

EHS International MENTAL HEALTH Conference 2025

SAVE THE DATE

October 3-4, 2025

InterContinental Dubai Festival City, UAE

*Futuristic Mental Health:
Empowering Families,
Transforming Lives*





MESSAGE FROM THE DIRECTOR GENERAL

The declaration of **2025 as the Year of the Community** by the leadership of the United Arab Emirates underscores a strategic national commitment to strengthening the social fabric by prioritizing mental well-being, family cohesion, and inclusive development. Within this vision, the mental health of children and youth take center stage—recognized as both a foundational pillar of future readiness and a critical investment in human capital.

The annual **EHS International Mental Health Conferences** reflect a forward-leaning agenda that positions the individual at the center of the healthcare delivery model across the lifespan. These conferences advance sustainable community transformation by promoting systems that empower families, strengthen communities, and adapt to the evolving mental health needs of every generation.

Aligned with the UAE Vision 2071 and the National Strategy for Wellbeing 2031, Emirates Health Services continues to advance a comprehensive mental health strategy rooted in prevention, early intervention, and digital transformation. By centering families as co-navigators in the mental health journey of children and adolescents, the strategy reinforces the essential role of the home in promoting resilience, early detection, and sustained recovery.

Globally, this agenda resonates with the World Health Organization's Comprehensive Mental Health Action Plan 2013–2030, which calls for community-integrated and youth-sensitive mental health systems. It also echoes the principles of the UN Sustainable Development Goals, especially SDG 3, which emphasizes good health and well-being for all ages.

This conference aspires not merely to exchange knowledge but to serve as a launchpad for policy alignment, capacity development, and systemic reform—locally and internationally. By placing youth mental health at the heart of its agenda, it contributes to building societies where every child and young person can thrive with dignity, support, and opportunity.

The vision of Emirates Health Services remains steadfast: to create an inclusive and resilient mental health system that empowers families, elevates youth potential, and strengthens community well-being for generations to come.

HE Dr. Yousif AlSerkal

Director-General, Emirates Health Services



MESSAGE FROM THE ACTING EXECUTIVE DIRECTOR - MEDICAL SERVICES SECTOR

The **EHS International Mental Health Conference 2025**, held under the theme “**Futuristic Mental Health: Empowering Families, Transforming Lives**,” reflects Emirates Health Services’ strategic commitment to an inclusive, integrated, and forward-looking model of care. It affirms our belief that mental health is essential to overall wellbeing, and that empowering families is critical to building resilient individuals and healthier communities.

This theme aligns with EHS’s mission to deliver high-quality, evidence-based healthcare that places individuals and families at the center. Through our network of 17 general and specialty hospitals and over 100 healthcare clinics, EHS provides comprehensive services at the primary, secondary, and tertiary levels—ensuring accessible, continuous, and responsive care across the lifespan.

A key focus of this year’s conference is the mental health of children and adolescents—an area of growing national and global concern. In a rapidly evolving world shaped by digital change, social pressures, and complex emotional demands, today’s youth face unprecedented mental health challenges. EHS recognizes this imperative and is responding through integrated services that prioritize early detection, preventive care, and specialized intervention.

Our care pathways are built on evidence-based practices and grounded in a patient- and family-centered philosophy. We are enhancing screening and school health programs in primary care, and expanding access to multidisciplinary teams and pediatric psychiatric services in secondary and tertiary settings. These efforts ensure care is not only clinically effective, but also youth-sensitive, inclusive, and compassionate.

This conference serves as a catalyst for knowledge exchange, innovation, and collaboration—strengthening our ability to meet the mental health needs of the community, particularly the younger generation. As we continue to evolve our services and expand our reach, we reaffirm our vision for a healthcare system where mental health is fully integrated and where families are empowered as partners in care.

EHS remains steadfast in shaping a future where every individual—especially our youth—can thrive in a system that values mental wellbeing as a foundation for lifelong health and national prosperity.

HE Dr. Essam Mohammed Noor Howayyer

Acting Executive Director - Medical Services Sector,
Emirates Health Services



MESSAGE FROM THE CONFERENCE CHAIR

The **EHS International Mental Health Conference 2025** arrives at a defining moment, as mental health rises to the forefront of healthcare priorities globally. Under the theme **“Futuristic Mental Health: Empowering Families, Transforming Lives,”** the conference reflects a shared vision where mental wellbeing is essential to societal progress, and where families are central to achieving better outcomes across all life stages.

As Chair of the Conference and Director of the Mental Health Department at Emirates Health Services (EHS), I am proud to lead efforts that are shaping the future of mental healthcare. Our department continues to champion innovative, evidence-based approaches—leveraging digital mental health tools, artificial intelligence, and immersive technologies in collaboration with leading partners at home and abroad.

Al Amal Hospital, EHS’s flagship tertiary psychiatric facility, stands at the heart of this transformation. Its multidisciplinary, person-centered care model ensures we respond effectively to the diverse and evolving mental health needs of individuals across the lifespan. Beyond clinical innovation, we remain deeply committed to combating the stigma still surrounding mental illness. Stigma remains a major barrier to care—one we are dismantling through education, advocacy, and open dialogue. Our goal is a healthcare culture where mental health is treated with the same urgency, empathy, and dignity as physical health.

This year’s conference offers a powerful platform for global knowledge exchange. We are honored to welcome expert speakers from Australia, the USA, Canada, the UK, Ireland, Turkey, Saudi Arabia, and the UAE—who will bring diverse perspectives and practical insights into advancing mental health systems. With plenary sessions, interactive workshops, and a broad range of scientific abstracts, attendees will gain tools and strategies that are both visionary and actionable.

This event would not have been possible without the dedication and hard work of our committees. I extend my sincere appreciation to all members of the Organizing and Scientific Committees. The chairs of the committees have both played a pivotal role. Their leadership, expertise, and tireless efforts were instrumental in shaping a high-quality, impactful, and forward-looking program.

Above all, this conference is more than a professional gathering—it is a call to action. It reaffirms our belief that mental health must be fully embedded in healthcare systems, embraced by communities, and guided by science, compassion, and innovation.

We look forward to welcoming you as we work together to build a future where mental wellbeing is a right for all.

Dr. Noor AlMheiri

Conference Chair, Mental Health Department,
Emirates Health Services

EHS INTERNATIONAL MENTAL HEALTH CONFERENCE 2025: CONFERENCE OVERVIEW

A CONCEPT NOTE

Building on the success of previous EHS Mental Health Conferences, this year's event, "Futuristic Mental Health: Empowering Families, Transforming Lives," reflects a continued commitment to advancing mental health care in line with the UAE's cultural values and global innovation goals. Emirates Health Services (EHS) has been at the forefront of delivering exceptional healthcare, with a strong focus on mental health as a pillar of overall well-being. This conference aims to uphold and expand that legacy by exploring cutting-edge solutions that prioritize families and embrace futuristic approaches to care.

Mental health remains a global challenge, with growing burdens that existing solutions often fail to address comprehensively. To bridge this gap, innovation is essential—not only to meet today's needs but to proactively prepare for the demands of the future. By leveraging insights from emerging challenges and high-stress scenarios, this conference emphasizes the development of transformative, family-centered approaches that can be implemented in the here and now.



The conference program offers a diverse array of highlights designed to foster collaboration and innovation. Families are actively involved in discussions, reflecting their vital role in promoting resilience and well-being. People with lived experiences will share their journeys, providing invaluable insights into the realities of mental health care and inspiring meaningful change. The youth are at the heart of this year's event, with dedicated Youth Circle Discussions and an engaging Youth Debate, where young minds will discuss critical mental health topics and propose innovative solutions. The Youth Innovation Competition empowers participants to design groundbreaking ideas that address mental health challenges, fostering creativity and leadership in future generations.

Additionally, the program will explore the latest evidence and research on critical mental health conditions, with a particular focus on Substance Use Disorders and behavioral addictions, including gaming addiction among youth. These sessions will address the growing impact of these conditions, highlighting both their challenges and innovative approaches to treatment and prevention.

Collaboration is a cornerstone of this year's conference, with partnerships involving academic institutions, technology innovators, and community development authorities. These collaborations aim to bridge the gap between research, technology, and practical implementation, driving impactful advancements in mental health care. From exploring family therapy and therapeutic innovations to addressing substance use and leveraging AI, the program covers critical areas to enhance the capacity of mental health professionals and strengthen community-focused solutions.

By uniting science, innovation, and family-centered strategies, "Futuristic Mental Health: Empowering Families, Transforming Lives" envisions a future where bold ideas redefine mental health care. Through collaborative efforts, the conference aims to inspire and equip professionals to create meaningful change, ensuring that families and communities thrive in a rapidly evolving world.

CONFERENCE OBJECTIVES

1. Advance Family-Centered and Youth-Driven Mental Health Approaches

Recognize the essential role of families in building resilience and promoting well-being, while empowering youth to actively contribute to shaping the future of mental health care.

2. Tackle Emerging Mental Health Challenges with Innovative Solutions

Address high-impact conditions such as Substance Use Disorders and behavioral addictions particularly among youth—through evidence-based strategies and forward-thinking interventions.

3. Amplify the Voices of Individuals with Lived Experience

Incorporate the insights of those directly affected by mental health conditions to inform compassionate, person-centered care and policies grounded in real-world understanding.

4. Harness Technology and Cross-Sector Collaboration for Sustainable Change

Leverage digital innovations, AI tools, and interdisciplinary partnerships to transform mental health service delivery, enhance accessibility, and align practice with cutting-edge research and policy.



ORGANIZING COMMITTEE



Nariman Ghader

Chair; Expert-Strategic Planning,
Mental Health Department



Fatima Matrooshi

Co-Chair; Administration Services
Principal Executive,
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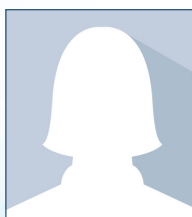
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Ammar Dannoura

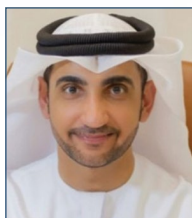
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Shahad Abdulla AlMehrz

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SCIENTIFIC COMMITTEE



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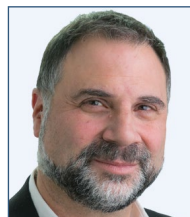
Dr. Deepak Thalitaya

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Dr. Meshal Sultan

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Dr. David Forbes

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Ms. Hessa Abdul Qader

Assistant Director for Nursing Affairs,
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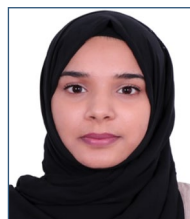
Dr. Bashayer Mohd Almaazmi

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Shamma Al Marar

Member; Training & Development Assistant,
Al Amal Psychiatric Hospital, Dubai, UAE

Day 1 - Oct 3, 2025 - Friday

TIME	TOPIC	SPEAKER
08:00 - 09:15	Registration	
09:15 - 09:30	Welcome Remarks	
09:30 - 10:00	Opening Ceremony (EHS Official Inauguration)	
10:00 - 10:45	Parenting Children with ADHD	
10:45 - 11:00	Opening Keynote	
11:00 - 11:15	Youth Circle Intro	
11:15 - 12:00	Youth Circle: Discussion (Family or Futuristic Mental Health)	
12:00 - 14:00	Break - Prayers and Lunch	
14:00 - 14:40	Poster Viewing	
Precision Medicine in Mental Health and Clinical Practice Speaker:	Workshop 1: Practical aspects of Family Therapy interventions 14:40 – 16:00 and Clinical Practice Speaker:	Workshop 2: Workshop 2: CBT for ADHD 14:40 – 16:00 Speaker:
14:40 - 15:00 AI in early identification of autism spectrum disorder		
15:00 - 15:20 AI in Substance and behavioral addiction		
15:20 - 15:40 AI in Dementia identification		
15:40 - 16:00 Q&A		
16:00 - 17:00	Closing Keynote: Gaming Addiction	

Day 2 - Oct 4, 2025 - Saturday

TIME	TOPIC	SPEAKER
08:00 - 08:30	Registration	
08:30 - 09:00	Welcome Remarks	
09:00 - 10:00	ADHD: Updates and future directions	
10:00 - 10:20	Break	
Workshop 3: Behavioral Addictions Speakers:	Workshop 4: Safeguarding Workshop for Mental Health Professionals Speakers:	Workshop 5: Attachment Based Parenting Speakers:
12:00 - 13:00	Lunch Break	
13:00 - 14:00	Debate - Dr. Ammar Albanna	
14:00 - 14:30	Posters Viewing / Session on Innovative Exhibition	
14:30 - 15:00	Posters Viewing / Session on Innovative Exhibition	
15:00 - 16:00	Closing Keynote: Transforming the Future of Mental Health Care through Precision Medicine	
16:00 - 16:30	Awards and Closing Remarks	

HOW TO REGISTER

 ehsmentalhealth.ae Tel.: +971 24 919 888

Personal Details

Full Name:

Job Title:

Place of Work:

City:

Mobile:

Tel (work):

Email:

Fax:

☐ Yes, I would like to receive information on future events by e-mail. ☐ I do not want my address to appear on the delegates list.

Registration Fees

Please select the conference that is relevant to your speciality.

*Additional 5% VAT will be Applicable on all Fees

CONFERENCE REGISTRATION CATEGORIES

Doctors	1200 AED
Non-Doctors	1000 AED
Residents/Medical Students	800 AED

A confirmation email will be sent upon receipt of your registration form. Please note that full payment must be received prior to the event. Payment can be made via Online / Credit card / Cheque/Bank drafts in AED. All payment should be in favour of Mena Conference

Payments

Please choose one of the following mode of payment

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☐ By Credit card ☐ By Bank Transfer

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Middle East North Africa Conference Company LLC

www.menaconference.com

For registration and further information, please contact

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Cancellation / Substitution Policy

If you are unable to attend, a substitute delegate will be very welcome in your place. If this is not suitable, a 20% administration fee will apply. Registrations cancelled less than two weeks before the event are non refundable.

Event Venue



INTERCONTINENTAL FESTIVAL CITY
DUBAI, UAE

EHS International MENTAL HEALTH Conference 2025

October 3-4, 2025

InterContinental Dubai Festival City, UAE



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