

GLOBAL YOUTH MENTAL HEALTH AWARENESS (GYMHA) CONFERENCE
HELD AT ABIDING GRACE PLAZA, APO GUDU, ABUJA ON 16TH NOVEMBER
2019.

Executive Summary

The program started at exactly 10:32a.m with introduction of the moderator by Amb. Austine. The moderator Halima Nurudeen, after formal introduction and welcome address to participants introduced the special guest for the commencement of the session.

The session started with opening prayers using the national anthem. The theme of the session was introduced by the moderator which focuses on **the positive effects of mindfulness on youth self-esteem**. The first speaker, GYMHA Founder and CEO, Prof. (Dr.) Jude Ediae gave a welcoming speech via zoom. Through collaborative efforts, a better awareness on mental health can be achieved. Dr Jude gave statistics on the prevailing increase of suicide, use of drugs and mental issues among the youth. According to World health organization, there is no health without mental health.

One in four people in the world will be affected by mental or neurological disorders at some point in their lives. Around 450 million people currently suffer from such conditions, placing mental disorders among the leading causes of ill-health and disability worldwide according to estimate. In Nigeria, one in five young people experiences depression and mental health condition; and drugs abused is the leading cause of mental illness among Youths and Teenagers of Nigerians aged 16 to 24. Three in seven young Nigerians experience a mental health condition. 22% of Nigerian Teenagers and Youths aged 17-35 years experienced a chronic mental depression between 2010-14, which is equivalent to an estimated 660,000 Nigerian Teenagers and Youths. Three in Thirteen young Nigerians (7.9%) aged 17-25, experienced an anxiety disorder in 2013. This is equivalent to approximately 298,000 young people. Which has a long and short-term effects on welfare in Nigeria.

The next speaker Prince Toluse talked about psychological trauma and use of first aid in psychological trauma. He defined mindfulness as the ability to recall the things you have

experienced and how this determines our actions. He further discussed using mindfulness as a tool to be used in mental health, explaining how meditation can be used as a healing tool in mental health.

Meditation according to Prince Toluse is using one's mind to focus on a particular issue or subject matter (this can be positive or negative). He gave a detailed example of a trauma experience by two youth at different intervals and their reaction afterwards and how the experience has shaped their actions and attitude. Trauma comes with anger, low self-esteem, shyness and shame and if not treated properly can lead to mental health issues.

Meditation is the healing force of a quiet mind and can be used as a healing tool for trauma. Prince Toluse discussed how meditation has been used for over one thousand years and drives across various cultures and religion. He defined two types of meditation which includes: (I) Concentrative and (II) Mindfulness Meditation. The former which focuses on a object or issue and blocking out all other things while mindfulness meditation deals with traumatic issues and relieving the stress that comes with it.

The session continued with GYMHA introductory video. Achieving highest level of health in young people to ensure the reduction in suicide rate is one of the core priorities of GYMHA. And we can achieve this mission on a global perspective.

To achieve this requires increasing access to information and services, and creating safe and protective environments for young people to speak up, improve their health and safety including health system strengthening, development of human resources for health with skills to engage young people and provide youth friendly health services, community and stakeholders consultation, health research and strengthening collaboration with national and international partners.

Hon. Musa Olatunji was invited for a goodwill message on behalf of GSFEN President Nigerian Chapter. The next speaker Mr Oladapo talked about mindfulness based on his experience and what he has learnt. He gave the importance of having a daily plan and how meditation can enable individual success.

The next speaker Dr Kolawole gave a speech about gratitude and how it portrays into our mental health. He mentioned the importance of giving gratitude and those who deserve our gratitude which includes God, Yourself, Parents, Siblings, Employer, Employees, Partners, Friends, Opponents, Producers, Suppliers, Customers etc. He mentioned the benefits of gratitude and how your work is blessed more when you show gratitude. Gratitude improves our mental health and brings out the best in us and in others.

The next speaker Mr Mazi spoke on Youth enlightenment, mastermind entrepreneurial and financial freedom. He mentioned the types of money which includes (i) Gods money (gold, silver, etc.) (ii) Government money (the money produced for the society by the government. Examples Naira, Dollars, etc.) (iii) People Money. He went further to talk about emotional health and how lack of money can lead to suicide.

The next session was the question and answer session. Some of the questions ask were 1) How can we create awareness on mental health issues that is been attached to spiritual causes 2) Is there a sign to show that someone has mental illness 3) Are there mental health organizations that people can be referred to instead of hospitals 4) Are we really traumatized in this country? 5) Does Marijuana make one stable? 6)What can be done to make victims to live peacefully after of war.

The questions were answered by the guest speakers. A few of the answers provided were; Irrespective of our highly religious society, it is advised that we combine our spiritual belief with natural solution to produce supernatural result. Mental illness is a result of a lot of factors and is peculiar to each individual. Hence, proper diagnosis is done individually. People should learn how to concentrate on building interpersonal relationships with others so as to build trust and suggest help when necessary. Trauma in conflict areas is usually deeper and involves issues of grief, betrayal, distrust, fear and unforgiveness. Reintegrating issues is usually very difficult but can be done alongside life coaching. Stimulants are detrimental to the health of addicts. People become addictive to certain stimulant as a result of constant use and abuse.

Participants gave notable recommendations a few of which are; A suggestion that alternative solution should be provided for mental health issues.

There was a suggestion that we should be mindful of our choice of words to encourage young people to speak up. A participant also suggested that there is need for youth empowerment to improve cash flow in the country. People with severe mental illness die up to 20 years younger, have higher unemployment and are poorer than the rest of the population.

After the first session there was break in session before lunch by Mr Asom Steve on mindfulness of relationship. He shared a personal experience about how a relationship affected a ladies' decision. Mental health according to his definition involves psychological and emotional health and how it affects attitudes and decision. Managing your emotions helps you to adapt to issues. How we act and speak is very important in relationships.

Mr Oladapo rounded up the break in session by in introducing participants to the mission and purpose of GYMHA and the benefits of becoming a member. The conference was concluded with the presentation of certificates to participants.

Dr Kolawole gave the closing remark appreciating everyone who attended the conference and hope to see the participants at the next GYMHA event in Nigeria in good mental health.

The conference ended with closing prayer by Aisha Bello and Mazi Jidefor at about 3.33pm.

GYMHA recommendations:

1. Youth mental health awareness, engagement and integration
2. Early intervention and prevention
3. Rapid, easy and affordable access to Youth specific care
4. Youth partnership and engagement

5. Family engagement and support. Such as kindness, love, etc
6. Promote multi-stakeholder collaboration to advance state, federal, and global efforts in favour of good youth mental health
7. Improve access to mental healthcare and encourage the development of novel drugs and therapies for the treatment of youth mental health conditions

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INCOME AND EXPENDITURE

Income

Date	Income	Amount (#naira)
18/10/2019	Dr Anthony Ediae	60,000.00

Expenditure

Date	Expenses	Amount (#naira)
17/10/2019	Nikita Ace International Limited (catering service for 100)	140,000.00

18/10/2019	Lotareg Events Managers (hall)	60,000.00
13/11/2019	Designing of certificates (guest speakers, volunteers, and steering committee)	25,000.00
16/11/2019	Roe Communications Ventures (GYMHA roll-up banner, printing and lamination of 94 certificates)	31,500.00

Total income minus expenditure =

#60,000 - #256,500 =

Deficit = #196,500 naira