

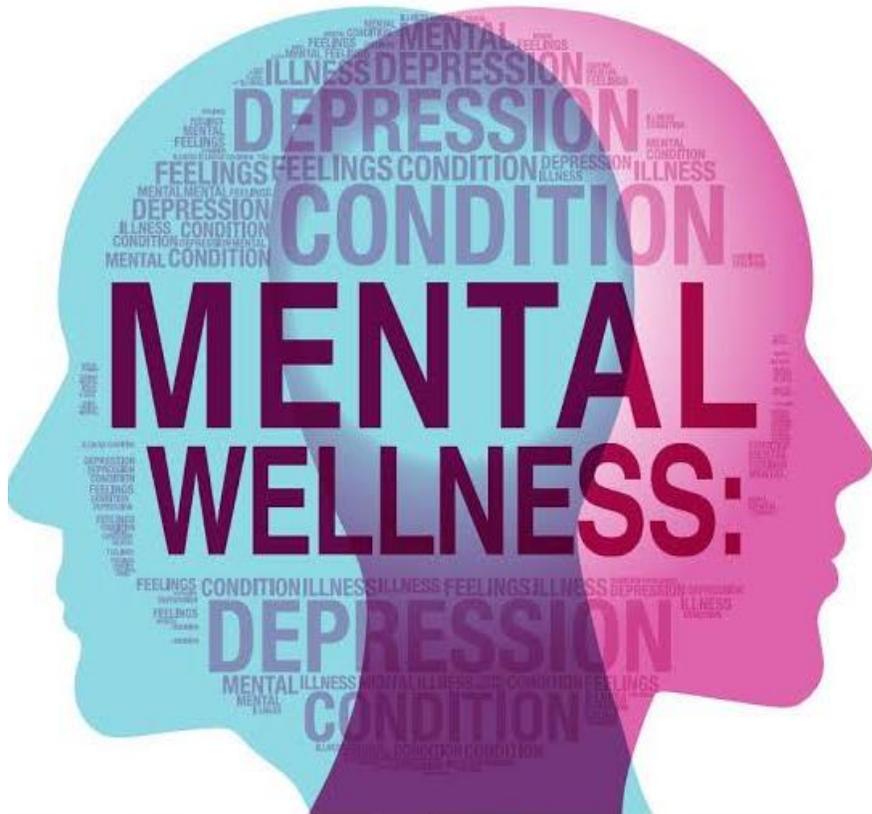


STRENGTHENING DISTRICT MENTAL HEALTH RESPONSES: A CASE STUDY OF UZIMA MINISTRIES IN KYENJOJO DISTRICT



**3rd Uganda Alcohol Policy Conference
(UAPC 22)**

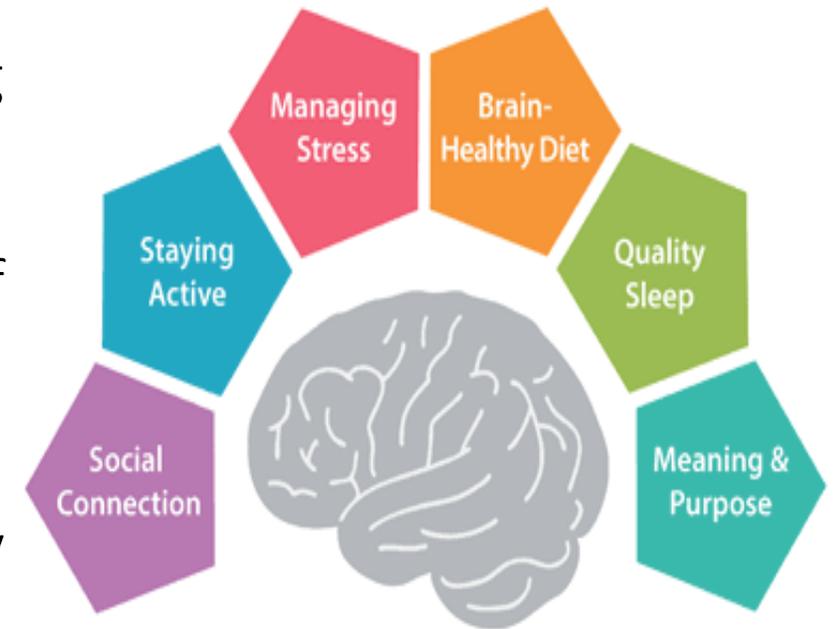
**Dr Martin Ruhweza
Uzima Ministries**



Introduction

- Good mental health allows individuals to live a meaningful and fulfilling life where they fully exert themselves and pursue their dreams and aspirations and is an important factor in development.
- Mental, neurological and substance use disorders including alcohol are important mental health problems
- Uganda is reported to have one of the highest levels of alcohol consumption with annual per capita of 23.7 Litres
- Up to 16% of the population in Kyenjojo consume alcohol.
- Alcohol use is associated with ill health, road accidents, HIV infection, partner violence among other problems
- Districts grapple with limited capacity to deal with alcohol abuse and other mental health problems, there is limited documentation of effective technical support mechanisms.

Helpguide's 6 Keys to Mental Health



Introduction II

- Kyenjojo is located in the mid-western region with 507,100 people 50% are female, 56% are under 18 years and 9.3% have lost at least one parent
- Only 61% of the population is within 5KMs of a health facility There are 3 Health Sub Districts and 48 health units including 1 General Hospital, 2 HC IVs, 11 HC IIIs, 14 HCIIIs.
- Despite the high magnitude of alcohol abuse and mental problems the district did not have a clear response plan
- Uzima Ministries a Christian Non Profit Organization
- Established with the aim of reaching out to individuals and families afflicted by mental health problems.
- It is a response to Jesus' call "go into all the world and preach the gospel to every creature heal the sick"



About Uzima Ministries

- Located in Mutundwe Kampala Uzima Ministries exists to *Empower individuals and families affected by mental health problems enjoy meaningful and fulfilling lives*
- *Our work entails*
 - **Trauma Healing (Mental Health) Program**
 - ✓ Rehabilitation services for Alcohol and Substance Abuse
 - ✓ Mental Disorders
 - ✓ Community mental health Outreaches
 - **General Medical Services**
 - **District Technical Support**
 - ✓ Kyenjojo District Local government
 - ✓ School Health Programs
 - **Mentorship and Discipleship**



Approach to the collaboration

- Signed a memorandum of understanding with the district
- Identification of focal person to serve as a link between Uzima ministries and the district
- Working with district staff as opposed to recruiting new project staff
- Jointly conducting a situation analysis to identify gaps
- Using the findings to inform the development of the district mental health workplan




THE REPUBLIC OF UGANDA

SITUATIONAL ANALYSIS OF MENTAL HEALTH AND NON-COMMUNICABLE DISEASES IN KYENJOJO DISTRICT



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graph TD; NCDs((NCDs)) --- Cancer((Cancer)); NCDs --- MentalDisorders((Mental Disorders)); NCDs --- Type2Diabetes((Type 2 Diabetes)); NCDs --- CardiovascularDiseases((Cardiovascular Diseases)); NCDs --- LungDiseases((Lung Diseases));
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A STUDY REPORT

Principal Investigator Dr Martin Ruhweza
Co Investigators Dr Charles Tusiime
 Mr. Christopher Kwizera
 Dr Steven Kalyegira


Uzima

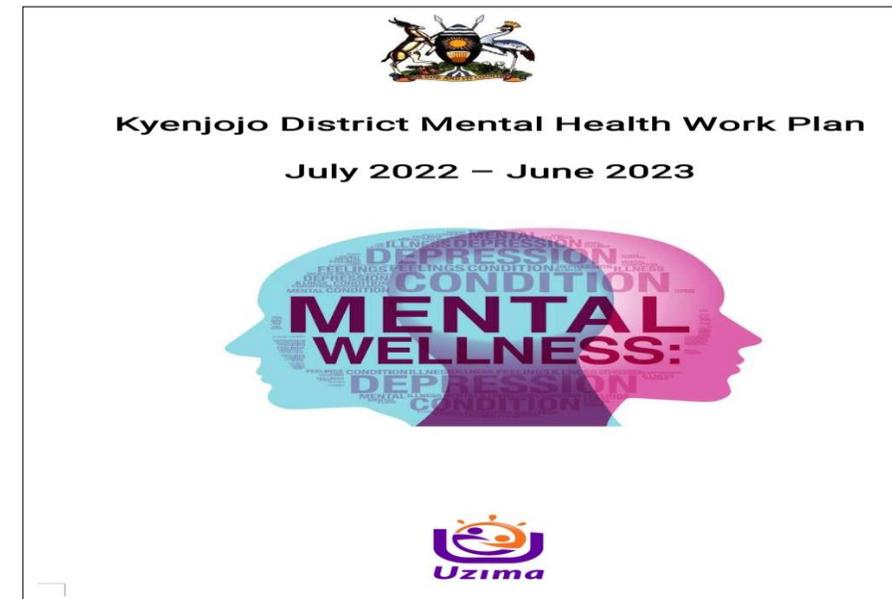
Feb 2022


UNCDA
Uganda NCD Alliance

Approach to the collaboration II

a. Collaboration in the development, implementation and monitoring of the mental health work plan. Key interventions described in the work plan include

- ✓ Strengthening leadership and prioritization of the mental health response in Kyenjojo District
- ✓ Raising awareness for mental health and Mobilization of communities to take up MH services
- ✓ Improving diagnosis and treatment for mental disorders at health facilities in Kyenjojo District
- ✓ Strengthening coordination of Mental health services in Kyenjojo District
- ✓ Advocacy for policy changes to improve access to, prevention and delivery of MH services in Kyenjojo District



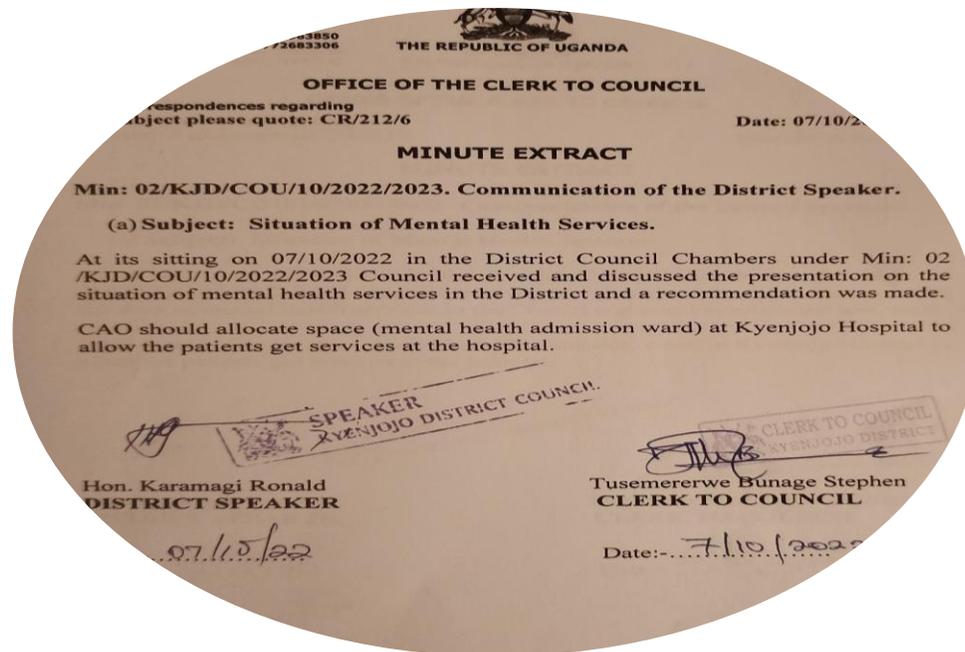
Achievements Noted

- a. Harmonious implementation of activities
- b. Joint commemoration of the world mental health day – the first of its kind in the region
- c. Needs based mental health technical support e.g., work plan addressing key issues such as epilepsy, substance abuse, etc.
- d. Support from all levels of the district including the district Health team, the executive committee and the council plus private sector
- e. District Council Resolution for setting up a mental health ward at the general hospital



Gaps/Challenges

- a. Policy of not having mental health staff at Health Centre IIIs
- b. Lack of nationally accepted indicators for tracking progress of mental health response
- c. Limited infrastructure for managing mental health services e.g., wards for admitting aggressive/ violent patients as arrangements for referral are being made



Future Plans/Next Steps

1. Continue to support implementation of planned activities including advocacy
2. Follow up on the council resolution for a ward
3. Mobilize stakeholders to continue supporting mental health work
4. Track and report the implementation of activities

7	Disseminate list of activities to be followed up/ implemented by departments	# of departments receiving list of activities # of Depts implementing planned activities																Dr Martin	
8	Develop School MH program with the DEO	School Program developed and agreed upon																Martha	

SN.	Activity(ies)	Output indicator	J	A	S	O	N	D	J	F	M	A	M	J	Resp Person /Unit /Partner	Remarks
9	Conduct School Health Activities	# of schools involved in school health programs													Martha	
B	Raise awareness for MH in Kyenjojo district and Mobilization of communities to take up MH services															
1	Commemorate world mental health Day – 10 th October 2022	# Of radio talk shows conducted # of Schools Involved in several competitions and Police Band # of partners (MOH, CSOs, Churches and schools) mobilized													District MH focal person /PAS	

Acknowledgements

- Ministry of Health
- Kyenjojo District local government
 - Council,
 - Administration,
 - Health Team
 - Community Development Office
 - Hospital
- Other partners e.g. Baylor Uganda
- Almighty God