Powered by Youth

Advancing Youth Mental Health Through Physical Activity

18 May 2026 • 12:30 - 3:30 PM • Conference Room 9

Bold Ideas for Brighter Futures 2026, Cape Town, South Africa

Convened by Johns Hopkins Bloomberg School of Public Health, Johns Hopkins University
in collaboration with SeriousFun Children's Network, USA & RISHI Foundation, India

12:30 PM	**WELCOME**	Anita Shet, Workshop Chair Johns Hopkins University
12:40 PM	**THE SCIENCE** Emerging evidence on physical activity & adolescent mental health	
Recreational Physical Activity and Children With Chronic Conditions		Mary Silvia & Ann Gillard SeriousFun Children's Network
Building Resilience With Physical Activity Among Youth With HIV		Siddha Sannigrahi Johns Hopkins University
Physical Activity in School-Based Settings		Birger Forsberg Karolinska Institutet
Pathways of Effect: Neurobiological, Psychosocial & Social Mechanisms		Anita Shet Johns Hopkins University
	Q & A | Break	
1:25 PM	**PROGRAMS IN PRACTICE** Case studies - programmatic models, youth perspectives & lived experience	
Running for Resilience: The Positive Running Program India		Babu Seenappa, Lakshmikanth Reddy & Jeevitha Pushparaj RISHI Foundation
Community-Based Mental Health Support Through Mountain Biking South Africa		Megan Pool, Brandon Rubusha & Jaco van der Linde Pedal for Good
Camp-Based Approaches to Socio-Cultural Accessibility Malawi & Uganda		Resty Babirye Okello & Symon Mtambo Baylor Children's Foundation
Camping for Children With Serious Health and Life Challenges South Africa		Lize van Vuuren Camp Footprints, Just Footprints Foundation
Physical Activity Promotion Among Adolescents Sweden		Emilia Lindquist Karolinska Institutet
2:55 PM	**ACTION TOOLKIT** The integration toolkit: plug-and-play approach guided activity	

seriousfun children's network
founded by paul newman

Johns Hopkins Bloomberg School of Public Health

RISHI Foundation