



**KENYA  
PSYCHIATRIC  
ASSOCIATION**

# **17<sup>th</sup>**

## **ANNUAL SCIENTIFIC CONFERENCE**

### **THEME:**

**COMMUNITY MENTAL HEALTH IN THE 21ST CENTURY:  
INNOVATION, INTEGRATION, & IMPACT**

**03RD - 05TH SEPTEMBER 2025**

**BOMA INN, ELDORET**

# **PROGRAM**

# COMING SOON!!

Introducing Quetiapine SR solution that brings 24-hour Control to your psychiatric practice.

Rx **IntaQ SR**

Quetiapine 200mg, 300mg & 400mg sustained release

**Smarter Release. Smoother Control**



Comprehensive basket for psychiatric treatment

**Risdone**  
Risperidone 1, 2 & 3 mg

**Aripitas**  
Aripiprazole 10, 15 & 30 mg

**Ozitas**  
Olanzapine 5 & 10 mg Tablets

**Valtas-OD**  
Divalproex Sodium Extended Release 500mg & 750mg Tablets

**Ventab XL**  
Venlafaxine 75 mg Extended Release Tablets

**FLUNIL**  
Fluoxetine HCl 20 mg Capsules

Stay tuned. A smarter psychiatric solution is on the horizon

**INTAS** | **accord**

<b>DAY 1. WEDNESDAY 3<sup>RD</sup> SEPTEMBER 2025</b>		
8:00 – 8.30 a.m.	Arrival and registration of KPA Conference delegates	KPA Secretariat
8:00 – 11.00 a.m.	EAYPTA Mentorship Program / ECSAPsych College Curriculum Development	EAYPTA President/(ECSAPSYCH) Committee Leads
11.00 - 11.30 a.m.	<b>Tea Break</b>	All
<b>Mid-Morning Session: Dr. Stacy Njani</b>		
11.30 - 11.45 a.m.	Project Tujiimize: A Community-Driven, Design Thinking-Informed Approach to Adolescent Cannabis Use Prevention in Kisumu County, Kenya	Benjamin Wafula & Trixie Michelle Amondi
11.45 - 12.00 p.m.	Evaluating the role of Chiromo Hospital Group's social media presence in enhancing technology and mental health innovations for community-based care	Dr. Joseph Nyamiobo
12.00 - 12.15 p.m.	Enhancing Psychosocial Wellbeing and ART Adherence: The Critical Role of Peer Navigators in Supporting Adolescents with HIV in Western Kenya	Dr. Gladys Ontuga
12.15 - 12.45 p.m.	Question And Answer	Dr. Stacy Njani
<b>12.45 - 2.00 p.m.</b>	<b>Lunch</b>	<b>All</b>
2.00 - 5.00 p.m.	Dr. Edith Kwoba Memorial Walk	All
<b>END OF DAY 1</b>		
<b>DAY 2. THURSDAY 4<sup>TH</sup> SEPTEMBER 2025</b>		
8.30 - 9.00 a.m.	Arrival and Registration/ Icebreaker	KPA Secretariat
<b>Morning Session: Dr. Nickson Musau</b>		
9.00 - 9.15 a.m.	Positive depression screen among pregnant women attending antenatal clinic at Aga Khan University Hospital, a cross-sectional study	Mr. Michael Maina
9.15 - 9.30 a.m.	The unseen toll: the prevalence of depression, burnout and PTSD amongst humanitarian aid workers in Kakuma and Dadaab refugee camps	Dr. Brenda Ombane
9.30 - 9.45 a.m.	Voices from the Frontline: Mental Health Realities of CHWs in Kenya's Evolving Health System- Findings from a Qualitative Study	Ms Patricia Okoth
9.45 - 10.00 a.m	<b><u>Dr. Edith Kwobah Memorial Lecture</u></b> Piloting Community-Centric Employment and Housing Solutions for Long-Stay Mental Health Patients at Mathari National Teaching and Referral Hospital	Dr. Milcah Orlando
10.00 – 10.15 a.m	Question And Answer	All
<b>10.15 - 11.00 a.m</b>	<b>Tea Break – Poster Exhibition</b>	<b>All</b>

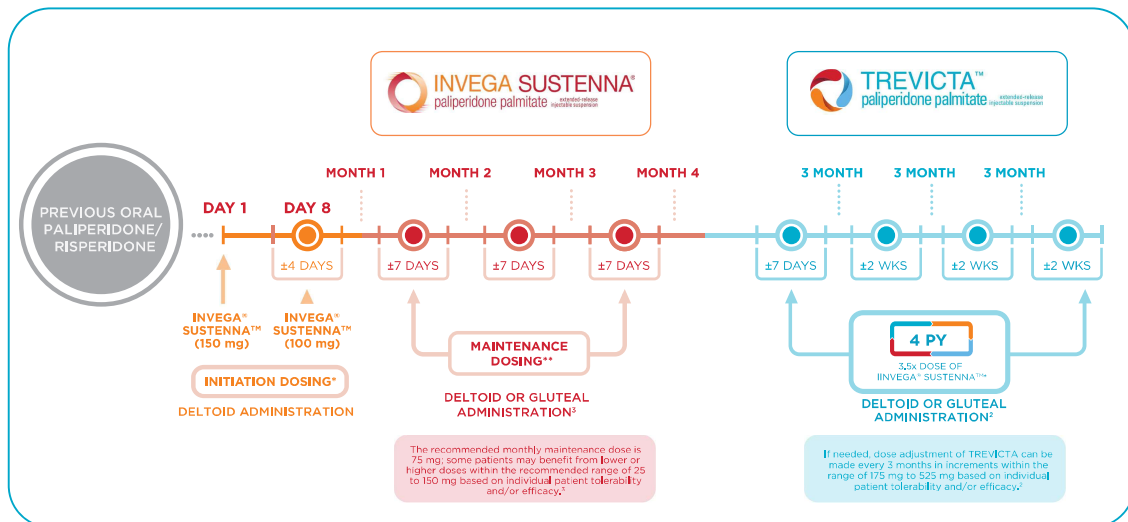


# IT'S TIME TO GIVE YOUR PATIENT HOPE, MEANING AND PERSONAL IDENTITY<sup>1</sup>

**TREVICTA®** is indicated for the **maintenance treatment of schizophrenia** in adult patients who are clinically stable with **INVEGA® SUSTENNA™**<sup>2</sup>

## HOW TO TRANSITION PATIENTS FROM INVEGA® SUSTENNA™ TO TREVICTA®?

**TREVICTA®** should be initiated in place of the next scheduled dose of **INVEGA® SUSTENNA™** ( $\pm 7$  days), into either a deltoid or gluteal muscle<sup>2</sup>



\*INVEGA® SUSTENNA™ is indicated for maintenance treatment of schizophrenia in adult patients stabilised with paliperidone or risperidone.<sup>3</sup>

†In selected adult patients with schizophrenia and previous responsiveness to oral paliperidone or risperidone.<sup>3</sup>

‡INVEGA® SUSTENNA™ may be used without prior stabilisation with oral treatment if psychotic symptoms are mild to moderate and a long-acting injectable treatment is needed.<sup>3</sup>

†TREVICTA®, a 3-monthly injection, is indicated for the maintenance treatment of schizophrenia in adult patients who are clinically stable on 1-monthly paliperidone palmitate injectable product.<sup>2</sup>

PY: Per Year.

1. Lamber M, et al. Neuropsych Dis and Treat 2021;16 3197-3208;

2. Smpc Trevicta® 2023

3. Smpc Invega sustenna® 2023

Date of preparation: Feb 2025



CP-504444



<b>(Poster Exhibition)</b>	Leveraging Artificial Intelligence for Early Detection of Depression in Community Mental Health Settings: Opportunities and Ethical Considerations in Kenya	Rosemary Ruth Amimo & Ms. Valerie Wanjiru
	Catalyzing Community-Based Mental Health Solutions: The Erasmus + Exchange and Incubator Journey	Dr Rick Wolthusen & Philip Nyaswa
	Prevalence and risk factors associated with depression and anxiety among pregnant women receiving antenatal care in level four and five hospitals in Nyandarua County, Kenya	Dr. Susan Nyambura Muchunu
	Digital Device Access, Use Patterns, Preferences and Acceptability for Delivery of Mental Health Interventions: Insights from Young People in a Rural Kenyan Community Setting	Dr Moses Kachama Nyongesa
	Addressing Alcohol Use among Clients on Opioid Substitution Therapy at Mathari National Teaching and Referral Hospital: Innovations in Integrated Community Mental Health Care.	Dr Charles Waweru & Stephen Oluoch
	Prevalence of common mental health disorders and associated factors among sexual and gender minority youth in Nairobi City County, Kenya.	Dr. Stacy Njani
<b>Mid-morning session:</b> Dr. Mercy Karanja		
11.00 - 11.15 a.m	The End of Poverty Mental Health: Designing Needs-Relevant Evidence-Based Community Mental Health Services	Prof. Atwoli Lukoye Professor of Psychiatry and Dean of the Aga Khan University
11.15 - 11.30 a.m	<b>Keynote Address</b>	Hyaline Morara
11.30 - 12.00 p.m	Question and Answer	All Presenters
12.00 – 12.15 p.m	Keynote Address	Rosemary Gathara
12.15 - 12.45 p.m	Opening ceremony	Dr Phillip Kirwa Chief Executive Officer of Moi Teaching and Referral Hospital (MTRH)
<b>12.45 - 2.00 p.m</b>	<b>Lunch</b>	<b>All</b>
<b>Afternoon session:</b> Dr. Irene Machua		
2.00 - 3.00 p.m	Plenary session -Navigating the Labyrinth: Ethical and Legal Challenges in Contemporary Psychiatric Practice	Kevin Othero Dr. Njuguna Simon Dr. Sylvia Kemunto Dr. Mercy Karanja
3.00 - 3.30 p.m	Royal College of Psychiatrists	Prof Mohammed Al-Uzri
<b>3.30 - 4.00 p.m</b>	<b>Tea Break</b>	<b>All</b>



# NAIROBI MENTAL HEALTH SERVICES LEVEL 4 HOSPITAL



## ABOUT US

Nairobi Mental Health Services is your trusted partner in emotional wellness and recovery. We offer a wide range of personalized services including couple and family therapy, art therapy, psychotherapy, counselling, outpatient rehabilitation, and nursing care. Our team also provides specialized interventions such as electro-convulsive therapy (ECT), relapse prevention, occupational therapy, and comprehensive mental health assessment, screening, and treatment. Beyond care, we are committed to promoting mental health through community talks, awareness shows, and prevention programs—ensuring support not just for individuals, but for families and society at large.

*Your Mental Health Matters !*

**WE ACCEPT:**



KMA APARTMENTS, BLOCK E,  
5TH FLOOR, Junction of Mara  
& Chyulu Road Adjacent to  
Nairobi Club, Upper Hill



0758291471 / 0735090152



info@nmhs.or.ke



www.nmhs.or.ke

4.00 - 5.00 p.m	KPA AGM	KPA Members
<b>END OF DAY 2</b>		
<b>DAY 3. FRIDAY 5<sup>TH</sup> SEPTEMBER 2025</b>		
<b>Morning session: Dr. Lawrence Nderi</b>		
8.30 - 9.00 a.m	Registration	KPA Secretariat
9.00 - 9.15 a.m	Peer-Led Support Groups to Improve Depression, Anxiety, and Self-Esteem Among Teen and Single Mothers in Kisumu County, Kenya: A Longitudinal Multi-Site Study	Caroline Orend & Sarah Atieno Ouma
9.15 - 9.30 a.m	Before the Breakdown: Community-Driven Early Mental Health Support for Africans in Diaspora	Dr Charlene Gumbo & Zawadi Kimari
9.30 - 9.45 a.m	"Identity-as-Prevention": A Community-Led Parenting Model for Early Mental Health Intervention in Kenya	Mr. Benjamin Mutuku
9.45 - 10.00 a.m	Youth and School Mental Health Project: A Model for Strengthening Adolescent Mental Health Support in Kenyan Schools	Faith Njiriri
10.00 - 10.15 a.m	Pilot Project: Group-Based School Intervention for preventing and addressing Substance Use.	Mr. Emmanuel Owino
10.15 - 10.30 a.m	Emerging trend of patient abandonment in an acute psychiatric ward, with a focus on community mental health as a possible solution	Dr. Robina Momanyi
10.30 - 10.45 a.m	Increasing access to Mental Health services by Capacity Building and Community Integration: Insights from Kilifi County, Kenya	Ann Tatu
10.45 - 11.15 a.m	Question and Answer	Dr. Lawrence Nderi
<b>11.15 - 11.45 a.m</b>	<b>Tea Break</b>	<b>All</b>
<b>Mid-morning session: Dr. Saddam Rajab</b>		
11.45 - 12.15 p.m	Keynote Address	Dr. Frank Njenga (Chairman ~ Chiromo Hospital Group)
12.15 - 12.30 p.m	ECSAPsych updates	Dr Simon Njuguna
12.30 - 12.45 p.m	MDD Focus on Insomnia	Sun Pharmaceutical Ltd
12.45 - 2.00 p.m	Lunch	All
2.00 - 5.00 p.m.	Team Building	All
7.00 p.m	<b>GALA DINNER</b>	
<b>END OF DAY 3</b>		



Reaching People. Touching Lives.



Committed to Psychiatry

**Qutipin**  
(Quetiapine 50/100/200/300 mg)

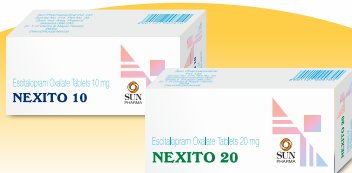
The Just **Right** Antipsychotic



**Nexito**

(Escitalopram 10/20 mg)

The **Next** Generation SSRI



**Mirtaz**

(Mirtazapine 15/30 mg)

Right fusion of Speed, Efficacy & Tolerability



**DUZELA** 20  
30  
60

(Duloxetine HCl)

Let them feel the **D**ifference



**LITHOSUN-SR**

(Lithium Carbonate Sustained Release 400 mg)

Stabilizes Mood, Improves Compliance





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