



International Center for Child Health and Development

# Capacity Building Report

## 2023

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## Letter from the Director

Dear Colleagues and Friends,

As we reflect on ten years of the International Center for Child Health and Development (ICHAD), the growth of our center would not be possible without the countless partnerships we have developed around the globe. Many of these connections were grown from our earliest research training program collaborations starting with SMART Africa Global Child Health Fellowship Scholars in 2016. This early program supported a select group of talented emerging scholars – particularly young African scholars – with the potential to lead the next generation of behavioral health researchers in Sub-Saharan Africa.



From there, we have grown our opportunities for capacity building through NIH-funded, dedicated research training programs **ACHIEVE**, **CHILD-Global Research Fellowship**, **LEAD Global Training Program**, and the **Researcher Resilience Training Program (RRT)**. Our training programs provide mentored research training and professional development support for trainees from underrepresented groups in the United States as well as scholars from several countries in Sub-Saharan Africa. Our trainees gain hands-on experience in health research and are equipped to advance on to become independent health researchers. They are having a direct impact in areas including child and adolescent health and mental health, HIV/AIDS, health disparities, cancer, environmental health, and more.

As ICHAD's research training program portfolio has grown, so has our reach across the global north and south and today we are thrilled to have ICHAD trainees, mentors, and collaborators across the globe. Our training programs to date have served **39** health research trainees from Sub-Saharan Africa, and **76** trainees from the US from underrepresented backgrounds. Our growing network of trainees and alumni have had a productive year. Some highlights of their accomplishments include:

- Dr. Yvonne Karamagi (CHILD-GRF 2021) was promoted to Executive Director of MildMay Uganda
- Dr. Enoch Asazu (RRT 2020) and Ms. Moiyattu Banya (LEAD 2023) were selected as finalists of the 2023 National Institute of Mental Health's VISA (Visionary Innovators Shaping Tomorrow's Advancements) Awards.
- Dr. Mamadu Baldeh (ACHIEVE 2022) and Dr. Samuel Kizito (RRT 2021) published a call for action in the Lancet's 200th Anniversary Edition for their joint letter on advanced HIV

We care proud of the work and dedication of our trainees and alumni to improving the lives of children, adolescents, and their caregiving families around the globe, and look forward to sharing their accomplishments in this report.

In partnership,

Fred Ssewamala  
William E. Gordon Distinguished Professor  
Associate Dean for Transdisciplinary Faculty Research  
Professor of Medicine, Washington University School of Medicine  
Director and Founder, International Center for Child Health and Development (ICHAD)  
Director, SMART Africa Center  
Brown School, Washington University in St. Louis



## Our Mission

The International Center for Child Health and Development’s mission is to contribute to the reduction of poverty and improvement of public health outcomes for children, adolescents, and families in low-resource communities, particularly those in Sub-Saharan Africa and other developing nations, through:

- Innovative Applied Intervention research
- **Capacity Building Opportunities for a new Generations of Scholars**
- Raising Public Awareness and Support for Economic Empowerment Interventions
- Informing Public Policy and Programming

## Capacity Building at ICHAD

The International Center for Child Health and Development’s focus on building the capacity of the next generation of researchers and scholars proudly stretches across the globe. Global research partners, university affiliates, and other institutional partnerships allow ICHAD to reach far and wide to live its mission of supporting children, families, and communities in addressing the unique challenges they experience by promoting bi-directional learning, and leveraging our global research studies, university affiliations, and institutional partnerships. Throughout the ten-year history of ICHAD, the work has grown through innovative intervention research as well as by building a pipeline for the next cadre of global health researchers. ICHAD endeavors to promote educational and professional advancement among ICHAD staff and student employees in the US and Uganda, to further the capacity of the individuals on our team. ICHAD builds capacity for graduate students and early career researchers from the US and throughout the world through the training sessions, mentorship opportunities, and fellowships, offered through our four research-focused training programs funded by the National Institutes of Health (NIH): [ACHIEVE Training Program](#), [CHILD-Global Research Fellowship \(CHILD-GRF\)](#), [LEAD Global Training Program \(LEAD\)](#), and [Researcher Resilience Training Program \(RRT\)](#).



L-R: Dr. Joyeuse Ukwishaka (ACHIEVE 2023), Dr. Racheal Nalunkuma (ACHIEVE 2023), Dr. Nhial Tutlam (ACHIEVE 2022), and Dr. UnJa Hayes (FIC Program Official) chat during the LAUNCH program orientation at NIH in Bethesda, Maryland

## ICHAD Annual Report

Capacity Building is one of ICHAD’s four focus areas. To learn more about ICHAD’s complete compilation of accomplishments in 2023, please view the ICHAD Annual Report available at <http://ichad.wustl.edu/ichad-annual-report-2023/>



## ICHAD Staff Capacity Building Highlights

ICHAD's pipeline of preparing the next generation of researchers and practitioners continues to grow and thrive as a record number of ICHAD staff entered degree programs at Washington University in St. Louis. In the academic year 2023-2024, seven staff members from the ICHAD Uganda field office were admitted to the PhD, MSW, and MPH programs at WashU. While in St. Louis, many ICHAD students work as research assistants or fellows with ICHAD and are an integral part of the research and dissemination activities. Work with ICHAD during their graduate education provides students with hands-on experience and the opportunity to contribute to research coordination, data analysis, manuscript preparation, conference presentations, publications, and more.

We are particularly proud of the educational achievements and advancements of our student workers and ICHAD Uganda staff in 2023.

- 5 embarked on master's degree programs at Washington University in St. Louis in Public Health and Social Work
- 2 embarked on doctoral programs at Washington University in St. Louis in Engineering and Social Work
- 2 graduated with bachelor's degrees from Uganda Martyrs University Nkozi and Kyambogo University
- 1 enrolled in a bachelor's program in Business Administration and Management at Uganda Martyrs University Nkozi



ICHAD Uganda Staff participate in a Staff Retreat Day at Supreme Adventure Park, March 2023

*Throughout my time at ICHAD, I have witnessed the organization's steadfast commitment to fostering professional development through robust capacity-building initiatives.*  
– Mr. Herbert Migadde, ICHAD Uganda Study Coordinator



ICHAD US Faculty, Staff, and Students at the ICHAD Holiday Celebration lunch at the St. Louis Union Station, December 2023



## Capacity Building through Research Training Programs

ICHAD has four research training grants funded by the National Institutes of Health (NIH), specifically by Fogarty International Center (FIC), National Institute for Mental Health (NIMH), Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD), and National Institute on Minority Health and Health Disparities (NIMHD):

[D43 ACHIEVE](#)

[T37 LEAD Global Training Program \(LEAD\)](#)

[D43 CHILD-Global Research Fellowship \(CHILD-GRF\)](#)

[R25 Researcher Resilience Training Program \(RRT\)](#)

Each training program has a unique set of aims and focus areas, but they are each built on a foundation of support for early career researchers from underrepresented groups in the US as well as from low- and middle-income countries (LMICs) in the following areas:

- Research methodology and analysis
- Field based, hands-on research experience
- Mentored scientific training and career guidance
- Professional development
- Focus on research in areas including global health disparities, mental health, child and adolescent health, economic development, HIV/AIDS in resource-constrained communities, cancer, environmental health, and more.

## 2023 Training Program Fellow and Alumni Highlights



**320+**  
Manuscripts published







**40+**  
Conference and workshop presentations



**20+**  
Grants, fellowships, and awards received

## Matrix of ICHAD Training Programs

	 <a href="https://sites.wustl.edu/rtraining">https://sites.wustl.edu/rtraining</a>	 <a href="https://sites.wustl.edu/lead">https://sites.wustl.edu/lead</a>	 <a href="https://sites.wustl.edu/childgrf">https://sites.wustl.edu/childgrf</a>	 <a href="https://sites.wustl.edu/achieve">https://sites.wustl.edu/achieve</a>
<b>Directors</b>	Mary McKay, Fred Ssewamala, Sean Joe	Patricia Cavazos—Rehg, Fred Ssewamala	Fred Ssewamala, Mary McKay, Noeline Nakasujja	Fred Ssewamala, Mary McKay
<b>Research Focus</b>	Child and adolescent mental health in low-resource settings	Global health disparities with a focus on mental health	Child and adolescent HIV and mental health	D&I and data sciences research to address global child, adolescent, and family health disparities and other health focus areas
<b>Region</b>	U.S. and Sub-Saharan Africa	U.S. and Sub-Saharan Africa	Uganda	Ghana, Kenya, Kosovo, Malawi, Nigeria, Rwanda, Senegal, Sierra Leone, South Africa, Tajikistan, Uganda, Zambia
<b>Number of Fellows</b>	7-9 fellows per year	7-9 short term fellows per year; 1-2 postdoctoral fellows per year	7 fellows (Year 1); 12 fellows (Year 2); 18 fellows (Year 3)	~10 fellows per year
<b>Career Level</b>	PhD, MD, or other doctoral students, postdocs, fellows, residents, early career faculty (advanced degree completed within 5 years of program start)		Advanced graduate-level student through early career faculty (advanced degree completed within 5 years of program start)	U.S.: PhD, MD, or other doctoral students through early career professionals within 6 years of completing terminal degree SSA: Early career professionals who have completed terminal degree within 6 years
<b>Eligibility Requirements</b>	No citizenship requirement, but must be affiliated with a U.S.-based institution; priority given to those of African descent	U.S. citizen; Under-represented minority	Ugandan national	U.S.: U.S. citizen/permanent resident, Under-represented background  SSA: Citizen of Ghana, Kenya, Rwanda, Sierra Leone, South Africa, or Uganda
<b>Duration</b>	1-year appointment (June - May)	10-week summer appointment (June -August)	3-year appointment (begins June)	1-year appointment (July – June)
<b>Timeline</b>	1 week in person; on-going research/mentorship for 1 or 2 years	4 weeks in the U.S.; 6 weeks in a SSA research site	6-week summer training in U.S. over a three-year period; on-going research/mentorship	US: 10-12 months in Global Site SSA: 9-10 months at home site, 2-3 months at US site
<b>Funded by</b>	National Institute of Mental Health: R25MH118935-02	National Institute on Minority Health and Health Disparities: T37MD014218	Fogarty International Center and National Institute for Child Health and Development: D43TW011541	Fogarty International Center: D43TW012275

## Training Program Curriculum

In 2023, the training programs were offered with significant in-person gatherings and provided trainees with invaluable experiences traveling to Uganda and the United States. Trainees were thrilled to connect in person with one another, as well as esteemed faculty and mentors during the summer training session, by traveling to Uganda for training and site visits, and the United States for orientation. In 2023, our 39 trainees were matched with at least one mentor from WashU or from one of our numerous global partner institutions to develop a research project, analyze data, draft a manuscript, or apply for their own research funding.

The summer 2023 training curriculum featured ten weeks of training sessions, offered in multiple formats (in-person, virtual and hybrid), consisting of the following training and professional development sessions:



Trainees visit a primary school in Kassensero, Uganda L-R: Dr. Anita Kabarambi (ACHIEVE 2023), Dr. James Muruthi (LEAD 2023), Woodjerry Louis (RRT 2023), Juan Jauregui (LEAD 2023), and Dr. Edgar Guma (CHILD-GRF 2022)

Title	Presenter	Partner Institution	Format
<b>Research Methods</b>			
Conducting Qualitative Research: Lessons from the Field	Robin Jarrett	University of Illinois at Urbana Champaign	Virtual/Zoom
Introduction Implementation Science	Elvin Geng	Washington University School of Medicine	Virtual/Zoom
Mixed Methods	Lindsay Stark Ilana Seff	Washington University in St. Louis	Virtual/Zoom
Methodological Commitments for Impact: Constructivist Grounded Theory Tools, Tips, and Techniques	Saltanat Childress	University of Texas at Arlington	In-Person at the Forum in Uganda and Recorded
<b>Global Research Topics</b>			
Do's and Don'ts of Working in Global and Local Partnerships Panel	Proscovia Nabunya (moderator)	Washington University in St. Louis	Virtual/Zoom
	Vetta Thompson	Washington University in St. Louis	
	Thomas Crea	Boston College	
	James Mugisha	Kyambogo University and Butabika National Referral and Teaching Hospital (Uganda)	
Good Clinical Practices and Responsible Conduct of Research	Tom Lutalo	Uganda Virus Research Institute	In-Person at the Forum in Uganda and Recorded
Suicide Prevention Session	Ryan Lindsay	Washington University in St. Louis	In-Person at the Forum in Uganda and Recorded



Experiences from ICHAD Interventions in Multiple Family Group and Economic Empowerment Panel	Moderator: Phionah Namatovu  Parent Peer, St. Andrews Matale Secondary School, Kaliisizo Catholic Parish, SMART Africa, Suubi4her	ICHAD Uganda	In-Person at the Forum in Uganda and Recorded
Disseminating and Scaling Up ICHAD's Interventions Stakeholders Panel	Abel Mwebembezi (moderator)  Andrew Lukyamuzi Batemyetto, Nakanwagi Sylvia Grace, Rev. Fr. Kato Joseph, Ssentume John	Reach the Youth Uganda  LCV Masaka District, DEO Kalungu District, Masaka Catholic Diocese, Kyotera Primary School	In-Person at the Forum in Uganda and Recorded
Experiences with ICHAD Interventions Panel	Josephine Nabayinda (moderator)  M-Suubi Study, Community Collaborative Board Member, Obuvumu Study, Adherence Study, Community Healthcare Worker	ICHAD Uganda	In-Person at the Forum in Uganda and Recorded
<b>Grant Writing &amp; Data Collection, Management, &amp; Dissemination</b>			
Visualizing and Disseminating Results	Nikole Lobb Dougherty	Washington University in St. Louis	Virtual/Zoom
Biosketch Workshop	Patricia Cavazos	Washington University School of Medicine	Virtual/Zoom
Advanced Statistical Methods	Samuel Kizito	Washington University in St. Louis	Virtual/Zoom
Budget Development and Justification	Mordecai Tayebwa	Makerere University	In-Person at the Forum in Uganda and Recorded
Predictive Modeling	Rachel Brathwaite	Washington University in St. Louis	In-Person at the Forum in Uganda and Recorded
Cost Effectiveness	Yesim Tozan	New York University	In-Person at the Forum in Uganda and Recorded
Using Social Media as an Academic	Ijeoma Opara	Yale University	In-Person at the Forum in Uganda and Recorded
Engaging Policy Makers in Dissemination and Implementation Science Panel	Timothy Opobo (moderator)  Muthoni Mathai Gertrude Nakigozi Mondo Kyateka,	AfriChild Centre at Makerere U  University of Nairobi Rakai Health Sciences Program Ugandan Ministry of Gender, Youth, and Labour	In-Person at the Forum in Uganda and Recorded
<b>Career Development</b>			
Writing a Career Development (K) Grant	Nhial Tutlam	Washington University in St. Louis	In-Person at the Forum in Uganda and Recorded
Showcase of Research Training Program Alumni Panel	Proscovia Nabunya (moderator)  Raymond Atwebembere Ronald Olum Massy Mutumba Josephine Nabayinda	Washington University in St. Louis  CHILD-GRF trainee ACHIEVE alumni LEAD alumni RRT alumni	In-Person at the Forum in Uganda and Recorded

Training Program Fellows Panel: Makerere and ICHDAD	Noeline Nakasujja (moderator)  Ronald Olum Racheal Nalunkuma Anita Arinda	Washington University in St. Louis  ACHIEVE alumni ACHIEVE trainee CHILD-GRF alumni	In-Person at the Forum in Uganda and Recorded
Story of ICHAD Panel	Proscovia Nabunya (moderator)  Davis Ssenabulya Grace Kigozi Abel Mwebembezi Fr. Joseph Kato	Washington University in St. Louis  Villa Maria Hospital Rakai Health Services Program Reach the Youth Uganda Masaka Catholic Diocese	In-Person at the Forum in Uganda and Recorded
Career Talk: Scaling Collaborative Interdisciplinary Research in the U.S. and Globally to Improve Child Health and Well Being	Mary McKay	Washington University in St. Louis	Virtual/Zoom
Career Talk: ICHAD	Fred Ssewamala	Washington University in St. Louis	Virtual/Zoom
Career Talk: Race and Opportunity Lab	Sean Joe	Washington University in St. Louis	Virtual/Zoom
Career Talk: My Career Path	Patricia Cavazos	Washington University in St. Louis	Virtual/Zoom
<b>Meetings and Networking Opportunities</b>			
Title	Description/Purpose	Format	
Mentor Meetings	Trainees met on a regular basis with their primary mentors. Each trainee had a unique meeting schedule, meeting via Zoom regularly with their mentors and their mentors' research teams.	Virtual/Zoom and In-Person at Forum in Uganda	



## The Second Annual *Forum on Child and Adolescent Global Health Research and Capacity Building*

Following the resounding success of our in-person gathering in Uganda in 2022, ICHAD hosted trainees, implementing partners, and guests from around the globe at the second annual *Forum on Child and Adolescent Global Health Research and Capacity Building* in Kampala and Masaka, Uganda, June 19-28, 2023.

The Forum began with an opening session at the Sheraton Hotel in Kampala. Participants heard keynote and plenary addresses that highlighted ICHAD’s work with partners and the impact on community-based intervention research in Uganda. Uganda Minister of Health, the Honorable Dr. Jane Ruth Aceng, delivered the Forum’s keynote address that celebrated the contributions and accomplishments of ICHAD’s research and training programs and stressed the need for further interventions in Uganda. Panels of trainees and alumni as well as implementing partners provided a framework on the contributions and impact of ICHAD’s work.

Trainees and guests visited the Parliament of Uganda and Makerere University College of Health Sciences to connect with policymakers and implementing partners, strengthen our common goals, and foster further collaboration. At Parliament, the guests visited the historical halls, and had a frank conversation with Members of Parliament about issues that affect the healthcare of children and vulnerable groups in Uganda. At Makerere University, collaborations between Makerere University and Washington University in St. Louis were highlighted and participants interacted with a panel of trainees and alumni of ICHAD’s training programs who had affiliations with Makerere University. Dr. Noeline Nakasujja, CHILD-GRF Program Co-Director and ACHIEVE in-country PI for Uganda, guided the sessions at Makerere.



Woodjerry Louis (RRT 2023) connects with Dr. Edgar Guma (CHILD-GRF 2022) during the Forum in Masaka, Uganda



The second half of the Forum was held at the Hotel Brovad and at various sites in the Masaka region. This part of the Forum featured presentations disseminating ICHAD’s work at schools and clinics with community collaborators. Training sessions featured research methodology and career development sessions such as “Using Social Media as an Academic” and “Writing a Career Development Grant” as well as didactic sessions on mental health, “Suicide Prevention,” and modeling, “Introduction to Predictive Modeling.”

The culminating days of the Forum included site visits to a variety of ICHAD research study sites including clinics, schools, and community-based organizations. The site visits provided a look at how community-based intervention research is carried out in the field and the direct impact of our ICHAD studies.

L-R: Dr. Noeline Nakasujja (CHILD-GRF and ACHIEVE PI), Dr. Rachel Brathwaite (RRT 2020, Research Assistant Professor), Dr. Kizito Nkurikiyeyezu (ACHIEVE 2023), Dr. Nhial Tutlam (LEAD 2020-21, ACHIEVE 2023, ICHAD Associate Director), Dr. Mitra Naseh (LEAD 2023), and Woodjerry Louis (RRT 2023) visit an elementary school in Masaka, Uganda



For complete information on the Forum on Child and Adolescent Global Health Research and Capacity Building, please visit the 2023 Forum Report at:

<https://bpb-us-w2.wpmucdn.com/sites.wustl.edu/dist/b/2596/files/2023/10/Forum-Report-2023.pdf>



## LEAD Global Research Site Experience

Due to pandemic-related travel restrictions, the first three cohorts of LEAD participated remotely in their site-based mentored research experience. In 2023, the LEAD program offered the global mentored research experience at a field site in an LMIC, as the program was originally designed. Following the completion of the *Forum on Child and Adolescent Global Health and Capacity Building* in Masaka, Uganda, our six LEAD summer trainees traveled to their global research study sites to work with their LEAD mentor. This enriching experience gave the trainees first-hand experience in working in remote and low-resource settings and allowed them to see the intricacies of conducting community-based global research with their faculty mentors.



LEAD Summer 2023 Trainee, Gloria Abura-Meerdink (center) and elementary school students at Omarari Primary School in Alebtong, Uganda, July 2023



## Trainee Blogs - New for 2023

To capture the experiences and witness first-hand each LEAD summer trainee's time at the global research site, the LEAD Global Training Program implemented a Trainee Blog, **LEAD Global Research Notes from the**

**Field**. The , blog features posts from each trainee about their experiences and participation at their global research site. The posts were highly engaging and unique as the trainees brought their own perspectives, obstacles, observations and successes to the blog. Check out the trainee blog on the LEAD program website or click [here](#).

"There and Back Again" ...A Journey through Ugandan Schools. (Part One)

By Gloria Abura-Meerdink, MSW, MSW, July 26, 2023



What has an African school got to do with it? Everything! In a continent where poverty rates

NOTES FROM THE FIELD

The Power of Mentoring, Collaboration, and Relationships (MCR)

By Eric Agyemang, PhD • December 12, 2023



The ACHIEVE fellowship reminds me of one of my favorite quotes: "A sign of a good leader is

Building upon the success of the LEAD trainee blog, the ACHIEVE trainees also created a blog in the summer of 202. Throughout the yearlong training program, trainees document the challenges, successes, and insightful moments as they implement their pilot research project at their global research sites. **ACHIEVE Trainee Notes from the Field** highlights each trainee's unique voice and perspectives and provides narrative and visual representation of their daily ACHIEVE work. Please follow along with the trainee blog on the ACHIEVE program website or click [here](#).



## Mentorship

Mentorship is a foundational element of each of ICHAD’s training programs. By matching each of our trainees with dedicated, experienced researchers in their field as mentors or mentorship teams, we provide foundational support and motivation to guide trainees through their research program experience. Mentors come from a variety of backgrounds and institutions across the globe and lead our trainees through their research work while in the training programs. Trainees and mentors start by creating an Individual Development Plan (IDP) together at the beginning of the training appointment and use them as dynamic guides to monitor progress and make adjustments toward the trainee’s research, training, and professional goals. The mentor/mentee connections created through the training programs often extend beyond the end of the official program dates, as many continue their professional journey and collaboration well into the future to build upon the meaningful mentorship connection created while in the training programs.



**Dr. Mary McKay (ACHIEVE, CHILD-GRF, and RRT PI), with RRT Trainee, Simon Mwima at the Forum in Masaka, Uganda**



**L-R: Dr. Fred Ssewamala (ICHAD Director), Dr. Sasha Hernandez (ACHIEVE 2023), Dr. Yesim Tozan (ACHIEVE PI), Dr. Keng-Yen Huang (ACHIEVE PI), Dr. Claudia Leung (ACHIEVE 2023), Dr. Janet Nakigudde (CHILD-GRF and ACHIEVE mentor), Sooyoung Kim (ACHIEVE Program Manager), and Dr. Noeline Nakasujja (CHILD-GRF and ACHIEVE PI), at Makerere University for a visit during the Forum in Kampala, Uganda**



**L-R: Dr. Sasha Hernandez (ACHIEVE 2023), Dr. Yesim Tozan (ACHIEVE MPI), and Dr. Claudia Leung (ACHIEVE 2023) at LAUNCH Program Orientation at NIH in Bethesda, Maryland**





## Program Overviews and Trainee Profiles



**CHILD**  
Global Research Fellowship  
Washington University in St. Louis |  
Makerere University

### CHILD-Global Research Fellowship

<https://sites.wustl.edu/childgrf/>

#### Co-Directors

**Fred Ssewamala, PhD**

William E. Gordon Distinguished Professor, Associate Dean for Transdisciplinary Faculty Research, Director and Founder, ICHAD, Brown School, Washington University in St. Louis

**Mary McKay, PhD**

Vice Provost for Interdisciplinary Initiatives, Washington University in St. Louis

**Noeline Nakasujja, MBChB, PhD**

Associate Professor of Psychiatry; Chair, Department of Psychiatry, College of Health Sciences, Makerere University

#### Mentors

**Catherine Abbo, MBChB, MMED, MPhil, PhD**

Associate Professor, Child and Adolescent Psychiatrist, Department of Psychiatry, College of Health Sciences, Makerere University

**Dickens H. Akena, PhD**

Senior Lecturer, Psychiatry, College of Health Sciences, Makerere University

**Paul Bukuluki, PhD**

Lecturer, Social Work & Social Administration, School of Social Sciences, Makerere University

**David Kaawa-Mafigiri, PhD**

Lecturer, Social Work & Social Administration, School of Social Sciences, Makerere University

**Eugene Kinyanda, MBChB, MMed, PhD**

Head, Mental Health Project, Medical Research Council/Uganda Virus Research Institute

**Fredrick Makumbi, PhD**

Senior Lecturer and Departmental Chair, Epidemiology and Biostatistics, College of Health Sciences, Makerere University

**James Mugisha, PhD**

Senior Lecturer, Mental Health Systems Research & Development Specialist, Kyambogo University & Butabika National Referral and Teaching Hospital

**Barbara Mukasa, MBChB, MPH**

Executive Director, Mildmay Uganda

**Victor Musiime, MBChB, MMed, PhD**

Senior Lecturer, Department of Pediatrics and Child Health College of Health Sciences, Makerere University

**Philippa Musoke, PhD**

Professor of Pediatrics and Child Health, School of Medicine, Makerere University and Executive Director, Makerere University-Johns Hopkins University Research Collaborations (MUJHU)

**Janet Nakigudde, PhD**

Clinical Psychologist and Lecturer, Psychiatry, College of Health Sciences, Makerere University



**Child Mental Health in HIV-Impacted Low-Resource Settings in Developing Countries: Global Research Fellowship (CHILD-GRF)** is supported by the Eunice Kennedy Shriver National Institute of Child Health & Human Development (NICHD) and Fogarty International Center (FIC) (D43TW011541). The program provides methods training, mentoring, and hands-on research experience to promising early career researchers from Ugandan institutions committed to research that addresses the serious burden of child and adolescent mental health in the context of HIV/AIDS. Its aim is to increase, strengthen, and sustain the capacity of research institutions in Uganda, a Sub-Saharan African country heavily affected by HIV/AIDS.

## 2023 Trainee Highlights



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Manuscripts published in peer-reviewed journals authored by CHILD-GRF trainees and alumni



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Conference and academic presentations given by CHILD-GRF trainees and alumni

- Dr. Anita Arinda was awarded the research fellowship by National Institute of Neurological Disorders and Stroke (NINDS) and Fogarty International Centre (FIC) Brain Health Program: Research training and mentorship to strengthen brain health across the life span in Uganda. Her study is titled: Intellectual disability in children and adolescents with neurological disorders in a tertiary hospital in Uganda
- Dr. Rachel Ajilong (CHILD-GRF 2020) was appointed to INSPIRE: Mental Health Project Steering Committee at African Population and Health Research Center.
- Dr. Allan Kalungi (CHILD-GRF 2022) was awarded the Wellcome Trust Early Career Award for his project, Genetic Risk for Major Depressive Disorder among Three Ethnically Diverse African Cohorts.
- Dr. Yvonne Karamagi (CHILD-GRF 2021) was promoted to Executive Director of Mildmay Uganda.
- Dr. Raymond Atwebembere (CHILD-GRF 2021) entered the Master of Public Health program with a concentration in Epidemiology and Biostatistics at Washington University in St. Louis.

## Final Presentations

Cohort 2 fellows, who started the program in 2021, presented their culminating research presentations during the *Forum on Child and Adolescent Health and Capacity Building* in Masaka, Uganda. This was an invaluable opportunity to perform a scientific presentation on their preliminary research preparations and data collection of their pilot study while participating in the CHILD-Global research fellowship. Cohort 2 fellows prepared engaging presentations and fielded questions regarding their research methods and strategy. This experience served as a launching point to prepare the fellows to pursue extramural funds to continue their unique research and offered crucial feedback to direct their next steps.

Trainee	Presentation Title
<b>Dr. Raymond Atwebembere</b>	Prevalence and Factors Associated with Suicide Behavior Amongst ALWHIV in Low Social Economic Settings in Masaka, Central Uganda
<b>Dr. Yvonne Karamagi</b>	A Qualitative Study on the Impact of Covid-19 on the Mental Health of Adolescents Living with HIV (15-19 yrs.) at Mildmay Uganda Hospital
<b>Dr. Richard Mpango</b>	Adaptation of the New Forest Parenting Program (NFPP) for HIV Infected Children in Uganda

## Pilot Awards

Cohort 3 fellows also focused on designing, drafting, presenting, and beginning their pilot studies to generate compelling preliminary data. During the summer training session in 2023, each Cohort 3 fellow submitted a proposal for a \$5,000 seed funding highlighting their specific aims, research strategy, data analysis plans, and protection of human subjects plan for review.

This seed funding is designed to support pilot research activities, including participant incentives, IRB submission fees, and other field activities. Applications were reviewed by committees consisting of program directors, faculty mentors, and trainee peer reviewers. Each proposal was evaluated in an NIH-style review session, providing feedback and guidance to the fellows before their proposals were given final approval by program leadership and funding was dispersed. The pilot fund is critical for fellows to establish the groundwork and get preliminary/pilot data that will inform their extramural grant application submissions.

Trainee	Pilot Project Title
Allan Kalungi	Genetic, Biological and Psychosocial Predictors of Incident and Persistent Emotional Disorders among Ugandan Children and Adolescents Living with HIV: An Artificial Intelligence Approach
Edgar Guma	Past-Year Violence Exposure and its Association with Antiretroviral Non-Adherence Among HIV-Positive Adolescents in Uganda
Leticia Kyohangirwe	The Impact of Psychiatric Disorders on Clinical and Behavioral Outcomes among Children and Adolescents with HIV/AIDS (CA-HIV) in Uganda
Emmanuel Mpamizo	Barriers and Facilitators of Mental Health Services for Children and Adolescents with HIV/AIDS in Gulu
Molly Naisanga	Mental Health and Psychosocial Support Services for HIV-Positive School Going Refugee Children in West Nile Uganda – a Qualitative Exploration
Damalie Nalwanga	Understanding, Knowledge and Attitudes of Caregivers about the Impact of HIV on the Development and Behavior of Children of School-Going-Age

## Fogarty International Center Networking Meeting Presentations

In October, two CHILD-GRF fellows were invited to present virtually at the Fogarty International Center’s Annual HIV Research Training D43 Trainees and K Grantees Network Meeting. CHILD-GRF fellow from Cohort 1, Dr. Racheal Alinaitwe and CHILD-GRF fellow from Cohort 2, Dr. Raymond Atwebembere, each gave presentations at the virtual meeting, highlighting the progress, challenges overcome, next steps, and long-term goals for their research projects. The meeting provided an opportunity for fellows to share their work and identify opportunities for future collaborations, as well as hear from program officials.

## Publications

For an up-to-date list of CHILD-GRF trainee publications in 2023, please visit <https://sites.wustl.edu/childgrf/publications/>.

*The program was truly enriching. The program's structure struck a perfect balance between theoretical knowledge and hands-on application. The networking opportunities and mentorship added immense value to my summer, and I feel empowered and inspired to continue my journey in the world of research.*  
 — CHILD-GRF Fellow

The following fellow profiles provide a brief overview. For full biographies and additional information, visit <https://sites.wustl.edu/childgrf/trainees/>.

## Cohort 1 (June 2020 – June 2022)



**Rachel Alinaitwe, MBChB, MMed**  
Psychiatrist/Study Coordinator, College of Health Sciences,  
Makerere University  
**Mentor:** Dickens H. Akena, PhD  
**Research Project:** Detection and Referral of Depression among Adolescents Living with HIV in Uganda



**Anita Arinda, MBChB, MMed**  
Assistant Lecturer, Makerere University  
**Mentor:** James Mugisha, PhD  
**Research Project:** An HIV Education Program for Improvement in HIV Knowledge for Adolescents with Intellectual Disability in Entebbe, Uganda



**Agatha Kafuko, MA**  
Assistant Lecturer, Makerere University  
**Mentor:** Paul Bukuluki, PhD  
**Research Project:** Youth Participatory Action Research to Co-Create and Implement a Social Support Intervention to Improve Psychosocial Functioning and ART Adherence among Adolescents in Central Uganda



**Apollo Kivumbi, MBChB, MPH**  
PhD Student, Drexel University  
**Mentor:** Fredrick Makumbi, PhD  
**Research Project:** Cognitive Deficits in Children and Adolescents with HIV/AIDS and ADHD Co-Morbidity



**Violette Nabatte, MBChB, MMed**  
Pediatrician, Nakaseke General Hospital  
**Mentor:** Barbara Mukasa, MBChB, MPH  
**Research Project:** Prevalence and Factors Associated with Depression among Adolescents Living with HIV in Care at Mildmay Uganda Hospital



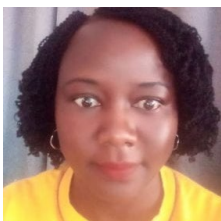
**Justine Diana Namuli, MBChB, MMed**  
Psychiatrist/Lecturer/PhD Bioethics Fellow, Department of Psychiatry, College of Health Sciences, Makerere University  
**Mentor:** Janet Nakigudde, PhD  
**Research Project:** The Burden, Types, Lived Experiences of HIV Stigma and Associated Factors among HIV Infected Children and Adolescents: A Mixed Methods Study in Uganda



**Esther Nanfuka, MA, PhD**  
Lecturer, Makerere University  
**Mentor:** David Kaawa-Mafigiri, PhD  
**Research Project:** Mental Resilience in the Face of Anxiety, Depression and Suicidal Ideation: A Qualitative Study of Adolescents Living with HIV in Uganda

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## Cohort 2 (June 2021 – June 2023)



**Harriet Ajilong, MBChB**  
Pediatrician /Lecturer, Gulu University  
**Mentor:** Victor Musiime, MBChB, MMED, PhD  
**Research Project:** Association Between Vitamin D Levels and Depression among HIV-Positive Adolescents in Post-Conflict Northern Uganda



**Raymond Atwebembere, MBChB**  
Research Assistant, International Center for Child Health and Development (ICHAD), MPH Student, Washington University in St. Louis  
**Mentor:** James Mugisha, PhD  
**Research Project:** Association Between Depression and Suicidality Amongst Children Living with HIV in Low Social Economic Settings





**Andrew Sentoogo Ssemata, BCP, MSc, PhD**

Doctoral Researcher, Makerere University  
**Mentor:** Eugene Kinyanda, PhD  
**Research Project:** Transitioning from Pediatric to Adult HIV Care Services and its Impact on Adherence and Mental Health and Wellbeing for Adolescents and Young People at an HIV Clinic in Kampala



**Yvonne Karamagi, MBChB, MPH**

Deputy Executive Director - MildMay Uganda  
**Mentor:** Akena Dickens, MBChB, MMed Psych, PhD  
**Research Project:** To Assess the Impact of COVID-19 on the Mental Health of Adolescents Living with HIV (ALHIV) Aged 15-19 Years at MildMay Uganda



**Richard Mpango, BSc, MSc, PhD**

Senior Lecturer, Soroti University  
**Mentor**  
Eugene Kinyanda, PhD  
**Research Project:** Evaluating the Effectiveness of the New Forest Parenting Program (NFPP) to Mitigate Behavioral Problems and Improve Adherence Outcomes among Children and Adolescents Infected with HIV (CA-HIV) in Uganda

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**Cohort 3 (June 2022 – June 2024)**



**Edgar Guma, MBChB, MMed**

Head of Psychiatry Department, General Military Hospital Bombo  
**Mentor:** Dickens Akena, PhD  
**Research Interest:** Mental Health and Violence Against Children Living with HIV in Uganda



**Allan Kalungi, PhD**

Research Fellow, MRC/UVRI & LSHTM Uganda Research Unit  
**Mentor**  
Eugene Kinyanda, PhD  
**Research Interest:** Stress as a Factor in the Incidence and Persistence of Behavioral Problems among Perinatally HIV-infected Children in Uganda



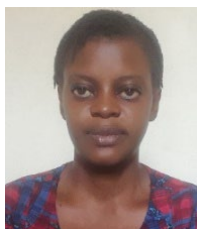
**Leticia Kyohangirwe, MBChB, MMed**

Scientist, Medical Research Council, Study Coordinator, Uganda Research Unit, Psychiatrist, Uganda Virus Research Unit & Butabika Hospital  
**Mentor:** Eugene Kinyanda, PHD  
**Research Interest:** Integration of Management of Common Mental Health Disorders in Children and Adolescent Routine HIV Care



**Emmanuel Mpamizo, MBChB, MMed**

Lecturer, Gulu University  
**Mentor**  
Catherine Abbo, PhD  
**Research Interest:** Prevalence of Alcohol Use for Children and Adolescents Born with HIV Attending HIV/AIDS Clinic



**Molly Naisanga, MBChB, MMed**

Lecturer, Department of Mental Health and Psychiatry, Gulu University  
**Mentor:** Noeline Nakasujja, PhD  
**Research Interest:** Mental Health and Psychosocial Support Needs of Refugee Children and Adolescents with HIV/AIDS in Refugee Settlements in Uganda



**Damalie Nalwanga, MBChB, MMed**

Assistant Lecturer, Department of Pediatrics and Child Health, College of Health Sciences, Makerere University  
**Mentor:** Phillipa Musoke, PhD  
**Research Interest:** Neurocognitive Function among HIV infected Children Hospitalized for Severe Pneumonia

## CHILD-GRF Training Advisory Committee



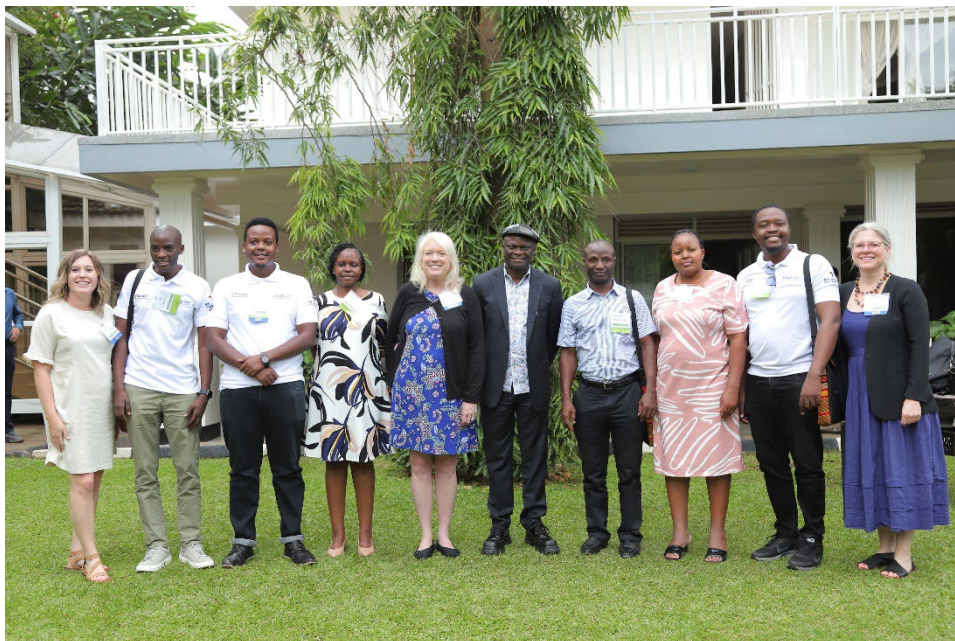
**Godfrey Kigozi, MBChB, MPH**  
Director of Research,  
Rakai Health Sciences Program, Uganda



**Abel Mwebembezi, PhD**  
Executive Director, Reach the  
Youth – Uganda



**Timothy Opobo, MSC**  
Executive Director,  
AfriChild Centre



L-R: Chelsea Hand-Sheridan (Training Programs Manager), Dr. Allan Kalungi (CHILD-GRF 2022), Dr. Raymond Atwebembere (CHILD-GRF 2021), Dr. Yvonne Karamagi (CHILD-GRF 2021), Dr. Mary McKay (ACHIEVE, CHILD-GRF, and RRT PI), Dr. Fred Ssewamala (ICHAD Founding Director, ACHIEVE, CHILD-GRF, LEAD, RRT PI), Dr. Richard Mpango (CHILD-GRF 2021), Dr. Leticia Kyohangirwe (CHILD-GRF 2022), Dr. Edgar Guma (CHILD-GRF 2022), Laura Peer (Associate Director for Capacity Building)

## Researcher Resilience Training (RRT) Program

<https://sites.wustl.edu/rtraining/>



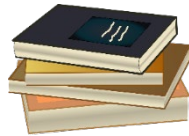
Researcher Resilience Training  
(RRT)

### Program Co-Directors/Mentors

<b>Mary McKay, PhD</b>	Vice-Provost for Interdisciplinary Initiatives, Washington University in St. Louis
<b>Fred Ssewamala, PhD</b>	William E. Gordon Distinguished Professor, Associate Dean for Transdisciplinary Faculty Research, Director and Founder, ICHAD, Brown School, Washington University in St. Louis
<b>Sean Joe, PhD</b>	Benjamin E. Youngdahl Professor of Social Development, Director, Race and Opportunity Lab, Washington University in St. Louis

## 2023 Trainee Highlights

The Researcher Resilience Training Program (RRT) (R25MH118935) was renewed for funding in 2023 by the National Institute of Mental Health and is designed to provide advanced doctoral students and early career investigators, particularly those of African descent, interested in child and adolescent behavioral health with the necessary research skills to address the significant challenges that exist within resource-constrained settings. These include obstacles related to: 1) Retention of poverty-impacted, highly mobile youth and families; 2) Collaboration with youth, families and providers experiencing high levels of stress and nested within overburdened communities and systems; and 3) Building and maintaining community, provider, and academic partnerships.



70

Manuscripts published in peer-reviewed journals authored by RRT trainees and alumni



29

Conference and academic presentations given by RRT trainees and alumni

- Dr. Ijeoma Opara (RRT 2021) was promoted to Associate Professor at the Yale University School of Public Health.
- Dr. Enoch Asazu (RRT 2020) was selected as a finalist of the 2023 National Institute of Mental Health's VISA (Visionary Innovators Shaping Tomorrow's Advancements) Awards.
- Ms. Portia Nartey (RRT 2023) recently presented her poster presentation, "Self-Esteem and Self-Concept as Predictors of Life Satisfaction and Attitudes Toward School Among Adolescent Girls: Findings from a Pilot Study in Ghana" at the APHA Conference in Atlanta, Georgia
- Simon Mwima (RRT 2023) was published in the Journal of the International AIDS Society for the publication, "Findings from the Tushirikiane mobile health (mHealth) HIV self-testing pragmatic trial with refugee adolescents and youth living in informal settlements in Kampala, Uganda."

### Publications

For an up-to-date list of RRT trainee and alumni publications, please visit <https://sites.wustl.edu/rtraining/publications/>.

*The opportunity to travel to Uganda was unmatched. You can't get that level of engagement virtually. I would absolutely recommend the program to others.*

– RRT Trainee



## RRT Fellows

The following fellow profiles provide a brief overview. For full biographies and additional information, visit <https://sites.wustl.edu/rrtraining/2023-fellows/>.

### 2023 Cohort (June 2023 – May 2024)



**Patricia Bamwine, PhD**  
Assistant Professor, Department of Social Work,  
University of Tennessee Knoxville  
**Mentor:** Sean Joe, PhD  
**Research Project:** The Ripple Effect of a Bullet: The Impact of Homicide on Individuals and Society



**Aijah Goodwin, PhD**  
Postdoctoral Fellow, Department of Psychiatry,  
University of Maryland, School of Medicine  
**Mentor:** Sean Joe, PhD  
**Research Project:** Improving the Cultural and Contextual Mental Health Help-Seeking Process for Black Adolescents with Internalizing Concerns



**Eric Kyere, PhD**  
Assistant Professor of the School of Social Work; Indiana University  
**Mentor:** Sean Joe, PhD  
**Research Project:** How Structural Racism Revives Itself to Produce Inequities that Contribute to Health and Educational Disparities; Design Racially Transformative Structures (e.g. Schools) and Practices to Advance Equity in Health, Mental Health, and Education



**Woodjerry Louis, MSW**  
Doctoral Student, Brown School at Washington University in St. Louis  
**Mentor:** Sean Joe, PhD  
**Research Project:** Psychometric Properties of the Suicide Status Form (SSF) in Black Adolescents



**Ashleigh LoVette, PhD**  
Assistant Professor, College of Public Health, The Ohio State University  
**Mentor:** Mary McKay, PhD  
**Research Project:** Creating Opportunities for Intergenerational Wellness and Healing Among Girls and Young Women Affected by Trauma



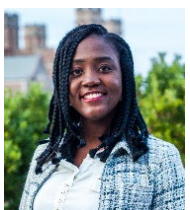
**Simon Mwima, MBA**  
Graduate Research and Teaching Assistant, Department of Social Work, University of Illinois Urbana-Champaign  
**Mentor:** Fred Ssewamala, PhD  
**Research Project:** Risk Profiles and Pre-Exposure Prophylaxis among HIV-Negative Women Engaged in Sex Work in Uganda: A Latent Class Analysis Study



**Rashida Namirembe, MSW**  
Doctoral Student/Study Coordinator, ICHAD, Brown School at Washington University in St. Louis  
**Mentor:** Fred Ssewamala, PhD  
**Research Project:** Msuubi Project: A Multi-Level Integrated Intervention to Reduce the Impact of HIV Stigma on HIV Treatment Outcomes among Adolescents Living with HIV in Uganda



**Flavia Namuwonge, MBA**  
Doctoral Student/Research Assistant, Brown School at Washington University in St. Louis  
**Mentor:** Fred Ssewamala, PhD  
**Research Project:** Adapting Children Matched Development Accounts in a Low-Resourced Country for Children's Development: Learning from the Global North to the Global South - Processes, Opportunities, and Challenges



**Portia Nartey, MSW, MSP**  
Doctoral Student/Study Coordinator, ICHAD, Brown School at Washington University in St. Louis  
**Mentor:** Fred Ssewamala, PhD  
**Research Project:** The Impact of COVID 19 on Household Financial Stability and Family Well-being in Northern Ghana

# LEAD Global Training Program

<https://sites.wustl.edu/lead/>



## Program Co-Directors

- Patricia Cavazos, PhD** Professor of Psychiatry, Vice Chair for Diversity, Equity, and Inclusion, School of Medicine, Washington University in St. Louis
- Fred Ssewamala, PhD** William E. Gordon Distinguished Professor, Associate Dean for Transdisciplinary Faculty Research, Director and Founder, ICHAD, Brown School, Washington University in St. Louis

## Mentors

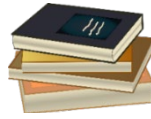
- Abdallah Ibrahim, DrPH, CPH** Senior Lecturer at the School of Public Health, University of Ghana
- Arvin Bhana, PhD** Chief Specialist Scientist, South African Medical Research Council and Honorary Associate Professor of Psychology, University of KwaZulu-Natal
- Theresa Betancourt, PhD** Professor, Social Work, Global Practice, Boston College
- Keng-Yen Huang, PhD** Professor, Department of Population Health and Department of Child and Adolescent Psychiatry, New York University Grossman School of Medicine
- Juliet Iwelunmor, PhD** Professor of Medicine, School of Medicine, Washington University in St. Louis
- Shannon Lenze, PhD** Professor of Psychiatry, School of Medicine, Washington University in St. Louis
- Mary McKay, PhD** Vice-Provost for Interdisciplinary Initiatives, Washington University in St. Louis
- Janet Nakigudde, PhD** Behavioral Scientist and Lecturer, Psychiatry, College of Health Sciences, Makerere University
- Proscovia Nabunya, PhD** Assistant Professor, Social Work, Co-Director, ICHAD, Washington University in St. Louis
- Robert Paul, PhD** Professor, Behavioral Neuroscience, University of Missouri, St. Louis, Director, Missouri Institute of Mental Health
- Ilana Seff, PhD** Research Assistant Professor, Public Health, Washington University in St. Louis
- Ozge Sensoy Bahar, PhD** Research Associate Professor, Social Work, Co-Investigator – LEAD and CHILD-GRF, Washington University in St. Louis
- Lindsay Stark, PhD** Professor, Associate Dean for Global Strategy and Programs, Washington University in St. Louis

LEAD is innovatively designed to amplify highly qualified predoctoral students and postdoctoral early career researchers from underrepresented backgrounds in the United States who are committed to health disparities with a focus on global mental health research in resource-constrained settings. LEAD prepares trainees to look at global mental health prevention, intervention, services, and implementation research and provides the foundational skills to conduct research through experiential learning, mentoring, and hands-on immersion in a global mental health study site. LEAD is supported by the National Institute of Minority Health and Health Disparities (T37MD014218) and features a short-term summer intensive option as well as up to two twelve-month postdoctoral fellowships with the potential for a second twelve-month appointment.

*This was a wonderful learning experience for me, it connected me to several colleagues who I know I will be collaborating with in the near future. The opportunity to travel to 2 African countries and seeing research structures and partnerships in both countries was life changing for me. – LEAD Trainee*

In 2023, LEAD moved to the original program plan to provide immersive research experiences at global research sites, in addition to offering the established hybrid training programming and *Forum on Child and Adolescent Global Health and Capacity Building* in Uganda. In this enhanced format, LEAD welcomed the fourth cohort of trainees, which included six summer program trainees and one postdoctoral research associate. Their diverse and unique research as well as professional and academic experiences were enhanced through travel to remote research sites in Uganda and Sierra Leone to work with their mentors' research studies firsthand and gain invaluable field research experience.

## 2023 LEAD Trainee Highlights



160

Manuscripts published in peer-reviewed journals  
authored by LEAD trainees and alumni

- Ms. Moiyattu Banya (LEAD 2023) was named a finalist in the National Institute of Mental Health
- Dr. Julia Lopez was promoted to Assistant Professor at Washington University School of Medicine
- Dr. Linsdey Filiatreau (LEAD 2020, 2021) published 16 publications in 2023.
- Dr. Camille Quinn (LEAD 2022) received an NIMHD R21 award for her research in “Exploring PTSD Symptoms, Barriers, and Facilitators to Mindfulness-based Stress Reduction for Justice-Involved Black/African American Female Adolescents and Parents/Caregivers.”
- Dr. Nhial Tutlam (LEAD 2020, 2021) received a NIMH K01 award to study “Resettled Refugee Families for Healing (RRF4H): A Study of Intergenerational Impact of War Trauma and Resilience.”

### Publications

For an up-to-date list of LEAD trainee publication, visit <https://sites.wustl.edu/lead/publications/>.

## 2023 Cohort (June 1 – August 4, 2023)

The following fellow profiles provide a brief overview. For full biographies and additional information, visit <https://sites.wustl.edu/lead/2023-trainees>



### Gloria Abura-Meerdink, MSW, MSc.

Graduate Research Assistant, School of Social Work, The University of Alabama

**Mentor:** Keng-Yen Huang, PhD, Janet Nakigudde, PhD

**Research Project:** Leveraging Existing Opportunities to Promote Research on Adolescent Mental Health Programming in Ugandan School



### Moiyattu Banya, MSW

PhD Student, Department of Social Work, New York University

**Mentor:** Theresa Betancourt, ScD, Ambiose Jarrett, PhD

**Research Project:** The Gendered Impact of War: Trauma Profiles and War Experiences of War-Affected Young Women in Post Conflict Sierra Leone



### Juan Jauregui, MPH, MSW

Doctoral Student, Department of Social Welfare, University of California Los Angeles

**Mentor:** Patty Cavazos, PhD

**Research Project:** Global LGBTQ+ Health



### Jessica Lee, MD, MPH

**Mentor:** Ilana Seff, PhD, and Lindsay Stark, PhD

**Research Project:** Opportunity for Engagement for Women's Collectives in Humanitarian Settings: Exploring the Roles of Social Support in Keeping Women Safe and Well



### James Muruthi, PhD

Assistant Professor, Department of Counseling and Family Therapy, Drexel University

**Mentor:** Fred Ssewamala, PhD

**Research Project:** A Family-Level Economic Intervention for Better Health Outcomes in Older Caregivers and AIDS Orphans



### Mitra Naseh, PhD

Assistant Professor, Brown School, Washington University in St. Louis

**Mentor:** Fred Ssewamala, PhD

**Project Title:** Asset-Based Interventions for Improving Mental Health





## LEAD Postdoctoral Research Associates

**Lindsey Filiatreau, PhD, MPH**

Assistant Professor of Medicine,  
Washington University in St. Louis School of Medicine

May 2021- May 2023

**Mentors** Patricia Cavazos-Rehg, PhD, Mary McKay, PhD

### Biography

Dr. Filiatreau completed her PhD in Epidemiology at the University of North Carolina at Chapel Hill with an interest in global mental health and HIV prevention and care. In her dissertation work, Lindsey characterized differences in longitudinal HIV care continuum outcomes before and after implementation of South Africa's Universal Test and Treat policy and explores the relationship between key psychosocial stressors (e.g., depressive symptoms, low social support, etc.) and HIV treatment outcomes among youth with HIV in rural South Africa. Before joining the Epidemiology doctoral training program, Lindsey completed her Master of Public Health degree at the University of Ghana, Legon, and worked in direct HIV service provision as a Health Educator and HIV Testing Services Coordinator in Indianapolis and Chicago. In her post-doctoral training, Lindsey is exploring the causal effects of co-occurring psychosocial stressors on HIV treatment outcomes and formalize her training in implementation science methods. Ultimately, she seeks to apply her research to the design and scale-up of effective mental health interventions for people with HIV in resource-constrained settings.

### Research Project

**Addressing Mental Health and Substance Use Disparities among Key Populations in Resource-Constrained Settings**



**Anna Constantino-Pettit, PhD**

Postdoctoral Research Scholar, Psychiatry,  
Washington University in St. Louis School of  
Medicine

January 2023 - January 2024

**Mentors** Patricia Cavazos-Rehg, PhD

### Research Project

**Suicidality and Opioid Use Disorder among Perinatal Individuals**

### Biography

Anna Constantino-Pettit (she/her) is a social work researcher whose work is dedicated to disrupting intergenerational cycles of trauma and psychopathology. Anna is principally focused on alleviating aspects of perinatal mental health – specifically, mood dysregulation, suicidality, and drug use – that are significantly affected by social determinants of health, and that impact both caregiver and early infant health and wellbeing. Anna is a clinical social worker with nearly ten years of experience utilizing evidence-based interventions to address pervasive emotion dysregulation, suicidality, and drug use. She plans to leverage her clinical expertise to develop and implement innovative methods in dissemination and implementation science that increase behavioral health equity for perinatal individuals and their children. Ultimately, Anna is interested in translating her research findings into preventive interventions, clinical recommendations, and policy recommendations that can collectively decrease disparities in perinatal and infant mental health care.

## LEAD Training Advisory Committee



**Theresa Betancourt, ScD**

Professor, School of Social  
Work, Boston College



**Arvin Bhana, PhD**

Associate Professor of  
Psychology, University of  
KwaZulu- Natal Durban



**Lourdes Soto de  
Laurido, EdD**

Associate Dean of  
Academic Affairs,  
University of Puerto Rico



**Tonya Edmond, PhD**

Professor, Social Work,  
Washington University in  
St. Louis



**Keng-Yen Huang, PhD**

Associate Professor,  
Population Health, New York  
University School of Medicine

## ACHIEVE Training Program

<https://sites.wustl.edu/achieve/>



### Program Co-Directors and Co-Investigators

<b>Fred Ssewamala, PhD</b>	William E. Gordon Distinguished Professor, Associate Dean for Transdisciplinary Faculty Research, Director and Founder, ICHAD, Brown School, Washington University in St. Louis
<b>Mary McKay, PhD</b>	Vice-Provost for Interdisciplinary Initiatives, Washington University St. Louis
<b>Patricia Akweongo, PhD</b>	Senior Lecturer, Head of Department of Health Policy Planning and Management, School of Public Health, University of Ghana
<b>Theresa S. Betancourt, ScD</b>	Salem Professor in Global Practice, Director, Research Program on Child and Adversity (RPCA) School of Social Work, Boston College
<b>Arvin Bhana, PhD</b>	Honorary Associate Professor, University of Kwa-Zulu Natal, Honorary Research Associate, South African Medical Research Council
<b>Rebecca Esliker, PhD</b>	Head of Department, Mental Health Programme, University of Makeni
<b>Keng-Yen Huang, PhD</b>	Associate Professor, Department of Population Health, Associate Professor, Department of Child and Adolescent Psychiatry, Grossman School of Medicine, New York University
<b>Muthoni Mathai, PhD</b>	Associate Professor, Department of Psychiatry, University of Nairobi
<b>Noeline Nakasujja, PhD</b>	Associate Professor of Psychiatry, Head of Psychiatry Department, College of Health Sciences, Makerere University
<b>Vincent Sezibera, PhD</b>	Professor of Psychology, Director, Centre for Mental Health, College of Medicine and Health Sciences, University of Rwanda
<b>Yesim Tozan, PhD</b>	Assistant Professor, School of Global Public Health, New York University
<b>Stevan Weine, MD</b>	Professor, Department of Psychiatry, Director of Global Medicine, Director, Center for Global Health, School of Medicine, University of Illinois at Chicago

As part of the Fogarty International Center's flagship Global Health Fellows LAUNCH Program, Addressing the Research Capacity Gap in Global Child, Adolescent & Family Health Disparities Utilizing Implementation and Data Sciences among Vulnerable Populations in Resource-Limited Settings (ACHIEVE) (D43TW012275) is ICHAD's newest research training program. ACHIEVE is designed for medical doctors and postdoctoral early career researchers from the United States and Ghana, Kenya, Rwanda, Sierra Leone, South Africa, and Uganda, as well as predoctoral students and trainees from underrepresented groups in the United States committed to conducting health disparities research with a specific focus on global mental health prevention, intervention, services, and implementation research within resource-constrained settings. ACHIEVE focuses on preparing the next cadre of researchers to address these global health disparities affecting children, adolescents, and their adult caregivers. Through a year of mentored research in an LMIC setting with support of a team of at least three mentors from the US and the Global South, ACHIEVE provides trainees invaluable experience and support to launch global health research studies with the support of renowned research mentors.

## 2023 ACHIEVE Trainee Highlights

The second ACHIEVE training program cohort began their training in July 2023, and several were able to join in training sessions and the *Forum on Child and Adolescent Global Health and Capacity Building* in June. Following the LAUNCH program orientation at the National Institute of Health in Bethesda, Maryland, where all LAUNCH trainees were welcomed to the program and offered important training session, the ACHIEVE fellows and scholars have launched into their mentored research projects. They have worked with their mentors, obtained ethical clearance to conduct research at their sites, recruited and trained program staff, and many have begun to collect data. The second cohort, consisting of thirteen fellows from the US and six Sub-Saharan African nations are on track to meet the deliverables of the program and continue their prolific research careers after completion of the ACHIEVE training program.



65

Manuscripts published in peer-reviewed journals authored by ACHIEVE trainees and alumni



12

Global research sites: Ghana, Kenya, Kosovo, Malawi, Nigeria, Rwanda, Senegal, Sierra Leone, South Africa, Tajikistan, Uganda, and Zambia

- Dr. Nhial Tutlam (ACHIEVE 2022) was promoted to Research Assistant Professor at the Brown School of Washington University in St. Louis
- Dr. Mamadu Baldeh (ACHIEVE 2022) and Dr. Samuel Kizito (RRT 2021) were published in the Lancet's 200<sup>th</sup> Anniversary Edition for their joint letter on advanced HIV.
- Dr. Ronald Olum (ACHIEVE 2022) and Dr. Joseph Kirabira (ACHIEVE 2023) were each accepted to present at the upcoming Consortium of Universities for Global Health Conference in March 2024.
- Dr. Kizito Nkurikiyeyezu (ACHIEVE 2023) was recently received a 6,000,000 RWF (\$4,713 USD) award for his "Research Contributions as a Rising Start to Address National Societal Challenges" by the National Council for Science and Technology (Rwanda)
- Dr. Ronald Olum (ACHIEVE 2022) was appointed as Research Associate in the Department of Public Health at Makerere University

*ACHIEVE has been very good and eye-opening regarding designing and conducting scientific research with realistic community impact.*

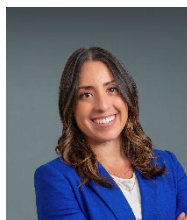
*– ACHIEVE Trainee*



## 2023 Cohort (July 2023-June 2024)



**Eric Agyemang, PhD, MSW**  
**Research Site:** University of Ghana  
**Home Institution:** Boston College  
**Mentors:** Patricia Akweongo, Ozge Sensoy Bahar, Kirsten Davison  
**Research Project:** The Role of Mentoring in Child Labor Trafficking Prevention in Ghana



**Sasha Hernandez, MD**  
**Research Site:** University of Ghana  
**Home Institution:** New York University  
**Mentors:** Leonard Baatiema, Corrina Moucheraud, Yesim Tozan  
**Research Project:** Improving Cervical Cancer Prevention Uptake: Identifying Strategies to Inform, Facilitate, and Sustain a Program in Northern Ghana



**Darlinda Jiba, MBChB**  
**Research/Home Site:** Makeni University (Sierra Leone)  
**US Institution Partner:** University of Illinois Chicago  
**Mentors:** Patrick Eugene Turay, Andrew Dykens, Saidu Kenu  
**Research Project:** Cervical Cancer Prevention: A Survey on Human Papilloma Virus Vaccination Uptake and Hesitancy Among Caregivers of Adolescent Girls Living with HIV in Tertiary Hospitals in Sierra Leone



**Anita Kabarambi, MBChB**  
**Research/Home Site:** Makerere University (Uganda)  
**US Institution Partner:** Washington University in St. Louis  
**Mentors:** Nixon Niyonzima, Michelle Silver, Jean Hunleth, Fred Ssewamala  
**Research Project:** A Pilot Study Assessing the Impact of Public Health Messaging and HPV Vaccination Uptake Among Adolescents and Young Women Living with HIV in Uganda



**Joseph Kirabira, MBChB, MMed**  
**Research/Home Site:** Makerere University (Uganda)  
**US Institution Partner:** New York University  
**Mentors:** Janet Nakigudde, Larry Yang, Yesim Tozan  
**Research Project:** Mental Health Challenges, Resilience, and Coping Strategies After HIV Status Disclosure Among Children Transitioning to Adolescence in Eastern Uganda



**Claudia Leung, MD**  
**Research Site:** University of Ghana  
**Home Institution:** New York University  
**Mentors:** Mavis Dako-Gyeke, Yesim Tozan, Keng-Yen Huang  
**Research Project:** Evaluating Community-based Child and Adolescent Mental Health in Ghana for Engage Local Stakeholders to Address Challenges



**Scovia Mbalinda, PhD**  
**Research/Home Site:** Makerere University (Uganda)  
**US Institution Partner:** Washington University in St. Louis  
**Mentors:** Miriam Nakalembe, Michelle Silver, Jean Hunleth, Aggrey S. Semeere  
**Research Project:** Maternal, Reproductive and Adolescent Health, HPV Vaccines in Young Female Adolescents Living with HIV/AIDS in Mitanya District, Uganda



**Tara McCrimmon, MPH**  
**Research Site:** PRISMA (Tajikistan)  
**Home Institution:** University of Illinois Chicago  
**Mentors:** Mahbat Bahromov, Steve Weine, Andrew Dykens  
**Research Project:** Multilevel Barriers to Implementing HIV Prevention Education and Testing Services Among Youth in Tajikistan



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### *In Memoriam: Dr. Joseph Ouma*

*Dr. Joseph Ouma, a distinguished researcher and biostatistician and member of the 2023 ACHIEVE trainee cohort unexpectedly passed away in September. His unwavering commitment to improving the lives of children and disadvantaged communities through data science in Uganda has left a lasting and positive impact. Within the ACHIEVE program, Dr. Ouma was not only highly respected but also known for his friendship and generosity. We deeply appreciate his valuable contributions and honor the legacy of his important work.*



**Racheal Nalunkuma, MBChB**

**Research/Home Site:** Makerere University (Uganda)  
**US Institution Partner:** Washington University in St. Louis  
**Mentors:** Pauline Byakika, Proscovia Nabunya, Elvin Geng  
**Research Project:** Effectiveness of the Facility-Based Young People and Adolescent Peer Supporters Model on HIV Stigma & Antiretroviral Therapy Adherence among AYLHIV in Kampala Uganda



**Sebenzile Nkosi, PhD**

**Research/Home Site:** University of KwaZulu-Natal (South Africa)  
**US Institution Partner:** Washington University in St. Louis  
**Mentors:** Arvin Bhana, Rachel Jewkes, Philip Marotta  
**Research Project:** Interpersonal Violence Among Inmates in Juvenile Correctional Facilities in South Africa



**Kizito Nkurikiyeyezu, PhD**

**Research/Home Site:** University of Rwanda  
**US Institution Partner:** Washington University in St. Louis  
**Mentors:** Vincent Sezibera, Celestin Twizere, Chenyang Lu  
**Research Project:** Mining Twitter and Google search trends data on female reproduction, contraception, and abortion to predict annual adolescent pregnancies in Rwanda



**Grace Soma, MBChB, MMed, MPhil**

**Research Site:** University of Nairobi (Kenya)  
**Home Institution:** Washington University in St. Louis  
**Mentors:** Ruth Nduati, Dalton Wamalwa, Mary McKay  
**Research Project:** Optimizing Clinic Based Pediatric HIV Testing Using Oral Mucosal Tests and Addressing the Dilemmas of Child Testing and HIV Status Disclosure at Mbagathi Hospital in Nairobi County, Kenya



**Joyeuse Ukwishaka, MBChB, MMed, MPH**

**Research/Home Site:** University of Rwanda  
**US Institution Partner:** Boston College  
**Mentors:** Vincent Sezibera, Theresa Betancourt, Maria Pinerros-Leano  
**Research Project:** The Effect of Single Caregiver Households on the Responsiveness to Community Interventions in Poor Households in Rwanda: The Case of Sugira Mugira Intervention

**ACHIEVE Training Advisory Committee**



**Philip Baba Adongo, PhD**  
Professor, Head of Department of Social and Behavioral Science, School of Public Health University of Ghana



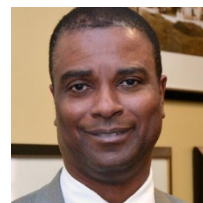
**Caleb Othieno, MBChB, MMed**  
Professor, Department of Psychiatry, Maseno University



**Lourdes Soto de Laurido, EdD**  
Associate Dean of Academic Affairs, University of Puerto Rico



**Stephen Rulisa, MD, FCOG (ECSA), PhD**  
Professor, Department of Obstetrics & Gynecology and Women's Health, University of Rwanda



**David Henderson, MD**  
Chair of Department of Psychiatry Chobanian & Avedisian School of Medicine, Boston University  
Chief of Psychiatry, Boston Medical Center

## Capacity Building Leadership

### Executive Steering Committee



**Fred Ssewamala, PhD**

Co-Director – CHILD-GRF, LEAD, RRT, and ACHIEVE

William E. Gordon Distinguished Professor; Associate Dean for Transdisciplinary Faculty Research; Director of ICHAD and SMART Africa Centers; Brown School, Washington University in St. Louis; Professor of Medicine, Washington University School of Medicine

Dr. Ssewamala is the Founding Director of ICHAD and the Director of the SMART Africa Center. His global research, funded by a consortium of institutions including the U.S. government through NIMH and NICHD, focuses on improving health/mental health and developmental outcomes for vulnerable children and adolescents and creating innovative combination interventions for communities affected by poverty and HIV/AIDS.



**Mary McKay, PhD**

Co-Director – CHILD-GRF, RRT, and ACHIEVE

Vice Provost of Interdisciplinary Initiatives, Washington University in St. Louis

Dr. McKay has received substantial federal funding for research focused on meeting the mental health and health prevention needs of youth and families impacted by poverty. She has significant expertise in child mental health services and implementation research methods, as well as over 20 years of experience conducting HIV prevention and care-oriented studies, supported by the NIH. She has been the PI on studies set in Sub-Saharan Africa since 2000.



**Patricia Cavazos, PhD**

Co-Director, LEAD

Professor, Vice Chair for Diversity, Equity, and Inclusion in the Department of Psychiatry  
Director, Mentored Training Program in Clinical Investigation

Dr. Cavazos is a clinically trained licensed psychologist who has been involved in biomedical research for over ten years. Her research is funded by the NIH and involves studying the most efficacious policies that will reduce substance use involvement while accounting for today's new media-saturated environment. She is a member of an underrepresented minority group (Hispanic/Latina) and understands the importance of enhancing diversity in the workforce.



**Sean Joe, PhD**

Co-Director, RRT

Benjamin E. Youngdahl Professor of Social Development; Director, Race and Opportunity Lab; Brown School, Washington University in St. Louis

Dr. Joe is a nationally recognized authority on suicidal behavior among African Americans. His research focuses on Black adolescents' mental-health service use patterns, the role of religion in Black suicidal behavior (NIMH), salivary biomarkers for suicidal behavior, and development of father-focused, family-based interventions to prevent urban African American adolescent males from engaging in multiple forms of self-destructive behaviors.



**Noeline Nakasujja, PhD**

Co-Director – CHILD GRF; MPI – ACHIEVE

Associate Professor, Psychiatry, Makerere University (Uganda)

Dr. Nakasujja's research focuses on mental health, in particular, evaluating special populations of HIV positive individuals. She is currently a Principal Investigator on a study evaluating the stress and caregiver burden of individuals looking after patients with Alzheimer's disease in the community. She has an impressive record as a department chair and mentor, serves on several international associations and has received numerous recognitions and honors for her scientific achievements.





**Proscovia Nabunya, PhD**

Co-Investigator – LEAD and CHILD-GRF  
Assistant Professor, Social Work, Washington University in St. Louis

Dr. Nabunya’s research focuses on HIV-stigma reduction interventions, family and community-based support systems as protective factors for the development and well-being of children and families impacted by HIV/AIDS. She has research expertise in poverty-reduction strategies that utilize asset-based interventions and their impact on the social, economic and health well-being of children and families in HIV-impacted communities in sub-Saharan Africa.



**Ozge Sensoy Bahar, PhD**

Co-Investigator – LEAD, CHILD-GRF, and ACHIEVE  
Research Associate Professor, Social Work, Washington University in St. Louis

Dr. Sensoy Bahar’s research focuses on child and family well-being in global contexts characterized by poverty and associated stressors. Her current research program focuses on youth experiences of child work and labor, as well as the individual, family, and contextual factors leading to child labor in two country contexts, Turkey and Ghana. The goal of her work is to develop culturally and contextually relevant interventions to reduce risk factors associated with child labor.



**Theresa Betancourt, ScD**

Professor, School of Social Work, Boston College  
Co-PI - ACHIEVE

Dr. Betancourt’s research interests include developmental and psychosocial consequences of concentrated adversity on children, youth, and families; resilience and protective processes in child and adolescent mental health and child development; refugee families; and applied cross-cultural mental health research. She is Principal Investigator of an intergenerational study of war/prospective longitudinal study of war-affected youth in Sierra Leone (LSWAY).



**Arvin Bhana, PhD**

Associate Professor of Psychology, University of KwaZulu-Natal (South Africa)  
MPI - ACHIEVE

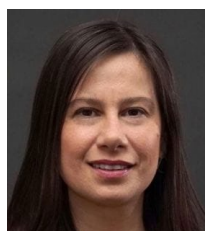
Dr. Bhana’s research focuses on understanding risk and resilience, adolescent risk-taking behavior (including HIV/ AIDS), and substance abuse and mental health. He has been the Principal Investigator or Co-Investigator of several NIH-funded research projects in South Africa supporting Perinatally HIV-infected Youth. His recent publications examine the role of family protective factors in improving mental health and behavioral outcomes and reducing the risk for STIs among children and youth.



**Keng-Yen Huang, PhD**

Associate Professor, Population Health, New York University School of Medicine  
Co-PI - ACHIEVE

Dr. Huang’s research interests include child development, psychiatric epidemiology, prevention, implementation, and global public health research. She is the principal and co-investigator on numerous NIH and Foundation funded child development and mental-health implementation research projects in international contexts. Her current research efforts focus on child mental/behavioral health implementation and epidemiological research both in low-and middle-income countries (LMICs) and in the US.



**Yesim Tozan, PhD**

Assistant Professor, School of Global Public Health, New York University  
Co-PI - ACHIEVE

Dr. Yesim Tozan’s research centers on health decision science and priority setting and explores the costs and cost-effectiveness of health care interventions using decision analytic models and the issues of health care resource allocation in low- and middle-income countries. Her main focus has been infectious disease prevention and control with an emphasis on dengue and malaria. Dr. Tozan is currently leading a health economics work package in a European Union-funded research project on dengue surveillance and control with field sites in Sri Lanka and Thailand.



**Rebecca Esliker, PhD**

Head of Department, Mental Health Programme, University of Makeni (Sierra Leone)  
MPI - ACHIEVE

Dr. Rebecca Esliker's research interests include mental health service delivery, clinical supervision of mental health nurses, and her experience includes training front-line service providers in the WHO Mental Health Gap Action Programme, and mentoring students. Dr. Esliker is a co-investigator on a current NIMH R21 focused on developing digital tools to support community health worker-delivered home visiting interventions to promote ECD and prevent violence in Sierra Leone.



**Muthoni Mathai, PhD**

Associate Professor, Department of Psychiatry, University of Nairobi  
MPI - ACHIEVE

Dr. Muthoni Mathai's research interests include depression and psychotrauma, as well as sexual decision-making and AIDS and reproductive health. She has been primary investigator on several NIH and NIMH-funded projects in Kenya on depressive treatments and mental health, particularly among people living with HIV. One important area of Dr. Muthoni's work has been in the mentorship of postgraduate and doctoral students, as she has mentored over 50 masters and doctoral students since 2007. Her current research includes:



**Patricia Akweongo, PhD**

Senior Lecturer, Head of Department of Health Policy Planning and Management, School of Public Health, University of Ghana  
MPI - ACHIEVE

Dr. Patricia Akweongo's research interests are in the areas of health systems governance of social protection programs, health systems strengthening, community engagement and empowerment, access to health care, sexual and reproductive health, health system and health policy, human resource management, economic evaluation, among others. Her current research includes health systems governance for an inclusive and sustainable social health protection in Ghana and Tanzania, strengthening management at district level to support universal health coverage, and a project seeking to monitor the impact of violence in pregnancy on children up to 19 years old.

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## Acknowledgments

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We would also like to express our deepest appreciation to the experts who shared their work and expertise at our Summer Training events. They include: Philip Baiden, Rachel Braithwaite, Patricia Cavazos-Rehg, Saltanat Childress, Thomas Crea, Elvin Geng, Robin Jarrett, Sean Joe, Samuel Kizito, Ryan Lindsay, Nikole Lobb-Doughtery, Chenyang Lu, Thomas Lutalo, Muthoni Mathai, Mary McKay, James Mugisha, Massy Mutumba, Abel Mwebembezi, Josephine Nabayinda, Proscovia Nabunya, Noeline Nakasujja, Janet Nakigudde, Ronald Olum, Ijeoma Opara, Timothy Opobo, Ilana Seff, Ozge Sensoy Bahar, Vincent Sezibera, Lindsay Stark, Mordecai Tayebwa, Yesim Tozan, Nhial Tutlam, Vetta Thompson, and Rebecca Walugembe.



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