
Preventing Brain Disorders:

Improving global mental health



COLUMBIA UNIVERSITY EPIDEMIOLOGY
SCIENTIFIC SYMPOSIUM

 Department of
Epidemiology



Columbia University
MAILMAN SCHOOL
OF PUBLIC HEALTH

MAY 2, 2014

Dear colleagues,

Welcome to today's symposium, *Preventing brain disorders: Improving global mental health*.

This event, cosponsored by the Peter C. Alderman Foundation, is one in a series of Columbia University Epidemiology Scientific Symposia (CUESS), which are dedicated to exploring cutting-edge scientific topics in epidemiology and population health. The series brings together leaders in the field and aims to explore state-of-the science and to push the research agenda forward.

Today's symposium brings together national and international research, policy, and government leaders for a full day of talks and discussion addressing opportunities and pathways for preventing mental disorders on a population level. We are excited about this event, and anticipate that it will capitalize on the growing interest in prevention of mental illness as playing a central role in public mental health agendas worldwide. We trust you will find the ensuing conversation interesting and productive.

Thanks go to everyone at the Peter C. Alderman Foundation who helped us to organize this event, to the speakers who join us today to share their perspectives, and to the staff members who work together to make it all go smoothly.

Warm regards,

A handwritten signature in black ink that reads "Sandro Galea". The signature is written in a cursive, flowing style.

Sandro Galea, MD, DrPH
Gelman Professor and Chair
Department of Epidemiology

AGENDA

8:30 – 9:00 BREAKFAST

9:00 – 9:05 WELCOMING REMARKS

9:05 – 9:10 SYMPOSIUM OVERVIEW AND OBJECTIVES

9:10 – 9:45 KEYNOTE

Prevention of mental disorders: Opportunities and challenges from a public health perspective
Shekhar Saxena, MD

9:45 – 10:20 KEYNOTE

Lessons learned: The history of prevention science in cardiovascular disease
Gerald M. Oppenheimer, PhD

10:20 – 10:30 BREAK

10:30 – 11:05 KEYNOTE

Going global with prevention
Pamela Y. Collins, PhD

11:05 – 11:35 GENERAL DISCUSSION

11:35 – 12:50 PANEL: WHAT WILL IT TAKE TO PREVENT BRAIN DISORDERS

Global engagement of care providers
Kathleen Pike, PhD

Research to practice
Wayne W. Clark, PhD

Engaging the NGO community
Adeyinka M. Akinsulure-Smith, PhD

Transforming the legal system
Solomon Rataemane, MD

12:50 – 1:35 LUNCH

1:35 – 2:50 PANEL: PATHWAYS TO PREVENTION

Childhood adversity
James Okello, MB, ChB, MMed (Psych), PhD

Violence
Muthoni Mathai, MB, ChB, MMed (Psych), PhD

Social environment
Adam Karpati, MD

Adopting new norms
Katherine M. Keyes, PhD

2:50 – 3:20 GENERAL DISCUSSION

3:20 – 4:00 KEYNOTE

Elevating prevention in behavioral health:
Looking forward
Robert M. Kaplan, PhD

HOSTS



STEVEN J. ALDERMAN, MD

Co-Founder, Peter C. Alderman Foundation

Dr. Alderman is co-founder of the Peter C. Alderman Foundation (PCAF). Dr. Alderman graduated from SUNY Upstate Medical Center and trained in surgery at Cornell Medical College and in radiation oncology at University of California, San Diego. During his 30-year career in medicine, he chaired the departments of radiation medicine at Roosevelt-St. Luke's Hospital, the Catholic Medical Center and White Plains Hospital Center. He held associate professorships at Columbia and NYU Medical Colleges. He has served as the chair of several metropolitan professional organizations, including the New York Roentgen Society, the New York Cancer Society and the American Cancer Society.

Following the murder of his 25 year-old son Peter by terrorists in the World Trade Center on September 11, 2001, Dr. Alderman co-founded PCAF with his wife, Elizabeth. They decided to honor their son's memory by working to heal the invisible emotional wounds of survivors who are unable to live their lives because of crippling traumatic depression and PTSD.

PCAF runs seven trauma clinics in Cambodia, Uganda and Kenya. It established the first mental health wellness clinic in Liberia. It convenes the annual Pan-African Conference on Psychotrauma each summer in East Africa (now in its seventh year) and has conducted trainings, conferences and workshops for thousands of mental health professionals from around the world. PCAF also publishes the African Journal of Traumatic Stress. More than 100,000 victims of terrorism and mass violence have been treated by PCAF-trained personnel or in PCAF clinics. PCAF was named one of the ten most effective US charities by Barrons. Steve and Liz Alderman have received both the Purpose Prize and the Presidential Citizens Medal for their work with PCAF.



SANDRO GALEA, MD, DrPH

Anna Cheskis Gelman and Murray Charles Gelman Professor and Chair, Department of Epidemiology, Mailman School of Public Health, Columbia University

Dr. Galea is a physician and an epidemiologist. He is the Anna Cheskis Gelman and Murray Charles Gelman Professor and Chair of the Department of Epidemiology at the Columbia University Mailman School of Public Health. Dr. Galea is particularly interested in the social production of health of urban populations. His work explores innovative cells-to-society approaches to population health questions. Dr. Galea has published more than 450 scientific journal articles, 50 chapters and commentaries, and 8 books. Dr. Galea serves as chair of the Community Services Board of the New York City Department of Health and Mental Hygiene and on the New York City Health Board. He is past-president of the Society for Epidemiologic Research and an elected member of the American Epidemiologic Society and of the Institute of Medicine of the National Academies of Science.

PARTICIPANTS



ADEYINKA M. AKINSULURE-SMITH, PhD

Associate Professor, Department of Psychology, The City College of New York

Dr. Akinsulure-Smith is a licensed psychologist who holds a Doctorate of Philosophy in Counseling Psychology from Columbia University. She is originally from Sierra Leone. Dr. Akinsulure-Smith has extensive clinical experience working with survivors of armed conflict, displaced populations, survivors of sexual violence, persons afflicted with and affected by HIV/AIDS, and culturally diverse populations. Dr. Akinsulure-Smith has cared for forced migrants from around the world at the Bellevue/NYU Program for Survivors of Torture since 1999.

Dr. Akinsulure-Smith is a proud co-founder of Nah We Yone, Inc., a non-profit organization that served over 500 African refugees and asylees and their families in New York City from 1997-2010. From 2008-2010, she served on the American Psychological Association's Task Force on the Psychological effect of war on children and families who are refugees from armed conflicts residing in the United States (PEWCF). She is a founding member of the West African Families Project, a multi-site community research collaboration committed to developing psychosocial supports for West African immigrants in New York. In addition to research and scholarly publications, Dr. Akinsulure-Smith has been integrally involved in human rights investigations in Sierra Leone with Physicians for Human Rights and the United Nations Mission in Sierra Leone, Human Rights Division. In 2010, she was retained by Trial Chamber III to serve as a joint expert on gender crimes and Post Traumatic Stress Disorder for all parties and participants in a case before the International Criminal Court (ICC). In Sierra Leone, Dr. Akinsulure-Smith has collaborated with Dr. Theresa Betancourt from the Harvard School of Public Health to develop the Youth Readiness Intervention (YRI), a short-term group intervention aimed at enhancing the well-being of vulnerable youth who continue to struggle with the impact of Sierra Leone's 10-years of civil war.



WAYNE W. CLARK, PhD

President of Board of Directors, California Mental Health Services Authority

Behavioral Health Director, Monterey County Health Department

Dr. Clark is the President of the Board of Directors of the California Mental Health Services Authority (CalMHSA), which was formed to implement a statewide mental health campaign to reduce stigma and discrimination, prevent suicides, and improve student mental health. This \$150 million campaign created model programs in social marketing, policy reform, collaborations at local levels, data collection, and is being independently evaluated. The campaign culminates Dr. Clark's career-long involvement in efforts to reduce the health consequences of behavioral health disorders such as preventing: the spread of HIV among drug addicts, perinatal exposure to alcohol and other drugs, and the spread of violence in communities. Dr. Clark received his Ph.D. in Sociology from the University of California Berkeley Schools of Education and Public Health and the University of California San Francisco Sociology of Medicine program. Dr. Clark has directed Behavioral Health services in San Francisco and currently Monterey California; and has been Principal Investigator and co-researcher on numerous State and Federal service and research grants such as a clinical trial on acupuncture detoxification, prevention approaches to HIV, dissemination of drug treatment research findings, Behavioral Health Courts, children's systems of care, and models of supportive housing.



PAMELA Y. COLLINS, MD

Associate Director for Special Populations at NIMH
Director, Office for Research on Disparities & Global Mental Health
Director, Office of Rural Mental Health Research
National Institute of Mental Health

Photo credit: Leo Sorel

Dr. Collins' research has focused on the intersections of HIV prevention, care, and treatment and the mental health needs of people in the US, Latin America, and Sub-Saharan Africa. She serves on the Advisory Group for the Movement for Global Mental Health and is a member of the World Health Organization's Mental Health Gap Action Programme Forum. Dr. Collins oversees the NIMH Collaborative Hubs for International Research on Mental Health in low- and middle-income countries. She was one of the editors of the 2011 Lancet series on Global Mental Health, she is a leader of the Grand Challenges in Global Mental Health initiative, and recently led the development of the 2013 PLoS Medicine Policy Forum series on global perspectives for integrating mental health.



ROBERT M. KAPLAN, PhD

Director, Office of Behavioral and Social Sciences Research
Office of the Director, National Institutes of Health

In February of 2011, Dr. Kaplan joined the National Institutes of Health (NIH) Office of the Director as Associate Director for Behavioral and Social Sciences and Director of the Office of Behavioral and Social Sciences Research (OBSSR). Prior to working for government, Dr. Kaplan was Distinguished Professor of Health Services at UCLA and Distinguished Professor of Medicine at the UCLA David Geffen School of Medicine where he was PI of the California Comparative Effectiveness and Outcomes Improvement Center. He led the UCLA/RAND health services training program and the UCLA/RAND CDC Prevention Research Center. He was Chair of the Department of Health Services from 2004 to 2009. From 1997 to 2004 he was Professor and Chair of the Department of Family and Preventive Medicine, at the University of California, San Diego. He is a past President of several organizations, including the American Psychological Association Division of Health Psychology, Section J of the American Association for the Advancement of Science (Pacific), the International Society for Quality of Life Research, the Society for Behavioral Medicine, and the Academy of Behavioral Medicine Research. He is a past Chair of the Behavioral Science Council of the American Thoracic Society. Dr. Kaplan is a former Editor-in-Chief of two different academic journals: Health Psychology and the Annals of Behavioral Medicine. He is the author, co-author or editor of more than 18 books and over 500 articles or chapters. His work has been cited in more than 25,000 papers and the ISI includes him in the listing of the most cited authors in his field (defined as above the 99.5th percentile). In 2005 he was elected to the Institute of Medicine of the National Academies of Sciences.



ADAM KARPATI, MD

Senior Vice President for Public Health Impact, Union North America (International Union Against Tuberculosis and Lung Disease)

Dr. Karpati is currently Senior Vice President at the North American office of the International Union Against Tuberculosis and Lung Disease, a global health nongovernmental organization, where he is responsible for evaluation and health impact assessment. He joined The Union in March 2014; for the previous 14 years, he worked at the New York City Department of Health and Mental Hygiene. His most recent position at DOHMH was as Executive Deputy Commissioner for the Division of Mental Hygiene, responsible for programs and policy around mental health, alcohol and drug use, and developmental disabilities. During his tenure, the Division was engaged in a variety of activities around improving the behavioral health system of care in New York City, expanding surveillance and epidemiologic monitoring of mental illness and substance abuse, and enhancing the Early Intervention system for children with developmental delays and disabilities. Previously, he was Assistant Commissioner for the Brooklyn District Health Office, a community-based arm of the Health Department serving communities bearing a disproportionate burden of morbidity and mortality, and also served in the Divisions of Epidemiology and of Disease Control.

Dr. Karpati is a physician who obtained his medical degree from the McGill University Faculty of Medicine in Montreal and completed a residency in internal medicine at New York University Medical Center/Bellevue Hospital. He then served in the Epidemic Intelligence Service at the Centers for Disease Control and Prevention in Atlanta, and completed CDC's preventive medicine residency. He has a master's of public health from Harvard School of Public Health in Boston.



KATHERINE M. KEYES, PhD

Assistant Professor of Epidemiology, Mailman School of Public Health, Columbia University

Dr. Keyes' research focuses on life course epidemiology with particular attention to psychiatric disorders, including examination of fetal origins of child and adult health, long-term outcomes of adverse childhood environments, and cross-generational cohort effects on substance use, mental health, and chronic disease. She is particularly interested in the development of epidemiological theory to measure and elucidate the drivers of population health. Dr. Keyes is an expert in methodological issues in age-period-cohort effect estimation, and her empirical work in age-period-cohort effect has examined a range of outcomes including obesity, perinatal outcomes, substance use disorders, and psychological distress. Dr. Keyes' work has been funded by the National Institute for Drug Abuse, the National Institute on Alcohol Abuse and Alcoholism, and the Robert Wood Johnson Foundation.



MUTHONI MATHAI, MB, ChB, MMed (PSYCH), PhD

Consultant Psychiatrist, Senior Lecturer
Department of Psychiatry, College of
Health Sciences, School of Medicine
University of Nairobi

Dr. Mathai graduated as a doctor from the University of Nairobi in 1983 and was awarded a master's in Psychiatry at the same university in 1990. After practicing psychiatry at the provincial level for several years, she was awarded a scholarship to do a PhD at the University of Kassel in Germany by the Heinrich Boell Foundation, which she completed in 2005 with a dissertation published under the title: Sexual decision-making and AIDS in Africa: A look at the social vulnerability of women in Sub-Saharan Africa to HIV/AIDS. Dr. Mathai returned to Kenya in 2007 and took up current position as a lecturer at the University of Nairobi. She is involved in the teaching of undergraduates in Medicine and postgraduates in Psychiatry and Clinical Psychology and supervision of dissertations at both the Masters and Doctorate levels. In addition, she does clinical practice at the teaching hospitals- Mathari hospital and Kenyatta National Hospital and the GBVR Centre KNH. Dr. Mathai is also involved in research activities both at the University and in collaboration with other institutions and NGOs. Her main areas of interest is sexual health, including gender AIDS, SGBV, and unsafe abortion. She is the PI in an NIMH funded Project Titled- "Mental health research training for better health outcomes".



JAMES OKELLO, MB, ChB, MMed (PSYCH), PhD

Lecturer in Psychiatry, Gulu University,
Faculty of Medicine Department of
Psychiatry

Dr. Okello directs the Peter C. Alderman Foundation (PCAF) Psychotrauma and Children for Tomorrow Uganda Clinics, Gulu and serves as Chief, Child and Adolescent Division at PCAF's Psychotrauma Clinic, Gulu. Dr. Okello provides psychotherapeutic, school mental health services and capacity building projects to teachers and mental health workers in child and adolescent mental health. He is also a lecturer in mental health at Gulu University Faculty of Medicine, Department of Psychiatry. Dr. Okello has recently completed his PhD in Educational Sciences at Ghent University, Belgium. His thesis, entitled war trauma attachment and risk behaviour in adolescents in northern Uganda, was completed in January 2014. He is particularly interested in the adverse effects of war on children and adolescents and has 10 publications examining mental health issues in children.



GERALD M. OPPENHEIMER, PhD

Professor of Clinical Public Health,
Department of Sociomedical Sciences,
Mailman School of Public Health,
Columbia University

Professor of Public Health and History,
City University of New York

Dr. Oppenheimer was the Broeklundian Distinguished Professor at Brooklyn College and is Professor in the Department of History, CUNY Graduate Center and at the CUNY School of Public Health. Since the mid-1980s, he has published extensively on the AIDS epidemic and on the history of public health. With Ronald Bayer of Columbia University, he has co-edited *Confronting Drug Policy: Illicit Drugs in a Free Society* (1993) and co-authored *AIDS Doctors: Voices From the Epidemic* (2000) and *Shattered Dreams? An Oral History of the South African Epidemic* (2007). His articles have appeared in the *New England Journal of Medicine*, *American Journal of Public Health*, the *International Journal of Epidemiology* and other professional journals of medicine, public health, ethics and law. He is currently writing a social and intellectual history of coronary heart disease epidemiology in the United States, analyzing how a new scientific paradigm and the evidence it produced became validated and diffused.



KATHLEEN PIKE, PhD

Professor of Psychology (in Psychiatry
and Epidemiology)
Executive Director and Scientific
Co-Director of the Global Mental Health
Program, Columbia University

As a clinical psychologist, Dr. Pike works globally examining risk factors for mental illness and has lead diverse initiatives to reduce stigma associated with mental disorder as well as clinical training and education to expand capacity in evidence supported psychotherapy for mental disorders.

Dr. Pike has held academic and administrative university appointments in both the United States and Japan and is recognized internationally for her work in the area of eating disorders. Dr. Pike has conducted pioneering work in the area of risk factors for eating disorders and she developed a widely disseminated treatment program for anorexia nervosa that has demonstrated effectiveness in multiple clinical studies. Dr. Pike actively consults to programs around the world on the implementation of evidence-based treatment for eating disorders and has received awards for her clinical service and teaching. She recently served as consultant to the American Psychiatric Association DSM-5 task force on cultural factors associated with the clinical presentation and risk factors of eating disorders. She also serves on the Feeding and Eating Disorders Working Group for the World Health Organization revision of the International Classification of Diseases.



SOLOMON RATAEMANE, MD

Head of Department of Psychiatry,
University of Limpopo, Medical
University of South Africa, Pretoria,
South Africa

Dr. Rataemane has special interests in child psychiatry, mood disorders and addiction medicine. He has served as deputy chairperson and chairperson of the Central Drug Authority of South Africa from 1995 to 2005. He was involved with UCLA Substance Abuse Program in collaborative research to improve Cognitive Behavior Therapy for counselors at SANCA Clinics in South Africa. He is a Board member of the International Council on Alcohol and Addictions and serves on the Health Committee of the Health Professions Council of South Africa assisting in physicians' health management. He has previously acted as the Interim Executive Dean and Interim Deputy Vice Chancellor of the Health Sciences Faculty of the University of Limpopo. He was appointed Deputy Chair of the Medical Research Council of South Africa for the triennium 2007 – 2010, and also serves fourth term as member of the Colleges of Psychiatry within the Colleges of Medicine of South Africa. Dr. Rataemane is involved in undergraduate and postgraduate training in Psychiatry, which includes supervision for research and dissertations for specialist qualification. He has extensive community involvement including participating in seminars on understanding and managing alcohol and drug abuse (addiction medicine); childhood related problems; policy development in government and policy directives within the South Africa Society of Psychiatry. His portfolio spans over a number of African countries such as Tanzania, Uganda, Nigeria, Kenya, Ethiopia, Botswana, Lesotho, Swaziland, Zimbabwe, Zambia, Jordan, Saudi Arabia, Khartoum and others where he has given lectures, participated in seminars and also in forums for regional development in mental health, including in Egypt and Morocco. He has recently also participated and chaired a WHO consultancy forum focusing on Regional Mental Health Strategy for Sub-Saharan Africa 2014 – 2020. Dr. Rataemane continues to supervise post-graduate student dissertations and provides clinical training at the academic centers.



SHEKHAR SAXENA, MD

Director, Department of Mental Health
and Substance Abuse, World Health
Organization, Geneva, Switzerland

Dr. Saxena is a psychiatrist by training and has worked at World Health Organization since 1998. His responsibilities include evaluating evidence on effective public health measures and providing advice and technical assistance to ministries of health on prevention and management of mental, developmental, neurological and substance use disorders. His work also involves establishing partnerships with academic centres and civil society organizations and global advocacy for mental health. He is also supervising the ongoing revision of ICD-10 mental as well as neurological disorders chapters. Dr. Saxena is leading WHO's work to implement the Comprehensive Mental Health Action Plan adopted by the World Health Assembly in May 2013 and the follow up work to the resolution on Autism by the WHO Executive Board in May 2013.

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