

# COMMUNITY MENTAL HEALTH INITIATIVE





## ABOUT CBM

Mental health is core to overall wellbeing and quality of life. Mental health and wellbeing are also increasingly recognised as essential contributors to successfully achieving wider social and economic global development goals.

The new **Community Mental Health Initiative** will bring focus and scale to the work that CBM does in order to have a greater impact on this area, both for people with mental illness and psychosocial disabilities, as well as the wider communities where we focus our work, and people with other disabilities, who are often at increased risk of mental health problems.



Mabinty Sidie Koroma, CBM-trained Mental Health Nurse, based at a community clinic in Sierra Leone.

CBM has a legacy of 15 years of work in Community Mental Health (CMH). During this period we have touched the lives of 3 million people with mental health problems. This work was initially prompted by our partners, and communities, expressing a need for mental health support.

During this time, mental health has become a core feature of our international programmes, being integrated across community based inclusive development, health programmes, advocacy and rights initiatives, and humanitarian response.

In 2017, BasicNeeds joined CBM, and we aim to strengthen our contribution to the development of the field to impact positively on the lives of even more people.



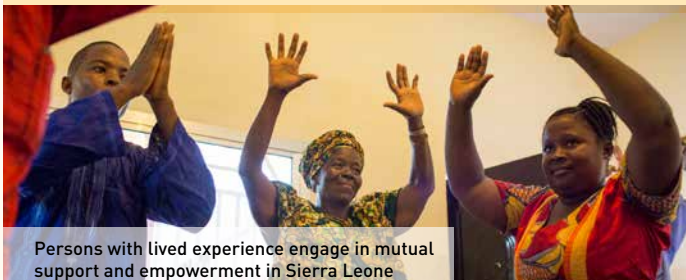
Mr. Kaikai, secretary of the Association of Service Users and Family members in Sierra Leone.



## OUR TIMELINE

2019

CMH Initiative launched



Persons with lived experience engage in mutual support and empowerment in Sierra Leone

2015

Scaled Humanitarian work: Ecuador, Nepal earthquakes and West Africa Ebola Response

2010

CMH Impementation Guidelines incorporating learning from community based and health systems work

2008

Community Mental Health Policy

2007

West Africa programme starts

2005

Aceh, Indonesia: Reponse to Tsunami and Building Back Better. First major programme

2002

Identified as a key area of work by our partners



## OUR WORK

**35+**  
projects  
worldwide

**4**  
continents

**300k**  
persons  
supported/  
year

**49%**



**60%**  
adults

**40%**  
children

**51%**



**57%**  
adults

**43%**  
children

CMH projects focused on

- Systems Strengthening
- CBID
- Humanitarian





## Support

Psychological First Aid is valuable after disasters. Women in Ecuador support each other after the earthquake.



**Emergency health support**

Bimala received emergency mental health support provided by a CBM partner, after losing her son during the earthquake in Nepal.

ABOUT THE

**Community  
Mental  
Health  
Initiative**





## THE INITIATIVE

The launch of the CBM Community Mental Health Initiative comes at a promising time of increased interest and prioritisation of mental health. This is framed within a clearly established prioritisation of mental health at a global level: in the Sustainable Development Goals (SDGs), the global WHO Mental Health Action Plan, the Convention on the Rights of Persons with Disabilities, and a number of other global and national frameworks.

**The new Community Mental Health Initiative will bring focus and scale to the work that CBM does in order to have a greater impact on people's lives in this area.**

CBM takes a rights-based approach to mental health and psychosocial disability. This means thinking about facilitating access to rights including justice, education/livelihood, housing, family life, and participation in community, in addition to improving access to health and social care. This is a key principle upon which we seek to build the Initiative. It is also aligned to CBM's internal values, and the Federation Strategy.

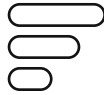


## THE AIM

To promote meaningful participation in communities, improve quality of life, and broaden the choices for care available for people with psychosocial disabilities.



CBM is providing regular counselling sessions for Rohingya refugees like Shanaj, who have fled horrific violence in Myanmar.



## PRIORITIES

### Initiative Priority 4

Mental health is mainstreamed across sectors including humanitarian response



### Initiative Priority 3

Strong, accessible and person-centred systems including equitable access to health care



### Initiative Priority 1

Strong voice of people with psychosocial disabilities



### Initiative Priority 2

Community inclusion and participation



## ABOUT THESE PRIORITIES

Priority 1 is the foundation for all our work. Each of these priorities has indicators for success and targets to achieve between 2019-2023. We have also systematically identified priority countries, where we will focus our work, and alliance partners with whom we share a common vision.



### **Patient visits**

CBM-trained mental health nurse, Sahr Mortatay Momoh (left), visits a patient at home.





## Recovery

Recovery is possible in Sierra Leone for youth struggling with mental health and psychosocial disability.



## CMH INTERVENTION PACKAGES

**We believe** in using evidence and building on our experience and that of partners. We will carry our relevant research, and further elaborate tested models of work that we believe to be impactful and cost-effective.



**The Initiative** will aim to scale these interventions across our priority countries, as well as making them widely available for other implementers. The Initiative will be effectively supported by Global and Regional Advisors. This team will work closely with CBM Country Offices and other parts of CBM to provide technical advice, and there will be significant investment in building advisory capacity and expertise at a local level to maintain high quality standards and accountability.



As with all of CBM's work, our focus is on strengthening the voice of people with disabilities so that they can fully participate in society and be included. All our work is carried out through trusted partners, including people with disabilities and their representative organisations, governmental, and non-governmental organisations



We will work with a small but influential set of alliance partners to advocate for the kind of world we want to see. We will continue our strong link with national and global Disabled Persons' Organisations, and invest time in engaging with new actors in Global Mental Health. This will allow us to continue to contribute to the wider direction of the field, emphasising wellbeing across wider development, and more inclusive approaches within Global Mental Health and sustainable development.



## **Cover image**

*Buen Trato* ('Treat us Well'), in Bolivia, acts in the prevention and early detection of child abuse. This facilitator teaches a healthy understanding of children's bodies and personal space through games.