



Uganda UK
Health Alliance

NHS

Health Education England

Mental Health Consortium Meeting Report

Date: Tuesday 5th November 2019

Time: 9am-1pm



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Chair: Nick Bass, Director East London NHS Foundation Trust

Attendance

S/N	Name	Designation	Organisation/Institution	Email Address
1	Kate Fewer	Country program officer	Tropical Health & Education Trust (THET)	Kate.frewer@thet.org
2	Andrew Thompson	Associate. Professor	University of Sheffield	a.r.thompson@sheffield.ac.uk
3	Mark Clowes		University of Sheffield	m.clowes@sheffield.ac.uk
4	Greg Harrison	Gulu-Sheffield partnership Coordinator	Sheffield Gulu Partnership (SHSC)	Greg.Harrison@shsc.nhs.uk
5	Linda Shuttleworth	Clinical Psychologist	Jamie's Fund	shuttleworths@talktalk.net
6	Kate Sales	Nurse	Sheffield Gulu Partnership (SHSC)	Kate.sales@shsc.nhs.uk
7	Dr. Kamurari Solomon	Program Manager	UUKHA	kamurari.solomon@uukha.org
8	Dr. Henry Muwonge	Country Lead	UUKHA	henry.muwonge@uukha.org
9	Mwebe Herbert	Lecturer	Middlesex University	h.mwebe@mak.ac.ug
10	Veronica Barnsley	Lecturer	University of Sheffield	v.barnsley@sheffield.ac.uk
11	Edward Tonkin	Country Programs Manager	THET	edward@thet.org
12	Talemwa Solomon	Administrator	UUKHA	solomon.talemwa@uukha.org
13	Dr. Nick Bass	Director	East London NHS Foundation Trust	Nick.Bass@nhs.net
14	Moses Mulimira	UK Lead	UUKHA	Moses.Mulimira@hee.nhs.uk

Absent with apology

1. Royal College of Psychiatry
2. Chris Dzikiti - NHS England
3. Lucie Byrne Davis

Agenda

TIME	ACTIVITY	RESPONSIBLE PERSON (S)
8am-9am	Arrival and registration	Solomon. T
9am-9:05am	Introduction of members	All
9:05am-9:15am	Opening remarks from the Chair	Nick Bass
9:15-9:40am	Uganda UK Health Alliance role and highlights of the Uganda Mental Health Consortium strategy	Solomon K
9:40-10:00am	University of Sheffield	Andrew Thompson
10:00-10:20am	Sheffield Gulu Partnership	Greg Harrison
10:20-10:40am	Jamie's Fund	Linda Shuttle worth
10:40- 11:10am	BREAK	
11:10-11:30am	East London Butabika Link	Nick Bass
11:30-11:40am	THET	Kate Frewer/Edward Tonkin
11:40-12:10pm	Discussion	Nick Bass
12:10-12:30 pm	Way forward	Nick Bass

Remarks from the Chair

Dr Nick Bass.

He thanked everyone for honouring the invitation and committing time for the meeting.

He shared with members about his global health experience that spans several mental health partnerships between East London NHS Trust and Uganda.

He highlighted the ongoing mental health needs in Uganda and shared on the importance of knowing what is happening in the country through the Alliance mechanism but also from the Ministry of Health Technical Working Group.

He highlighted the importance of joint working in global health and how working with in an organised framework such as the Mental Health Consortium helps to align programs in mental health to Uganda's needs.

He informed members on the objectives of the meeting; Understanding the work being done by individual members, share learning and develop joint actions moving forward.

Uganda UK Health Alliance

Dr Solomon Kamurari

He provided an overview of the Uganda UK Health Alliance as a system leadership platform that provides coordination support for UK derived programs in the health sector.

He highlighted the structure of the Alliance, its consortium model of operation and listed the existing consortia which include the mental health consortium.

The Program Manager described the role of the Alliance in supporting activities of individual members of the consortium. These included logistical support to members, technical input into members' projects and initiatives, follow up on members' initiatives, regular updates on government initiatives among others.

He further gave members insight into the burden of mental illness in Uganda, the interventions government has put in place as well as gaps that would serve as opportunities for members to collaborate on.

He highlighted the key priorities of government as shared by the Ag. Assistant Commissioner, Mental Health Division, Uganda Ministry of Health. These included:

- ◆ Need for scaling up community mental health service models.
- ◆ Need for a survey on prevalence of mental disorders in Uganda.
- ◆ Public health programs on mental health awareness and suicide prevention interventions in the country.

He shared the draft strategic plan for the division of Mental Health and encouraged members to align their programs to the areas of focus for Ministry of Health.

He informed the meeting that the Alliance will as well be ready to support joint initiatives by members in the various lines of Public Health, Human Resources for Health, Research and Innovations.

Cheshire-Wirral Partnership - Jamie's Fund

Linda Shuttleworth

She gave a background about Jamie's Fund and shared an overview of the longstanding partnership with Kisiizi Hospital located in the South Western region of Uganda.

She shared on the work done with the Jamie's Fund which included infrastructure development, community based initiatives and workforce development in mental health as well as building new local partnerships.

The key achievements over the period which include;

Construction of a new mental health unit at Kisiizi hospital which was opened in 2017 by the Permanent Secretary of the Ministry of Health Uganda.

In workforce development, the partnership has enabled professional exchange which enables mental health staff visit the UK for benchmarking.

The fund has further managed to deliver the WHO mhGAP training scheme in the region to a number of mental healthcare workers.

Jamie's fund has gone beyond Kisiizi hospital and they have established new local partnerships with other hospitals and districts in the western region.

She highlighted the future prospects for the fund and looked forward to working with other members to strengthen mental health services in Uganda.

Sheffield Health and Social Care NHS Foundation Trust

Greg Harrison

He appreciated the opportunity the Mental Health Consortium meeting provides for various UK institutions to be able to share learning, foster mutual collaboration and get to know the priorities for mental health in Uganda.

He provided a background on the Gulu-Sheffield Health partnership that started in 2012 with several collaborative projects implemented through the partnership.

Some of the activities that have happened through the period include professional exchange in which a number of professionals from Uganda have visited Sheffield to learn more about mental healthcare services and Sheffield teams have been visiting Gulu to engage in capacity building activities in Northern Uganda.

He shared about the wide range of local partners that they have worked with to successfully implement the various programs. These include Gulu University, Gulu Regional Referral Hospital, The Gulu district Local Government, Gulu Man Link among others.

Greg shared on the current project; Sheffield Health & Social Care is engaged in with funding from THET which looks at the suicide prevention.

The project is aligned to the WHO Mental Health Action Plan 2013-20 that identifies suicide prevention as a priority and recommends the use of interventions based on training staff in primary care.

He shared on the observed challenges in mental health currently faced by Uganda especially at community based level.

He shared about their recently concluded marathon that aimed at promoting suicide prevention in the community as well as addressing stigma.

He shared with members on ensuring sustainability of the programs which include creating ownership of the initiatives by the local partners.

He looked forward to mutual collaboration with other members in key aspects of supporting mental health in Uganda.

University of Sheffield, Department of Psychology

Andrew Thompson & Mark – On phone

Mark made the presentation and Andrew supplemented on a call.

The team from University of Sheffield shared about their newly started mental health partnership with Gulu University in which they collaboratively received a grant for the delivery of sustainable low intensity mental health interventions, training, and mental health promotion in Northern Uganda.

The grant was received from the Global Challenges Research Fund (GCRF), which emphasises sustainability through building capacity bilaterally for lasting impact.

The project started with a scoping visit in April 2019 made by the University of Sheffield team to Gulu and Uganda at large. During the visit, the team established that alcohol abuse is the first primary target of concern.

This was followed by literature review in a period when the team from Gulu visited University of Sheffield to further understand the context in UK and to do more extensive literature review with the involved experts. This happened in August 2019. They explained that it was very difficult to have this trip a success because initially, the entire Ugandan team was denied UK visas.

In October 2019, the team from Sheffield visited Gulu again and this time they conducted Focus Group discussions for village health teams. They further held initial discussions about co-producing interventions for behaviour change and community sensitisation/awareness raising initiatives appropriate for the Gulu setting.

The team shared the next steps of the project as follows;

- The literature review to be completed by end of Jan 2020
- The focus group/s will be prepared for publication early 2020
- Plan pilot placement for further intervention testing/building
- Prepare grant application when suitable target emerges

Discussion:

- ◆ Andrew shared about the Immigration challenges faced by the Gulu team travelling from Uganda due to stringent rules on obtaining UK visa. He suggested that the consortium should consider lobbying jointly for an arrangement that is similar to the one offered to Commonwealth scholars.
- ◆ Members further suggested that institutions and departments of Government like Health Education England would be very vital in advocating for reasonable consideration of partners travelling for collaborative activities with their UK counterparts

Action: Members to further explore Commonwealth's approach

Tropical Health and Education Trust (THET)

Kate Frewer

She informed members about THET's role in supporting funding of specific projects and also that THET is an implementing entity still in the process of developing specific projects in Uganda.

She mentioned the ongoing projects in Uganda funded by THET particularly those that are focusing on mental health and highlighted the suicide prevention project being implemented by Sheffield Health and Social Care.

She informed members that THET has developed tools that can be used by institutions in ensuring quality partnerships. These include a tool on the principles of partnerships, medical equipment donation among others.

She informed members that THET will be happy to share these resources for use by members.

Health Education England (HEE)

Moses Mulimira

He provided an overview of Health Education England as a government body that is charged with workforce development in the NHS.

He informed members that HEE is keen on supporting the NHS and NHS Workers to engage globally through the Directorate of Global Engagement under which the Uganda UK Health Alliance's mandate is aligned.

He shared on HEE's strategy to support partners especially regarding professional exchange of health workers between Uganda and the United Kingdom through a well-coordinated framework

He informed the meeting that HEE will be reviewing keenly the suggestions raised by members in the Mental Health Consortium be effected through the existing Uganda UK Health Alliance structure.

Middlesex University London

Herbert

He informed members on his role as a senior lecturer in Mental Health and his interest in Global Health.

He expressed his delight on the presence of the Mental Health Consortium as a platform that provides an opportunity to know which UK institutions are doing work in mental health in Uganda and how new Institutions can best align.

He looked forward to working closely within the Alliance framework to foster engagement with Middlesex University in areas to be identified.

East London NHS Foundation Trust

Nick Bass

Nick shared about the longstanding East London Butabika link and informed members that this has existed for now over 10 years. The link implemented a project on peer support workers which went on well and it is a model that was welcomed and appreciated by the Ministry of Health in delivering mental health care in communities.

Through the link, he informed members that there were bilateral professional exchanges that happened. The link also received support from DFID through THET to deliver on the peer support worker project.

He shared with members that through the wider West-Nile Health Consortium, East London NHS Trust and THET are designing a project to respond to the humanitarian call in West-Nile region in Uganda which hosts large numbers of refugees from both Democratic Republic of Congo and South Sudan.

The project approach will aim at scaling up the successful peer support worker project to transform the delivery of mental health needs in the refugee communities in this region.

He informed members that East London looks forward to work with other members on joint initiative as well as sharing their expertise of working in Uganda for a significant period.

Discussion:

Supporting Ministry of Health –Division for Mental Health.

Members appreciated the existing challenges of the division which include; lack of sufficient human resource capacity to carry out its mandate. MoH has however advertised and interviewed professionals to fill up the missing gaps at the division. These staffs are expected to reduce the burden carried by the acting commissioner.

Baseline survey on Mental Health

Members suggested that information on mental health in Uganda can be obtained from an initiative designed on the existing Health Management Information System which is used to collect data at the various levels of healthcare in Uganda's system.

However this needs to be done in a structured approach to inform the policy makers of specific gaps and to possibly publish this to share the knowledge widely.

The baseline survey would give MoH an opportunity to harmonise data collected from both private and public facilities.

The Monthly Stakeholders' meeting.

Members were encouraged to plan their time in Uganda and consider attending the Technical Working Group on mental health. These will enable members to interact directly with the various stakeholders in mental health.

The chair shared his experience and the importance of attending the meeting

Way Forward

1. The consortium members to consider working collaboratively with Ministry of Health to conduct a baseline survey for prevalence of mental illnesses in Uganda
2. UUKHA to conclude mapping of UK members in Uganda but also to explore possibility of mapping all other players in mental health from other parts of the world.
3. UUKHA will share the schedule of the monthly mental health stakeholders meeting of Ministry of Health with members so that they plan their trips to Uganda around those times. This will help members to share learning with other stakeholders working in Uganda.
4. Jamie's Fund and University of Sheffield to explore possibility of joint working on alcohol abuse reduction interventions.
5. UUKHA advised members to always inform them of their intended travel plans to Uganda so that they can support and help align them to Ministry of Health's priorities
6. Members to look at ways to strategically support the Division of Mental Health at Ministry of Health.
7. This meeting is very important as a platform for sharing global health knowledge and experiences and the next meeting proposed to take place in April 2020 during the week of the UK East Africa Health summit.
8. For sustainability, members suggested rotational chairmanship every after 6 months.
9. Members were also invited for the UUKHA symposium in October 2020 in Kampala.