



Situation Analysis Tool

Developed by the Programme for Improving Mental Health CarE

PRogramme for Improving Mental health carE (PRIME) is a Research Programme Consortium (RPC) led by the Centre for Public Mental Health at the University of Cape Town (South Africa), and funded by the UK government's Department for International Development (DFID). The project aim is to develop world-class research evidence on the implementation, and scaling up of treatment programmes for priority mental disorders in primary and maternal health care contexts in low resource settings. Partners and collaborators in the consortium include Addis Ababa University and Ministry of Health (Ethiopia), Sangath, Public Health Foundation of India and Madhya Pradesh State Ministry of Health (India), Health Net TPO and Ministry of Health (Nepal), University of Kwazulu-Natal, Human Sciences Research Council, Perinatal Mental Health Project and Department of Health (South Africa), Makerere University and Ministry of Health (Uganda), BasicNeeds, Centre for Global Mental Health (London School of Hygiene & Tropical Medicine and Kings Health Partners, UK) and the World Health Organisation (WHO). This material has been funded by UK aid from the UK Government, however the views expressed do not necessarily reflect the UK Government's official policies.

Contents

| | |
|--------------------------------------------------------------|----|
| Data collection information..... | 3 |
| SECTION I: Relevant context..... | 4 |
| SECTION II: Mental health politics, policies and plans | 9 |
| SECTION III: Mental health treatment coverage | 15 |
| SECTION IV: DISTRICT LEVEL HEALTH SERVICES | 20 |
| SECTION V. COMMUNITY | 44 |
| SECTION VI: Monitoring and Evaluation..... | 48 |
| SECTION VII. Key Stakeholders | 50 |

Data collection information

| | |
|--------------------------------------|--|
| Name of country | |
| Name of district | |
| Date situational analysis started: | |
| Date situational analysis completed: | |
| Completed by: | |
| Main sources of data: | |
| Notes on data collection process: | |

SECTION I: Relevant context

| I | Relevant context | Baseline situation | | | | | | Source of Evidence / Date for Data |
|-----|-------------------------------------------|-------------------------------------|-------------|--------------|----------------|-------------|--------------|------------------------------------|
| | | National / State level ¹ | | | District level | | | |
| 1 | SOCIO-DEMOGRAPHIC INDICATORS | | | | | | | |
| 1.1 | Geography | | | | | | | |
| 1.2 | Administrative units | | | | | | | |
| 1.3 | Population characteristics | | | | | | | |
| 1.4 | Size | Female | Male | Total | Female | Male | Total | |
| | | | | | | | | |
| 1.5 | Population density | | | | | | | |
| 1.6 | % population living in rural areas | | | | | | | |
| 1.7 | Ethnicity | | | | | | | |
| 1.8 | Language(s) | | | | | | | |
| 1.9 | Religion | | | | | | | |

¹ Choose whichever is most appropriate for country setting

| I | Relevant context | Baseline situation | | | | | | Source of Evidence / Date for Data |
|-----|----------------------------------------------------------------------------------------------------------------|------------------------|-------|---------|----------------|-------|---------|------------------------------------|
| 2 | ECONOMIC INDICATORS | | | | | | | |
| 2.1 | Literacy | Female | Male | Overall | Female | Male | Overall | |
| | | | | | | | | |
| 2.2 | % of homes with sanitation (functioning latrine) | Rural | Urban | Overall | Rural | Urban | Overall | |
| | | | | | | | | |
| 2.3 | % of homes with clean water supply | | | | | | | |
| 2.4 | % of homes with electricity supply | | | | | | | |
| 2.5 | Major economic activity in the district | | | | | | | |
| 2.6 | Other indicators of socioeconomic status of district (e.g. roads, housing quality, availability of TV / radio) | | | | | | | |
| 3 | HEALTH INDICATORS | National / State level | | | District level | | | |
| 3.1 | Life expectancy | Female | Male | Total | Female | Male | Total | |
| | | | | | | | | |

| I | Relevant context | Baseline situation | | | | | | Source of Evidence / Date for Data |
|------|--------------------------------------------------------|--------------------|-------|---------|-------|-------|---------|------------------------------------|
| | | Rural | Urban | Overall | Rural | Urban | Overall | |
| 3.2 | Infant mortality rate | | | | | | | |
| | | | | | | | | |
| 3.3 | Maternal mortality rate | | | | | | | |
| | | | | | | | | |
| 3.4 | Top 10 health conditions for out-patient services | | | | | | | |
| 3.5 | Any other significant public health issues | | | | | | | |
| | Maternal health indicators | Rural | Urban | Overall | Rural | Urban | Overall | |
| 3.6 | Total fertility rate | | | | | | | |
| 3.7 | Average number of live births | | | | | | | |
| 3.8 | Average age at first pregnancy | | | | | | | |
| 3.9 | % of pregnant women estimated to be HIV positive | | | | | | | |
| 3.10 | % attending antenatal clinic at least once | | | | | | | |
| 3.11 | Average gestation at first ANC visit | | | | | | | |
| 3.12 | Average number of ANC visits | | | | | | | |
| 3.13 | % of women receiving adequate course of tetanus toxoid | | | | | | | |

| I | Relevant context | Baseline situation | | | | | | Source of Evidence / Date for Data |
|------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-------|---------|-------|-------|---------|------------------------------------|
| | | Rural | Urban | Overall | Rural | Urban | Overall | |
| | | | | | | | | |
| 3.14 | Is HIV testing routinely offered in pregnancy? If so, what is the % of women who are tested? | | | | | | | |
| 3.15 | % of women attending for postnatal care? | | | | | | | |
| 3.16 | Where do women give birth? % with home birth % with no trained attendant % with trained attendant % delivering in health centre % delivering in hospital | | | | | | | |
| 3.17 | % of women breastfeeding exclusively for first 6 months | | | | | | | |
| 3.18 | Any child support benefits? | | | | | | | |

| I | Relevant context | Baseline situation | | | | | | Source of Evidence / Date for Data |
|------------|---------------------------------------------------------------------------------------------------------------------|--------------------|--------|------------------|------|------------------|-----|------------------------------------|
| | | Male | Female | All | Male | Female | All | |
| 4 | HIV INDICATORS | | | | | | | |
| 4.1 | HIV seroprevalence in general population (Overall) | | | | | | | |
| | Rural | | | | | | | |
| | Urban | | | | | | | |
| 4.2 | % of eligible PLWHA receiving ART? (Overall) | | | | | | | |
| | Rural | | | | | | | |
| | Urban | | | | | | | |
| 5 | SOCIAL | | | | | | | |
| 5.1 | Prevalence of intimate partner violence | Pregnant | | Postnatal | | Any women | | |
| | | | | | | | | |
| 5.2 | Crime at district level Frequency of violent and non-violent crime | | | | | | | |
| 5.3 | Alcohol availability in district Type / where found / costs / licensing / any other relevant information. | | | | | | | |

SECTION II: Mental health politics, policies and plans

| <i>II</i> | <i>Mental health politics, policies and plans</i> | <i>Baseline situation</i> | | <i>Source of Evidence / Date for Data</i> |
|------------|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|-----------------------|-------------------------------------------|
| 1 | POLITICAL SUPPORT | National / state level | District level | |
| 1.1 | Political commitment for mental health services | | | |
| 1.2 | Is mental health specifically mentioned in general health policy? | | | |
| 2 | MENTAL HEALTH BUDGET | National / state level | District level | |
| 2.1 | Mental health budget as % of total health budget | | | |
| 3 | MENTAL HEALTH POLICY | National / state level | District level | |
| 3.1 | Existence of an officially approved mental health policy / strategy? | | | |
| | If present, what year was mental health policy / strategy last revised? | | | |
| | If present, describe how much of the policy / strategy has been implemented? And across how much of the country / state / district? | | | |
| 3.2 | Does the policy / strategy include: | | | |
| | Integration of mental health into PHC? | | | |
| | Decentralisation to districts? | | | |

| <i>II</i> | <i>Mental health politics, policies and plans</i> | <i>Baseline situation</i> | | <i>Source of Evidence / Date for Data</i> |
|------------|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|-----------------------|-------------------------------------------|
| | Integration into general hospitals? | | | |
| | Maternal mental health? | | | |
| | HIV mental health? | | | |
| | Alcohol misuse? | | | |
| | Epilepsy? | | | |
| | | National / state level | District level | |
| 3.3 | Does the policy / strategy explicitly address issues of equity? Describe in relation to the following: | | | |
| | Gender | | | |
| | Rural / urban residence | | | |
| | Low socio-economic status | | | |
| 3.4 | Is there any specific provision for reaching vulnerable populations (especially the poor and those with severe mental disorder)? Describe | | | |

| <i>II</i> | <i>Mental health politics, policies and plans</i> | <i>Baseline situation</i> | | <i>Source of Evidence / Date for Data</i> |
|------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------|-----------------------|-------------------------------------------|
| 4 | MENTAL HEALTH PLAN | National / State level | District level | |
| 4.1 | Existence of an officially approved mental health plan? | | | |
| | If present, what year was mental health plan last revised? | | | |
| | If present, describe how much of the plan has been implemented? And across how much of the country / state / district? | | | |
| | | National / State level | District level | |
| 4.2 | Does the plan include: | | | |
| | Integration of mental health into PHC? | | | |
| | Maternal mental health? | | | |
| | HIV mental health? | | | |
| | Alcohol misuse? | | | |
| | Epilepsy? | | | |
| 4.3 | Does the plan explicitly address issues of equity? Describe in relation to the following: | | | |
| | Gender | | | |
| | Rural / urban residence | | | |

| <i>II</i> | <i>Mental health politics, policies and plans</i> | <i>Baseline situation</i> | | <i>Source of Evidence / Date for Data</i> |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|-----------------------|-------------------------------------------|
| | Low socio-economic status | | | |
| 4.4 | Does the plan have any specific provision for reaching vulnerable populations (especially the poor and those with severe mental disorder)? Describe. | | | |
| 5 | MENTAL HEALTH LEGISLATION | National / state level | District level | |
| 5.1 | Evidence of dedicated mental health legislation? | | | |
| | If present, year of last revision? | | | |
| | If present, describe how much of the legislation is implemented, and in which geographical areas? (guidance, availability of personnel, monitoring) | | | |
| | Any protocols for managing patients who require treatment against their will? | | | |
| 6 | BENEFITS | National / state level | District level | |
| 6.1 | Are they available? Which illnesses? Who is eligible? Any benefits / welfare payments for persons with mental illness? | | | |

| II | <i>Mental health politics, policies and plans</i> | <i>Baseline situation</i> | | | <i>Source of Evidence / Date for Data</i> |
|-----|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------|-------------------------------------|-----------------------------------------------|
| 7 | HUMAN RESOURCES | | | | |
| 7.1 | Mental health professionals in the country, working in PUBLIC sector | <i>MH worker²</i> | <i>Capital / urban settings</i> | <i>Regions / rural settings</i> | |
| | | Psychiatrist | | | |
| | | Psychiatric nurses | | | |
| | | Psychiatric social workers | | | |
| | | Clinical psychologists | | | |
| | | Other psychologists (working in clinical settings but no clinical training) | | | |
| | | Occupational therapists | | | |
| | | Other e.g. support workers | | | |

² Insert relevant categories for country

| II | <i>Mental health politics, policies and plans</i> | <i>Baseline situation</i> | | | <i>Source of Evidence / Date for Data</i> |
|-----|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------|--------------------------|-----------------------------------------------|
| 7.2 | Mental health professionals in the country, working ONLY IN PRIVATE sector | MH worker3 | Capital / urban settings | Regions / rural settings | |
| | | Psychiatrist | | | |
| | | Psychiatric nurses | | | |
| | | Psychiatric social workers | | | |
| | | Clinical psychologists | | | |
| | | Other psychologists (working in clinical settings but no clinical training) | | | |
| | | Occupational therapists | | | |
| | | Other e.g. support workers | | | |

SECTION III: Mental health treatment coverage

| III | Mental health treatment coverage | | Baseline situation | | | | | | Source of Evidence /Date for Data |
|-----|------------------------------------------------------|---------|------------------------|------|---------|----------------|------|---------|-----------------------------------|
| | | | National / State level | | | District level | | | |
| 1. | PREVALENCE OF PRIORITY MENTAL DISORDERS ⁴ | | Female | Male | Overall | Female | Male | Overall | |
| 1.1 | Schizophrenia | Rural | | | | | | | |
| | | Urban | | | | | | | |
| | | Overall | | | | | | | |
| 1.2 | Bipolar Disorder | Rural | | | | | | | |
| | | Urban | | | | | | | |
| | | Overall | | | | | | | |
| 1.3 | Major Depressive Disorder | Rural | | | | | | | |
| | | Urban | | | | | | | |
| | | Overall | | | | | | | |

⁴ Amend diagnoses to fit diagnostic system of country i.e. ICD-10 or DSM, and focus on priority mental disorders for the country

| III | Mental health treatment coverage | Baseline situation | | | | | | | Source of Evidence /Date for Data |
|-----|----------------------------------|------------------------|------|---------|----------------|------|---------|--|-----------------------------------|
| | | National / State level | | | District level | | | | |
| | | Female | Male | Overall | Female | Male | Overall | | |
| 1.4 | Epilepsy | | | | | | | | |
| | | Rural | | | | | | | |
| | | Urban | | | | | | | |
| | | Overall | | | | | | | |
| 1.5 | Alcohol abuse | Rural | | | | | | | |
| | | Urban | | | | | | | |
| | | Overall | | | | | | | |
| 1.6 | Alcohol dependence | Rural | | | | | | | |
| | | Urban | | | | | | | |
| | | Overall | | | | | | | |

| III | Mental health treatment coverage | Baseline situation | | | | | | Source of Evidence /Date for Data |
|-----|----------------------------------------------------------------------------------|------------------------|------|---------|----------------|------|---------|-----------------------------------|
| | | National / State level | | | District level | | | |
| 2 | NUMBER OF PEOPLE WITH THE DISORDER IN THE CONTACT WITH SERVICES IN THE LAST YEAR | Female | Male | Overall | Female | Male | Overall | |
| 2.1 | Schizophrenia | Rural | | | | | | |
| | | Urban | | | | | | |
| | | Overall | | | | | | |
| 2.2 | Bipolar Disorder | Rural | | | | | | |
| | | Urban | | | | | | |
| | | Overall | | | | | | |
| 2.3 | Major Depressive Disorder | Rural | | | | | | |
| | | Urban | | | | | | |
| | | Overall | | | | | | |
| 2.4 | Epilepsy | Rural | | | | | | |
| | | Urban | | | | | | |
| | | Overall | | | | | | |

| III | Mental health treatment coverage | | Baseline situation | | | | | | Source of Evidence /Date for Data |
|----------|--------------------------------------------------------------------------------|---------|------------------------|------|---------|----------------|------|---------|-----------------------------------|
| | | | National / State level | | | District level | | | |
| | | | Female | Male | Overall | Female | Male | Overall | |
| 2.5 | Alcohol abuse | Rural | | | | | | | |
| | | Urban | | | | | | | |
| | | Overall | | | | | | | |
| 2.6 | Alcohol dependence | Rural | | | | | | | |
| | | Urban | | | | | | | |
| | | Overall | | | | | | | |
| 3 | TREATMENT COVERAGE | | Female | Male | Overall | Female | Male | Overall | |
| | Number of people with disorder in contact with services / estimated prevalence | | | | | | | | |
| 3.1 | Schizophrenia | Rural | | | | | | | |
| | | Urban | | | | | | | |
| | | Overall | | | | | | | |
| 3.2 | Bipolar Disorder | Rural | | | | | | | |
| | | Urban | | | | | | | |
| | | Overall | | | | | | | |

| III | Mental health treatment coverage | Baseline situation | | | | | | | Source of Evidence /Date for Data |
|-----|----------------------------------|------------------------|------|---------|----------------|------|---------|--|-----------------------------------|
| | | National / State level | | | District level | | | | |
| | | Female | Male | Overall | Female | Male | Overall | | |
| 3.3 | Major Depressive Disorder | Rural | | | | | | | |
| | | Urban | | | | | | | |
| | | Overall | | | | | | | |
| 3.4 | Epilepsy | Rural | | | | | | | |
| | | Urban | | | | | | | |
| | | Overall | | | | | | | |
| 3.5 | Alcohol abuse | Rural | | | | | | | |
| | | Urban | | | | | | | |
| | | Overall | | | | | | | |
| 3.6 | Alcohol dependence | Rural | | | | | | | |
| | | Urban | | | | | | | |
| | | Overall | | | | | | | |

SECTION IV: DISTRICT LEVEL HEALTH SERVICES

| IV | District Level Health Service | Baseline situation | | | | Source of Evidence / Date for Data | |
|-----|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------------|---------------------|----------------|------------------------------------|--|
| 1 | ADMINISTRATIVE STRUCTURES FOR HEALTH SERVICE | | | | | | |
| 1.1 | Describe the administrative structures in the district – who is responsible for what? how much autonomy at this level? What kinds of decisions made? | | | | | | |
| 1.2 | How much involvement of service users in service running / development? | | | | | | |
| 2 | AVAILABLE HUMAN RESOURCES | | Public sector | | Private | NGO | |
| 2.1 | General health workers | | Unfilled posts | Filled posts | | | |
| | | General doctor | | | | | |
| | | Health officer | | | | | |
| | | Midwives | | | | | |
| | | Degree nurses | | | | | |
| | | Diploma nurses | | | | | |
| | | Pharmacists | | | | | |

| IV | District Level Health Service | Baseline situation | | | | | Source of Evidence / Date for Data |
|----|-------------------------------|----------------------------------------------------------|--|--|--|--|------------------------------------|
| | | Pharmacy technicians | | | | | |
| | | Community health agents | | | | | |
| | | Health extension workers (paid community health workers) | | | | | |
| | | Family planning support workers | | | | | |
| | | Case managers (ART) | | | | | |
| | | Environmental health | | | | | |
| | | Lay health workers | | | | | |
| | | Traditional birth attendants (TBAs) (trained) | | | | | |
| | | TBAs (untrained) | | | | | |
| | | Other | | | | | |

| IV | District Level Health Service | Baseline situation | | | | Source of Evidence / Date for Data | |
|-----|------------------------------------------------------------------------------|------------------------------|----------------|--------------|---------|------------------------------------|--|
| 2.2 | Specialist mental health / neurology / substance misuse workers ⁵ | | Public sector | | Private | NGO | |
| | | | Unfilled posts | Filled posts | | | |
| | | Neurologist | | | | | |
| | | Psychiatrist | | | | | |
| | | Psychiatric practitioners | | | | | |
| | | Psychiatric nurse | | | | | |
| | | Psychologist | | | | | |
| | | Mental health social workers | | | | | |
| | | Occupational therapists | | | | | |
| | | Counsellors | | | | | |
| | | Support workers | | | | | |
| | | Other | | | | | |

⁵ Adapt according to categories of personnel in country / district

| IV | District Level Health Service | Baseline situation | | | Source of Evidence / Date for Data | |
|-----|------------------------------------------------------------------------|-------------------------|----------------|----------------|------------------------------------|--|
| 3 | AVAILABLE IN-PATIENT CARE | Public | Private | NGO | | |
| 3.1 | For general health care | | | | | |
| | If none, where is nearest general in-patient facility? | | | | | |
| | Is alcohol detoxification offered? | | | | | |
| 3.2 | For mental health care | | | | | |
| | If none, where is nearest mental health in-patient facility? | | | | | |
| | Where is the nearest specialist in-patient facility for alcohol abuse? | | | | | |
| 4 | PRIMARY HEALTH CARE | | | | | |
| 4.1 | Number and type of PHC facility | Type of facility | Public | Private | NGO | |
| | | District health bureau | | | | |
| | | Pharmacy | | | | |
| | | Health Centre | | | | |
| | | Type of facility | Public | Private | NGO | |

| IV | District Level Health Service | Baseline situation | | | | Source of Evidence / Date for Data |
|-----|---------------------------------------------------------------------|-------------------------|-----------------|---------------------------|-----------------|------------------------------------|
| | | Health Posts | | | | |
| 4.2 | Typically, how far do people have to travel to access PHC facility? | Health centre | | | | |
| | | Health post | | | | |
| 4.3 | Function, staffing and population covered by PHC facilities | Type of facility | Staffing | Population covered | Function | |
| | | District health bureau | | | | |
| | | Public health centre | | | | |
| | | Private health centre | | | | |
| | | Health Posts | | | | |

| IV | District Level Health Service | Baseline situation | | | Source of Evidence / Date for Data |
|-----|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------|-----|------------------------------------|
| 5 | COMMUNITY HEALTH CARE | Public | Private | NGO | |
| 5.1 | Are there any paid community health workers? | | | | |
| | How many families do they serve? | | | | |
| | What is their role? | | | | |
| | What do they do? | | | | |
| | What level of training do they have? | | | | |
| 5.2 | Are there any unpaid community health workers? | | | | |
| | How many families do they serve? | | | | |
| | What is their role? | | | | |
| | What do they do? | | | | |
| | What level of training do they have? | | | | |
| 5.4 | Outreach services Any scope for community outreach to get patients with SMI back into care if they get lost to follow up? | | | | |
| 5.5 | Any homeless mentally ill persons? | | | | |

| IV | District Level Health Service | Baseline situation | | | Source of Evidence / Date for Data |
|-----|-------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------|-----|------------------------------------|
| 6 | SPECIALIST MENTAL HEALTH / NEUROLOGICAL OUT-PATIENT CARE | Public | Private | NGO | |
| 6.1 | How far away is the nearest facility? How accessible (time taken, opening hours) | | | | |
| 6.2 | Who staffs the nearest facility? | | | | |
| 6.3 | Describe services available in nearest facility? In-patient, out-patient, psychological therapies, rehabilitation, outreach. | | | | |
| 6.4 | Are the mental health professionals working exclusively in mental health (or seconded to other duties)? | | | | |
| 6.5 | How far away is nearest facility staffed by psychiatrist? | | | | |
| 6.6 | How far away is nearest specialist out-patient alcohol service | | | | |

| IV | District Level Health Service | Baseline situation | | | Source of Evidence / Date for Data |
|------------|-------------------------------------------------------------------------------------|--------------------|---------|-----|------------------------------------|
| | | Public | Private | NGO | |
| 7 | MATERNAL HEALTH CARE | | | | |
| | Describe nature of maternal health services | | | | |
| 7.1 | Level of integration with general health services for antenatal and postnatal care? | | | | |
| 7.2 | Delivery services, distances and staffing | | | | |
| 7.3 | Any home-based care? Who provides this? For all women? | | | | |
| 7.4 | Describe postnatal care Location / protocols followed | | | | |
| 7.5 | What is financing system for maternal health care? | | | | |
| 7.6 | Any other relevant factors in relation to delivery of maternal health care? | | | | |

| IV | District Level Health Service | Baseline situation | | | | | | | | | Source of Evidence / Date for Data |
|----------|---------------------------------------------------------------------------------------------------------|--------------------|---|---------|---------|---|---------|---------|---|---------|------------------------------------|
| | Mental health in maternal health care | | | | | | | | | | |
| 7.7 | What mental health care is provided in the district for perinatal women? | | | | | | | | | | |
| 7.8 | If none, where is the nearest place that a woman can obtain mental health care during perinatal period? | | | | | | | | | | |
| 7.9 | What barriers do women face in pregnancy / the postnatal period to accessing mental health care? | | | | | | | | | | |
| 8 | HIV HEALTH CARE | | | | | | | | | | |
| | | Rural | | | Urban | | | OVERALL | | | |
| | General HIV care | F | M | Overall | F | M | Overall | F | M | Overall | |
| 8.1 | Number of people using HIV services per month | | | | | | | | | | |
| | | Public | | | Private | | | NGO | | | |
| | Describe nature of HIV services (location, staffing, type of facility, service offered at each level) | | | | | | | | | | |

| IV | District Level Health Service | Baseline situation | | | | | Source of Evidence / Date for Data |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|---------------------------------|-------------------------|-------------------------|------------------------|------------------------------------|
| | | Public | Private | NGO | | | |
| 8.2 | Mental health care in HIV services | | | | | | |
| | What mental health care is provided in the district for PLWHA? | | | | | | |
| | If none, where is the nearest place that a PLWHA can obtain mental health care? | | | | | | |
| | What barriers do PLWHA face in accessing mental health care? | | | | | | |
| 9 | MENTAL HEALTH CARE IN PHC – CURRENT SERVICE / UPTAKE | | | | | | |
| 9.1 | Does the core package of PHC services at district level include mental health? | | | | | | |
| | If so, what is the prescribed model or approach for mental health care in the district? | | | | | | |
| 9.2 | What mental health / substance misuse conditions / epilepsy care is being PROVIDED by non-specialist (general) health workers in the district? | Health worker | Mental health activities | Alcohol services | Epilepsy service | Number of staff | |

| IV | District Level Health Service | Baseline situation | | | | Source of Evidence / Date for Data |
|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-------------|---------------|-------------|------------------------------------|
| | | Doctors | | | | |
| | | Health Officers | | | | |
| | | Nurses | | | | |
| | | Midwives | | | | |
| | | CHAs | | | | |
| | | TBAs | | | | |
| | | Case managers | | | | |
| | | Other | | | | |
| 9.3 | What types of mental health services are provided within the district e.g. in-patient, out-patient, community outreach, psychological/counselling services, day care centres. | | | | | |
| 9.4 | Current uptake of services in district: Number of patients with mental health problems attending each health facility / month | Rural | | Urban | | |
| | | Female | Male | Female | Male | |

| IV | District Level Health Service | Baseline situation | | | | Source of Evidence / Date for Data |
|------|---------------------------------------------------------------------------------------------------|--------------------|------|----------|------|------------------------------------|
| | | | | | | |
| | Schizophrenia | | | | | |
| | Bipolar Disorder | | | | | |
| | Major Depressive Disorder | | | | | |
| | Epilepsy | | | | | |
| | Alcohol abuse | | | | | |
| | Alcohol dependence | | | | | |
| | | Rural | | Urban | | |
| | | Female | Male | Female | Male | |
| 9.5 | Number of people treated in the district for schizophrenia per year / estimated annual prevalence | | | | | |
| 10 | MENTAL HEALTH TRAINING IN PHC | National / state | | District | | |
| 10.1 | Pre-service training | | | | | |
| | What pre-service training is provided in mental health for PHC | | | | | |

| IV | District Level Health Service | Baseline situation | | Source of Evidence / Date for Data |
|-------------|-----------------------------------------------------------------------------------------------------------------------|-------------------------|-----------------|------------------------------------|
| | workers? (specify grade of worker, duration, separating theoretical and practical training)? | | | |
| | Focus of existing mental health training of PHC workers | | | |
| | Evaluation methods of training PHC workers / established competency measures? | | | |
| 10.2 | In-service training | | | |
| | What % of <u>PHC doctors</u> received at least 2 days of refresher training in mental health in last 1 years? | | | |
| | | National / state | District | |
| | What % of <u>PHC health officers</u> received at least 2 days of refresher training in mental health in last 1 years? | | | |

| IV | District Level Health Service | Baseline situation | | | | | | Source of Evidence / Date for Data |
|------|--------------------------------------------------------------------------------------------------------------|--------------------|---------|--------------|----------|---------|--------------|------------------------------------|
| | What % of <u>PHC nurses</u> received at least 2 days of refresher training in mental health in last 1 years? | | | | | | | |
| | Describe nature of any training, duration, who conducted the training, focus of training | | | | | | | |
| 11 | MENTAL HEALTH TREATMENTS IN PHC | National / state | | | District | | | |
| 11.1 | Essential drug list | Meds | % cover | % free cover | Meds | % cover | % free cover | |
| | Antipsychotics (po) | | | | | | | |
| | Antipsychotic depot | | | | | | | |
| | Antidepressants | | | | | | | |
| | Anxiolytics | | | | | | | |
| | Mood-stabilisers | | | | | | | |
| | Antiepileptics | | | | | | | |

| IV | District Level Health Service | Baseline situation | | | | Source of Evidence / Date for Data |
|------|-------------------------------------------------------------------------------------------|------------------------------|-----------------------------|-----------------------------|----------------|------------------------------------|
| 11.2 | Psychotropic medication availability in nearest specialised mental health facility | Medications available | Regularity of supply | Continuity of supply | % of HF | |
| | Antipsychotics (po) | | | | | |
| | Antipsychotic depot | | | | | |
| | Antidepressants | | | | | |
| | Anxiolytics | | | | | |
| | Mood-stabilisers | | | | | |
| | Antiepileptics | | | | | |
| | | | | | | |

| IV | District Level Health Service | Baseline situation | | | | Source of Evidence / Date for Data |
|------|---------------------------------------------------------------|-----------------------|----------------------|----------------------|---------|------------------------------------|
| 11.3 | Psychotropic medication availability in nearest health centre | Medications available | Regularity of supply | Continuity of supply | % of HF | |
| | Antipsychotics (po) | | | | | |
| | Antipsychotic depot | | | | | |
| | Antidepressants | | | | | |
| | Anxiolytics | | | | | |
| | Mood-stabilisers | | | | | |
| | Antiepileptics | | | | | |
| | Other | | | | | |

| IV | District Level Health Service | Baseline situation | | | | Source of Evidence / Date for Data |
|------|-------------------------------------------------------------|-----------------------|----------------------|----------------------|---------|------------------------------------|
| 11.4 | Psychotropic medication availability in nearest health post | Medications available | Regularity of supply | Continuity of supply | % of HF | |
| | Antipsychotics (po) | | | | | |
| | Antipsychotic depot | | | | | |
| | Antidepressants | | | | | |
| | Anxiolytics | | | | | |
| | Mood-stabilisers | | | | | |
| | Antiepileptics | | | | | |
| | Other | | | | | |

| IV | District Level Health Service | Baseline situation | | Source of Evidence / Date for Data |
|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|----------------|------------------------------------|
| | | National / state level | District level | |
| 11.5 | Mechanisms for psychotropic medication financing (e.g. out-of-pocket, insurance, waiver schemes, reimbursement) | | | |
| 11.6 | Free medication Overall, what % of population with access to free psychotropic medication (at least 80% of costs covered)? | | | |
| 11.7 | Prescribing | | | |
| 11.7a | <u>PHC doctors</u> (allowed, not allowed, restricted e.g. can continue but not initiate prescribing / only in emergencies / only certain medications) | | | |
| 11.7b | <u>PHC health officers</u> (allowed, not allowed, restricted e.g. can continue but not initiate prescribing / only in emergencies / only certain medications) | | | |

| IV | District Level Health Service | Baseline situation | | Source of Evidence / Date for Data |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|--|------------------------------------|
| 11.7c | <p><u>PHC nurses</u></p> <p>(allowed, not allowed, restricted e.g. can continue but not initiate prescribing / only in emergencies / only certain medications)</p> | | | |
| 11.7d | <p>Community staff (CHOs)?</p> <p>(allowed, not allowed, restricted e.g. can continue but not initiate prescribing / only in emergencies / only certain medications)</p> | | | |

| IV | District Level Health Service | Baseline situation | | | | | | | | Source of Evidence / Date for Data |
|------|------------------------------------------------------------------|------------------------|--------------|---------------|--------------|----------------|--------------|---------------|--------------|------------------------------------|
| 11.8 | Psychosocial therapies | National / state level | | | | District level | | | | |
| | Which of the following psychosocial interventions are available? | Public | | Private / NGO | | Public | | Private / NGO | | |
| | | % cover | % free cover | % cover | % free cover | % cover | % free cover | % cover | % free cover | |
| | Problem-solving therapy | | | | | | | | | |
| | Behavioural activation therapy | | | | | | | | | |
| | Supportive counselling | | | | | | | | | |
| | Cognitive behavioural therapy | | | | | | | | | |
| | Interpersonal psychotherapy | | | | | | | | | |
| | Brief interventions for alcohol | | | | | | | | | |
| | Motivation enhancement therapy | | | | | | | | | |
| | Other psychosocial therapy (specify) Positive psychotherapy | | | | | | | | | |

| IV | District Level Health Service | Baseline situation | | Source of Evidence / Date for Data |
|------|---------------------------------------------------------------------------------------------|------------------------|----------------|------------------------------------|
| 12. | PHC / MENTAL HEALTH SERVICE INTERFACE | National / state level | District level | |
| 12.1 | Number of patients referred for specialist mental health services (per PHC worker / month) | | | |
| 12.2 | Contact between PHC workers and mental health professionals in last year (frequency) | | | |
| 12.3 | Referral mechanisms for mental health | | | |
| | Official referral procedures (PHC → secondary / tertiary care) | | | |
| | Official referral procedures (secondary / tertiary care → PHC) | | | |
| 12.4 | Comments on referral systems (in theory / in practice). Obstacles. | | | |

| IV | District Level Health Service | Baseline situation | | Source of Evidence / Date for Data |
|------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|----------------|------------------------------------|
| | | National / state level | District level | |
| 13 | PHC / COMMUNITY INTERFACE | | | |
| 13.1 | Community linkages with PHC Volunteers / faith-based organisations / traditional healers / family groups, etc. How do PHC services link with them? | | | |
| 13.2 | What % of PHC clinics (physician-based) interact with traditional / religious healers at least once per year? | | | |
| 13.3 | What % of PHC clinics (non-physician-based) interact with traditional / religious healers at least once per year? | | | |
| 14 | SYSTEMS TO SUPPORT MENTAL HEALTH CARE IN PHC | | | |
| 14.1 | Mental health co-ordination at the district level? | | | |
| 14.2 | Supervision system (exists? Who? Where? Frequency?) | | | |

| IV | District Level Health Service | Baseline situation | | Source of Evidence / Date for Data |
|-------|----------------------------------------------------------------------------------------------------------------|------------------------|----------------|------------------------------------|
| | | National / state level | District level | |
| 14.3 | Official policy / law enabling PHC health officers / nurses to diagnose and treat mental disorders within PHC? | | | |
| 14.4 | Mental health detection/ screening tools? | | | |
| 14.4a | Any guidelines / assessment and treatment protocols for mental health care? | | | |
| 14.4b | Officially approved training manuals on mental disorders available in what % of PHC settings? | | | |
| 14.5 | Any way of detecting patients who drop out of care? Case registers? Appointment systems? | | | |
| 14.6 | Any criteria for determining who can be discharged from mental health care delivered in PHC? | | | |

| IV | District Level Health Service | Baseline situation | | Source of Evidence / Date for Data |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|----------------|------------------------------------|
| 15 | RELEVANT BACKGROUND TO SCALING UP MH INTO PHC | National / state level | District level | |
| 15.1 | Which PHC professionals might deliver mhGAP-IG? | | | |
| 15.2 | Any existing data / publications / reports on experience of implementing mental health into PHC | | | |
| 15.3 | Staff attitudes Anything known about staff attitudes towards delivering mental health care in PHC? | | | |
| 16 | OVERALL ORGANISATION OF DISTRICT MENTAL HEALTH SERVICES | | | |
| 16.1 | Provide a narrative summary of the organisation of mental health care in the district including linkages between activities at different levels of the health system. | | | |
| 16.2 | | | | |

SECTION V. COMMUNITY

| V | Community | Baseline situation | Source of Evidence / Date for Data |
|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|------------------------------------|
| 1 | SOCIOCULTURAL FACTORS | | |
| 1.1 | Evidence on help-seeking for mental disorders <ul style="list-style-type: none"> - general - specific to the district | | |
| 1.2 | Prominent holy sites / traditional healers in the area | | |
| 1.3 | What mental health conditions do traditional / religious healers treat? (and how?) | | |
| 1.4 | Extent of use of traditional healers for mental disorders Estimated % of persons with SMI / CMD / epilepsy / alcohol problems who might consult traditional / religious healer | | |

| V | Community | Baseline situation | Source of Evidence / Date for Data |
|-----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|------------------------------------|
| 1.5 | <p>Any estimates of how many persons with mental health problems are seen by traditional healers / religious healers in the district?</p> <p>e.g. in one month</p> | | |
| 1.6 | <p>Culture</p> <p>What is known about community explanatory models of mental disorders?</p> | | |
| 1.7 | <p>Stigma / discrimination</p> <p>What is known about stigma or discrimination against mentally disordered persons within the community</p> | | |
| 1.8 | <p>Abuse</p> <p>What is known of abusive practices e.g. chaining, restraining etc.?</p> | | |

| V | Community | Baseline situation | Source of Evidence / Date for Data |
|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|--------------------|------------------------------------|
| 1.9 | Family burden What is known of the burden / supports for families caring for a person with mental disorder? | | |
| 2 NON-HEALTH SECTOR ACTIVITIES RELEVANT TO MENTAL HEALTH | | | |
| 2.1 | NGOs active in the district | | |
| 2.2 | Any livelihood / poverty alleviation / empowerment programmes running in the district? (public / private sectors / NGOs) | | |
| 2.3 | Community groups Self-help / support / family groups? | | |

| V | Community | Baseline situation | Source of Evidence / Date for Data |
|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|------------------------------------|
| 2.4 | Supported housing? Or half-way houses for persons with severe and enduring mental illness? | | |
| 2.5 | Rehabilitation / recovery / social inclusion? Any community activities to support the recovery and reintegration of persons who have experienced mental illness? | | |
| 3 | PROMOTION / PREVENTION / AWARENESS-RAISING | | |
| 3.1 | Any community awareness-raising / anti-stigma activities? Who, where, how often? | | |
| 3.2 | Any mental health promotion / mental disorder prevention activities within the district? Who, where, how often? | | |

SECTION VI: Monitoring and Evaluation

| VI | Monitoring and Evaluation | Baseline situation | | | | Source of Evidence / Date for Data |
|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|-------------------------------|----------------------------|------------------------------|------------------------------------|
| 1 | HEALTH INFORMATION SYSTEMS | | | | | |
| 1.1 | General health information systems Describe in brief what is in existence. Kinds of indicators (people with illness, preventive activities, etc), who records, who reports, how often, consequences. | | | | | |
| 1.2 | Existing mental health surveillance information Describe set-up in brief, with specific indicators below | | | | | |
| 1.3 | Provide details on specific mental health indicators collected as part of health information system | Description of indicator | Frequency of reporting | From whom / to whom | Purpose for indicator | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

| VI | Monitoring and Evaluation | Baseline situation | Source of Evidence / Date for Data |
|-----|-------------------------------------------------------------------------------|--------------------|------------------------------------|
| 2 | MONITORING AND EVALUATION | | |
| 2.1 | Monitoring and evaluation systems for quality of mental health in PHC? | | |

| | | | |
|--|--|--|--|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |