

S-132 UPSIDES: a global peer support project**Chair(s)**[Candelaria Mahike, Hamburg \(Germany\)](#)**Co-chair(s)**[Jasmine Kalha, Pune \(India\)](#)**Raum:**

Channel 3

Topic:Wissenschaftliches Programm
Topic 21: Gemeinde- und Sozialpsychiatrie
English programme**Format:**

Symposium

Dauer:

60 Minuten

In peer support people with lived experience of mental health conditions and recovery offer support hope and encouragement to others, currently in crisis. This intervention has shown promising results in the recovery and empowerment of persons with mental health problems in various contexts and is recommended in various guidelines such as the S3 guideline in Germany.

The UPSIDES project (www.upsides.org) is a cooperation of eight international study partners in Africa, Asia, and Europe. Based on a shared understanding of mental health conditions and recovery the UPSIDES intervention was developed and is currently implemented to scale up peer support in different contexts. The UPSIDES intervention will be evaluated in a multi-center randomized controlled trial at six study sites in Uganda, Tanzania, India, Israel and Germany. Different speakers of the international UPSIDES consortium will target peer support with a focus on global innovation in mental health systems. The UPSIDES project and intervention will be presented. Throughout the last year, UPSIDES peer support workers were trained in a 12 module core training to deliver peer support in order to enhance the social inclusion of people with mental health conditions. In this pilot phase, 45 peer support workers were trained at the six implementation sites by trainer tandems with professional and lived experience. The symposium will offer first experiences from the implementation sites, with a deeper insight into the mental health systems of 3 low- or middle-income countries.

17:30 Uhr

UPSIDES: development of a global peer support intervention[Rebecca Nixdorf, Hamburg \(Germany\)](#)[Candelaria Mahike, Hamburg \(Germany\)](#)[Imke Heuer, Hamburg \(Germany\)](#)**Autoren:**

Rebecca Nixdorf, Hamburg (Germany)

Candelaria Mahike, Hamburg (Germany)

Imke Heuer, Hamburg (Germany)

Introduction: Peer support has shown promising results in the recovery and empowerment of persons with mental health problems (Farkas & Boevink, 2018). The UPSIDES project (Puschner et al., 2019) is a cooperation of eight international study partners in Africa, Asia, and Europe, to develop, implement, and scale up peer support in different contexts. Therefore, an intervention and training manual were developed.

Method: The development of the UPSIDES peer support intervention and training will be presented. The concept of the UPSIDES peer support intervention and training was developed based on three systematic reviews (Ibrahim et al. 2020; Charles et al. 2020; Nixdorf & Charles et al. in preparation), a situation analysis and peer support training manuals implemented in the UPSIDES consortium. In a second step the training concept was delivered in a 5-day train-the-trainer workshop with n = 16 trainers with either lived experience or a profession in mental health. Afterwards, in a third step the training was piloted with n = 43 training participants at six study sites in Kampala (Uganda), Dar es Salaam (Tanzania), Gujarat (India), Be'er Sheva (Israel), Ulm and Hamburg (Germany). Service users received UPSIDES peer support over a period of six weeks afterwards. Each step was evaluated using a mixed-method design of questionnaires, focus groups, interviews and expert consultation.

Results: The UPSIDES intervention and training manual, exemplary materials as well as the developmental process will be presented.

Discussion: The global applicability of the intervention and training will be discussed. The aim throughout the development was to take the perspective of all study partners into account. In order to guarantee the comparability of the intervention across all study sites, important core elements of peer support were identified. At the same time, to account for regional flexibility, additional intervention elements were developed.

17:40 Uhr

Implementation of the UPSIDES peer support intervention: first experiences from Israel and Germany[Lisa Wenzel, Ulm \(Germany\)](#)[Galia Moran, Beersheba \(Israel\)](#)**Autoren:**

Lisa Wenzel, Ulm (Germany)

Galia Moran, Beersheba (Israel)

Introduction: In peer support people with lived experience of mental health conditions and recovery offer support hope and encouragement to others, currently in crisis. This intervention has shown promising results in the recovery and empowerment of persons with mental health problems in various contexts, e.g. in Israel the consumer movement is growing since the 1980th (Moran et al., 2018).

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Method: The UPSIDES intervention was implemented in a 6-week pilot phase and is currently under evaluation in a multi-center randomized controlled trial at six study sites in Uganda, Tanzania, India, Israel and Germany. To support the implementation an implementation plan and manual was developed to guide the study sites in setting up the peer support training, the peer support itself, supervision for the peer support workers, and to prepare the organizations.

Results: The core elements of the UPSIDES intervention plan along with first experiences from Israel will be presented.

Discussion: Challenges in implementing a global mental health peer support intervention will be discussed.

References:

Moran, G. S. (2018). The mental health consumer movement and peer providers in Israel. *Epidemiology and psychiatric sciences*, 27(5), 420-426.

17:50 Uhr

Peer support: experiences from Uganda, Tanzania and India[Jasmine Kalha, Pune \(India\)](#)**Autor:**

Jasmine Kalha, Pune (India)

Introduction: In peer support people with lived experience of mental health conditions and recovery offer support hope and encouragement to others, currently in crisis. This intervention has shown promising results in the recovery and empowerment of persons with mental health problems in various contexts. In low- and middle-income countries peer support is also seen as an underutilized resource to deal with the treatment gap (Pathare et al., 2018).

The UPSIDES project (www.upsides.org) is a cooperation of eight international study partners in Africa, Asia, and Europe. Based on a shared understanding of mental health conditions and recovery the UPSIDES intervention was developed and is currently implemented to scale up peer support in different contexts.

Method: The UPSIDES intervention was implemented in a 6-week pilot phase and is currently under evaluation in a multi-center randomized controlled trial at six study sites in Uganda, Tanzania, India, Israel and Germany.

Results: A brief introduction to the mental health system in India along with first experiences with implementing the UPSIDES peer support from the study site in Gujarat (India) will be presented.

Discussion: Challenges in implementing a global mental health peer support intervention will be discussed.

References:

Pathare, S., Kalha, J., & Krishnamoorthy, S. (2018). Peer support for mental illness in India: an underutilized resource. *Epidemiology and Psychiatric Sciences*, 27(5), 415-419.