

LEADERSHIP IN MENTAL HEALTH

A two week course by Sangath and SCARF,
In collaboration with the London School of Hygiene & Tropical Medicine & the
Centre for International Mental Health, University of Melbourne

November 2008 (tentative dates Nov 10-21, 2008)
Goa, India

Background: The Lancet Series on Global Mental Health was published in September 2007 (http://www.thelancet.com/online/focus/mental_health). The Series has been a critical event for advocating for mental health services in developing countries and has received worldwide attention including endorsements from leading institutions such as the World Federation for Mental Health, the World Health Organization and the World Psychiatric Association. The call for action of the series was to scale up the coverage of evidence and human rights based services for persons with mental disorders. The lack of mental health leadership in many countries was identified as a major barrier to scaling up and the series recommended the implementation of courses to build capacity in mental health leadership. This new course responds to this need and involves several key persons involved with the Lancet Series, and is led by one of its editors.

Objectives: To equip participants in the methods to develop and scale up programs and interventions for mental disorders in communities, based on a population model (i.e. to achieve maximum coverage in an administrative unit such as a district).

Course structure and Learning outcomes: The course is structured in two parts, and participants will expect to learn the following:

Part 1: Why scale up coverage of effective and affordable care for mental disorders?

1. The public health importance of mental disorders: what is the burden and impact of mental disorders and their relationship with other health conditions such as maternal and child health and heart disease?
2. The social determinants of mental disorders: how are social factors such as poverty, gender inequity and violence associated with the risk for mental disorders?
3. The effective treatments of mental disorders: what is the evidence on drug and psychosocial treatments for specific mental disorders, particularly from developing countries where there are few specialist mental health resources.
4. The barriers for scaling up effective treatments for mental disorders: what are the major barriers which need to be addressed when scaling up services, for example: stigma, lack of human resources, mental hospitals which institutionalize persons with mental disorders, the lack of mental health leadership etc

Part 2: How to scale up coverage for mental disorders?

1. Developing a district/community mental health plan: what are the various stages in developing a plan, starting from mapping needs and resources in the population, through to developing an information system and monitoring and evaluation.
2. Integrating the management of common mental disorders (depressive and anxiety disorders) and alcohol use disorders in primary care: training will be based on the



collaborative stepped care model, currently being implemented in the Manas project in Goa, India, the largest trial of its kind in the developing world.

3. Community based management of serious mental disorders: training will be based on the Ashagram model evaluated in the rural district of Barwani in Madhya Pradesh, India, and will cover the detection and management of psychoses.
4. Management of child mental disorders: training will be based on a community based model to improve the detection of and interventions for developmental disabilities and child mental disorders through pre-school and school systems.
5. Monitoring and evaluation of programs: training will focus on setting benchmarks or targets for mental health programs, and implementing mental health information systems for monitoring and evaluation.
6. Being a mental health leader: finally, this critical element of the course will consider the skills and strategies to become a mental health leader in your community, focusing on issues such as advocacy to challenge stigma and networking with community stakeholders to make mental health a public good.

Course Methods: The course will be taught through a number of teaching methods including a set of resource materials (including the *Lancet* Series on Global Mental Health, the WHO Mental Health Policy Package, the manual *Where There Is No Psychiatrist* and key research and policy articles); class-room lectures; practicals; and guided group work spread through the two weeks aimed at developing a district mental health program. Thus, participants will have the opportunity to develop a plan based on the communities/districts they work in and wish to serve. A certificate accredited by Sangath and SCARF will be awarded to all participants who complete the course.

Course location and dates: The course will be held in Goa, India and will be organized by Sangath (www.sangath.com) and the Schizophrenia Research Foundation (www.scarfindia.com) in collaboration with colleagues in the London School of Hygiene & Tropical Medicine (www.lshtm.ac.uk) and the Centre for International Mental Health, University of Melbourne (www.cimh.unimelb.edu.au). The course dates are tentatively from November 10 to 21st, 2008.

Course Tutors: The course is led by Professor Vikram Patel (London School of Hygiene & Tropical Medicine and Sangath). Tutors will include Dr Sudipto Chatterjee, Dr Neerja Chowdhary, Gracy Andrew & Dr Gauri Divan (all from Sangath); Dr R Thara and Dr Padmavati (SCARF) and Associate Professor Harry Minas (CIMH, University of Melbourne). Four of these tutors are members of the Lancet Global Mental Health Group which authored the Call for Action paper of the Lancet Series on Global Mental Health. Guest resource persons from other institutions may also be invited.

Fees and Registration: The course fees (including all materials, but not including lodging and boarding) are:

- o Indian residents: Indian Rs 10,000.
- o Residents of other low-income countries (as defined by World Bank); US\$500
- o Residents of middle-income countries: US\$700
- o Residents of high-income countries: US\$900

For further inquiries, please contact Prof Vikram Patel on Vikram.patel@lshtm.ac.uk. For registration, please contact Melba Pinto on melba@sangath.com.

