mhGAP HIG roll-out in refugee settings

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mhGAP (UNHCR/WHO, 2015)

- Basic evidence-based interventions for the identification and management of mental disorders in humanitarian settings
- Can be delivered by non-specialized health workers
What does mhGAP-HIG cover?

Guide covers:
- Advice for clinic managers
- General principles of care

Brief modules on assessment and management of:
- Acute stress (ACU)
- Grief (GRI)
- Moderate-severe depressive disorder (DEP)
- Post-traumatic Stress Disorder (PTSD)
- Psychosis (PSY)
- Epilepsy/seizures (EPI)
- Intellectual disability (ID)
- Harmful use of alcohol and drugs (SUB)
- Suicide (SUI)
- Other significant mental health complaints (OTH)
Training model; Basic training

Two parallel trainings (4 days)

Group 1: Facility based health workers (doctors, clinical officers, nurses)

Group 2: Community-based workers (refugee health workers, refugee volunteers in protection, protection staff).

Adapted manual made for this group

PLUS: Day 5 Joint workshop for all participants on cooperation, referral, coordination and supervision.
## mhGAP HIG Trainings in SubSaharan Refugee Settings (2015/16)

<table>
<thead>
<tr>
<th>Country</th>
<th>Basic training 4-5 days</th>
<th>Refresher/ToT (5 days)</th>
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<tr>
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<td><strong>TOTAL</strong></td>
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<td><strong>Planned</strong></td>
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<td>Republique du Congo</td>
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<tr>
<td>Planned: Algeria (Sahrawi)</td>
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</table>
Lessons learned

• Valuable tool in low-resource settings, leading to increased competency in trainees

• mhGAP-HIG trainings can be an accelerator of MHPSS services in refugee settings

• Preparation of trainers is important (where possible in-country trainers)

• Using ‘local idioms’ and context-specific examples in the training is very helpful

• Community health workers need their own materials (War Trauma prepared a pragmatic draft incorporating the non-medications based interventions + lots of protection elements)
External valuation of mhGAP HIG training Tanzania (Echeverri)

- Strengthening of the staff’s capacities in mental health
- Improved service delivery
- Enhanced collaboration between the different levels of care / coordination amongst stakeholders
- Analysis of HIS data is in progress
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