



Centre for Mental Health & Counselling – Nepal (CMC-Nepal)

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Who are we?

Centre for Mental Health and Counseling-Nepal (CMC-Nepal), a national NGO registered with Kathmandu District Administration Office and affiliated with the Social Welfare Council. We promote rights for persons with psychosocial disabilities through promotional, preventive, curative, and community-based rehabilitation approaches. We are a diverse and dedicated team of professionals committed to establishing a center of excellence in mental health and psychosocial counseling. We lead initiatives from grassroots care delivery to policy development, collaborating with government entities to strengthen systems. Our focus is on ensuring accessible, high-quality, equitable, and affordable mental healthcare. Through innovative and accountable care models, we aim for institutionalization and sustainability via government adoption. By integrating humanitarian and rights-based approaches, we foster inclusion and support the creation of enabling environments for all individuals.

VISION OF CMC-NEPAL

A society where individuals with mental health conditions and psychosocial disabilities, along at risks of mental health conditions lead dignified lives with full rights and opportunities.

MISSION OF CMC-NEPAL

To enhance mental health and psychosocial well-being through collaboration with governmental, non-governmental, and community-based organizations

CORE VALUES

- Service-Oriented – Commitment to individuals facing mental health challenges.
- Collaborative – Teamwork and partnerships at all levels.
- Excellence & Integrity – Upholding professional standards.
- Inclusivity & Equity – Respecting diversity and ensuring accessibility.
- Transparency & Accountability – Ethical and responsible operations.

Project Name: Manko Sathi- Child and Adolescent Mental Health Promotion

Working Area: Dhanusha (Ganeshman Charnath Municipality, Nagarain Municipality, Laxminia Rural Municipality, Dhanauji Rural Municipality) & Siraha (Lahan Municipality, Dhangadhimai Municipality)

Duration of project: 1st June 2025 to 31st March 2029

Brief Introduction of the project:

The Child and Adolescent Mental Health (CAMH) project in Madhesh Province contributed to build on the promotion of Child Mental Health

and Psychosocial Wellbeing in Community (PCMHP) project (2021-2024), implemented by CMC-Nepal in three municipalities of Siraha and Dhanusha districts, with CBM Global's support and local government collaboration.

The final evaluation report of PCMHP showed progress in psychosocial well-being, learning quality, accessibility for children with disabilities, and policy advancements, particularly for marginalized children. Key achievements highlighted integrating MHPSS into local level policies, building teacher and health worker capacity in child mental health, raising community awareness, and strengthening referral systems. Sustainability, government commitment, financing, referrals, and stigma reduction remained challenges and the evaluation recommended to work further to address those challenges in old project locations and plan strategically to increase sustainability and local ownership from very beginning in new project location.

The CAMH project is designed and implemented to replicate PCMHP's model for local ownership and sustainability, enhance coordination and referral systems at municipal and provincial level, boost outreach with culturally appropriate awareness campaigns, allocate resources to improve program reach and impact, and create a roadmap for post-project child and adolescent mental health services.

Problem and evidence

Globally, 10-20% of children experience mental health disorders, with similar trends in Nepal where 5.2% of adolescents face such issues,

including 3.9% with suicidal thoughts. In Madhesh Province, children and adolescents are particularly vulnerable due to socio-economic factors like gender-based violence, early marriage, caste discrimination, poverty, and migration, leading to high dropout rates, especially among girls (32% in grade 10). Limited emotional and behavioral support in schools, deficient mental health and psychosocial support (MHPSS) in health facilities, and the absence of specialized child and adolescent mental health (CAMH) services exacerbate the problem, while family and community struggles with stigma and lack of awareness further isolate those affected. Climate change-induced disasters like droughts and floods worsen mental health challenges, yet local and provincial governments lack policies, programs, and resources to address these critical needs.

Rationale for project model/approach

The CAMH project builds on lessons from CMC's previous PCMH Project and aligns with CBM Global's Mental Health Strategic Framework and Disability-Inclusive Development Principles. It integrates a multi-sectoral, evidence-based approach.

1. **School-Based Interventions** – Enhance emotional and behavioral support and counseling in schools.
2. **Health System Strengthening** – Integrate MHPSS into primary healthcare, improve policies, referrals, and data reporting through task shifting.
3. **Community and Family Engagement** – Engage communities and families through awareness, education, and mobilization of local groups and individuals with experience.

4. **Government Collaboration** – Collaborate with government to formulate policies, allocate budgets, and institutionalize mental health services at local and provincial levels.

Direct and indirect beneficiaries

The primary beneficiaries are 2000 children and adolescents with or at risk of emotional, behavioural, mental health, and psychosocial including children with disability, out of school children, children who exposed to pre-condition of poor mental health, parents and caregivers and survivors GBV and human rights violation. Similarly, 10000 other stakeholders including community people, health service providers, teachers, government representatives, child clubs and networks and OPDs will benefit through the project intervention.

Objective

The overall objective of Manko Saathi- CAMH Promotion is *“Improved psychosocial wellbeing of the child and adolescents including children with disabilities and out of school.”*

Specific Objectives

The specific objectives of the project are:-

1. *Improved mental health and well-being of children and adolescents through enabled access and utilization of quality MHPSS services within community support system including schools, and health facilities.*
2. *Supportive environment within families, communities, and government system to improve mental health and psychosocial*

well-being of children and adolescents including those with disabilities and out of school

Result 1: *“Health systems and schools are equipped to deliver inclusive quality emotional, behavioural and MHPSS services with early identification and referral systems in place for children and adolescents”.*

Activities:

- Conduct mhGAP and CAMH training for prescribers including additional training on substance abuse case identification, management and referral
- Conduct CAMH training for non-prescribers including additional training on substance use case identification, management, and referral
- Provide clinical mentoring and supervision (physical and distance) to the trained health workers at health facilities with MHPSS services prioritizing standard of Khulla Man Health Facilities
- Orient and follow Municipal Health Managers, District Data Management Committee (DDMC), and District Public Health Office on MHPSS data management and psychotropic medicine supply
- Orient and follow Health Facility Operation and Management Committee (HFOMC) on integration of MHPSS at Primary Health Care
- Conduct Psychological First Aid training of FCHV to support identification and referral of child and adolescents MHPSS issues
- Train and supervise teachers to provide emotional and behavioral support at schools during regular days and disaster response
- Provide school promotional and playing materials to support emotional wellbeing of children and set up counselling space

- Organize basic Disability and Human Rights Training for health workers and teachers of selected health facilities and schools along with project staff
- Support the referral and treatment at Provincial Hospital and Child and Adolescent Mental Health Department of Kanti Children' Hospital for tertiary/ specialized care for the children in need
- Pilot Social and Emotional Learning Package at one school of the project area

Result 2: *Families and community groups are empowered to support mental health and psychosocial wellbeing and advocate for the rights of all children including those with disabilities and out of school.*

Activities:

- Develop accessible IEC materials and group/family MHPSS support session plan through co-creation workshop with including children and adolescents
- Conduct awareness, orientation, training and parenting education session at community level on CAMH, substance use and suicide prevention for community groups
- Conduct focused group/family psychosocial support and follow up sessions with child and adolescents prioritizing those with disabilities and out of schools (CPSW and PSC)
- Provide PFA support to children and adolescents whose cases are reported in Municipal Judicial Committee (PSC)
- Orient and provide technical support to teachers and school management promotion of MHPSS and prevention of suicide, substance use and bullying at school

- Conduct orientation on harm reduction strategies at school and community level to prevent or minimize consequences of substance use
- Carry out study on impact of use of social media in mental health & well-being of child and adolescents
- Develop and launch social media awareness campaign in coordination with community groups and networks to engage and influence child, adolescents, and youths for CAMH
- Facilitate semi-annual reflection meeting with identified community groups, child clubs and caregiver networks
- Support capacity building of OPDs on MH and psychosocial disability and engage them in advocacy

Result 3: *Local and province governments are informed and sensitised to formulate or revise policies and allocate budgets for Inclusive MHPSS and promotion of rights of children and adolescents, including those with disabilities and out of school.*

Activities:

- Organize project inception, exit workshop, and handover meetings to ensure effective project initiation, closure, and transition to relevant stakeholders
- Conduct municipality-level workshops to map community resources and referral pathways for Child and Adolescent Mental Health (CAMH), behavioral, and emotional support
- Facilitate periodic project review and reporting sessions with local and provincial government authorities, including the LPAC and monitoring of project activities

- Conduct workshops and discussions to support the development, implementation, and enhancement of policies and programs at local and province level
- Provide orientations to local government representatives (including Executive Committee), government staff (including ward secretary), and Local Coordination Committee members on CAMH, child rights, and the prevention of substance use and suicide
- Build the capacity of LDCC and DPRM committees on the rights and inclusion of children and adolescents with disabilities, including those out of school
- Review and technical input to incorporate MHPSS preparedness and response in local disaster preparedness and response plan
- Provide PFA and child rights training to community leaders (informal or non-professional health workers, volunteers, community members, religious leaders, traditional birth attendants/healers, child club, parents network etc.) after community mapping in coordination with local government
- Advocate for promotion of accessibility of the schools and health facility in the project area

Result 4: *CMC-Nepal's capacity is strengthened for project management, quality implementation, MEAL, and ensuring inclusivity.*

Activities

- Organize a project induction workshop and in-house training to familiarize staff with the project's approaches and to develop detailed sectoral implementation plans along with the required MEAL tools and forms

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- Build capacity of organizational and project staff, including board members, to effectively carry out MEAL and project management functions
 - Organize training on providing mental health and psychosocial support to parents of children and adolescents with disability
 - Periodic orientation and training on safeguarding, PSEAH prevention, anti-corruption and gender
 - Conduct monthly, quarterly, and annual review and planning meeting
 - Promote safeguarding, accessibility, and effective complaint handling
 - Conduct social audit of the project
 - Conduct baseline, mid-term and final evaluation



मानसिक स्वास्थ्य तथा परामर्श केन्द्र-नेपाल (सी.एम.सी.-नेपाल)

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स्मृति घिमिरे: ९८४१२३४४९०
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सम्पर्क विवरण

०८३-५५०३६७ (प्रदेश कार्यालय)

०१-४१०२०३७ (केन्द्रीय कार्यालय)

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असहज कस सेक्टर

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असहज-असहजता को office रोडवेज
National Helpline for Suicide Prevention

संस्थागत प्रतिबद्धता

सी.एम.सी.-नेपाल संस्थाले आफ्ना सबै कार्यहरूमा बालबालिकाहरू तथा जोखिममा रहेका ब्यस्कहरूको संरक्षण, यौन दुर्व्यवहार, शोषण र उत्पीडनको रोकथाम तथा जवाफदेहिताको पालनाप्रति पूर्ण रूपमा प्रतिबद्ध छ। हामी हाम्रा सेवाहरूमा बालबालिकाहरू, महिलाहरू, अपाङ्गता भएका व्यक्तिहरू तथा अन्य जोखिममा रहेका समूहहरूको सुरक्षा, सम्मान र अधिकारलाई प्राथमिकता दिन्छौं। सी.एम.सी.-नेपालले शून्य सहनशीलताको नीतिलाई कडाइका साथ कार्यान्वयन गर्दछ, साथै यस संस्थाका सबै कर्मचारीहरू, कार्यकारिणी समितिका सदस्यहरू, स्वयंसेवकहरू, परामर्शदाताहरू तथा साभेदारहरूले बालबालिका तथा जोखिममा रहेका ब्यस्कहरूको संरक्षण तथा यौन दुर्व्यवहार, शोषण र उत्पीडनको रोकथाम सम्बन्धी आचारसंहिता र नीति पालना गर्नु पर्नेछ। हामीले यस सम्बन्धी सबै गुनासो तथा पृष्ठ पोषणलाई यथासक्थ छिट्टो सम्बोधन गर्ने प्रतिबद्धता व्यक्त गर्दछौं।