



## Connective Cities Covid-19 Kick-Off Workshop Strategies in the Mental Health Management

Virtual event, 29<sup>th</sup> of September 2021, 15:30 – 17:30 CEST

### Agenda Connective Cities Kick-Off Workshop Mental Health Management

Time (CEST)	Agenda	Speaker
<b>Wednesday, September 29<sup>th</sup>, 2021</b>		
15:15 – 15:30	<b>Registration</b> and System Check	
15:30 – 15:45	<b>Welcome, Agenda and Workshop Objectives</b> Check-in of Participants	Moderator
15:45 - 16:15	<b>Key-note COVID-19 and beyond - Ressources and Challenges in Municipal Practice.</b>  Discussion and Q&A	Ms. Myriam Brunner (department head) from the Municipality (Landkreis) of Karlsruhe in Germany
16:15 – 16:45	<b>Key-note Introduction into the topic Community based Approaches for Mental Health</b>  Discussion and Q&A	Mr. Stefan Wagler (Psychologist, Psychotherapist i.t.)
16:45– 17:15	<b>Key-note Strategies and Ways How to Deal with Mental Health Issues</b>  Discussion and Q&A	Ms. Dr. Aisha-Nusrat Ahmad Researcher and Projectmanager
17:15– 17:30	<b>Presentation of Results of Global Survey</b> on Mental Health  Creation of possible Working Groups	Moderator
17:30	<b>Closing Remarks</b>	Moderator

## **Speakers:**

- **Ms. Myriam Brunner** (department head) from the Municipality (Landkreis) of Karlsruhe in Germany will focus on how to assure mental health services for refugees during COVID-19 and beyond - resources and challenges in municipal practice.
- **Mr. Stefan Wagler** (Psychologist, Psychotherapist i.t., board of directors of Association of Contextual Behavioral Science German Chapter, trainer for community mental health approaches and Acceptance and Commitment Therapy [ACT]) will provide an introduction into the topic community based approaches for mental health and how social resources can be used for supporting mental health.
- **Ms. Dr. Aisha-Nusrat Ahmad**, teaching at the Frankfurt University of Applied Science and formerly at the International Psychoanalytic University Berlin as well as extensive project experience in fragile contexts such as Afghanistan and Iraq, will present strategies and ways how to deal with mental health issues.

## ***The following questions will be discussed in the workshops:***

- What are the municipal challenges in the area of mental health, why is the topic relevant?
- Which mental health interventions in the municipalities can be recommended? What can be done with little resources?
- What can be done in the municipalities to mitigate the mental health consequences of the pandemic?
- How can the target groups be reached, when mental health is considered a taboo for some people?