser OGIP UNICEF NYHQ
Gunilla Olsson	Director Designate, UNICEF Office of Research, Italy
Benjamin Perks	DOC Advocacy Team, UNICEF NYHQ, USA
Chiara Servili	Technical Officer, Department of Mental Health and Substance Use, WHO, Switzerland
Stefan Swartling Peterson	Associate Director, Health UNICEF NYHQ
Matteo Raddi	Convening, UNICEF Office of Research, Italy



*To Peter Salama (1968–2020)*

*This report is dedicated to the memory of Dr Peter Salama (in memoriam) —Executive Director, Universal Health Coverage and Life Course, WHO and former senior UNICEF colleague — who died unexpectedly January 2020. Dr Salama, an eloquent global health advocate, was an integral and deeply engaged part of the Leading Minds 2019 conference.*