

Evaluation of impact of capacity building training among Researchers, Service Users and their caregivers

There has been a strong emphasis on the capacity building of health workers, service users and their caregivers and service planners in low and middle-income countries (LMICs) to address the large treatment gap for mental health care. Service user and caregiver involvement has become an increasingly common strategy for improved mental health outcomes but this practice almost non-existent LMICs.

Emerald's capacity building approaches focuses mainly among two groups: (1) mental health service users and their caregivers, and (2) mental health researchers. Two days capacity building training was provided to service users and their caregivers on mental health awareness and advocacy in Kathmandu and Chitwan districts and the capacity-building training to researchers included short-courses on mental health systems, health financing, implementation science, service user involvement in research.

The participants of service user capacity building training indicated limited involvement of service users in policymaking processes and almost non-existent involvement in other areas of health system processes.

Achievements

- ✓ 28 service users and care givers *participants* in Kathmandu, 43 service users, and care givers participants in Chitwan.
- ✓ 24 early career researchers in Kathmandu and 17 mid-career level researchers from Chitwan.
- ✓ One-day mental health orientation and interaction program among policy makers and planners in Kathmandu and Chitwan districts.
- ✓ As part of Emerald's capacity building activity, two students were provided scholarship for MSc in Global Mental Health and for Phd program.
- ✓ Based on the short-course, a manual on "Public Engagement in Mental Health Awareness and Advocacy" was developed.



Thus, recommendation was provided for empowerment of service users and their caregivers in planning and service development, monitoring, and research. The information on rights of service users were considered helpful by participants and aftermath of the training, many participants showed interest in formation of service user and caregiver groups to work as advocacy groups for mental health system strengthening. The result from capacity building training among the researchers highlighted the fact that there are no adequate studies conducted in the field of mental health. Regarding the training content, the research participants explained that the training had substantial content and covered topics important to conduct mental health research.