

Program for

## **Learning Conference for Faith Based Health Care Institutions**

Venue: Dhulikhel Village Resort, Nepal,

Dates: November 20-21, 2017

Theme: **Holistic Health Ministry – Empowering Leadership in Faith Based Health Care Institutions**

This international conference invites stakeholders of Christian healthcare institutions to reflect on issues related to identity, innovation and leadership, to share best practices and knowledge, with reference to special contextual and community challenges, in particular the area of mental health.

### **November 19:**

Arrival. Registration. Welcoming session.

### **November 20:**

08:30 Opening session. Morning Prayer. Presentation of participants. Objectives and expectations.

Words of welcome: **Heidi Westborg Steel**

09:00 Bible study. **Mathew Santhosh Thomas**: John 9 – The healing of the man born blind.

09:45 Lecture. Dr. **Kjell Nordstokke**: The distinctiveness of Christian Health Care Institutions. Diaconal identity and practice.

Response: Dr. **Indra Napit**, NCMMDA

10:30 Coffee / tea.

11:00 Sharing experiences: 3 examples of innovative practice related to holistic health ministry:

1. Okhaldunga hospital
2. Koshish.
3. United Mission to Nepal (UMN) – mental health primary health care project.

11:45 Group work: Our identity as FBHC-institutions. How do we articulate our faith base and our assets?

12:30 Lunch

14:00 Lecture. Dr. **Kaaren Mathias**: Mental health as challenge and model for reclaiming institutional identity and facilitating innovative faith based leadership.

Response: 1. Mr. **Pun Narayan**, Tansen Hospital

2. Dr. **Ellen Hagemo**, Norway

15:00 Group work: Sharing experiences and challenges related to mental health.

15:45 Coffee / tea.

16:15 Group work continued,

17:00 Plenary discussion. Reports from the groups and discussion on the presentations given during the day.

18:00 Dinner.

19:30 The hosts present themselves and their health work.

### **November 21:**

08:30 Morning Prayer.

08:45 Bible study. **Angeline David**: Luke 5:17-26 – Jesus Heals a Paralytic.

09:30 Lecture. Lecture. Dr. **Mahendra Bhattarai**: Leadership of health services in the current Nepali situation. Models of leadership that express Christian/diaconal identity and pursue professionalism in providing health services.

Response: Dr. **Nastu P. Sharma**, HDCS

10:15 Coffee / tea.

10:45 Sharing experiences: 3 examples of innovative practice are presented and discussed:

1. Bethesda resource center for pastoral care.
2. PRIME.
3. ADRA.

11:30 Group work: How do we respond to challenges of innovative practice? Further sharing of experiences and ideas.

12:30 Lunch.

14:00 Lecture: Dr. **Dipak Maharjan**: Innovative leadership. How to build leadership competence that includes ability to articulate and activate the faith base of FBHC-institutions, and empowers for innovative practice?

Response: Dr. **Andrew Wilson**, PRIME – UK.

15:00 Group work: Exchange of experiences and challenges.

16:15 Coffee / tea.

16:45 Plenary discussion: Reports from groups. Conclusions and recommendations.

17:45 Closing session. Evaluation. Closing Prayer.

18:30 Dinner.

**Moderators:**

- Mathew Santhosh Thomas
- Kjell Nordstokke

**Listeners group:**

- Morten Skjørshammer (Chair)
- Heidi Westborg Steel
- Indra Napit
- Jonathan Thorp

**Dr Mathew Santosh Thomas**

Trained as an Internal Medicine specialist, with experience of working and providing leadership in both academic institutions and rural health care institutions. Has been involved in pioneering new health care programs especially in the area of HIV and TB and working with marginalized communities. Having moved into leadership roles 15 years back, Dr Thomas has been involved in leading EHA, a network of 20 hospitals and 40 community programs scattered across North India, facilitating National partnerships with various institutions and organizations.

Currently working as an honorary Internal Medicine consultant in Duncan Hospital, Raxaul, Bihar, India, a 225 bedded hospital at Indo Nepal border, and as SA Regional Secretary for ICMDA and part time training coordinator for ICMDA developing a learning management system for ICMDA.

*“My areas of interest in addition to health care specific technical areas has been mentoring younger generation, leadership development and facilitating strategic thinking and planning”.*

**Dr Kjell Nordstokke**

Professor emeritus at Diakonhjemmet Specialized University, Oslo (since 2016 VID), presently senior adviser. Has worked as pastor and professor of theology in Brazil. Has

been Director for the Department for Mission and Development of the Lutheran World Federation in Geneva. Has published various books and articles on diakonia.

### **Dr Indra Bahadur Napit**

Medical Director/ Orthopaedic Surgeon at Anandaban Hospital, TLMN, Lalitpur. President, Nepal CMDA. Advisor- HCF National Action Team. Worked as Medical Officer at United Mission Hospital Tansen from 1996 to 2000. Then worked as Ortho Surgeon (a year later as Chief Surgeon) from 2004 to 2008. Joined Anandaban Hospital in 2008. Actively involved in Christian Healthcare Fellowships of NCMDA & HCF.

### **Dr. Mahendra Bhattarai**

After finishing my B. Sc. in agricultural science from India in 1972, Dr. Bhattarai worked for government of Nepal for less than a year and joined a British project in agricultural training and research and development. He received his post graduate Diploma at the University of Edinburgh, Scotland and a Ph D from the University of Bath, England. Then working in integrated rural development in The Mechi hills. He did consulting service in planning, monitoring and evaluation on human development for many different projects both in Nepal and in South Asia. He also wrote plan for peace and reconstruction for the government of Nepal. He has been working for peace and reconciliation and inter-religious harmony, and has provided many training on leadership development, organization development and regional and national planning.

### **Dr Kaaren Mathias**

(MBCbB, MPH, PhD) is the Mental Health programme manager for the Emmanuel Hospital Association, India. She also leads the Burans partnership project: working with communities in Uttarakhand for mental health.

Kaaren was born in South India and spent her childhood in India and in Pokhara, Nepal. She has been living and working in North India with her husband, Jeph Mathias, and their four children aged 9 - 18 years, since 2006.

*She loves outdoor adventures in the mountains, parenting, cycling, singing hymns, contemplative prayer, and working for justice in health. In mental health her work and research include a focus on social inclusion, recovery, gender equality and primary mental health system strengthening.*

### **.Mr Pun Narayan**

## **Dr Ellen Hagemo**

Medical doctor, specialist in psychiatry and in group analysis (London Institute of Group Analysis).

Has worked as doctor in general practice and as psychiatrist in mental hospitals in Norway.

Different clinical and administrative positions in institutions for mental health for children, youths and adults, including leading positions both at departmental and hospital level. In Norwegian Board of Health psychiatric consultant for the Norwegian National Mental Health Program, Mental Health Act / Legislation. Teacher in Institute of Group Analysis 1992-2007. Member, later leader of the Specialist Committee for Psychiatry 1986-1996. Participant in UEMS - the European Board of Specialist Education of Psychiatrists 1994-2002.

Teacher at the one year program for “Using Groups to help People” as a volunteer for Himalpartner 2016-2017.

## **Dr Angeline David**

Dr. David is the Health Ministries Director for the North American Division of Seventh-day Adventists, a role she began in April 2016. She holds a Doctor of Public Health degree in Nutrition from Loma Linda University School of Public Health and a Master of Health Science in Epidemiology from the Johns Hopkins Bloomberg School of Public Health. She previously worked as dietitian and wellness director on Guam and in public health research at Johns Hopkins.

*Her passion is to make nutrition and healthy living practical, understandable, and enjoyable for everyone. She believes that comprehensive health work includes physical, mental, social, and spiritual wellbeing, and that all have a part to play in ministering hope and wholeness to our communities.*

## **Dr Nastu Sharma**

Executive Director Human Development & Community Services (HDCCS), Nepal. Medical graduate with advanced degree in Public Health (MPH), OBGYN (Women’s Health) and a PhD in Clinical Tropical Medicine. Has served in senior positions in national and international organizations: Administrative Director (Dhulikhel Hospital); Project Director (UMN, Okhaldhunga Health Project; Chief Executive Officer (Kathmandu University Teaching Hospital); Senior Program Manager (Australian Agency for International Development); Senior Public Health Specialist (The World Bank); Country Director (USAID NTD ENVISION and One Heart World-Wide, USA). Dr. Sharma has published original and review articles in many national and international peer review journals.

*“My main focus has been to assist the poor and underserved people to live dignified and non-discriminatory lives. I prefer to work with a team spirit to achieve the desired goals by analyzing current situations and by setting strategies which will work for the greater benefit of the larger mass of population. Working together, we can achieve more and help uplift and save lives of many poor and disadvantaged people, particularly of women and children.”*

### **Dr. Dipak Maharjan**

Dr. Maharjan is an orthopedic surgeon serving in Pokhara, INF Green Pastures Hospital as Medical Director. He went to med school in CMC Vellore India where he completed MS Orthopedics. After finishing MBBS, Dr Maharjan served in Tansen mission Hospital for a year and Okhaldhunga Mission Hospital for a year. After Masters, he returned to Tansen Mission Hospital where he served for 7 more years. Dr. Maharjan is married to Rachel, who is a Pediatrician from CMC Vellore. They have three girls.

### **Dr Andrew Wilson**

A UK based GP/Family Physician and Educator with a special interest in Mental Health. I am in Nepal representing PRIME International, an international network of professional healthcare educators, committed to integrating rigorous science and compassionate care for the whole person. As well as being a senior PRIME Tutor with experience of PRIME projects including Eastern Europe. Dr Wilson also edits a PRIME host an online mental health journal – Developing Mental Health.