

# Key programme achievements 2020-2023



**Collaborated with the Mental Health Authority (MHA) to establish Mental Health Review Tribunal and Regional Mental Health Visiting Committees in five pilot regions (Ashanti, Central, Greater Accra, Upper East and Western) and to nominate, appoint, inaugurate and train members. We developed manuals to guide their duties and supported the first Review Tribunal sitting in Accra and first Visiting Committee visit in the Central region. These are critical structures to promote and protect the human rights of people with mental health conditions.**



**Facilitated the implementation of district mental healthcare plans in Asunafo North, Bongo, and Anloga districts to improve access to mental healthcare services in Ghana and provide evidence for scale up. We trained 84 participants from 15 health facilities and 87 Community Health Volunteers to support the detection and management of mental health conditions, increased the knowledge and confidence of healthcare workers and promoted task sharing as well as increased referrals. District mental healthcare plans can have a positive impact on reducing the treatment gap for mental health services through an integrated approach to the detection, treatment, and management of mental health conditions.**

All pilot districts have an approved mental health care and ongoing supervision plan, and have reported monthly mental health service utilisation data and conducted relevant training.



**Shared programme learnings at three conferences in 2023**, including the Research Without Borders Global Mental Health Conference in Washington D.C., the University of Ghana Conference on Disability in Education, and the 5th Mental Health and Well-Being Foundation International Conference in Ghana.



Ghana Somubi Dwumadie directly reached

# 137,936 people

with activities that engage, empower, and improve the wellbeing, social and economic outcomes, and rights of people with disabilities and mental health conditions in Ghana between 2020 and 2023.



In partnership with the MHA, we delivered progress on [access to psychotropic medicines](#), held a series of stakeholder discussions and workshops to assess the supply challenges, and began implementing changes and develop recommendations to tackle them. Integration of psychotropic medicines into the general health system monitoring, evaluation, forecasting, and quantification tools is needed. Several steps have already been taken by MHA towards improving access.



Revised the **District Assembly Common Fund (DACF) Guidelines** in partnership with Ministry of Gender, Children and Social Protection (MoGCSP) and Ghana Federation of Disability Organisations (GFD) following [an evidence-based and user-led review](#) of the existing guidelines, which identified numerous operational challenges in dispersing the fund equitably. We collaborated with partners to undertake 16 regional roadshows to secure buy-in for the revised DACF guidelines.



**Conducted, published and disseminated a number of important studies to inform policy and practice, including;**

- Mental health and disability research priorities and capacity needs in Ghana: findings from a rapid review and research priority ranking survey, which was published in the [Global Health Action Journal](#). A [policy brief](#) was also developed.
- Mental health and disability research in Ghana: a rapid review in [Pan African Medical Journal](#).
- Towards implementation of context-specific integrated district mental healthcare plans: A situation analysis of mental health services in five districts in Ghana in [Plos one](#).
- Prevalence of probable mental, neurological and substance use conditions and case detection at primary healthcare facilities across three districts in Ghana: findings from a cross-sectional health facility survey in [BMC psychiatry](#).
- An [investment case](#) for mental health has been widely used by MHA and other government stakeholders, and by civil society organisations for information and advocacy purposes, as well as being cited by the media.
- Prevalence of Depression, Quality of Life and Gender Dynamics of Women Accused of Witchcraft in Northern and North East Regions of Ghana by grantee, Songtaba in [Health and Social Care in the Community](#). A [policy brief](#) is available.
- Assessing Barriers to Mental Healthcare Interventions for Deaf People in Ghana by our grantee, the Ghana National Association of the Deaf (GNAD) in [Journal of Biosciences and Medicines](#). A [policy brief](#) is available.
- Double Tragedy: Examining the Effects of Mental Health Stigma on Help Seeking Behaviour among Deaf People in Ghana by GNAD in [Open Journal of Psychiatry](#).
- **Further papers are under development for 2024** on evaluating the district mental healthcare plans, Self-Help Group support, and social behaviour change interventions
- **Research and study summaries**, as well as **learning products** and **toolkits** relating to all of our work are available on our [website](#).



We developed an [investment case for mental health with the MHA and partners](#). This has been widely used by government stakeholders and civil society organisations for information and advocacy purposes and been cited by the media. The investment case's key demands, such as the establishment of the Review Tribunal, have been adopted, and plans are in development to include mental health under the National Health Insurance Scheme (NHIS).



Supported the **MoGCSP** to work with the Sustainable Development Goals Advisory Unit under the Office of the President, and the GFD on operationalising the 2022 Disability Commitments. This included [developing an integration roadmap](#) and an [advocacy toolkit to support implementation](#), strengthening the capacity of 16 Regional Coordinating Directors and the Regional Economic Planning officers to mainstream mental health and disability inclusion into annual work plans using the roadmap. This resulted in 151 metropolitan, municipal, and district assemblies incorporating the Disability Commitments into their work plans.



## We awarded 20 grants over three grants rounds

- In 2020, we awarded seven grants under a fast-track **COVID-19 Psychosocial Resilience** grant call for small grants of up to GHS 200,000 each for 12 months. These grants supported people with disabilities, including people with mental health conditions, COVID-19 survivors and healthcare workers.
- In 2021, we awarded nine small (12 months) and large (33 months) **Evidence and Effectiveness** grants. Our grantees focused on advocacy and reducing stigma and discrimination against people with disabilities, including people with mental health conditions, through social and behaviour change communication. An evaluation study shows increased access to healthcare, justice, and social support due to the projects. Stigma and discrimination decreased. Respondents reported improvement in their involvement in decision-making at the family and community levels, and traditional leaders enacted by-laws to promote positive language and reduce stigma.
- In 2022, we launched a final **Legacy and Sustainability** grants round to harness the unique contribution and strengths of small and grassroots organisations by strengthening their capacity to bring about sustainable change in people's lives. We funded four disabled people's organisations and women's rights organisations for 12 months. Grantees reported enhanced institutional and technical capacities, including in management and governance of their organisations. They developed key policies and grew the knowledge of their staff and members, for example on how to address safeguarding issues. They built the strengths of their grass-roots members in rights-based advocacy and participatory decision-making, reaching 4,271 participants, and securing the support of traditional leaders.
- We also hosted a screening of the **Evidence and Effectiveness small grants' most significant change films** at the British High Commissioner's residence in October 2023 to mark World Mental Health Day.



**Supported self-help groups (SHGs) and community volunteers to reach 22,054 people** between 2020-2023, including through home visits and interface meetings. We assist SHG members to apply for DACF support and to sign up for the NHIS. Our latest research found that with minimal support, SHGs can become more effective and engage more regularly with government as well as increase membership and attendance numbers.



**Promoted the Ghana Accessibility Standards** and undertook accessibility audits with GFD, including complementing previous Quality Rights reviews at Pantang Hospital using accessibility audit tools. We also developed an advocacy toolkit for accessibility, which includes a documentary we produced on the implementation of the Ghana Accessibility Standard for Built Environment and Government Agenda 111 programme. The documentary features testimonies of several people with disabilities.



**Addressed the specific needs of women with disabilities** through grants to selected women's rights organisations. We took affirmative action across all programme areas to reach more women with disabilities and encourage them into leadership roles, for example in SHGs. We partnered with stakeholders to develop the Access to Justice documentary on International Women's Day 2023, which explores some of the challenges and human rights abuses women with disabilities and mental health conditions face.

Ghana Somubi Dwumadie (Ghana Participation Programme) is a four-year disability programme in Ghana, with a specific focus on mental health. This programme is funded with UK Aid from the UK government. The programme is run by an Options' led consortium, which also consists of BasicNeeds-Ghana, Kings College London, Sightsavers and Tropical Health, and focuses on four key areas:

- **Promoting stronger policies and systems** that respect the rights of people with disabilities, including people with mental health disabilities
- Scaling up high quality and **accessible mental health services**
- **Reducing stigma and discrimination** against people with disabilities, including mental health disabilities
- Generating evidence to **inform policy and practice** on the effectiveness of disability and mental health programmes and interventions



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