

DEVELOPING SERVICE USER INVOLVEMENT IN MENTAL HEALTH CARE IN UGANDA

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Uganda mental health policy provides for service user involvement in service development.

Operationalising policy was challenging.

No funds in mainstream health budget for service user involvement.

Only hospital led processes were funded.

Collaboration with the East London NHS Trust made the paradigm shift possible

Early steps (2008 - 2012)

Established Heart sounds Uganda, a championing community based user organisation

Informal peer support, initial proposals

Bringing service users on board to audit

Hearing Voices Group,

Film Club,

Recovery training with hospital community Psychiatry nurse team



Brain Gain Project 2012-2018

With Funding support from THET-UK

Recovery model training support from East London NHS trust

Support by people previously experienced in service user involvement.

Reciprocal exchange and skills transfer between UK and Uganda



Brain Gain: The Butabika Recovery College

Established the Butabika Recovery College, the only Recovery College on the African continent

Trained peer support workers (PSW)

Created a handbook for PSW in Uganda

Documented and shared recovery stories of Peer Support Workers

Brought Peer Support Work onto the psychiatric wards

Introduced Peer Support Work to other regions of Uganda



BREC



Lessons learned

Possible for service users to work alongside health care teams as PSW to enhance recovery of people with severe enduring mental disorders

This approach may improve understanding of recovery, foster a sense of purpose and reduce stigma

There is urgent need to evaluate impact of peer support in mental health care

There is need to study the economic implications of peer support work for individuals, health systems and nations.

The Future Of PSW in Uganda

Manualisation of peer support training

Institutional preparedness ensured

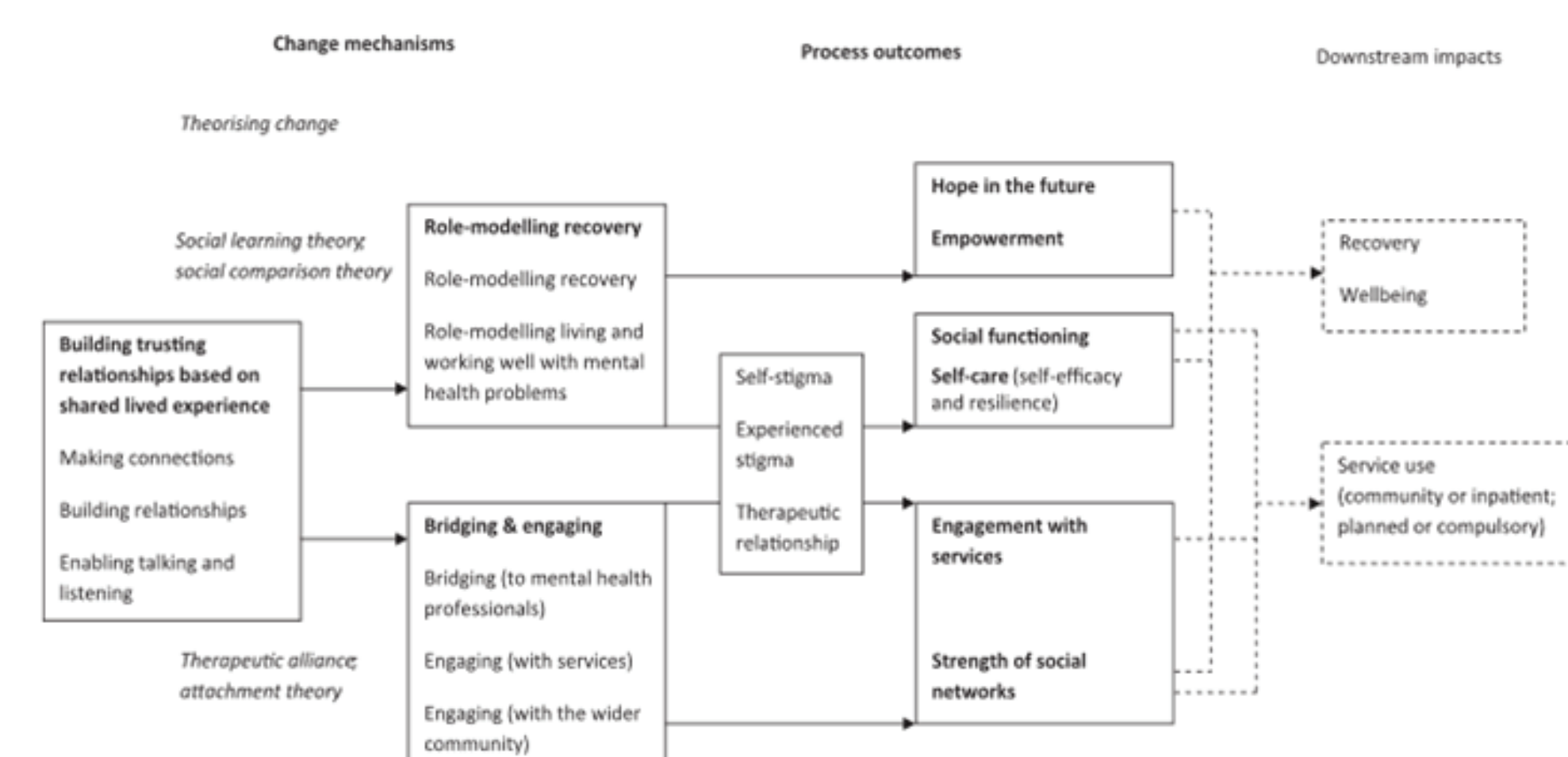
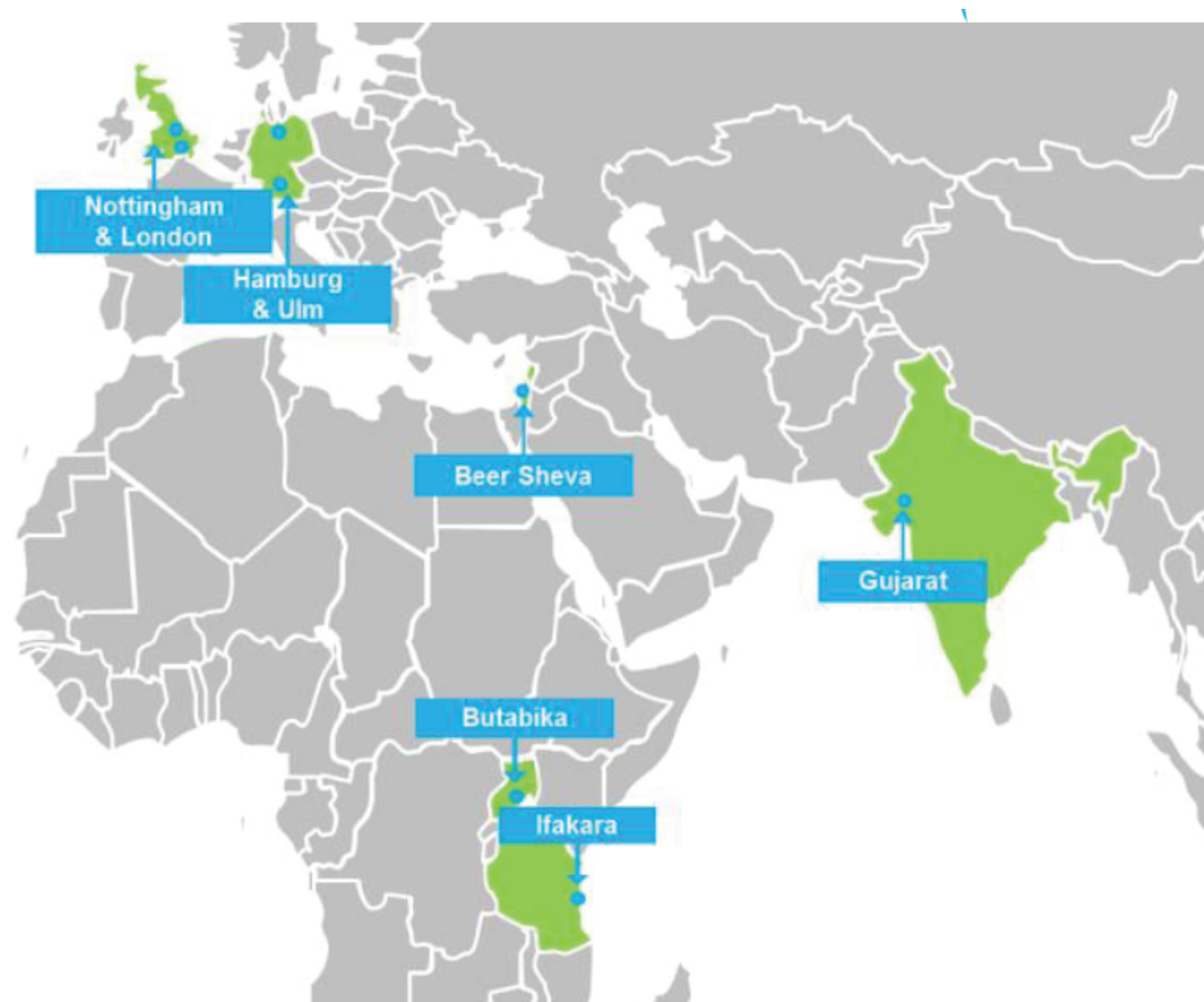
Randomised controlled trial to evaluate effectiveness of PSW

Economic evaluation

National Health Ministry involvement for sustainability

UPSIDES Change model underpinning peer worker interventions

UPSIDES



**EVALUATING THE IMPACT OF PEER SUPPORT WORK ON
MENTAL HEALTH SERVICE USERS:
A PRAGMATIC MULTICENTRE RANDOMISED
CONTROLLED TRIAL (2020-2022)**