Facing Mental Health Challenges in Afghanistan

Welcome and thank you for joining our Web Forum!

If you have technical difficulties call 1-866-229-3239 for assistance.

Use the **Q&A** function to submit questions or any technical issues.

Participate in the **polls** by selecting your answer and clicking **submit**.

Complete the Post-Web Forum online evaluation. **We need your feedback!**

The **Recording** and **Slides** will be available at [www.Dialogue4Health.com](http://www.Dialogue4Health.com)
Q&A Feature

Please submit questions via the Q&A Feature

Please send your questions to All Panelists
POLL #1

Are you attending this Web Forum:

a. Individually
b. In a group of 2-5 people
c. In a group of 6-10 people
d. In a group of more than 10 people
Facing Mental Health Challenges in Afghanistan

Tuesday, June 21, 2011
11:30 AM to 1:00 PM, Pacific Time
2:30 PM to 4:00 PM, Eastern Time
Carmen R. Nevarez, MD, MPH

Vice President for External Relations and Preventive Medicine Advisor
Public Health Institute, Oakland, CA

Dr. Nevarez has over 32 years of experience as a physician and 29 years as a public health practitioner, having served as the Director of Department of Health and Human Services and Health Officer, City of Berkeley, California, as well as in various clinical settings including Medical Director at La Clinica de la Raza in Oakland. She is Immediate Past President of the American Public Health Association (APHA). Her areas of expertise include women's reproductive health, community based strategies for chronic disease prevention, and social media for public health.

Website: www.phi.org
Public Health Institute
Dialogue4Health
Global Health Programs
Afghanistan Public Health Network
Afghanistan Mental Health Working Group
Take part in this conversation on the Dialogue4Health social network:

dialogue4health.ning.com
POLL #2

Would you like to participate in an online survey about Dialogue4Health Web Forums?

a. Yes  
b. No
Nahid Aziz, PsyD

*Associate Professor*, American School of Professional Psychology  
Argosy University, Washington DC

*Co-Chair*, Afghanistan Mental Health Workgroup  
Substance Abuse Mental Health Services Administration (SAMHSA)  
U.S. Department of Health and Human Services

*Vice President*, Afghan Education for a Better Tomorrow

Dr. Aziz received a Master of Arts degree and a PsyD degree in clinical psychology from Alliant International University. She was the recipient of the Outstanding Dissertation Award and the 1999 Best Dissertation of the Year at Alliant International University. Her dissertation was a clinical manual for mental health professionals treating Afghan immigrant and refugee women. She is the Co-Chair of Afghanistan Mental Health Workgroup at Substance Abuse Mental Health Services Administration (SAMHSA), a division of the United States Department of Health and Human Services helping Afghanistan’s Ministry of Public Health establish and reconstruct mental health services and develop mental health capacity. She is also the Vice President of a non-profit organization, Afghan Education for A Better Tomorrow, which promotes education and health to the needy Afghans.

Esmael Darman, MD

Fulbright Scholar and M.S. Program Candidate, 2011
Clinical and Counseling Psychology Department
Chestnut Hill College, Philadelphia, PA

Dr. Darman graduated from Herat Medical School in 2006 and worked for the pediatric and neuropsychiatry wards of the Herat Regional Hospital in western Afghanistan for more than a year. He simultaneously worked for Herat Mental Health Clinic-Resource Centre from 2007 to 2009. In 2009, he was awarded a Fulbright scholarship to obtain a master’s degree in clinical and counseling psychology from Chestnut Hill College in Philadelphia, Pennsylvania. His articles on emotional health, mental disorders and human rights have appeared in a number of Afghan newspapers and journals. He has also been a guest speaker at Herat University. His article on the need to improve the doctor-patient relationship in Afghanistan appeared in the Pennsylvania Psychologist in December 2010. In addition, he has created Afghanistan’s first website on psychology and mental health. Darman expects to graduate in July. He is interested in teaching psychology and providing counseling and training for doctors, psychiatric nurses, counselors and community/social workers.

Website: [www.cies.org](http://www.cies.org) | [www.rawanonline.com](http://www.rawanonline.com) | [www.chc.edu/Graduate/Programs/Masters/Clinical_and_Counseling_Psychology](http://www.chc.edu/Graduate/Programs/Masters/Clinical_and_Counseling_Psychology)
Web Forum Agenda

1. A review of Afghanistan’s Mental Health programs [Nahid Aziz, PsyD]
2. A glance at the mental health fieldwork programs in Afghanistan [Esmael Darman, MD]
3. Q&A and Discussion
Facing Mental Health Challenges in Afghanistan

Nahid Aziz, PsyD
POLL #3

What do you think is the most critical stigma associated with mental health patients in Afghanistan?

a. Being perceived as a “bad person” in the community
b. Being blamed for being weak and “lacking control”
c. Being punished by God for having sinned
d. Being violent and dangerous
Major Mental Disorders
Areas to be Improved

Esmael Darman, MD
POLL #4

Based on your opinion which of the following groups seek mental health treatment in Afghanistan?

a. Young women
b. Young men
c. Aged women
d. Aged men
e. Children
Q&A Feature

Please submit questions via the Q&A Feature

Please send your questions to All Panelists
Learn more about Mental Health in Afghanistan at:

www.moph.gov.af

www.rawanonline.com

www.who.int/mental_health/publications/en/
Continue this conversation on the Dialogue4Health social network:

http://dialogue4health.ning.com/group/globalhealth
Thank you

Public Health Institute
Dialogue4Health
Global Health Programs
Afghanistan Public Health Network
Afghanistan Mental Health Working Group