

Integrating Mental Health into Livelihoods, HIV/AIDS and SRHR for Economic Empowerment and Resilience Building (LERB).



Introduction

- 35% Ugandans have Mental Health Disorders
- Only 10% access required rehabilitation services (Butabika NR hospital 2022)
- 46% youths in Adjumani abuse substances (AFOD-EACAS 2021)
- 30% WRA presents with severe depression in Adjumani (AFOD 2022)
- Main triggers of depression & substance abuse; poverty, trauma and stress

Aim:

Integrating Mental Health into Livelihoods, HIV/AIDS and SRHR for Economic Empowerment, and Resilience Building (LERB).

Methodology:

Engage > Treat > Rehabilitate > Empower > Reintegrate



Engage

- Awareness and mindset change
- Identify, assess and refer
- Mental Health camps



Treat & Recover

- Assessment
- Stabilization
- Diagnostics testing
- Medication management
- Admission
- Psychotherapy



Rehabilitate

- Occupational therapy
- Recreational therapy
- Social skills training
- Vocational training
- Support groups



Empower

- Skilling and tooling
- Livelihood support
- Discharge planning
- Aftercare program



Re-integrate & Wellness

- Mental health education for individual and families
- Substance abuse education
- Wellness and selfcare promotion

Results:

AFOD Uganda's intervention bridges the gap by integrating mental health support into livelihood, HIV/AIDS, and SRHR programs under our 2P+ICLeM model.

Findings from the SRH endline evaluation report (Aug 2022 and 2023/2024 AFOD Uganda Annual report) respectively show:

- SRHR: Gender parity Index increased from 0.85-0.88 implying more girls are accessing education.
- School attendance increased from 63.3% -71.6%
- HIV/AIDS: 97.2% ART retention above the UNAIDS target of 95% retention on care.
- Livelihood: Increased participation in livelihood and economic empowerment activities and built resilience (improved production and productivity).

AFOD Uganda seeks USD 1.5 million to establish a regional mental health rehabilitation center serving 12,000 beneficiaries annually. This integrated approach offers a sustainable solution to breaking the poverty-mental illness cycle in refugee-hosting districts.

Key Words: 2P+ICLeM model, Refugee mental health, mental health integration

References

Butabika National Referral Hospital. (2022). Uganda Mental Health Epidemiological Report.

AFOD Uganda. (2023). Annual program evaluation report.



AFOD Uganda has already procured land to establish the mental health rehabilitation facility



Architectural design of the Mental Rehabilitation Facility