



Emerging mental health systems in
low- and middle-income countries:
An overview and lessons learnt from the
Nigerian experience thus far.

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- Overview of EMERALD
- Activities conducted in Nigeria thus far
- Lessons learnt from Nigerian experience

EMERALD – overview



- 5-year programme: 2012 to 2017
- An international consortium of colleagues in ten countries:

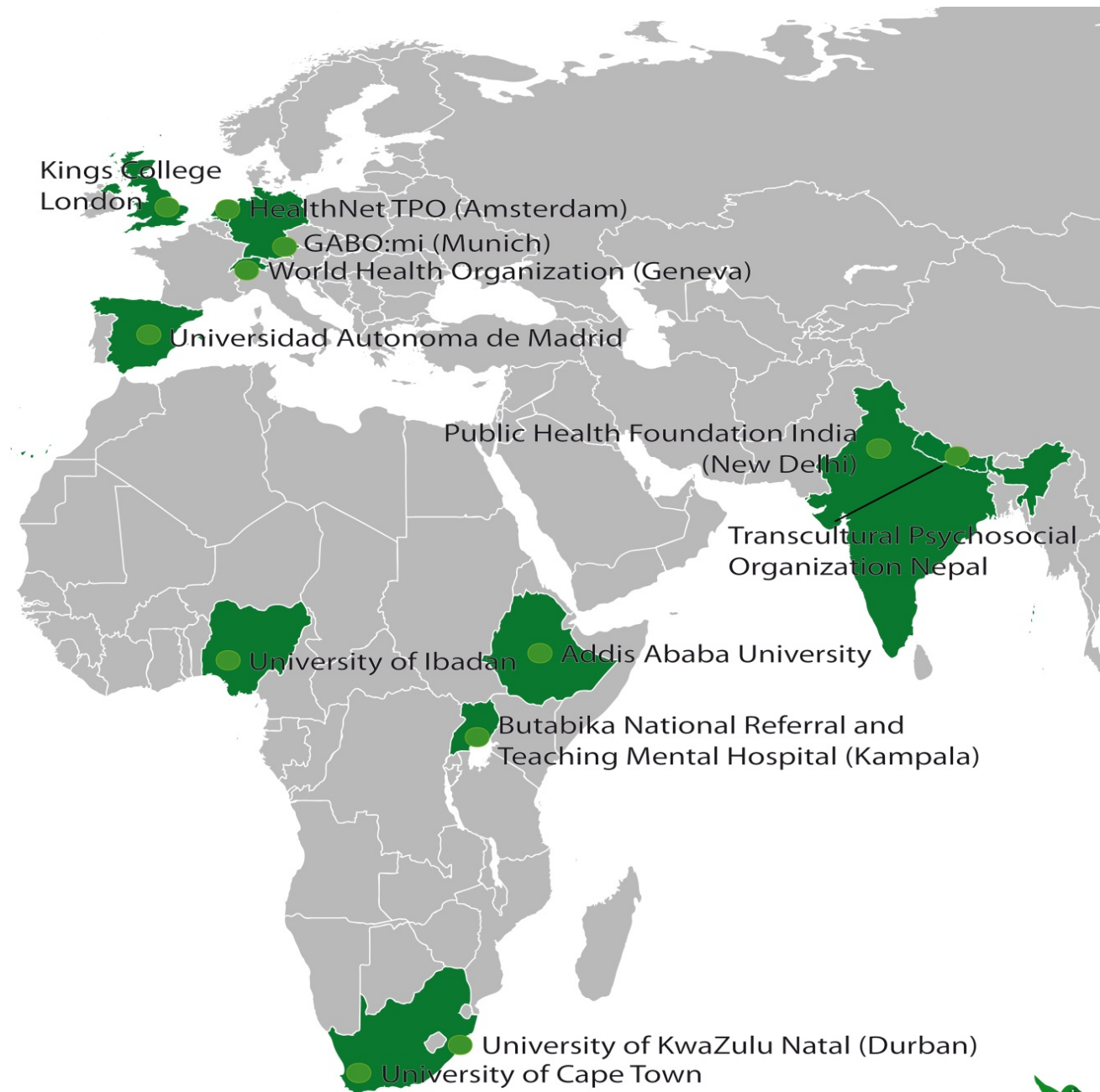
Emerald Country Sites:

1. Ethiopia (AAU)
2. India (PHFI)
3. Nepal (TPO)
4. Nigeria (UI)
5. South Africa (UCT & UKZN)
6. Uganda (BNH)

Cross cutting partners:

1. Germany (GABO:mi)
2. Netherlands (HealthNet TPO)
3. Spain (UAM)
4. Switzerland (WHO)
5. UK (KCL)

EMERALD sites



EMERALD aims



To improve mental health outcomes in low- and middle-income countries (LAMICs) by enhancing **health system performance**, through:

- Identifying key barriers within health systems, and
- Offering health system solutions to the delivery of mental health services in LAMICs

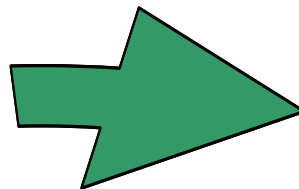
EMERALD: key objectives



- **Objective 1:** Adequate, fair and sustainable resourcing (health system inputs)
- **Objective 2:** Integrated physical and mental health service provision (health system processes)
- **Objective 3:** Improved coverage of care and goal attainment (health system outputs)

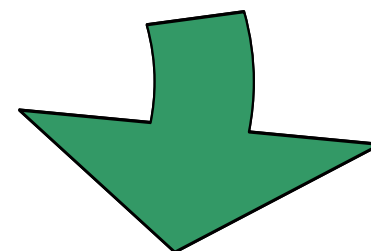
1. (Re)generate Mental Health Resources

- Human resources (investment, training)
- Financial resources (budgetary allocation)
- Infrastructure (capital facilities)
- Information (burden, policies, laws)



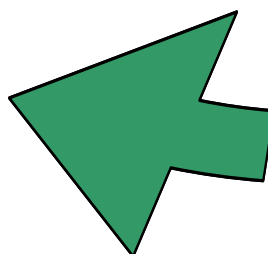
2. Provide Mental Health Services

- Mental health service delivery
- Mental health financing
- Manage human & other resources
- Manage / oversee / regulate system



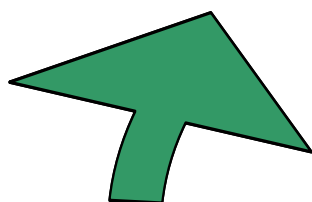
3. Meet Mental Health Systems Goals

- Produce mental health improvements
- Protect households from financial risk
- Deliver appropriate quality care to users
- Reduce inequity via better access to care

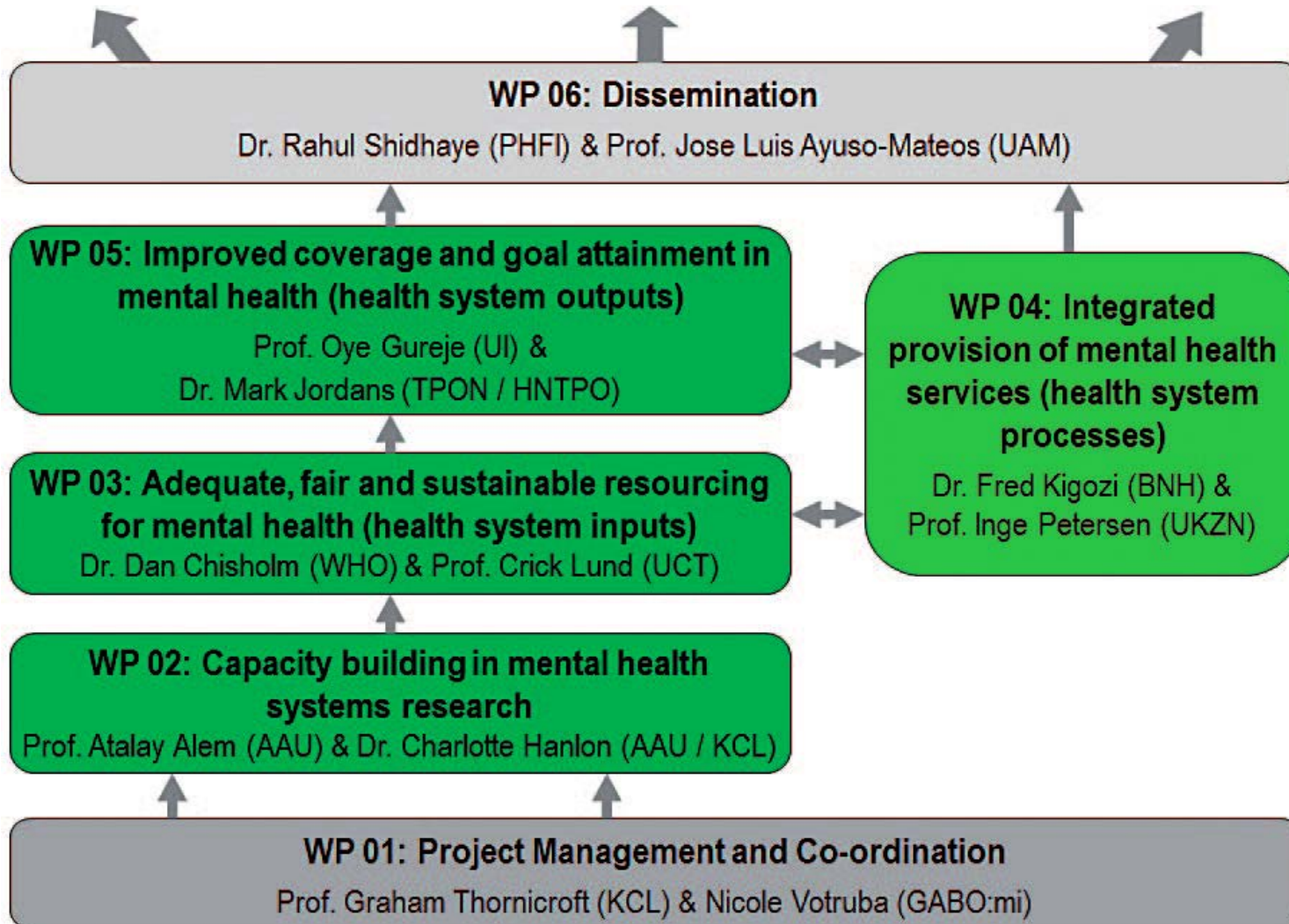


4. Evaluate Mental Health Systems

- Mental health surveillance
- Mental health care evaluation
- Mental health service reform
- Revise policies / priorities



EMERALD work packages



EMERALD Work Packages



Work Package	Description	Country Leads	Ongoing activities
WP1	Project management and co-ordination	King's College London and Germany	Project Management
WP 2	Capacity building for MH Services research	Ethiopia (AAU)	Develop courses for Policymakers, Researchers and Service Users
WP 3	Adequate, fair and sustainable resourcing for MH	WHO and South Africa (UCT)	- One Health Tool - Household Expenditure Survey
WP 4	Integrated provision of MH Services	South Africa (UKZN) and Uganda	-Baseline surveys -KIIIs with policymakers
WP 5	Improved coverage and outputs	Nigeria (University of Ibadan) & Nepal	-Sys Review of MH Indicators -Delphi study of Indicators
WP 6	Dissemination	India	Dissemination

Why is EMERALD important?



- Large mental health treatment gap worldwide
- Over 75% of people with severe mental disorders in low-income countries do not get treated:
 - About $\frac{3}{4}$ of the GBD of MNS disorders occur in LAMICs – which lack human and financial resources.
 - The United States has more psychiatrists than China, India and all the countries of the African continent combined (Patel & Thornicroft, 2009)

What is the long term aim of EMERALD?



EMERALD aims to reduce this mental health treatment gap by improving the knowledge base on how to enhance health system performance in LAMICs

Section 2:

EMERALD activities implemented in Nigeria thus far

WP 2: Capacity building for MH Services research



- Preparation of training materials for short courses targeting:
 - Policymakers
 - Service Users
 - Researchers
- Scheduled delivery of the training courses before end of 2015
- Capacity building scholarships for Masters and PhD

WP 3: Adequate, fair and sustainable resourcing for MH



A)

- Training workshop on the use of the OneHealth Tool (OHT)
- Populating and adapting the OHT with local data and estimates.
- Consultative workshop with stakeholders to review country specific estimates

B).

- Household expenditure survey ongoing

WP 4: Integrated provision of MH Services

- Situational analysis of the policy, legislative and organizational structure of mental health system in the country.
- Key informant interviews with:
 - Policymakers (10)
 - Facility managers (20)
 - Service Users (20)
- Training of primary care workers from selected PHC clinics on the MHGAP.
- Patient Assessment of Chronic Illness Care (PACIC). **Ongoing**
- Assessment of Chronic Illness Care (ACIC). **Ongoing**

WP 5: Improved coverage and outputs



- Situational analysis of the HMIS in Nigeria.
- Literature review of MH indicators to measure health system performance globally, but with a focus on LMICs.
- Three stage **Delphi study** conducted to further refine and adapt a final set of MH indicators with potential for use in EMERALD LMICs

Next phase:

- Consultative workshop to review Delphi study findings and adapting it for Nigeria
- Pilot implementation to evaluate the usefulness of the indicator set in routine practice

Section 3: Lessons learnt

Lessons learnt thus far



- Health system strengthening requires a comprehensive platform of engagement with policymakers and stakeholders.
- Nigeria's case was helped by the active involvement and engagement with the National Action Committee on Mental Health – a policy think tank group for Mental Health
- Previous working experience and cultivated relationships with the Ministries of Health, and an understanding of the health care system hierarchy was useful.
- Leveraging on existing platforms is also very helpful – which sometimes come to the fore, only through the performance of a situational analysis at baseline.

Emerald: what will success look like? ..1



- Emerald aims to produce a comprehensive template for mental health systems strengthening in LMICs upon completion that will provide robust evidence about:
 - Financing mental health system interventions
 - Capacity building strategies
 - Generating cost estimates for various levels of service scale up using the OHT

Emerald: what will success look like? ..2



- Ascertaining the economic benefits and impact on households of scaling up services for mental health cares
- Developing a model of integrated MH services into primary care with supported supervision
- Generating a set of mental health indicators that can reliably measure the performance of the MH system in LMICs.

Take home quote from the KII interviews



- A Director in the Federal Ministry of Health declared:

“Although mental health is important, but it is not a major killer of people. In developing countries such as Nigeria, we place more emphasis on diseases that kill people”.

Contact details and acknowledgements



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