



Figure 1: Participants engaged in body awakening exercise during Annual Review and Planning Meeting

Report on Annual Review and Planning Meeting (CMC-Nepal)

Birendranagar, Surkhet, 18 to 20 January, 2023

Centre for Mental Health and Counselling-Nepal (CMC-Nepal) has been organizing Review, Planning and Experience Sharing Meeting with a view to strengthen effectiveness in program implementation. The event provides a platform for the projects of CMC-Nepal to share knowledge, experience, learning and best practices among staff and board members. CMC-Nepal had organized Annual Review and Planning Meeting of projects in Gandaki, Lumbini, Karnali and Sudurpachhim Province in Birendranagar, Surkhet from 18 to 20 January, 2022. The event aims to create a learning platform to engage a larger family of CMC-Nepal in provincial review and planning process. The document provides insights into various aspects of the meeting as organization, participation, methodologies, and its effectiveness. Along with that, the report provides readers glimpses of different projects of CMC-Nepal.

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Introduction

Centre for Mental Health and Counselling-Nepal (CMC-Nepal) conducted a three days review and planning meeting of the seven projects that it has been implementing in Gandaki, Lumbini, Sudurpachhim, and Karnali Province. CMC-Nepal organized the event in Hotel Valley View, Birendranagar, Surkhet from 18 to 20 January, 2023. CMC-Nepal has been organizing Review, Planning and Experience Sharing Meeting with a view to strengthen effectiveness in program implementation and promote wellbeing of the participants involved. The aim of the event was to create a teaching-learning platform to engage larger family of CMC-Nepal in provincial review and planning process. It helped to expand the networking between the inter-project and inter-province staff of CMC-Nepal. The event provided platform to the projects of CMC-Nepal to share knowledge, experience, learning and best practices among staff and board members. It also helped CMC-Nepal to know the perception of community people about work of CMC-Nepal and things that contributed to strengthening the government system.

In the event, project staff presented achievement, good practices, challenges and learning of their respective project of 2022 and way forward for 2023. Along with that, CMC-Nepal facilitated discussion on CMC-Nepal policies, code of conducts and innovations in mental health. The participants shared that CMC-Nepal facilitated the event in innovative approach and provided them good learning opportunities. The participants also mentioned that program helped them to unite and re-energize to contribute in upliftment of mental health and psychosocial support services in the working communities.

Objectives

1. To celebrate success and achievement of CMC-Nepal Projects in 2022
2. To discuss on way forward for CMC-Nepal in 2023
3. To bring synergy effects among the projects of CMC-Nepal by creating platform for cross learning
4. To sensitize staff members on CMC policies and code of conducts
5. To listen staff's difficulties and grievances and actions to address

Participation

A total of 45 persons participated in the event. In the event, Bishnu Bhakta Kawan (Treasurer), Ram Lal Sheresth (Executive Director) and Dr. Pashupati Mahat (Technical Director) were present. Along with them, Madhu Bilash Khanal (School Psychologist), Bishnu Prajapati (Mental Health Coordinator), Indira Pathak (Admin and Finance Manager) and other staff of CMC-Nepal Centre Office also participated in the event. Apart from that staff of CMC-Nepal Province Office, project leads and field staff of the seven projects were included in the meeting. Chief of NCD and Mental Health Section of EDCCD also paid his visit in the event and addressed the participants. He appreciated CMC-Nepal for supporting government to make mental health and psychosocial support services accessible in the community. He also shared about 6 training modules developed by NHTC for mental health and psychosocial support trainings.

Project

The event included following projects for review and planning process.

- SAMI
- GBVPRP
- CMHPSP
- EMHPW-MW
- SMHP
- PCCICV
- ICMHP

Methodology

CMC-Nepal promoted participatory approach in facilitation of the review and planning meeting. The power point presentations were limited (Detail schedule attached in Annex 1). The participants used following method while presenting their respective projects: -

- Role Play
- News Anchoring
- Drama
- Gallery Walk
- Poster Presentation
- Story book
- Focus groups discussion.
- Discussion & interaction.

Opening Session in Detail



Figure 2: Province Coordinator facilitating the opening session

Himal Gaire (Provincial Coordinator) facilitated the opening session. He requested all participants to clap to start the session. All of the participants introduced themselves by sharing name, designation and their projects. The team of CMC-Nepal Province Office Karnali then sang Deuda to welcome all participants of the event. Dr. Pashupati Mahat shared objectives of the review and planning meeting. Sujita Baniya (Clinical Psychologist), facilitated how are you? session. She first mixed all participants. She then divided them in to small groups for sharing about how their mind and body was. Each group summarized and shared their experience in large group. The participants shared to be happy, excited, joyful, relaxed and curious. Some of the participants shared feeling of nervousness, stressed and scared during their flight to the venue. Laxman Nath (Programme Coordinator) shared about the ground rules. He introduced Complaint/Feedback box, mood chart and evaluation chart for the event.

Project Presentation

Each project was provided 15 minutes to present their project and 15 minutes to feedback session. Each presentation was followed by Q&N session and reflection from primary reviewer group (team members of one of other projects).

SAMI



Figure 3: SaMi team presenting their project

The Safer Migration project (SaMi) is a bilateral initiative of the Governments of Nepal (GoN) and Switzerland. The project is implemented through a partnership between the Ministry of Labour, Employment and Social Security (MoLESS), HELVETAS Swiss Intercooperation Nepal as a technical assistance provider, the Foreign Employment Board (FEB) and selected local governments. CMC-Nepal is implementing psychosocial components to address social cost of migration in its' phase I (2013-2014) in two districts, phase II (2015-2018) in nine districts and phase III (2019-2022) in 38 districts (152 local levels). SaMi phase III has been extended for two years from 16th July 2022 to 15th July 2024 with an objective to support local and provincial governments to gradually institutionalize migration services for long-term sustainability, including through increased cost sharing. In extended phase, CMC-Nepal will coordinate and provide support for the institutionalization of psychosocial component at local, province and federal level.

The SaMi team presented the project through Gallery Walk. An imaginary running vehicle was devised to take participants to different project stations; Project Status Junction, Progress Junction, Challenge Junction, and Gallery Junction. In every station, one of the team members accompanied the participants. SaMi team presented overall status, progress, lesson learned and challenges of the program. The best practices of SaMi were good inter-project coordination, regular monthly meeting, and giving quality time/supervision to PS Counsellors as well as promoting cross learning.

Executive Director clarified about differences between SaMi and Prabardan during Q&A session. We learned that SaMi focuses more on individual level and community based interventions for MHPSW of migrant workers and their families. However, Prabardan project

focuses on group interventions, welfare of person with disabilities, mainstreaming mental health policy, strengthening government’s mental health system, etc. The takeaway from the discussion was that field staff needs to understand differences between Sami and Prabardan and present it in the same way.

CMHPSP



Figure 4: CMHPSP team presenting their project through role play and poster

Community Mental Health and Psychosocial Support Project (CMHPSP) is being implemented by CMC-Nepal with the aim to enhance access to mental health and psychosocial services by integrating them into existing district hospitals, primary health centers and health posts. The seventh phase (2022-2025) is being implemented in 16 (rural) municipalities of 4 districts (Okhaldunga, Udayapur, Surkhet and Jajarkot) of Nepal. MHPSS trainings, post training supportive clinical supervision and backstopping are inbuilt in the project. It is also creating awareness at community level through radio programs, awareness campaigns and workshops with female community health volunteers (FCHV), traditional healers, mother groups, teachers, health facility operation management committee (HFOMC) and other community people. Tearfund Australia had provided financial support for the project.

CMHPSP team presented the project through poster presentation and role play of radio interview “**Mann ko sansar**”. In the radio interview, Bishnu Prajapati (Program Coordinator) interviewed Kali Bd. B.K. (in role of project representative). The interview focused on the changes made through the training and supervision conducted through the project. The role play had reflected that the project team had good rapport with local government stakeholders. It had supported to develop mental health policy at local government. Self-help group (SHG) were active and were engaged in community awareness and surveillance in the community. One of the good practices in the project was SHG groups are engaged in identifying and referring persons with mental health conditions for linkage with disability identity card. The use of Youtube video for awareness was shared as best practice by the project. The challenge

faced by the program was delay in recruitment of staff and mobilization of seed money by SHG groups.

The participants appreciated the presentation and practices in the project. They acknowledge that involving health workers in the community to create awareness was a good practice in the project. The Executive Director had summarized about the project and he briefly shared about National Mental Health Strategy, 2077. He also asked all the participant to go through it as it is very important advocacy document.

PCCICV

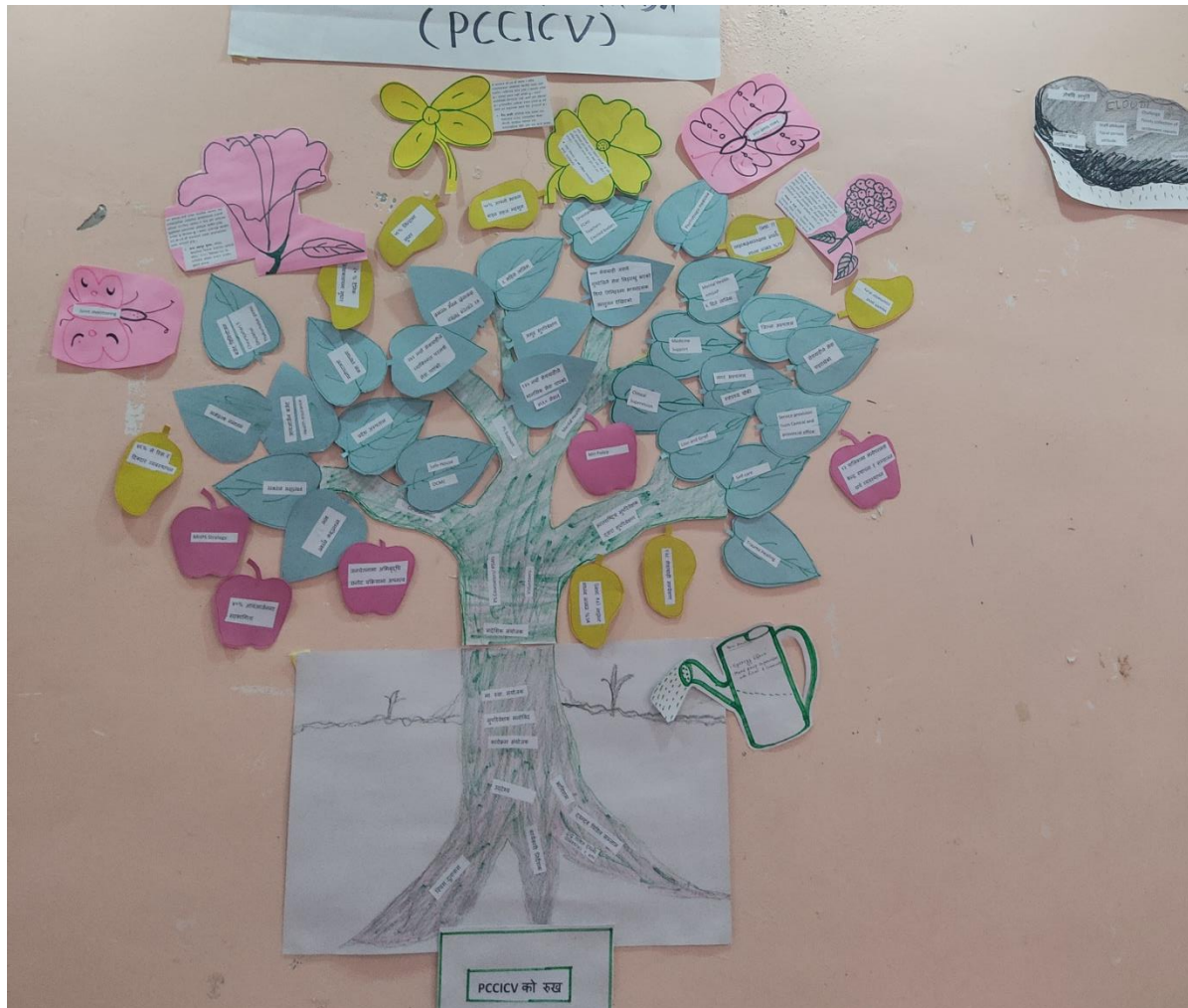


Figure 5: PCCICV project as a tree

Psychosocial Counselling to Community Integration of Conflict Victims (PCCICV) program is being implemented in partnership with local government in Bardiya, Kavre, Surkhet, West Rukum and Jajarkot districts and funding support of Embassy of Switzerland. The pilot phase of this project was implemented from March 2020 will last until August 2021. The present phase was extended from September 2021 till August 2024 with objective to address the psychosocial distress & trauma of the conflict as experienced by the Conflict Victims who are key actors in the Transitional Justice process of Nepal. Psychosocial Counselling services have been offered in 13 local governments through the project.

PCCICV team presented their project as a tree, different part representing different components of the project. They shared best photos through power point presentation. The project had supported in trauma healing, self-care, loss and grief session to the target beneficiaries. It had facilitated to develop Provincial Mental Health Strategy and Action Plan along with municipal mental health policy in its project municipalities. The presenter shared verbatim of health workers about the program effectiveness and its benefit to the community people. The best part of the program was to hire psychosocial counsellors from the conflict victim families. However, challenge included regarding retention of the staff and transfer of trained health workers.

The participants and reviewer team appreciated presenters for inclusion of different aspects of program through a single tree. The participants appreciated them for increasing lobby to involve beneficiaries with income generation activities. During conclusion, the Executive Director shared about background of the project. He also shared about how it benefitted the conflict victims and developed sense of ownership among government stakeholders.

SMHP



Figure 6: SMHP team with their poster presentation

CMC-Nepal is implementing School Mental Health Program in close collaboration with the Ministry of Education, Science and Technology (MoEST) at central level and with (rural) municipality at local level. This programme promotes the psychosocial wellbeing of children and adolescents in school, and develops access to psychosocial support for those who have emotional and behavioral problems, learning difficulties and developmental delays which can impede learning. It mainly focuses on improving classroom behavioral management, empowering parents and other stakeholders involved in school activities, employing a positive disciplinary approach and managing a student listening unit (school counseling). This programme encourages referral service mechanism in government hospital for advanced cases from the schools. The sixth phase of the project is being implemented in 80 schools of Kalikot and Jajarkot districts from July 2022 for three and half years with financial support from Felm, Finland. The follow-up support was continued in 100 schools of Salyan and Kailali selected in previous phase until June 2022.

SMHP team presented their project through poster presentation and gallery walk. They shared about the project context, achievements, best practices and challenges. The team statistically presented their achievement as 58 percent of the schools started using promotional words and 42 percent of schools started partially using them. The achievements included use of positive discipline methods and increase of school attendance in project's schools. One of the highlighted best practices in the project was children's club being engaged in child marriage and suicide prevention activities. The project team had experienced anticipated challenges as lack of interest of children and stakeholders. The reviewer appreciated overall presentation.

ICMHP



Figure 7: Participants observing gallery of ICMHP

CMC-Nepal implemented Inclusive Community Mental Health Programme in five municipalities of Karnali Province from January 2020 in financial and technical support of CBM Global. CMC-Nepal had partnership with Ministry of Social Development of Karnali Province and respective project municipalities for the implementation of the project. The overall objective of this project is “to improve the quality of life of persons living with mental health conditions and psychosocial disability in collaboration with local government”. This project contributed to increase access of quality mental health and psychosocial services at community settings by supporting the local and provincial government to make their health and education policy and programs inclusive of mental health.

ICMHP project team presented their project through drama and gallery walk. The drama showed context, achievement, challenges and learning through “Man ko Chautari (Rest Place for mind). The participants praised the presentation methods. The best practices as promotion of accessibility, engagement of beneficiaries/stakeholders, and advocacy for availability of psychotropic medicines were highlighted through the presentation. The primary learning shared was need of investment for organizational capacity building of SHGs for stronger

presence of SHGs in municipality and disability movement. Similarly, having at least two trained health worker at health facilities with MHPSS services. The presentation also highlighted two elections, road blockage due to late monsoon and linkage of persons with mental health conditions with psychosocial disability as challenges.

EMHPW-MW



Figure 8: EMHPWMW team presenting their project with life river

Enhancing Mental Health Wellbeing of the Migrant Workers and their families (EMHPSW-MW, Prabardhan Pariyojana) is being implemented by CMC-Nepal in seven municipalities of Kailali & Salyan districts in financial support of Felm. The main objective of the programme is to bring happiness in the work and life of migrant workers and their family members, including persons with disabilities through promotion of mental health and psychosocial wellbeing. The project intends to initiate actions in collaboration and partnership with local government and migrant workers and their families to increase awareness on mental health and psychosocial issues and building access of mental health and psychosocial service for the families, returning migrant workers, persons with disability and other community people at government health system. Further, this project empowers to the migrant workers and their families, through building social enterprise business skills and supporting them in livelihood support activities.

Enhancing project team presented their project through Life River and poster. The Life River showed context, achievement, challenges and learning. In the short time, the project was able to influence local government for development and approval of Municipal Mental Health Policy in five municipalities. In advocacy of the project, program were extended in budgetary contribution of local municipalities and involvement of beneficiaries was promoted. The major learning from the project included orientation of stakeholders from the beginning and involvement of NFDN for sensitization. The reviewer and participants appreciated the presentation and were curious how such change was possible so soon in the project.

Administration and Finance Team

The Administration and Finance Team presented their contribution, challenges and learning through role play. The highlighted challenges as lack of supporting document during settlement, delay in advance request and shortage of time of Project team to discuss admin and finance related issues. They also shared how they are overcoming the challenges through team work and capacity building of CMC-Nepal Staff. Indira Pathak (Admin and Finance Manager) also shared briefly about Financial Audit reflection in the session.

Other Sessions

Change Management in Mental health and Psychosocial Intervention

Dr. Pashupati Mahat, Technical Director facilitated technical session on change management in mental health and psychosocial intervention by using Program Theory Tool. He shared the importance of proper utilization of available resources and involvement of the beneficiaries along with other community stakeholders. He shared that people participation is utmost in every projects and programs as it ultimately helps in program sustainability.

He shared about the importance of development of feeling of ownership and actual benefits for validation of meaningful participation in any MHPSS projects. In the presentation, the facilitator discussed about six principles of Program theory Tool for MHPSS project. He also briefed about ultimate outcome of MHPSS project i.e. quality services used by communities and improved mental health well-being.

CMC-Nepal Guideline and Policies

In this session, Financial Policy, Staff By-law, Child and Vulnerable Adult Safe-guarding Policy and Complaint and Feedback Guidelines of CMC-Nepal were discussed. The participants were divided in four groups and they were asked to review and present the guidelines/policies. The Executive Director answered concerns and questions on the guidelines/policies. The participants share that they became clearer about the guidelines/policies after the session.

Planning for 2023

Each project team were provided some time to prepare plan for January to June 2023. It was agreed to be shared later by projects leads.

Closing Session

The participants marked on mood chart at the end of each day. The mood chart revealed that above 90 % of participants enjoyed the session. The participant also shared that the event had provided them opportunity to learn and share/celebrate their learning, best practice and challenges. They were able to celebrate their accomplishments in appreciating environment. Ram Lal Shrestha (Executive Director) and Bishnu Bhakta Kawan (Treasurer) addressed the participants and thank them for all the good work in their closing remarks on the last day.

Best Practices Shared

- Quality time and regular scheduled supervision of psychosocial counselors
- Hiring local staff who are also among beneficiaries groups
- Engagement of Self-Help Group (SHG) in community awareness, surveillance and advocacy
- Involvement of health workers, government authorities and OPD/NFDN representatives for awareness and sensitization on mental health, rights and policies
- Promotion of child clubs in awareness and social campaign
- Use of social media platform as Youtube and Facebook for awareness
- Promotion of digital accessibility in CMC-Nepal documentation and publications
- Celebration of contribution of Service Providers and SHG members for mental health promotion
- Care for care giver program
- Joint meeting/interaction among OPDs, NFDN, municipal council committee and SHGs to ensure the rights of person with psycho social disability.
- Tripartite interaction between all party involved in challenging situation (as Municipality, beneficiaries and Health Insurance Board for making psychotropic medicines available
- Engagement of SHG for monitoring of seed money support investment to SHGs (Story of Change presented in gallery work)
- Sharing of project progress on regular basis
- Social Audit

Learning

- People participation is utmost in every projects and programs as it ultimately helps in program sustainability and to develop feeling of ownership among the beneficiaries and stakeholders
- For sustainability of Mental Health SHG approach, we need to invest more in organizational capacity building of SHGs. It will help them to have stronger presence in municipality as well as disability movement.
- Sometimes beneficiaries have to return without treatment because of having only one mhGAP trained health worker in selected health facilities of ICMHP. It would be better to train at least two health workers where ever possible.
- In-line organizations and stakeholders should be oriented and informed from project planning phase
- Mental Health Intervention being linked with disability movement it is essential to involve local OPDs and NFDN in our projects.

Major Decisions

- Complaint box will be placed in Central and Province Office of CMC-Nepal to support complain hearing mechanism
- All Project Coordinator will share list of participants for five days Students Counselling Training by the end of first week of February
- Project Coordinator will compile and share Financial Guideline and send to CMC-Nepal Centre Office in Kathmandu within 1 month.

- IMC will discuss and finalize norms for uniform practice in food, refreshment and travel allowances for participants in all projects
- All project will ensure that CMC-Nepal representatives are present during seven steps planning meeting
- All project will share semi-annual project report to respective municipalities on regular basis
- CMC-Nepal will start paid counselling service from CMC-Nepal Province Office, Surkhet
- All projects will coordinate with NFDN, Disability Coordination Committee and project's municipalities for promotion of accessibility, barrier reduction and linkage of persons with psychosocial disability with disability movement.
- Projects that are being implemented in same municipalities will conduct inter-project meetings at municipality level to avoid duplication of activities.
- CMC-Nepal will promote social audit in its projects
- CMC-Nepal will promote organic food in community level activities
- All project will share policies, guideline and regulations of CMC-Nepal in respective project municipalities.

Some Glimpses



Figure 9; Innovation in ICMHP



Figure 10: ICMHP Team



Figure 11: EHMHPWMW project as river



Figure 12: Dissemination of Accessible IEC 9EDCD and MoSD)



Figure 13: After event sharing



Figure 14: GBVPRP team presenting their project (FGD role play)