



Providing Sustainable Mental Health Care in Kenya A Workshop

**Villa Rosa Kempinski
Chiromo Road, Nairobi, Kenya
January 13-14, 2015**

Background:

The global burden for mental, neurological, and substance use disorders (MNS) is significant, and the treatment gap is particularly high in Sub-Saharan Africa (SSA). Less than one percent of national health budgets are spent on MNS disorders, which is disproportionately low compared to the burden of the disease. Competing public health priorities, financial constraints, and poverty are all factors that can negatively affect access to mental health care. Challenges associated with the delivery of care include inadequate health system infrastructure to support mental health care (e.g., beds and medicines), the lack of national policy frameworks for mental health, and deficient information health systems to monitor and evaluate services. The lack of community awareness and stigma around MNS disorders can also negatively affect demand for care and treatment. In addition, there is a need for increasing the number of trained health care providers to deliver evidence-based treatment in both the hospital and community settings. Recognizing the importance of sustainable mental health care, this workshop will bring together key stakeholders to examine country specific opportunities to improve the health system infrastructure in Kenya in order to improve and develop sustainable access to mental health to ensure that the right patients get the right care and treatment at the right time, in the right setting.

Meeting Objectives:

Participants will be invited to focus discussions on the following four topic areas:

- The elements of a mental health care system
 - Consider the components of a mental health care system that would be needed to provide access to mental health care (diagnosis, treatment, access to medicines, and continuing care) in both rural and urban environments.
 - Explore how existing healthcare infrastructure and available resources can be leveraged to enable sustainable access to mental health care.
 - Consider mechanisms for how mental health care could be integrated or coordinated with care for co- and multiple morbidities.
 - Discuss opportunities to strengthen the health information system infrastructure to ensure adequate tracking of patient- and health facility-level data.
 - Articulate the core elements of a near- and long-term plan that would be necessary to develop sustainable mental health services, including what could be included in a demonstration project.
- Engagement of key stakeholders
 - Consider the role of governments, non-governmental organizations, the private sector, home health care, faith-based organizations, and traditional medicine in the establishment of an integrated mental health care model.

- Examine current policy, funding and payment practices for each type of stakeholder, including identifying barriers to the development of a sustainable mental health care system.
- Consider how non-health sectors, e.g. telecommunications, energy, and others could serve to strengthen the health care infrastructure.
- Access to medicines
 - Identify critical barriers to the delivery, selection, and prescription of medicines.
 - Examine successful activities that could be implemented in to increase access to medicines, including characteristics of medicines that may improve patient adherence (e.g. modes of delivery).
- Stigma
 - Consider the impact of stigma on the seeking and provision of care and on mental health outcomes and discuss how the mental health care system could be designed with concerns about stigma in mind.
 - Examine components of previous or existing anti-stigma campaigns that could be applied in Kenya.

DAY ONE

8:30 a.m. Welcome

Invited

HON. JAMES MACHARIA
Cabinet Secretary
Ministry of Health, Kenya

8:35 a.m. Opening Remarks: Workshop Objectives and Deliverables

VIKRAM PATEL, *Workshop Co-chair*
Professor of International Mental Health
London School of Hygiene and Tropical Medicine

SOLOMON MPOKE, *Workshop Co-chair*
Director
Kenya Medical Research Institute (KEMRI)

8:40 a.m. Review of Related IOM Sub-Saharan Africa Workshops

ALAN LESHNER
Chief Executive Officer
American Association for the Advancement of Science
Executive Publisher, *Science*

8:55 a.m. Responding to the Burden of Mental Disorders: Overview of World Health Organization's Mental Health Action Plan

JOYCE NATO
Mental Health Advisor
WHO Country Office, Kenya

SESSION I: CHALLENGES AND OPPORTUNITIES TO PROVIDING SUSTAINABLE MENTAL HEALTH CARE IN KENYA

Session Objectives: Explore feasible opportunities to improve mental health care for individuals in Kenya. Discuss special considerations for the provision of care to children. Identify barriers to diagnosis, treatment, and access to medicines for rural and urban environments. Consider the impact of stigma on the seeking and provision of care.

9:10 a.m. Overview and Session Objectives

LUKOYE ATWOLI, *Session Chair*
Dean, Moi University School of Medicine

9:15 a.m. Overall Health Care System in Kenya

- Discuss the effectiveness of the decentralization scheme.
- What are the major challenges in the current health care system?
- What is the referral process from hospital to community setting?
- Discuss elements of successful communicable disease programs (e.g., HIV/AIDS and tuberculosis), and the indicators that were used.

RICHARD OTIENO MUGA
Deputy Vice Chancellor and Associate Professor
Great Lakes University of Kisumu

9:35 a.m. Mental Health Care System in Kenya

- How is mental health care incorporated into the overall health care system?
 - Consider the indicators listed in the WHO's Mental Health Action Plan, and data from the Mental Health Atlas.
- Discuss Kenya's new Mental Health Act and policies.
- What is the level of funding that is allocated to mental health care and how is this distributed to regional and district facilities?
 - How is the allocation of funding affected by stigma?
- Who are the key stakeholders involved?

DAVID KIIMA
Director of Mental Health
Ministry of Medical Services, Kenya

9:55 a.m. National Epilepsy Treatment Guidelines

PAUL G. KIOY
Chairman
Kenya Society for Epilepsy
National Epilepsy Coordination Committee

10:15 a.m. Panel Discussion with Session Speakers and Participants

11:00 a.m. BREAK

11:15 a.m. Diagnosis and Treatment

- Who provides the care and what is their level of training for MNS disorders?
 - Compare and contrast care of mental, neurological, and substance use disorders.
- What is the impact of stigma on the seeking and provision of care?

Hospital-based Services

CATHERINE SYENGO MUTISYA
Deputy Medical Superintendent
Mathari Hospital

Traditional and Faith-based Services

VICTORIA MUTISO
Senior Researcher
Africa Mental Health Foundation

11:55 a.m. Access to Essential Medicines

- What are the critical barriers to the delivery, selection, and prescription of medicines?
 - What are the out-of-pocket costs to patients?
- Describe the effectiveness of the current supply chain.
- Discuss the availability of the medicines listed on the country's essential medicines list to patients.
- What are the unique challenges for poor, vulnerable, and secluded populations?

JOHN M. MUNYU
Chief Executive Officer
Kenya Medical Supplies Authority

12:15 p.m. Panel Discussion with Session Speakers and Participants

LUKOYE ATWOLI, *Session Chair*
Dean, Moi University School of Medicine

1:00 p.m. LUNCH

SESSION II: OPPORTUNITIES TO STRENGTHEN AND INTEGRATE THE MENTAL HEALTH SYSTEM IN KENYA
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Session Objectives: Consider lessons learned from successful programs that have increased mental health services and access to medicines. Identify critical components that might be incorporated into a small-scale demonstration project, including the role of health information systems.

2:00 p.m. Overview and Session Objectives

FRANK NJENGA, *Session Chair*
Founder President
Association of Psychiatrists and Allied Professionals

2:05 p.m. Case Studies in Kenya

Africa Mental Health Foundation
DAVID NDETEI
Founding Director
Africa Mental Health Foundation

Kenya Association for the Welfare of People with Epilepsy (KAWE)
OSMAN MIYANJI
Founding Director and Chair
Kenya Association for the Welfare of People with Epilepsy (KAWE)

BasicNeeds
JOYCE KINGORI
Kenya Country Program Manager
BasicNeeds

3:05 p.m. Lessons Learned – Panel Discussion with Speakers & Participants

- What were the challenges in developing and executing the project?
- What partnerships were critical to the success of the project?
- Are there specific lessons learned that could be applied to efforts around sustainable mental health care?

FRANK NJENGA, *Session Chair*
Founder President
Association of Psychiatrists and Allied Professionals

3:45 p.m. BREAK

4:00 p.m. Case Studies: International Efforts

Ethiopia - PRIME

TEDLA WOLDE-GIORGIS

Advisor, Officer of the Minister
Ministry of Health, Ethiopia

World Association of Social Psychiatry (WASP)/Sanofi Approach –
Guatemala, Comoros, and Morocco

FRANÇOIS BOMPART

Vice President, Deputy Head and Medical Director–Access to Medicines
Sanofi

China – 686 Project

HONG MA

Professor of Institute of Mental Health, Peking University;
Executive Director, National Center for Mental Health, China-CDC
Deputy Director, Office of National Mental Health Programs
Ministry of Health, China

Turkey – New mental health plan

OĞUZ KARAMUSTAFALIOĞLU

Professor of Psychiatry
Uskudar University

5:00 p.m. Lessons Learned – Panel Discussion with Speakers & Participants

- What were the challenges in developing and executing the project?
- What partnerships were critical to the success of the project?
- Are there specific lessons learned that could be applied to efforts around sustainable mental health care?

5:30 p.m. WRAP-UP & ADJOURN

DAY TWO

8:00 a.m. Day Two Welcome

VIKRAM PATEL, *Workshop Co-chair*
Professor of International Mental Health
London School of Hygiene and Tropical Medicine

SOLOMON MPOKE, *Workshop Co-chair*
Director
Kenya Medical Research Institute (KEMRI)

8:05 a.m. Day One Overview: Defining the Challenges, Identifying the Opportunities

LUKOYE ATWOLI, *Session I Chair*
Dean, Moi University School of Medicine

FRANK NJENGA, *Session II Chair*
Founder President, Association of Psychiatrists and Allied Professionals

SESSION III: A ROADMAP FORWARD: COMPONENTS OF A DEMONSTRATION PROJECT

Breakout Objectives: Identify a roadmap forward to implement a demonstration project to improve and develop sustainable access to mental health care in Kenya. Consider resources (financial, material, etc.) and key stakeholders needed to establish an integrated care model.

8:15 a.m. Elements of a Demonstration Project

- Discuss an implementation plan describing the steps for a small-scale demonstration project that would enable the development and integration of sustainable mental health services.

ANA-CLAIRE MEYER
Assistant Professor of Neurology
Yale School of Medicine

DAVID NDETEI
Founding Director
African Mental Health Foundation

8:50 a.m. Mental Health Information Systems

- Discuss steps to design a mental health information system to capture, store, manage, and transmit information about patients to help inform decisions for improving access to quality care.

PETER WAIGANJO WAGACHA

Associate Professor, School of Computing and Informatics
University of Nairobi

9:10 a.m. Discussion

9:40 a.m. BREAK

9:50 a.m. Breakout Objectives and Goals

VIKRAM PATEL, *Workshop Co-chair*

Professor of International Mental Health
London School of Hygiene and Tropical Medicine

10:00 a.m. **BREAKOUT SESSIONS**

Breakout Objective: Conduct an in-depth analysis of the following four topic areas in relation to the implementation of a small-scale demonstration project in Kenya: 1) diagnosis and treatment; 2) access to medicines; 3) stigma; and 4) mental health information systems. Specifically, each breakout group will discuss opportunities to improve current practices while considering lessons learned from the previously discussed case studies. In addition, participants will consider how current infrastructure could be leveraged to improve sustainable mental health care. Lastly, each breakout will outline the resources, key stakeholders, and metrics of success needed for each area.

MENTAL HEALTH CARE INFRASTRUCTURE: DIAGNOSIS AND TREATMENT

FACILITATORS

BEVERLY PRINGLE, U.S. National Institute of Mental Health
SYLVIA KAAVA, Muhimbili University of Health and Allied Sciences -
Tanzania

CHRIS NATT
HELIX Centre
Royal College of Art
Imperial College London

IMPROVING ACCESS TO MEDICINES

FACILITATORS

FIONA DUNBAR, Janssen Pharmaceuticals, Inc.
IMRAN MANJI, USAID-AMPATH

SPEAKER

FRED SIYOI
Deputy Registrar
Pharmacy and Poisons Board, Kenya

REDUCING STIGMA

FACILITATORS

ALAN LESHNER, American Association for the Advancement of Science
GRAHAM THORNICROFT, Kings College, London

SPEAKER

IVAYLO VLAEV
Professor of Behavioural Science
Warwick Business School
University of Warwick

DEVELOPING MENTAL HEALTH INFORMATION SYSTEMS

FRANÇOIS BOMPART, Sanofi
JOYCE NATO, World Health Organization

SPEAKER

AHMED HESHMAT
Mental Health Advisor
Technical Cooperation Programme
Ministry of Public Health – Afghanistan

12:00 p.m. LUNCH

1:00 p.m. Report out from the breakout session

BEVERLY PRINGLE

Chief, Global Mental Health Research Program
Office for Research on Disparities and Global Mental Health
U.S. National Institute of Mental Health

FIONA DUNBAR

Vice President, Global Medical Affairs
Janssen Pharmaceuticals, Inc.

ALAN LESHNER

Chief Executive Officer
American Association for the Advancement of Science
Executive Publisher, *Science*

FRANÇOIS BOMPART

Vice President, Deputy Head and Medical Director
Access to Medicines
Sanofi

2:00 p.m. Discussion with Participants

2:30 p.m. BREAK

SESSION IV: NEXT STEPS – IMPLEMENTING THE ROADMAP FORWARD
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Session Objectives: Identify tangible next steps for launching a demonstration project in Kenya.

2:45 p.m. Overview

VIKRAM PATEL, *Workshop Co-chair*
Professor of International Mental Health
London School of Hygiene and Tropical Medicine

SOLOMON MPOKE, *Workshop Co-chair*
Director
Kenya Medical Research Institute (KEMRI)

3:00 p.m. Discussion with Workshop Session Chairs, Facilitators, and Participants

- Identify potential next steps for launching the demonstration project

3:45 p.m. Closing Remarks

4:00 p.m. ADJOURN