



**International Conference:
Evidence in Global Disability and Health**

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ABSTRACT

Title: Measuring Mental Health for Sustainable Development: Lessons from Benue State, Nigeria

Abstract text (limited to 300 words, should include background, methods, results and conclusions):

Background:

Mental health is included in Sustainable Development Goals (SDGs) 3.4, 3.5 and 3.8; however, mental health indicators have not been assigned to monitor progress. Advocacy for inclusion of SDG indicators aligned with the World Health Organisation Mental Health Action Plan (MHAP) has been unsuccessful, largely because many low- and middle-income countries lack basic mental health information systems (MHIS) to routinely report on key indicators. The MIND ME project (Mental health Information and Monitoring and Evaluation) has been carrying out implementation research with the Comprehensive Community Mental Health Programme of Benue State, Nigeria since 2013 to design and evaluate a monitoring and evaluation system integrated with a state-level MHIS that can be implemented in even the most challenging community settings. The resulting "MIND ME" system, if scaled-up nationally, would enable Nigeria to report on Global Target 2 of MHAP, which focuses on service coverage for people living with the most severely disabling mental disorders.

Methods:

Mixed methods including qualitative (interviews, participant observation) and quantitative components (observation checklists, data quality audits, pre- and post-training assessments) have been applied over three years of MIND ME implementation to analyse seven key outcome variables: acceptability; adoption; appropriateness; feasibility; fidelity; coverage; and sustainability.

Results:

The MIND ME system has been implemented in 43 community mental health clinics and 2 community-based rehabilitation facilities across Benue State, reporting key clinical, demographic and service delivery data from more than 17,000 contacts with over 8,000 clients. While fidelity issues remain, aggressive training and supervision strategies have improved data quality and adherence to procedures.

Conclusions:

It is feasible to routinely report on key mental health indicators such as service coverage even in challenging community settings. Lessons from MIND ME can help inform the development of national MHIS in Nigeria and other low- and middle-income countries to monitor mental health SDGs.

Deadline for abstract submission: November 30, 2015

Please submit your abstract to: disabilitycentre@lshtm.ac.uk

Restricted to one first author abstract per participant.

If you have any questions, please write to:

disabilitycentre@lshtm.ac.uk