

National Programme for Community Based Mental Health Care :

Capacity Building in Management of Mood Disorders



No
Health
Without
Mental
Health



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BLACK DOG INSTITUTE
University of New South Wales
Australia



**MINISTRY OF HEALTH
CARE & NUTRITION**
Sri Lanka

National Programme for Community Based Mental Health Care : Capacity Building in Management of Mood Disorders

“Mood disorders can be identified as one of the top ten of higher disease burdens in the world. The island wide mental health survey commissioned by the Ministry of Health and carried out by the Institute for Research and Development has revealed that the prevalence of major depressive disorder is 2% and other depressive syndromes are around 8%. Therefore over all mood disorder prevalence appear to be high in Sri Lanka”

Vision

“Mental health for all”

Mission

“Mental health with community partnership”

Inaugural session 24th March 2009 at Sri Lanka Foundation Institute

Training of 100 Medical Officers of Mental Health

Printed in March 2009

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Printed by : Print Wave (Pvt) Ltd
244/4, Robert Gunawardena Road, Battaramulla. Tel : 2888750

Introduction

As an institution that is engaged in training in the field of Mental Health, we at the Institute for Research & Development (IRD) are well aware of the importance of scaling up services for mental illnesses in Sri Lanka. The recently completed **national mental health survey** conducted by IRD commissioned by the Ministry of Health has revealed that prevalence of mood disorders (especially depression) are around 10% in the country.

Therefore, IRD with the Black Dog Institute in Australia will be working to incorporate the mood disorder capacity building activities within the national programme for Community Based Mental Health Care to be implemented by the Ministry of Health. This comes as the second phase of the overall project which is to be completed in three phases over 2008-2009.

Phase 1- Groups of senior key clinicians from developing countries were brought to Black Dog Institute in Sydney for two weeks training on assessing and management of mood disorders. Participants were also involved in adaptation of educational material for later use in their country of origin. Eight Sri Lankan medical professionals participated in this program.

In Phase 2, now underway, the Sydney trainees will be training others and building health professional and community awareness of mood disorders in their own countries. Over the course of project participants will receive training and support from experts in depression and bipolar disorder who will actively support participants to improve their capacity to assess and manage mood disorders, train others and build awareness among health professionals and the community.

Profiles

Black Dog Institute

The Black Dog Institute of Sydney, Australia is an educational, research, clinical and community-oriented facility offering specialist expertise in mood disorders - a range of disorders that include depression and bipolar disorder (formerly called 'manic depression'). The Institute is attached to the Prince of Wales Hospital and affiliated with the University of New South Wales.

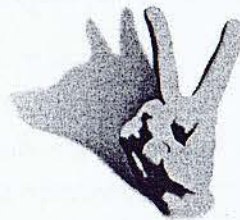
Institute for Research and Development

Institute for Research and Development is a non-profit private research institute in Sri Lanka involved in building an ethical and sound research culture in the country. The two academic institutions came together to organize this valuable event recognizing the critical need to empower clinicians to facilitate health policy changes which will ultimately lead to improvements in health services delivery and improve overall management of mental Health disorders in developing country.

In short, our slogan is - 'Research for Development and Policy Impact'

The meaning behind 'Black Dog'

Winston Churchill, like many members of his family, suffered from intermittent biological depression which was at such a level of severity that he referred to it as his 'black dog'. 'Black' is a colour frequently described by patients who describe severe depression, which come to envelop them like a cloud and often without them feeling that they have any capacity to resist it taking them over.



Winston Churchill is also admired for his incredible resilience during the Second World War and his V for victory gesture which, together with his inspiring speeches, encouraged the British and the rest of the world to fight on despite adversity. At times when he was severely depressed, he continued to work. Thus, the conjunction of the V for victory and the black dog represent the capacity for humans to overcome black dog depressions and other shadows on their lives.

The broad aims of the project

- ✕ To raised awareness amongst clinicians in developing countries about the impact of undiagnosed mood disorders on quality of life, work and family functioning and on health services and the community.
- ✕ To help clinicians better diagnose and manage mood disorders in developing countries.
- ✕ To empower clinicians to facilitate health policy changes which will ultimate lead to improvements in health service delivery in developing countries.
- ✕ To maximize the reach of education of health professionals on mood disorders in developing countries.
- ✕ To enhance the treatments of mental illness in developing countries.

Project partners

- ✕ Institute for Research and Development, Sri Lanka
- ✕ Mental Health Directorate and the Regional Director of Health services (Colombo)
- ✕ Sri Lanka Medical Association
- ✕ College of General Practitioners, Sri Lanka
- ✕ World Mental Health Organization, Sri Lanka
- ✕ Sri Lanka Foundation Institute

Messages

PHI Arunasiri Director, Sri Lanka Foundation Institute



I am pleased to send this message on the occasion of the inauguration of the program for incorporating the mood disorder capacity building activities within the national program for Community Based Mental Health Care to be implemented by the Ministry of Health and the associated training workshop for mental health professionals organized by the Institute for Research and Development in partnership with the Black Dog Institute in Australia and Sri Lanka Foundation Institute.

Sri Lanka Foundation Institute (SLFI) being an institution engaged in training in the fields of human rights, good governance, industrial relations and also more particularly in mental health and related areas such as psychological counseling is very much pleased to be a partner in this programme of national importance.

At a time of increased mood disorders especially depression, the development of community-based mental health services and also scaling up services for mental illnesses in Sri Lanka is of utmost importance. The SLFI is committed to assist such endeavors and with a view to uplifting the status of mental health in Sri Lanka.

I wish this event all success in its deliberations.

Dr H L M B H Denuwara Regional Director of Health Services, Colombo



I take this opportunity to thank Black Dog Institute and the Institute for Research and Development for the support given to train a medical officer for the district of Colombo, to aware the community on new perspective on identification and management of mood disorders and appropriate referral.

After the training several programme conducted at community level using this Black Dog model of identification and management of mood disorders. I strongly feel community at large benefited from this awareness programme.

Sriyani Dhammika Secretary, Consumer Action Forum



Indeed I never thought that the abnormal condition since my teenage would claim to be a terrible mental illness. I just did not have a clear consciousness to do any work – even a good work at a stretch as I felt boring, too much of anger, too much of sadness and was frustrated every time. I could not full fill my primary duties of my family. I got angry because of too much of sadness. All these are symptoms of a mental illness. But it took a long time for me to realize, couldn't that be anybody around me noticed to give me a proper advise? It was none other than ignorance. There are so much of people around us like me who suffer due to ignorance of mental illness as if these illnesses have been taken for granted in the society. Now I know about depression which I was suffering is a common and mild mental illness, as per my experience

although this common and mild illness may lead to a trauma if it's not identified and treated at the right time. What happen if I commit suicide because of this depression? I really appreciate this program which will fill a huge requirement of the society which as a result of the current affairs of the country.

Dr. Neil Fernando Consultant Psychiatrist, Director Mental Health (acting)



There is no development without health

There is no health without mental health

These are two key messages often used when introducing the subject of mental health. It indicates that mental health is an integral part of health and is also vital for nation building. Mental health is vital to individuals, families, & communities.

The state health service in Sri Lanka is delivered at three levels, primary, secondary and tertiary. Mental health services were limited to tertiary care institutions namely mental hospitals, teaching hospitals, and general hospital up to the year 2000.

In the year 2000, Health Ministry appointed a new category of doctors designated as medical officer (mental health) and expanded the mental health services to secondary care institutions comprising base hospitals, and to large district hospitals.

To provide an effective mental health service we need to expand the services to the primary care level.

The proposed national program for community based mental health care is designed to make mental health services available at primary level. The vision and the mission of the new programme is to provide mental health care through community partnership.

Existing systems for delivery of mental health care have failed to meet the needs of the majority of the population.

The common reasons are that the existing system is

- ✶ **Centralized**
- ✶ **Hospital based**
- ✶ **Disease oriented**
- ✶ **Care delivered by medical personnel in a one to one doctor patient relationship**

There is a need for a new initiative in the provision of Mental Health Care. The new programme has been designed to overcome the above deficiencies. The new programme is :

- ✶ **Decentralized**
- ✶ **Community based**
- ✶ **Person oriented**
- ✶ **Care provided through community partnership**

This innovative model was first field tested in India in 1999 and subsequently adapted by Basic Needs (international non-governmental organization) in Sri Lanka. Basic Needs field tested the model in Sri Lanka in 2002.

The proposed model is a **modified** one from the original model used by Basic Needs. The new model was formulated taking into consideration our existing health care delivery system.

The model encompasses the four components of health care delivery system: **Promotion, Prevention, Treatment and Rehabilitation.**

Further the model endorses the Alma-Ata Declaration in 1978:

"The people have the right and duty to participate individually and collectively in the planning and implementation of their health care"

The model involves the community at every level, and refuse to consider them as passive recipients of health care by involving the community in planning, implementation and evaluation of the mental health care program

The focal point for the programme will be the medical officer (mental health) who provides mental health service at the secondary level. Each medical officer (mental health) is expected to initiate the programme in 5 grama niladari divisions.

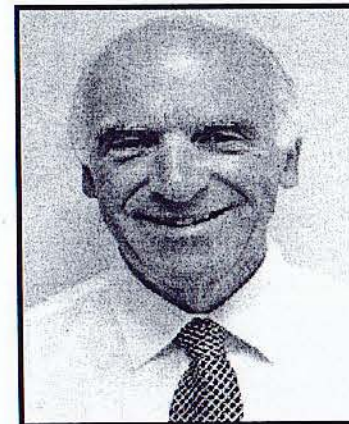
The programme will involve 100 medical officers (mental health) with the aim of providing mental health care at 500 villages initially. In each of the 500 villages a mental health plan will be formulated by the community and a village mental health committee established to implement the plan.

This model has been successfully implemented in the southern province in collaboration with the southern province health service.

I am confident that our medical officers (mental health) will take up the challenge and give the necessary leadership to make this programme a success.

I am pleased that the **Black Dog Institute** in Sydney, Australia is involved in the capacity building component in relation to mood disorders.

Prof. Gordon Parker Executive Director, Black Dog Institute



"Professor Gordon Parker and the Black Dog Institute are delighted to reach out to the people of Sri Lanka to advance the identification and management of mood disorders. This is a timely opportunity to work together to educate, shelter and heal countless people afflicted with these conditions.

We share your enthusiasm to advance the understanding and treatment of mood disorders through professional and community programmes and to develop community leaders who will ensure that those affected get the necessary care and support they need".

Dr Athula Sumathipala Honorary Director, Institute for Research & Development, Sri Lanka ; Senior Lecturer Kings College, Institute of Psychiatry, University of London



It is with great pleasure that I provide this message on the occasion of the inauguration of this event. From the conception, the Institute for Research and Development had a vision to support scaling up mental health services in Sri Lanka in addition to its main task of conducting strategic priority research. Our commitment throughout was to strengthen the existing primary care and public health system and resources. Accordingly we are supporting the community mental health service development through capacity building; training 100 medical officers in mental health. This event is an example of excellent team work. I would like to take this opportunity to thank all the organizations and individuals who contributed to make this important event a success.

Comments of Eight Sri Lankan Medical Professionals Who Participated in the Training Programme

Dr. Varuni De Silva Senior Lecturer, Department of Psychiatry, Faculty of Medicine, Colombo



The training at the Black Dog Institute provided me the opportunity to see how the clinical management of mood disorders in Sri Lanka compared with other specialized institutions in the world and I was happy to see we were doing things right. The training focused on a wide variety of activities including treatment, advocacy, patient and carer involvement, education and research. The staff was very welcoming and I made several long term friends.

Dr. Jayantha Jayatissa, Secretary, College of General Practitioners



Training programme on mood disorders was a novel experience; approach to mood disorders has been made easier. Professor Gordon Park's psychiatric interview was excellent; unhurried and patient centered. Session on media was informative and enjoyable. Hands on session on MAP was exciting. Community programme addresses issues related to both preventive and curative care at primary secondary and enjoyable. Hands on session on MAP was exciting. Community programme addresses issues related to both preventive and curative care.

Dr Indika Karunathilaka Senior Lecturer, Department of Medical Education, Faculty of Medicine, Colombo



The training programme led to lot of sharing of experience and expertise. This success was due to the multi-professional nature of the training programme. Working in a group with such a diverse array of socio-cultural and professional backgrounds was a novel experience. The programme was designed in such a way to ensure "unity in diversity" and maximise sharing of ideas and experiences. The logistics of the programme too were well planned. There was lot of attention to detail and the organisers went out of their way to make sure that the participants are comfortable and well looked after. I gained much and really enjoyed this programme. Congratulations to BDI for organising such an excellent training programme.

Dr. Sriyani Liyanage Medical Officer – Mental Health Focal Point, Colombo District



I participated for the training program in Australia & learned about the "Black Dog" model of mood disorders. It was very help full training & I learned very easy approach to diagnose and manage mood disorders, importance of maintaining drug treatment to prevent relapse, predicting pre manic phase and advising care givers to manage credit on behalf of the client etc. I learnt the message that, because of the age of onset of the disease it can ruin the whole life of the person, so it's duty of us to early diagnose and the treat. By doing it help the person as well as the family and the society as a whole to live productive to the society. Before the training at Black Dog, mood disorder was only a one mental disorder for me. Thanks to the Black Dog team for giving me opportunity to learn that it's not only a diagnosis but also a disease that can manage effectively and productively making real change to a life. I also play my gratitude to Colombo RDHS and Dr. Athula Sumathipala for giving me opportunity for training at Black Dog.

Ms. Chrishara Paranawithana Consultant (Mental Health) to WHO, Sri Lanka



The mood disorders training organised and sponsored by Black Dog Institute was an excellent programme which covered technical knowledge and latest research findings pertaining to mood disorders and gave special emphasis on evidence based practices. It helped the enhancement of skill base and provided insights to community-based interventions pertaining to clinical work and practices. We are grateful to Black Dog and IRD for providing local participants with this special opportunity to experience a valuable training programme delivered by international experts.

Dr. Sudath Samaraweera , Consultant Community Physician, Epidemiology Unit, Ministry of Health .



The time spent at the Black Dog Institute was a very good learning opportunity I had. Training at a foreign country alongside with people from different countries was itself good exposure to cultural variability of psychiatric disorders. Meeting individuals who are renowned clinicians and researchers was a learning experience in itself. I learned about different issues related to mood disorders, and the way to address them using evidence based knowledge with limited resources and minimum logistical support. Training at the Black Dog Institute provided me the perspectives that will certainly guide me in my future endeavours in dealing with patients with mood disorders, their families and designing & implementing programmes at population level to reduce the burden of

mood disorders in Sri Lanka. I am very much grateful to the Black Dog Institute and the Institute for Research & Development for the opportunity provided.

Dr. Sisira Siribaddana , Consultant Physician, Project Leader, Sri Lankan Twin Registry, IRD



As a clinician involved with chronic illness such as diabetes, hypertension and asthma, I am intrigued by the dominance of mind over the bodily functions. Patients behaviour in chronic illnesses is crucial in management of it. Training in mood disorders were valuable in the management of non-communicable diseases.

Resource Persons

Dr. Ilse Blignault BSc(Hons)Psych, MClInPsych, MIntH, PhD, MAPS, MPHAA



Works part-time for the Black Dog Institute as Manager for the Improving Identification and Management of Mood Disorders in Developing Countries Project. During the rest of her working week, she works as a Senior Research Fellow at the School of Public Health and Community Medicine at the University of New South Wales. Ilse has spent 30 years working in the health sector in Australia and overseas, and has worked as a clinician, educator, manager and researcher. She has broad interests and extensive experience in research and service/policy development in cross-cultural contexts (including international health, migrant health and indigenous health) and specialist expertise in mental health (including e-mental health, primary mental health care and the social and emotional well-being of Aboriginal and Torres Strait Islander Australians.

being of Aboriginal and Torres Strait Islander Australians.

Dr. Neil Fernando MBBS,MD(Psychiatry)



He is the current Acting Director of Mental Hospital Angoda and National Hospital Health Services of Sri Lanka. HE is a Consultant Psychiatrist of Sri Lanka. He has a work experience in mental health field of 28 years and has been a Consultant Psychiatrist for 22 years.

He worked as a Forensic Psychiatrist for 5 years and Medical Superintendent of General Hospital, Badulla for 2 years. Also he has functioned as the Regional Director of Health Services , Badulla for 3 years. Presently he is a member of National Child Protection Authority and a member of National Authority on Tobacco and Alcohol. He also functions as a Consultant to Basic Needs Sri Lanka in a community

mental health programme – **New initiative to mental health and development.** The success of the work is due to the challenging role performed by the community animators with the background of community mental aspects, which in turn animated the affected communities experiencing grief due to losses to take an active part in regaining and rebuilding.

Dr Raveen Hanwella MBBS(Col), MD(Psy), MRCPsych



Dr Hanwella is a senior lecturer in psychiatry in the Faculty of Medicine, University of Colombo and a honorary consultant in psychiatry to the National Hospital of Sri Lanka. He obtained his MBBS in 1986. He qualified MD in Psychiatry in 1991 and was awarded the Andrew Sims Gold Medal. He proceeded to the UK for his overseas postgraduate studies in 1993 and worked in the Warneford Hospital in Oxford. In 1995 passed the MRCPsych examination. Since his return to Sri Lanka he has continued his academic and clinical work in the University Psychiatry Unit in Colombo.

Prof. Vijaya Manicavasagar BSc(Hons)Psych, MPsych(Hons) PhD, MAPS



Senior Clinical Psychologist and Associate Professor within the Black Dog Institute, School of Psychiatry at the University of New South Wales. She has a long-standing interest in cross-cultural psychology, and refugee and migrant mental health. In her role as the Director of Psychological Services within the Black Dog Institute she is responsible for developing and implementing a range of education programs for mental health professionals including psychologists, school counsellors and mental health nurses. Associate Prof Manicavasagar is also involved in a number of clinical research studies focusing psychological treatments for mood disorders.

Dr. Athula Sumathipala MBBS, DFM, MD(S.L), MRCPsych, CCST(UK), PhD(Lond)



He graduated and trained in Sri Lanka and obtained MBBS, Diploma in Family Medicine and a MD (by a research on Somatisation). Then he re-qualified in UK, underwent postgraduate training in Psychiatry and also obtained Certificate of Completion of Specialist Training (CCST) in the UK (EU). He was attached to the Institute of Psychiatry, Kings College, University of London (Section of Epidemiology). He has conducted two successful clinical trials of CBT for the treatment of somatisation disorder in Sri Lankan primary care, which are the only two trials reported from the developing world. He received a traveling professorship from the Australian and New Zealand College of Psychiatrists in 2007. Currently he is a Senior Lecturer at the Institute of Psychiatry, Kings College, University of

London and also the Honorary Director at the Institute for Research and Development.

**National Programme for Community Based Mental Health Care
Capacity Building in Management of Mood Disorders**

Venue: Sri Lanka Foundation Institute

24th March 2009

08.30am - 09.00am	Registration
09.00am - 09.15am	Ceremonial opening of the programme, lighting of the traditional oil lamp by guests
09.15am - 09.30am	Welcome address and presentation of the overall programme by Dr. Athula Sumathipala, Director IRD
09.30am - 09.45am	"Overview of National Programme for Community Based Mental Health Care" By Dr. Neil Fernando, Consultant Psychiatrist, Director Mental Health (Acting)
09.45am - 09.55am	Address by the guest of honour: Dr. Ajith Mendis, Director General of Health Services
09.55am - 10.05am	Address by Prof. Vijaya Manicavasagar, Senior Clinical Psychologist and Associate Professor, Black Dog Institute, School of Psychiatry at the University of New South Wales
10.05am - 10.15am	Key note address 1- Prof. Lalitha Mendis, Immediate Past President, Sri Lanka Medical Association
10.15am - 10.25am	Key note address 2- Prof. Carlo Fonseka, Chairman of National Authority on Tobacco & Alcohol
10.25am - 10.35am	Tea
10.35am - 10.45am	Dr. Jayan Mendis, President of the Sri Lanka College of Psychiatrists; Director, National Institute of Mental Health
10.45am - 11.20 am	Experience sharing of a <ul style="list-style-type: none">- Consumer, Care Giver, Volunteer- Media Person- Medical Officer, Therapist
11.20am - 11.30am	Address by Dr. H L M B H Denuwara, Regional Director of Health Services, Colombo.
11.30am - 11.40am	Address by Mr. P H I Arunasiri, Director, Sri Lanka Foundation Institute
11.40am - 11.50pm	Address by Prof. Nandani De Silva, Vice Chancellor, Open University of Sri Lanka
11.50pm - 12.00pm	Address by Dr. Varuni De Silva, Senior Lecturer, Department of Psychiatry, Faculty of Medicine, Colombo
12.00pm - 12.10pm	Vote of Thanks

Capacity Building in Management of Mood Disorders

First Day – 24th March 2009 ; Venue – Sri Lanka Foundation Institute

Start time - 1.30pm; Afternoon Tea - 3.00pm-3.30pm; Finish - 5.00pm

Focus	Activity	Presenter
Welcome Overview	Presentation	Dr. Neil Fernando Dr. Athula Sumathipala
BDI and mood disorders SL connection	Presentation	Dr. Ilse Blignault Prof. Vijaya Manicava
Sub typing model (1 hour)	Presentation & discussion	Prof. Nandani De Silva
Depression (2 hours including personality styles) <ul style="list-style-type: none"> • Assessment of signs & symptoms • Making a diagnosis • Common co morbid conditions • Impact on family • Psychosocial impairments • Dealing with special groups, e.g. pregnant women, youth 	Presentation, including short lectures & case studies, & discussion	Dr. Athula Sumathipala Dr. Jayantha Jayatissa <u>Small groups facilitators</u> Dr. Sriyani Liyanage Dr. Sisira Siribaddana Dr. Jayantha Jayatissa Dr. Ilse Blignault Dr. Vijaya Manicavasagar

Capacity Building in Management of Mood Disorders

Second Day – 25th March 2009 ; Venue – Sri Lanka Foundation Institute

Start Time - 9.00am; Morning Tea - 10.30am-11.00am; Lunch - 12.30pm-1.30pm;
Afternoon Tea - 3.00pm-3.30pm; Finish - 5.00pm

Focus	Activity	Presenter
Review	Presentation	Dr. Sudath Samaraweera
Bipolar Disorder (1 hour) <ul style="list-style-type: none"> • Assessment of signs & symptoms • Making a diagnosis • Dealing with younger people 	Presentation	Dr. Raveen Hanwella <u>Small Groups</u> Dr. Jayantha Jayatissa Dr. Sriyani Liyanage Dr. Ilse Blignault Dr. Vijaya Manicavasagar
Pharmacological treatments Depression and Bipolar disorder (1.5 hours)	Presentation & small group discussions > share experiences & concerns re application	Dr. Varuni De Silva <u>Small groups</u> Dr. Jayantha Jayatissa Dr. Sudath Samaraweera Dr. Sriyani Liyanage Dr. Ilse Blignault Dr. Vijaya Manicavasagar

<p>Psychological treatments Depression and Bipolar disorder (1.5 hours)</p>	<p>Presentation & small group discussions > share experiences & concerns re application</p>	<p>Prof. Vijaya Manicavasagar Mrs. Chrishara Parनावithana</p> <p><u>Small groups</u> Dr. Jayantha Jayatissa Dr. Sriyani Liyanage Dr. Sudath Samaraweera Dr. Ilse Blignault</p>
<p>Community support & Destigmatisation (2 hours)</p>	<p>Presentation & discussion</p>	<p>Dr. Neil Fernando Dr. Sriyani Liyanage Mrs. Chrishara Parनावithane</p> <p><u>Small groups</u> Dr. Jayantha jayatissa Dr. Sudath Samaraweera Dr. Sriyani Liyanage Dr. Ilse Blignault Prof. Vijaya Manicavasagar</p>
<p>Evaluation Summary & close</p>		<p>Dr. Ilse Blignault Dr. Sisira Siribaddana Dr. Neil Fernando Dr. Athula Sumathipala Prof. Vijaya Manicavasagar</p>

Acknowledgements

Mr. P H I Arunasiri, Director & Staff at Sri Lanka Foundation Institute

Mr. H H B A Upul Hettiarachchi , Planning & Programme Officer,
Ministry of Health Care & Nutrition

Dr. Prasantha de Silva, Consultant-Community Physician

Dr. Chesmal K Siriwardane

Ms. W G Suranga Sewwandhi

Mr. K H Buddhika Gunathilake

Mr T Jayakumar