GMHAT
Leadership Training Program
on
Screening and Management of Mental Disorders

Background

Mental health and wellbeing are important aspects of public health, but the authorities have given very little attention to this field in the low and middle-income countries. South Asian region have a high disease burden of mental disorders. A systematic review conducted in 2020 showed a prevalence of 14.2 percent for common mental disorders. Similar trends have also been seen from South America and Africa. According to the National Mental Health Survey, approximately 150 million people in India need care for their mental health problems. Between 70 to 92 percent of these cases failed to receive treatment. COVID-19 pandemic further added to the unmet mental health needs of these populations. The personal, family, and social impact of COVID-19 is likely to last for a very long time.

The world should be committed towards improving access to mental healthcare and treatment to communities without discrimination. The World Health Organisation's Sustainable Development Goal 3 (targets 3.4 is and 3.5) are directly related to mental health and substance abuse. Premature mortality from noncommunicable diseases can also be reduced through promoting mental health and proving treatment and care of mental disorders. However, early detection of mental illness and their timely management remain an important public health challenge due to lack of trained mental health care professionals at the periphery.

The Global Mental Health Assessment Tool (GMHAT) offers a practical solution to address this challenge. GMHAT/PC is a semi-structured, computer assisted clinical assessment tool that is developed to assist health workers in making quick, convenient, and comprehensive standardized mental health assessments in both primary and general health care.

'SD Gupta School of Public Health' (SDG SPH) at IIHMR University, Jaipur, India is collaborating with Centre for Autism, Neurodevelopmental disorders and Intellectual Disabilities (CANDDID, Cheshire and Wirral Partnership (CWP), NHS Foundation Trust and University of Manchester, UK, to work on building and strengthening capacities of healthcare functionaries as well as caregivers towards improving community's mental health and wellbeing through this structured skill oriented training program.

Objectives

The virtual training program aims at strengthening and promoting mental health care and services. The specific objectives of this program are:

- Develop effective leadership skills for timely screening and management of mental health issues
- Improve skills to assess, detect and deal with mental disorders using GMHAT/PC; and
- Strengthen information systems, evidence and research for mental health.

Learning objectives: At the end of the training, the participants will be able to

- Understand the role of leadership skills in mental health" and assess own leadership styles.
- Gain knowledge of common mental disorders.
- Improve communication and interviewing skills.
- Use GMHAT/PC in various settings.

Contents

- Mental Health and Wellbeing: Overview
- Leadership styles: Self-assessment
- Common Mental Disorders
- Communication and interviewing skills
- Global Mental Health Assessment Tool - Primary Care version (GMHAT/PC)
- Assessment of mental disorders using GMHAT/PC
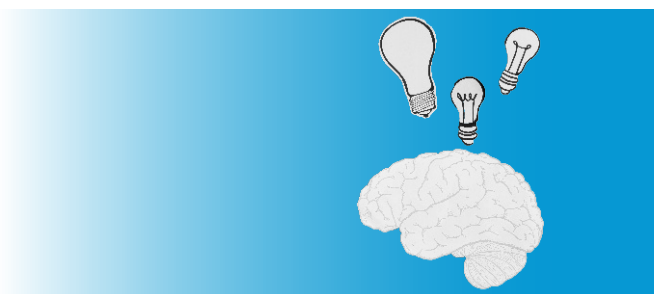
Methodology

The program adopts virtual, participatory, and experiential approach. The concepts will be explained, which will be followed by hands-on exercises and demonstration by the participants. They will get ample opportunity to translate the concepts discussed into strategy and operational plans in their respective area or organization. This will include:

- Interactive sessions
- Self-assessment of leadership styles
- GMHAT/PC hands on approach of interviewing.
- Assessment of professional judgement (using observation and feedback) - Scoring of videos, Inter-rater agreements.
- Role plays and Quizzes.
- Assessment of clinical skills (ability to use GMHAT/PC and interview techniques)
- Inter sessional learning assignments.
- Virtual forum for providing ongoing support.
- Pre and post training assessment of competence and confidence of conducting mental health assessment interviews.

The program will be delivered through Microsoft Teams/ Zoom Platform. The login credentials will be shared with the registered participants two days before the commencement of the program.

Participants

The training program targets healthcare professionals, Mental Health Trainers, Training Managers, Program Managers, Researchers, Psychologists, Counsellors and NGO representatives.

Duration and Timings

The training program will have eight sessions spread over a period of one month.

- Timing: 3.00 PM-5.00 PM IST /9:30 AM-11:30 AM UK (two hours)
- Training Days: Two days (Wednesdays and Thursdays) in a week.
- Session Dates: December 8-9; 15-16; 22-23; 29-30, 2021.

Two-hour follow up session will also be organized after experiencing the actual implementation of the GMHAT/PC in consultation with the participants.

Award of Certificate

A certificate of participation on completion of the programme will be issued by **SD Gupta School of Public Health, IIHMR University, Jaipur.**

Course Director

Dr Nutan Prabha Jain
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IIHMR University, Jaipur, India
Associate, Department of
International Health
Bloomberg School of Public Health,
JHU, USA

Program Fee

For participants applying from India : **INR 14000**
For participants applying from other countries: **USD 200**
Prior registration is mandatory for participation. The fee covers tuition fee, training material and other resources to be provided at the time of training.
(The program fees is inclusive of GST)

Key Resource Persons

The training programs will be coordinated by SDG SPH, IIHMR University, in collaboration with a team of clinicians and researchers based at CANDDID, CWP Partnership NHS Foundation Trust along with University of Manchester developed a standardised training package on mental health around The Global Mental Health Assessment Tool (GMHAT/PC)- Primary care and General Health setting version. The training program in Spanish has already setup by the University of El Bosque, Bogota in Colombia.

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To apply, please visit link https://bit.ly/3lcfTUC In case you wish to contact us for any further information / clarifications, please write to gmhat@iihmr.edu.in; or give a call to the Program Coordinator (Mr. Vidya Bhushan Tripathi) over phone +91 141 3924700 or +91 88904 08516, 9.30 AM-5.30 PM IST.

About SD Gupta School of Public Health (SDG SPH)

SD Gupta School of Public Health (SDG SPH) at IIHMR University has been established with the vision of improving standards of health of community at large through quality research, education, training, and policy advocacy. Named after one of the foremost public health experts in India and eminent epidemiologist; Dr SD Gupta, the school of public health is working toward developing 'Public Health acumen' in healthcare workforce by preparing them to be global leaders though focus on public health practice.

About University of Manchester, UK

Ranked 27th in the world according to the QS World University Rankings® 2021, the University of Manchester is a prestigious red brick university and is also a member of the Russell Group: a select network of leading research-intensive universities in the UK. The Division of Population Health, Health Services Research and Primary Care, Social Care and Society at School of Health Sciences at University of Manchester has a multidisciplinary staff and very active patient and public involvement partners, working together on research in quality and safety, health policy, politics and organisations, long-term conditions, and research methodology. Social Care and Society, a member of the prestigious NIHR School for Social Care Research, is a leading research group in social care, ageing, long-term care and global mental health and focus on applied research in collaboration with academic partners and others supporting research in social care.

About Centre for Autism, Neurodevelopmental disorders, and Intellectual Disabilities (CANDDID)

CANDDID is a Centre for Excellence of Cheshire and Wirral Partnership (CWP), NHS Foundation Trust, UK carries out a wide range of clinically-led research, training, education and service development consultancy activities, co-produced by people with lived experience of learning disabilities or neurodevelopmental disorders either themselves or as family carers. The driving ambition of CANDDID is that all of its activities should make a positive impact on the practice of professionals and improve the quality and experience of care and quality of life for people with learning disabilities or neurodevelopmental disorders and the families. Their vision is to be a leading centre of academic excellence in the fields of autism, neurodevelopmental disorders and intellectual disability through collaborative partnerships in research, education and training though focus on public health practice.