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Presidential Advisor on Mental Health (PAMH)

on

MENTAL HEALTH SCORE CARD

Kenya Psychiatric Association (KPA)

6th October 2022, Mombasa



ROLES & RESPONSIBILITIES OF THE PAMH

- To advise the President and Cabinet on the state of Mental Health and Happiness in Kenya.
- To advise the President on the effect of policies, legislation, and guidelines by state organs on Mental Health and Happiness.
- To advise the President and Cabinet on the implementation of the Report by the Taskforce on Mental Health.
- To provide technical support and advice to the Ministry of Health in the transformation of Mental Health systems, research, and surveillance on the Mental Health and Happiness index.

- To support the National and County Governments working in collaboration with stakeholders to promote Mental Wellbeing and address Mental Health challenges.
- To be a public advocate for Mental Health, and lead efforts of integrating Mental Health in all public policy making.
- To perform other related functions as the President may direct from time to time.

15 KEY RECOMMENDATIONS MADE BY THE TASKFORCE

- Set up a Mental Wellness and Happiness Commission, to monitor the state of Mental Health and Happiness among Kenyans.
- Declare Mental Illness a National Emergency of epidemic proportions.
- Carry out a National Mental Health survey.
- Fast track the creation of Mathari Teaching and Referral Hospital as a semi-autonomous government agency (SAGA) for specialized referral services, teaching, and research in Mental Health.
- Implement a multi-sectoral approach to Mental Health challenges (similar to that adopted in 1999 against HIV/AIDS).

RECOMMENDATIONS cont...

- Provide adequate financing for Mental Health, in line with international best practices (Ksh250 per capita per annum) which will aid in management of patients.
- Regulate and license all institutions offering healthcare (including rehabilitation centres) through the Kenya Medical Practitioners and Dentists Council.
- Amend and/or repeal specified legal provisions that offend the Constitution and Acts of Parliament, aimed at ensuring fair treatment of patients with Mental Illness.
- Gazette the second week of October as National Mental Health Awareness Week in Kenya.
- Develop Mental Health literacy materials for use across all sectors as a means of dealing with stigma and discrimination.

RECOMMENDATIONS cont...

- Support the Senate initiative on the Mental Health (amendment) Bill 2018 (subject to a number of proposed amendments).
- Involve carers and users of Mental Health Services at all levels of legal and policy development.
- Decentralize Mental Health services to the primary healthcare level.
- Train and recruit mental health professionals to bridge the gap in human resources per population ratio.
- In the face of COVID-19 Pandemic, the implementation of the taskforce recommendations will be an important strategy for an informed pandemic response and long-term recovery.

ACHIEVEMENTS

- Out of the 15 recommendations, only 3 are pending.



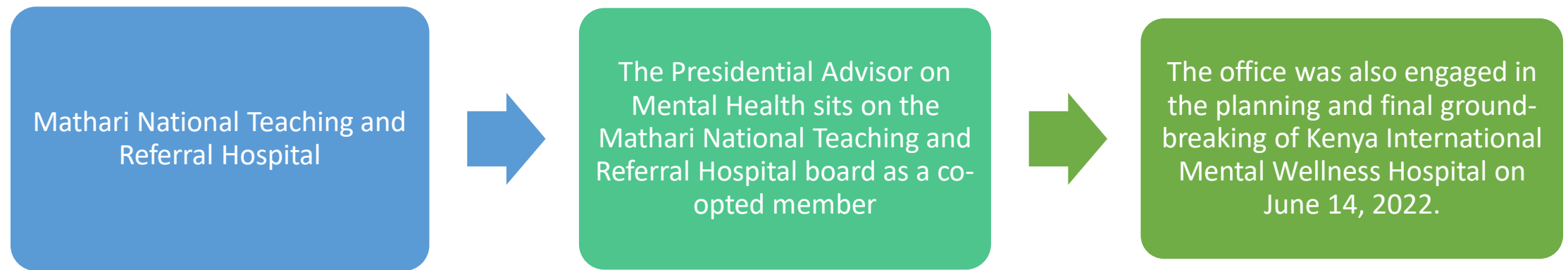
PREVENTIVE AND PROMOTIVE MENTAL HEALTH PROGRAMS

- To support and guide the development and implementation of Mental Health literacy curriculum for teachers.
- We now await funding for developing a manual and a curriculum.

MENTAL HEALTH LEGAL REFORMS

- Consultative meetings with National Assembly Committee .
- In June 2022, the Amendment Bill signed into law.
- In line with the guidelines recommended in the Convention on the Rights of Persons with Disabilities.
- Decriminalization of Section 226 of the penal code.

STRENGTHENING OF MENTAL HEALTH SYSTEMS AND SERVICES



MENTAL HEALTH FINANCING AND UNIVERSAL HEALTH CARE

- Mental Health investment case project
- Confirm the large economic impact of Mental Health conditions in Kenya.
- Mental Health insurance package by NHIF to ensure parity among all health conditions.
- Insurance Regulatory Authority (IRA)
- Agenda parity in Non-Communicable Diseases as mental health is grouped in this category.

LEADERSHIP AND GOVERNANCE

- Draft Regulations for Mental Health Treatment and Rehabilitation Institutions.
- Stakeholders in the field of addiction medicine, and the Kenya Medical Practitioners and Dentists Council.
- Standardize care and ensure provision of quality services to patients (See Taskforce recommendation number seven).

DECENTRALIZATION OF MENTAL HEALTH SERVICES

- The Office embarked on assessment of 8 out of the 15 centers .

Unique features include:

- Nawiri recovery and skills Centre -an after care home established by the Moi Teaching and Referral hospital team.
- The Youth Centre run by Machakos County Teaching and Referral hospital team.
- Community Mental Health Centre in Kisumu County (Chula Yimbo Sub-County Hospital).

MENTAL HEALTH AWARENESS

- For the World Suicide Prevention Day 2021, organized:
 - ✓ A 2-day webinar with media professionals on Mental Health in the media industry.
 - ✓ Commemoration of the World Suicide Prevention Day at Ministry of Health Grounds.
 - ✓ Cycle Around the Globe international campaign:
 - ✓ Held the 1st Kenyan campaign on 2nd October 2021 and the 2nd on 17th September 2022.

- County Government of Kisumu for commemoration of World Mental Health Day which is held annually across the world on 10th October 2021.
- The event was graced by HE Anyang Nyong'o the Governor, giving it the high-profile Mental health deserves.
- Possibility of working with progressive Governors.

Keynote addresses at various conferences across all professions e.g.

- Annual National Human Resource Conference in November 2021.
- Kenya Medical Association in 2022.
- Pre-World AIDS Day symposium for Chairpersons of Ministry of Health Semi-Autonomous Government Agencies.
- Public lecture at KCA University on mental health, substance use and Covid-19.

FOLLOW UP ACTIVITIES

- Mental Health literacy curriculum to be included in the teacher's training curriculum.
- Gazettement of the draft Regulations for Mental Health Treatment and Rehabilitation Institutions.
- Develop Mental Health literacy materials for use across all sectors.
- Develop the Mental Health survey and information systems .
- Construction of the Kenya International Mental Wellness Hospital.

PENDING TASKFORCE RECOMMENDATIONS

- Declaration of mental illness as a National Emergency.
- Declaration of a mental health week in October.
- Creation of a National Commission on Mental Health and Happiness.
- On the other hand, the new administration might decide on a different approach.
- Whatever the case, these are the concerns raised by Kenyans.
- The future is bright.

Thank you