



Providing Sustainable Mental Health Care in Ghana A Workshop

**La-Palm Royal Beach Hotel
No. 1 Bypass, Accra, Ghana
April 28–29, 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 Ghana 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



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- 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 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 Ghana.

DAY ONE

8:00 a.m. Welcome: Workshop Objectives and Deliverables

AKWASI OSEI, *Workshop Co-Chair*
Acting Chief Executive Officer
Ghana Mental Health Authority

8:05 a.m. Opening Remarks

EBENEZER APPIAH-DENKYIRA
Director General
Ghana Health Service

8:10 a.m. Review of Related IOM Sub-Saharan Africa Workshops

ALAN LESHNER, *Workshop Co-Chair*
Chief Executive Officer Emeritus
American Association for the Advancement of Science
Former Executive Publisher, *Science*



**SESSION I: OVERVIEW OF THE CURRENT MENTAL HEALTH INFRASTRUCTURE
IN GHANA**

Session Objectives: Examine current policies and legislation designed to improve mental health care in Ghana. Explore feasible opportunities to improve mental health care for individuals in Ghana. 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.

8:25 a.m. Overview and Session Objectives

SAMMY OHENE, *Session Chair*
Senior Lecturer
Head, Department of Psychiatry
University of Ghana Medical School

8:30 a.m. Mental Health Care System in Ghana

- How is mental health care incorporated into the overall health care system?
 - Consider the indicators listed the WHO's Mental Health Action Plan, and data from the Mental Health Atlas.
 - Discuss Ghana's Mental Health Act and its key achievements.
 - How does the National Health Insurance Scheme provide coverage for mental health services and treatment?
- What is the level of funding that is allocated to mental health care and how is this distributed to regional and district facilities?
- Who provides the care and what is their level of training for MNS disorders?
 - What is the impact of stigma on the seeking and provision of care?
- What are the critical barriers to the delivery, selection, and prescription of medicines?

J.B. ASARE
Chairman
Mental Health Authority Board

8:50 a.m. Panel Discussion: The Need for Sustainable Mental Health Care in Ghana

- Using the Mental Health Act as a foundation, discuss the near- and long-term plans that would be necessary to develop sustainable mental health care in Ghana (diagnosis, treatment, and access to medicines).
 - Who are the key stakeholders involved?
 - How can organizations work with the Mental Health Authority?
- Discuss special considerations for vulnerable populations (e.g., children).

FRANCIS ACQUAH
President of the Board of Directors
Mental Health Foundation of Ghana



AKOSUA BONSU
Community Psychiatric Nurse
Koforidua Regional Hospital

HUMPHREY KOFIE
Director
Mental Health Society of Ghana

LINDA VANOTOO
Regional Director of Health Service
Greater Accra Region

KOKU AWONOO WILLIAMS
Regional Director of Health Service
Upper East Region

9:45 a.m. Discussion with Panelists and Workshop Participants

10:15 a.m. BREAK

SESSION II: LESSONS LEARNED - OPPORTUNITIES TO STRENGTHEN AND INTEGRATE THE MENTAL HEALTH SYSTEM IN GHANA

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.

10:30 a.m. Overview and Session Objectives

CAROL BERNSTEIN, *Session Chair*
Associate Professor of Psychiatry
Vice Chair for Education and Director of Residency Programs
New York University School of Medicine

10:35 a.m. Case Studies in Ghana

Direct Relief - Ghanaian Mental Health Pilot Program

ANDREW SCHROEDER
Director of Research and Analytics
Direct Relief



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Sanofi/World Health Organization – Fight Against Epilepsy

CYNTHIA SOTTIE
National Coordinator
Ghana Health Service

The Kintampo Project

E T ADJASE
Project Lead – Ghana
The Kintampo Project

BasicNeeds

PETER YARO
Executive Director
BasicNeeds Ghana

Institute for Healthcare Improvement – Project Fives Alive!

SODZI SODZI-TETTEY
Director, Project Fives Alive!
Institute for Healthcare Improvement

- 11:50 a.m. Lessons Learned – Panel Discussion with Speakers & Workshop 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?

CAROL BERNSTEIN, *Session Chair*
Associate Professor of Psychiatry
Vice Chair for Education and Director of Residency Programs
New York University School of Medicine

12:30 p.m. LUNCH

1:15 p.m. Case Studies: International Efforts

Rwanda – Partners in Health

STEPHANIE SMITH
Abundance Fellow in Global Mental Health
Department of Global Health & Social Medicine
Harvard Medical School

Nigeria – EMERALD Project

JIBRIL ABDULMALIK
Lecturer
Department of Psychiatry
University of Ibadan

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

- 2:15 p.m. Lessons Learned – Panel Discussion with Speakers & Workshop 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?

CAROL BERNSTEIN, *Session Chair*
Associate Professor of Psychiatry
Vice Chair for Education and Director of Residency Programs
New York University School of Medicine

**SESSION III: IDENTIFYING THE CHALLENGES IN THE MENTAL HEALTH
SYSTEM IN GHANA**

Session Objectives: Identify the current challenges in the mental health care system in regards to diagnosis and treatment, access to medicines, stigma, and health information systems.

3:00 p.m. Breakout I Objectives and Goals

ALAN LESHNER, *Workshop Co-Chair*
Chief Executive Officer Emeritus
Former American Association for the Advancement of Science
Executive Publisher, *Science*



3:10 p.m. BREAK

3:25 p.m. BREAKOUT SESSIONS

Breakout I Objective: Brainstorm the key priority areas/challenges for the following four topic areas: 1) diagnosis and treatment; 2) access to medicines; 3) stigma; and 4) mental health information systems.

MENTAL HEALTH CARE INFRASTRUCTURE: DIAGNOSIS AND TREATMENT

FACILITATOR: **JULIAN EATON**, CBM

RAPPORTEUR: **KWADWO OBENG**, Accra Psychiatric Hospital

SPEAKER: **ALBERT AKPALU**, Korle Bu Teaching Hospital

IMPROVING ACCESS TO MEDICINES

FACILITATOR: **FIONA DUNBAR**, Janssen Pharmaceuticals, Inc.

RAPPORTEUR: **SALLY ANN OHENE**, World Health Organization – Ghana
Country Office

SPEAKER: **MARTHA GYANSA-LUTTERODT**, Ministry of Health – Ghana

REDUCING STIGMA

FACILITATOR: **BEVERLY PRINGLE**, U.S. National Institute of Mental
Health

RAPPORTEUR: **SHANTHA RAU BARRIGA**, Human Rights Watch

SPEAKER: **GRÉGOIRE AHONGBONON**, Saint Camille de Lellis Association

DEVELOPING MENTAL HEALTH INFORMATION SYSTEMS

FACILITATOR: **ANGELA OFORI-ATTA**, University of Ghana Medical
School

RAPPORTEUR: **BENEDICT WEOBONG**, London School of Hygiene and
Tropical Medicine

SPEAKER: **LILY KPOBI**, University of Ghana

5:00 p.m. Report Out from Each Breakout Group

5:30 p.m. Discussion with Facilitators and Workshop Participants

6:00 p.m. WRAP-UP & ADJOURN

DAY TWO

8:30 a.m. Day Two Welcome

ALAN LESHNER, *Workshop Co-Chair*
Chief Executive Officer Emeritus
American Association for the Advancement of Science
Former Executive Publisher, *Science*

AKWASI OSEI, *Workshop Co-Chair*
Acting Chief Executive Officer
Ghana Mental Health Authority

8:40 a.m. Day One Overview: Defining the Challenges, Identifying the Opportunities

SAMMY OHENE, *Session I Chair*
Senior Lecturer
Head, Department of Psychiatry
University of Ghana Medical School

CAROL BERNSTEIN, *Session II Chair*
Associate Professor of Psychiatry
Vice Chair for Education and Director of Residency Programs
New York University School of Medicine

SESSION IV: 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 Ghana. Consider resources (financial, material, etc.) and key stakeholders needed to establish an integrated care model.

9:00 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.

JULIAN EATON
Mental Health Advisor
CBM International

SAMMY OHENE
Senior Lecturer
Head, Department of Psychiatry
University of Ghana Medical School



9:30 a.m. Panel Discussion with Speakers and Workshop Participants

10:00 a.m. Breakout II and III Objectives and Goals

ALAN LESHNER, *Workshop Co-Chair*
Chief Executive Officer
American Association for the Advancement of Science
Former Executive Publisher, *Science*

10:15 a.m. BREAK

10:30 a.m. **BREAKOUT SESSIONS**

10:30 – 11:45 a.m. Breakout II Objective: Each breakout group will discuss opportunities to improve current practices while considering lessons learned from the previously discussed case studies. Opportunities noted should be *actionable* in relation to the implementation of a small-scale demonstration project. Participants will consider how current infrastructure could be leveraged to improve sustainable mental health care.

11:45 – 1:30 p.m. Breakout III Objective: Each breakout will outline the resources, metrics of success, and key stakeholders (including the lead implementers) needed for each opportunity.

MENTAL HEALTH CARE INFRASTRUCTURE: DIAGNOSIS AND TREATMENT

FACILITATOR: **JULIAN EATON**, CBM

RAPPORTEUR: **KWADWO OBENG**, Accra Psychiatric Hospital

IMPROVING ACCESS TO MEDICINES

FACILITATOR: **FIONA DUNBAR**, Janssen Pharmaceuticals, Inc.

RAPPORTEUR: **SALLY ANN OHENE**, World Health Organization – Ghana
Country Office

REDUCING STIGMA

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Health

RAPPORTEUR: **SHANTHA RAU BARRIGA**, Human Rights Watch

DEVELOPING MENTAL HEALTH INFORMATION SYSTEMS

FACILITATOR: **ANGELA OFORI-ATTA**, University of Ghana Medical
School

RAPPORTEUR: **BENEDICT WEOBONG**, London School of Hygiene and
Tropical Medicine

1:30 p.m. LUNCH



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2:30 p.m. Report Out from Each Breakout Group

3:30 p.m. Discussion with Facilitators and Participants

AKWASI OSEI, *Workshop Co-Chair*

Acting Chief Executive Officer

Ghana Mental Health Authority

4:15 p.m. Closing Remarks

ALAN LESHNER, *Workshop Co-Chair*

Chief Executive Officer Emeritus

American Association for the Advancement of Science

Former Executive Publisher, *Science*

AKWASI OSEI, *Workshop Co-Chair*

Acting Chief Executive Officer

Ghana Mental Health Authority

4:30 p.m. ADJOURN