



Annual Report 2023

Introduction

Transcultural Psychosocial Organization Nepal (TPO Nepal) is one of Nepal's leading psychosocial organizations. It was established in 2005 with the aim of promoting the psychosocial well-being and mental health of children and families in conflict-affected and other vulnerable communities. TPO Nepal is a knowledge-driven, innovative organization working in areas disrupted by violence and poverty. We strive to develop local psychosocial, mental health and conflict resolution capacity and systems that promote community resilience, quality of life and self-reliance through education, research, service delivery and advocacy.

Vision

We envision conflict-resolved, resilient communities where local populations have adequate access to multi-dimensional mental health and psychosocial care systems.

Mission

We promote psychosocial well-being and mental health of children and families in conflict affected and other vulnerable communities through the development of sustainable, culturally-appropriate, community-based psychosocial support systems.

Team

<p style="text-align: center;">Executive Board</p> <p>Dr. Mita Rana (Chairperson) Mr. Satish Chandra Aryal (Vice-Chairperson) Mr. Ramesh Prasad Adhikari (General Secretary) Mr. Krishna Bahadur Karki (Treasurer) Mr. Nabin Lamichhane (Member) Ms. Manju Adhikari (Member) Ms. Salita Gurung (Member)</p>	<p style="text-align: center;">Management Committee</p> <p>Dr. Kamal Gautam (Executive Director) Mr. Raam Katwal (HOD/Admin and Finance) Mr. Pitambar Koirala (HOD/Program) Ms. Ratna Maya Lama (Program Coordinator/Safeguarding Officer) Mr. Suraj Koirala (Technical Advisor)</p>
<p style="text-align: center;">Technical Advisors</p> <p>Prof. Mark Jordans, PhD Prof. Dr. Brandon Kohrt, MD, PhD Prof. Shishir Subba, PhD Dr. Rishav Koirala, MD, PhD Mr. Suraj Koirala</p>	<p style="text-align: center;">Staff</p> <p>In 2023, TPO Nepal had a total of 185 staff members, with 64% female and 36% male. Of these, 51.37% (31.37% female, 20% male) were part of the program department, 37.29% were in the research department, and 11.37% were in the admin and finance department. Additionally, 26% of staff were based in the Kathmandu office, while 74% were deployed at project sites in the community.</p>

TPO Nepal Annual Report 2023

Published by	: TPO Nepal
Publication Date	: March 2024
Publication no.	: 01/2024
Copies	: 100
Copyright	: TPO Nepal
Cover Photo	: TPO Nepal
Design Layout	: Ram Adhar Thakur
Press	: Annapurna Printing Press



SWC Regd.: 18158/2062/63

CDO Regd.: 644/2061/62

IRD: PAN: 301956147

Web: www.tponepal.org

बहुसांस्कृतिक मनोसामाजिक संस्था नेपाल (टि.पि.ओ. नेपाल) Transcultural Psychosocial Organization Nepal (TPO Nepal)

Message from the Chairperson

It's a great pleasure to present our organization's Annual Report for the year 2023. I believe this year further expanded our horizon of work, the dimension of beneficiaries and the reach to the needy population across the country. TPO Nepal has been evolving over time. This year was marked by several innovative and unique approaches in the field of mental health and psychosocial support. Particularly, TPO Nepal's community-based design lab approach focusing on co-creation, sustainability and accountability and prioritization of preventive and promotive mental health interventions were remarkable. Similarly, the initiatives on improving the quality of MHPSS services and competencies measurement; organizational development and monitoring, evaluation and learning were yet another steps towards professional development of the organization.

During the year 2023, TPO Nepal continued building capacity of health, protection and education sector service providers; providing MHPSS services; conducting research and advocacy campaigns for mainstreaming MHPSS at three different tiers of government. Through these thematic activities, we were able to offer services and sensitize the relevant stakeholders on MHPSS. Throughout the journey, TPO Nepal received an immense support from the beneficiaries and stakeholders. On behalf of the organization, I would like to express my sincere gratitude to the beneficiaries including people with lived experience of mental health conditions. Similarly, I would be thankful to the relevant ministries of health, women, children social welfare/development and their line agencies at three different tiers of government and the provincial and local government authorities. Meanwhile, the external development partners and academia/ universities who shared a sound collaboration and provided us support in efficient implementation of MHPSS projects during the year deserve a vote of thanks. Without their support, the organization would not have been successful in achieving the desired objectives. Last but not the least I am grateful to the management committee of TPO Nepal, advisors and staff members who dedicated their unwavering effort and commitment throughout the year to accomplish our goal. I believe their dedication, enthusiasm and compassion are the driving forces behind our success. Together, we will continue to strive for a better future where Nepalese communities will have improved resilience and psychosocial wellbeing and dignified life .

Thank You,

Dr. Mita Rana

Chairperson

List of abbreviations

AGM	Annual General Meeting
AHW	Auxiliary Health Worker
ANM	Auxiliary Nurse Midwife
BIC	Bank Information Center
CBT	Cognitive Behavioral Therapy
CFC	Care For Caregivers
CORE4MHPSS	COVID 19: Operationalizing Regional Exchange 4 Mental Health and Psychosocial Support
CPSW	Community-based Psychosocial Worker
EMILIA	E-Mhgap Intervention Guide in Low and Middle-Income Countries: Proof-of-Concept for Impact and Acceptability
ENHANCE	Scaling-up Care for Perinatal Depression through Technological Enhancements to the 'Thinking Healthy Program'
EQUIP	Ensuring Quality in Psychological Support
ESSENCE	Enabling Translation of Science to Service to Enhance Depression Care
FCHV	Female Community Health Volunteer
FHS	Foundational Helping Skills
GWU	George Washington University
HASHTAG	Health Action in Schools for a Thriving Adolescent Generation
INDIGO	International Study of Discrimination and Stigma Outcomes
IOM	Institute of Medicine
IPT	Interpersonal Psychotherapy
KCL	King's College London
MET	Motivation Enhancement Therapy
MHPSS	Mental Health and Psychosocial Support
MRC	Medical Research Council
MI	Motivational Interviewing
NHTC	National Health Training Center
NIMH	National Institute of Mental Health
NWC	National Women Commission
OHCHR	United Nations Office of the High Commissioner for Human Rights
PFA	Psychological First Aid
PSEA	Preventing Sexual Exploitation and Abuse
PoCs	Persons of Concern
RESHAPE	REducing Stigma among HealthcAre ProvidErs
S/GBV	Sexual/ Gender Based Violence
THP	Thinking Healthy Program
TIP	Trafficking in Person
TJ	Transitional Justice
ToT	Training of Trainers
TPO	Transcultural Psychosocial Organization
UNICEF	United Nations Children's Fund
UNODC	United Nations Office on Drugs and Crime
UNVTF	United Nations Voluntary Trust Fund
UNVFVT	United Nations Voluntary Fund for Victims of Torture
WHO	World Health Organization
WHODAS	World Health Organization Disability Assessment Schedule
WMHD	World Mental Health Day
WSPD	World Suicide Prevention Day

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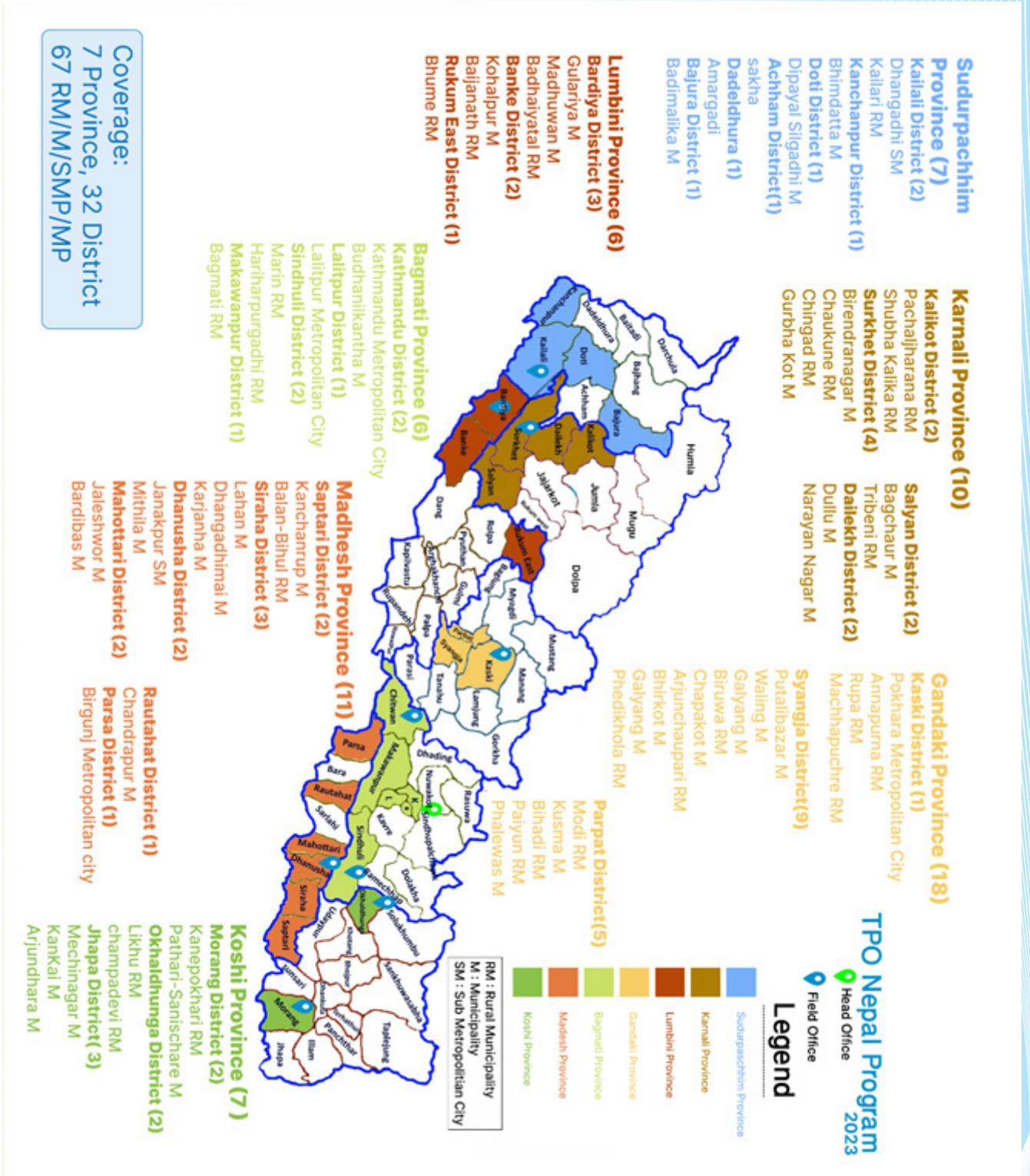
Project summary

Table 1: Details of key projects

S.N	Name of the project	Timeline	Funding agencies	Thematic area
1	AdoleScEnt tAlking therAPIes for low-resource seTTings: asking wHAt works for whom, how, and In what circumstances (SAATHI-II)	Jan2023 to Dec 2027	UK Research and Innovation (UKRI)	Research
2	Community-Based Psychosocial Support to children, adolescents, caregivers and vulnerable populations (CB-PSS)	Sept 2023 to Dec 2024	United Nations Children's Fund (UNICEF)	Program
3	E-Mhgag Intervention Guide in Low and Middle-Income Countries: Proof-of-Concept for Impact and Acceptability (Emilia)	July 2022 to May 2023	Durham University, UK	Research
4	EValuate Outcomes of the eLearning Virtual Exchange program(EVOLVE)	Sept 2022 to Sept 2023	The Asia Foundation	Program
5	Helping Survivors Heal (HSH)	Sept 2023 to Aug 2026	The Center for Victims of Torture (CVT)	Program
6	Improving Adolescent mental health by reducing the Impact of poverty (ALIVE)	Nov 2021 to Oct 2026	Wellcome Trust UK, London	Research
7	Improving help-seeking for depression care in Nepal: Development and testing the feasibility, acceptability, and appropriateness of a social contact-based community intervention	Jan 2022 to Dec 2024	Wellcome Trust/ Department of Health and Social Care (DHSC) / National Institute for Health Research (NIHR)	Research
8	International Study of Discrimination and Stigma Outcomes (INDIGO)	Nov 2021 to Oct 2026	Wellcome Trust UK, London	Research
9	Mental health and psycho-social well-being of children, caregivers, and vulnerable populations improved through promotion, response and support activities	Mar 2022 to Dec 2024	United Nations Children's Fund (UNICEF)	Program
10	Reducing Stigma among HealthcAre ProvidErs (RESHAPE)	Oct 2019 to Dec 2024	George Washington University (GWU)/NIMH	Research
11	Scaling-up Care for Perinatal Depression through Technological Enhancements to the 'Thinking Healthy Program' (ENHANCE)	Jan 2021 to Jan 2024	University of Liverpool	Research
12	Sensing Technology to personAlize materNal DepreSSion TRreatment in IOw resource settiNGs (STANDSTRONG-III)	Dec 2023 to Aug2026	George Washington University/ National Institute of Mental Health (NIMH)	Research
13	Sports-based Mental heAlth pRomotion intervention for adolescenTs in Nepal (SMART)	Nov 2021 to Oct 2023	King's College London(KCL) & University College London/ Medical Research Council (MRC)	Research
14	Technical assistance for setting up a national suicide prevention resource center and operationalizing national helpline for suicide response	May 2023 to December 2023	WHO Country Office, Nepal	Program
15	Strengthening and Expanding Mental Health Care in Nepal	Jan 2023 to Dec 2026	Ministry of Foreign Affairs (MFA) of Finland / Physicians for Social Responsibility (PSR) - Finland	Program
16	Strengthening Inclusive Justice Program	Dec 2022 to Aug 2025	International Alert / U.S. Department of State, The Bureau of Democracy, Human Rights and Labour	Program

Geographical Coverage of TPO Nepal

The map shows the locations where TPO Nepal had its project implementation in 2023 and/or its offices or contact persons were present.



Service Provision

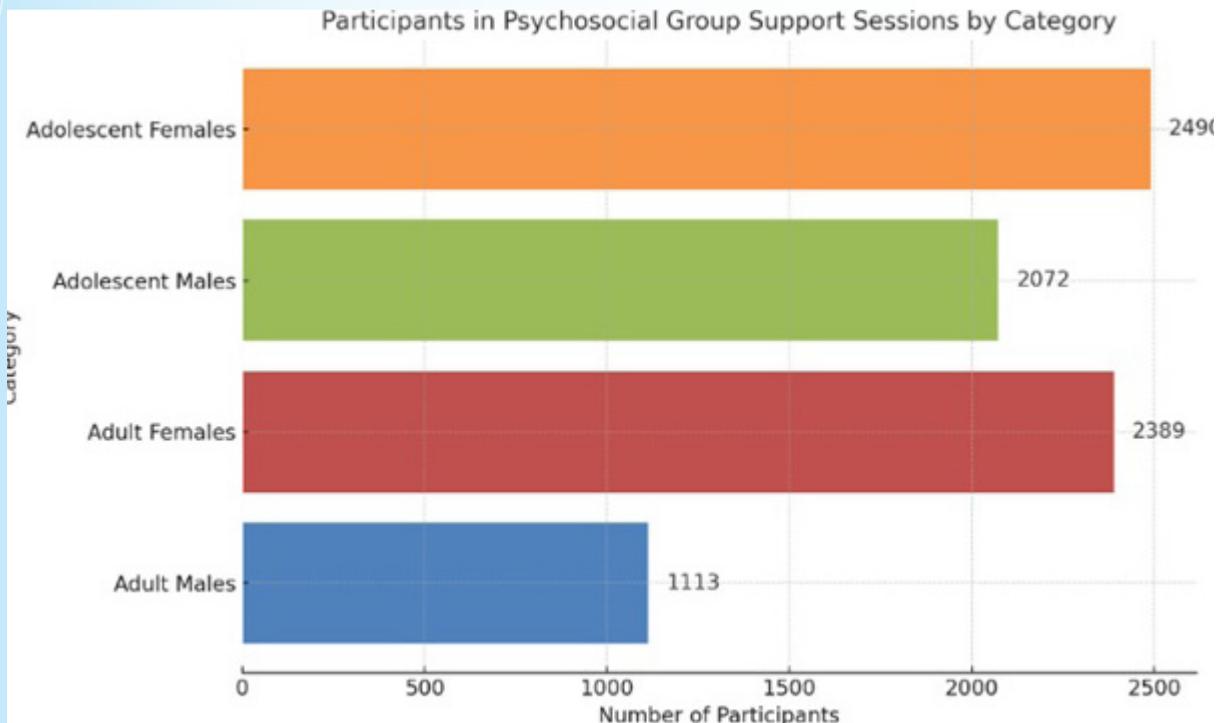
MHPS Services

People’s mental health and psychosocial well-being, as well as their physical health, are profoundly affected by daily stressors, natural disasters, and other emergencies. In response, TPO Nepal places significant emphasis on supporting individuals experiencing mental health and psychosocial challenges. As part of its commitment to addressing MHPSS needs, TPO Nepal offers comprehensive Mental Health and Psychosocial Support (MHPS) services to all individuals seeking support. The beneficiaries of these services include survivors, persons of concern (PoCs), suicidality, children and adolescents, survivors of torture, individuals and groups at risk, as well as survivors of domestic violence and sexual and gender-based violence (S/GBV). Overall, a total of 22193 individuals have received MHPS services. A detailed description of each category of MHPS services is provided below.

**A total of
22193
individuals have
received MHPS
services**

Psychosocial Group support session

In the project districts, 142 psychosocial group support sessions were held with adolescents and their parents, engaging a total of 8,064 participants, which included 1,113 adult males, 2,389 adult females, 2,072 adolescent males, and 2,490 adolescent females. These sessions focused on the prevention and promotion of awareness regarding gender-based violence, stress management, and psychosocial and mental health issues, while also encouraging service-seeking behavior and incorporating self-care practices. The primary objectives were to address psychosocial and mental health challenges, reduce stigma, and promote self-care and help-seeking behaviors. These services were concentrated in the Sudurpaschim, Karnali, Lumbini, and Madhesh provinces.

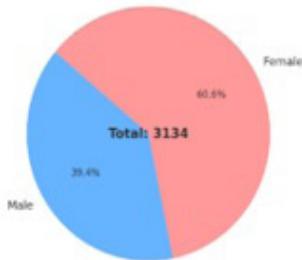


TPO Nepal offered Individual Psychosocial Support (PSS) as part of its comprehensive services, aimed at helping individuals manage psychological distress and life challenges. This community-based initiative is accessible across all provinces. Through one-on-one counseling sessions, trained psychosocial counselors provide a safe, confidential space for clients to



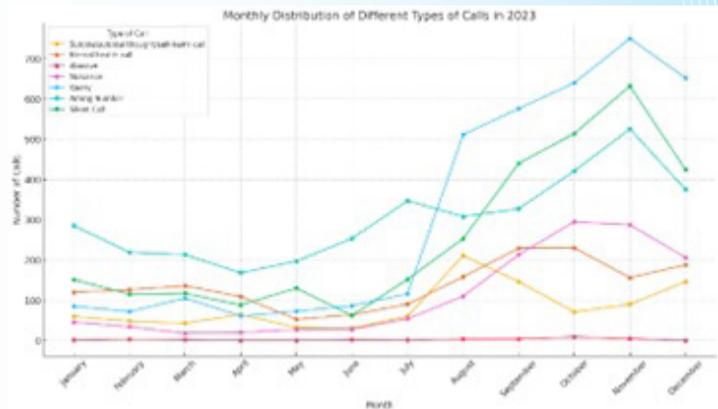
explore their emotions, develop coping strategies, and work towards improved mental well-being. These services are tailored to meet the unique needs of each individual, including survivors of violence, trauma, and other stressors. The goal is to empower clients to build resilience, enhance their emotional health, and regain control over their lives. Overall a total 3134 of which 39.35% were male and 60.65% individual were female who has received individual PSS support.

Distribution of Individuals Receiving PSS Support by Gender

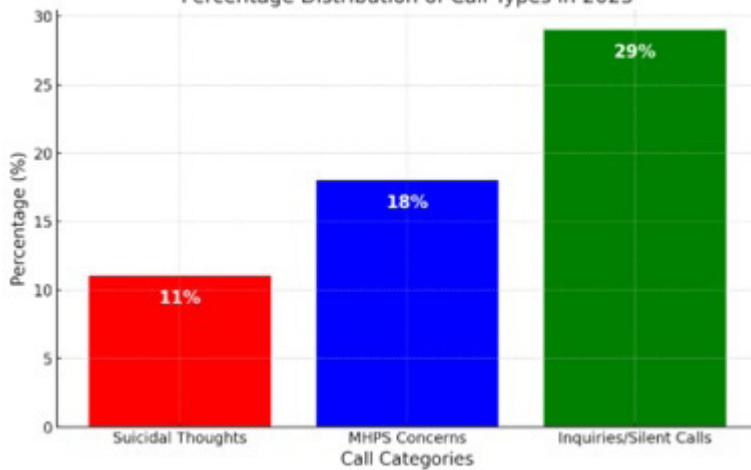


Helpline Services

In 2023, the National Suicide Prevention Helpline(1166) and TPO Nepal's toll-free helpline(16600102005) demonstrated significant impact through its comprehensive MHPS and suicide prevention services. Over the year, the helpline received a total of 23,169 calls, addressing a wide range of concerns. Among these, 3,055 calls were related to mental health issues, and 1,787 specifically involved suicide-related thoughts. The helpline's dedicated team successfully reached 771 individuals who were at risk, with 623 of these individuals continuing to receive ongoing counseling services. Notably, the helpline team was instrumental in saving the lives of 28 individuals during critical calls, providing them with essential support during moments of acute distress. The daily average number of calls increased from 9 in 2021 to 37 in 2023, reflecting the growing awareness and utilization of the service. Of these calls, 11% were related to suicidal thoughts, 18% to MHPS concerns, and 29% were inquiries or silent calls. Overall a total of 1434 have received PSS support from helpline.



Percentage Distribution of Call Types in 2023



Overall a total of 1434 have received PSS support from helpline.

Group Healing

Group healing interventions were conducted across multiple districts, targeting survivors of torture, gender-based violence, and other forms of trauma. These sessions were structured into three phases: Safety and Self-Awareness, Self-Care and Support, and Harmony and Coordination. A total of 504 individuals participated in these sessions out of which 248 are male and 256 are females. The psychological status of participants was evaluated using tools such as daily functioning assessments, depression, anxiety, and PTSD symptom checklists. The activity was conducted in Madhesh, Bagmati and Sudurpaschim Provinces. This is 7 days/ 7 session structured healing intervention developed by TPO Nepal's professionals.



Socio Emotional Learning Package

Socio-Emotional Learning (SEL) is a preventive and promotive mental health and psychosocial support intervention designed to help adolescents learn and apply techniques that positively influence their behaviors, thoughts, feelings, and social interactions. SEL focuses on areas such as emotional regulation, stress management, self-esteem, problem-solving, drug and alcohol knowledge, interpersonal skills, assertiveness, and mindfulness. Under the SEL intervention, specific packages were developed for adolescents aged 10 to 14 and 15 to 19, as well as for caregivers' workshops. The package for the 10 to 14 age group was based on a comic story titled Shandar Shanti and included 13 school-based sessions. The package for the 15 to 19 age group was developed using a modular learning approach and consisted of 19 school-based sessions. The caregivers' package aimed to enhance the knowledge and skills of caregivers and teachers in supporting adolescent mental well-being. This SEL intervention was implemented in Karnali Province. As part of the program, TPO Nepal trained and mobilized 82 facilitators who reached over 13,126 adolescents, with 6,214 being males and 6,912 females. Additionally, 2,092 caregivers participated in the program, of which 679 were male and 1,413 were female.



Psychotherapeutic Services

TPO Nepal provided psychotherapeutic services to individuals visiting their out-patient section at the central office in Kathmandu. These services were delivered by trained therapists and included both general interventions and specific therapies such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Supportive Psychotherapy, Gestalt Therapy, Interpersonal Psychotherapy (IPT), Motivational Interviewing/Motivation Enhancement Therapy (MI/MET), and Exposure Therapy. In 2023, a total of 53 individuals received these psychotherapeutic services, showing significant improvement in their psychological and mental health well-being following their consultations.



Psychiatric consultation and treatment services

TPO Nepal offers comprehensive psychiatric consultation and treatment services through its central office and outreach clinics. These services primarily cater to survivors of human rights violations, sexual and gender-based violence (S/GBV), and other individuals in need and who are the deprived community from hard to reach areas for service. In 2023, a total of 744 people received psychiatric consultations, treatment, and follow-up services. Outreach clinics were held quarterly in districts such as Dang, Banke, Bardiya, and Kailali, with virtual follow-ups provided as needed. Treatment plans are individualized need of drug compliance, role of caregiver and factors enhancing patient’s well being was highlighted.

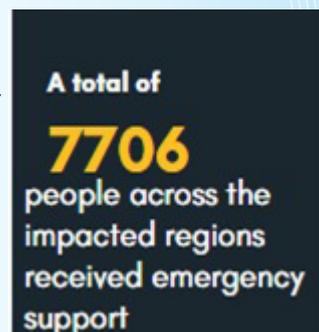


Care for Caregiver Workshop

A series of Care for Caregivers (CFC) workshops was conducted with 54 project staff members, including facilitators. The workshops focused on self care practice, vicarious trauma and its management, team building, recognizing individual contributions to the team, and developing effective stress management strategies. Three CFC events were held across Bagmati, Lumbini, and Gandaki provinces.

Emergency Response

An emergency response was conducted across affected areas, utilizing a human-centric, bottom-up approach to assess needs at the ground level in affected areas. Emergency response was carried out in 4 municipalities of Jajarkot, 2 municipality of Rukum West, and 2 municipality of Bajhang This response included Psychological First Aid (PFA), stress management session, individual counselling, psychosocial group support session, capacity building to teacher and protection workers, material support focusing on children, women, and vulnerable populations, as well as health support. The efforts extended to over 7706 people across the impacted regions, providing essential aid to those most in need.



Health Support

Physical Health Treatment Support

In 2023, physical health support was prioritized for emergency cases, specifically targeting survivors of gender-based violence (GBV), survivors of torture, and individuals identified as at-risk. A significant number of these individuals presented with genitourinary and musculoskeletal symptoms, commonly resulting from experiences of torture and violence. The comprehensive services provided included consultations with physicians, laboratory tests, radiological investigations, the provision of necessary medications, and ongoing follow-up care. Over the course of the year, a total of 99 individuals (77 female and 22 male) received vital physical health assistance under this initiative.



Social support

A total of 343 individuals participated in various social support activities. A total of 18 meetings were conducted, in Lumbini and Karnali Province, with the participation of 137 males and 206 females. This included 45 males and 111 females from Bardiya, 82 females from Banke, and 92 males and 13 females from Kailali.



Livelihood Support

In 2023, a pilot initiative was launched to support 44 survivors of torture from the districts of Dang, Banke, Bardiya, Kailali, and Kanchanpur in establishing their micro entrepreneurship ventures. This initiative was closely linked with mental health and psychosocial support (MHPS) services, recognizing the critical intersection between economic empowerment and mental well-being. The selection process for livelihood support was meticulously carried out through motivational workshops, followed by the development of tailored business plans in collaboration with the individuals, ensuring alignment with their needs, interests, and feasibility. The livelihood support encompassed a variety of micro entrepreneurship activities, including animal husbandry (focused on pigs, goats, and vermiculture), the establishment of grocery and cosmetic shops, auto-rickshaw services, and other small-scale enterprises. The integration of livelihood support with MHPSS played a significant role in enhancing mental health and psychosocial well-being, leading to improved productivity and positive economic outcomes for the survivors.

Capacity Building

TPO Nepal conducted various capacity-building initiatives focused on enhancing psychosocial counseling and mental health support across multiple provinces in Nepal. These training programs target a range of participants, including female nursing staff, teachers, protection workers, and individuals involved in gender-based violence (GBV) response. The training modules, conducted in provinces such as Koshi, Bagmati, Madhesh, Karnali, and Sudurpaschim, cover key areas like psychosocial support, mental health care, child and adolescent mental health, and basic emotional support. The programs aim to strengthen the skills and knowledge of local professionals and community members, thereby improving the delivery of mental health and psychosocial services throughout the country. About 989 individuals were trained under various capacity building initiative. After the capacity building initiative several cases were referred for the service.

S.N	Province	Training Module	Total participants
1	Koshi and Bagmati Provinces	Six month psychosocial counselling	11 Female participants
2	Madhesh, Karnali and Sudurpaschim Provinces	CPSW (psychosocial support) training	96 participants
3	Koshi, Bagmati, Gandaki and Karnali Provinces	NHTC module 1 (psychosocial and mental health support training)	123 Female participants (nursing staffs)
4	Koshi, Madhesh, Bagmati, Lumbini and Karnali Provinces	NHTC Module 2: (Mental health care and support) Training(Prescribers training)	162 participants
5	Bagmati Province	NHTC Module 3: Child and Adolescent mental health and psychosocial care and support Training	22 participants
6	Koshi, Bagmati and Gandaki Provinces	NHTC Module 4: Detection referral and basic emotional support training	212 female participants (FCHV)
7	Madhesh, Bagmati and Karnali Provinces	Basic Psychosocial support training to Teachers	350 participants
8	Madhesh and Sudurpaschhim provinces	Psychosocial care and support training to protection workers and people working with GBV response	35 participants

Community Awareness and Sensitization

TPO Nepal conducted several awareness-raising campaigns, day celebration, orientation, interaction programs, and psycho-education sessions to enhance participants' understanding of mental health and psychosocial support (MHPS). Psychosocial workers and counselors from the local community led these events. The programs focused on psychological first aid (PFA), child marriage, S/GBV, self-care, ensuring the protection and safety of children, providing information, stress management, seeking help, reducing stigma, and preventing suicide. The session lasted for 1-2 days to targeted groups and individuals in the community. These events were done using poster, flyer and flip chart developed by TPO Nepal. In total, 24372 individuals were reached through these events. The activities were conducted in Koshi, Madhesh, Bagmati, Lumbini and Sudurpaschim provinces.

Advocacy

Advocacy is one of the key thematic areas of TPO Nepal. A number of advocacy events were carried out in the form of consultative meetings, workshops and multisectoral meetings. The participants of these events included national level stakeholders such as ministry of health and population (MoHP), their subordinate agencies, Department of Women and Children, local government, MHPSS professional, policy maker and relevant stakeholders.

Besides these events other major events on advocacy include WHO-mhGAP community toolkit workshop, human centered design workshop on co creation of socio-emotional learning package and workshop on integration and expansion of MHPS services in COVID-19 designated government hospitals and its challenges. A total of 547 (388 female and 159 male) individuals participated in advocacy events.

Courses and webinars conducted by TPO Nepal

Basic Psychosocial Skills (BPS) Course

In 2023, the Basic Psychosocial Skills (BPS) course was widely disseminated through TPO Nepal's social media platforms, including Facebook and Instagram, as well as other outreach initiatives, significantly expanding its reach. This effort was bolstered by collaboration with The Asia Foundation (TAF) in Nepal, which aided in both enrolling new students and evaluating the course. TPO Nepal staff conducted frequent orientations and training across various districts, successfully reaching approximately 1,700 people in person. The course was also highlighted during ongoing training sessions for nurses, community-based psychosocial workers, and mental health practitioners. Additionally, the BPS course was made accessible on TPO Nepal's website, ensuring that a broader audience could engage with the material online, with participant numbers being regularly updated.



Global Mental Health (GMH) Course

In 2023, TPO Nepal, in collaboration with George Washington University and the Department of Psychiatry at Tribhuvan University, successfully conducted the second Global Mental Health short course titled "Global Mental Health Assessment and Measurement: Best Practices and New Directions" at the Institute of Medicine, Maharajgunj, Kathmandu. With 17 participants from diverse professional backgrounds, the course provided comprehensive training in the latest methodologies for mental health assessment and measurement, emphasizing best practices and innovative approaches. This initiative not only strengthened the participants' capacities but also fostered international collaboration, reflecting TPO Nepal's commitment to advancing global mental health education and improving mental health outcomes.



Monthly Webinar Series for Capacity Building of Early-Career Researchers in Nepal

In 2023, TPO Nepal, in partnership with George Washington University, conducted a series of 9 monthly webinars designed to enhance the professional capacities of early-career researchers in Nepal. These webinars, held on the 3rd week of each month, provided a structured and consistent learning platform throughout the year. A total of 688 participants benefited from these sessions, which featured presentations by esteemed mental and behavioral health researchers. The webinars covered critical topics pertinent to both global and local mental health issues, facilitating the dissemination of cutting-edge research and fostering discussions on innovative methodologies and practical applications. This initiative significantly contributed to the capacity building of emerging researchers, equipping them with the essential knowledge and skills to advance the field of mental health research and practice in Nepal.

Some initiative for co-creation

MHPSS Design Lab

In 2023, TPO Nepal, in collaboration with MHPSS.net, conducted a three-phase Community-Based Mental Health and Psychosocial Support (CB-MHPSS) Design Lab workshop. This initiative aimed to build the capacity of organizations and support groups to co-create MHPSS interventions tailored to the specific needs of crisis-affected populations. The innovative co-creation approach empowered communities to lead the design process.

The workshops, targeted at MHPSS professionals including supervisors, program managers, and counselors with community-level experience were conducted in three phases. The primary objective was to enhance participants' ability to collaboratively design MHPSS interventions that are contextually relevant and responsive to the challenges faced by the communities. Through participatory methodologies, the interventions were field-tested, reviewed, and evaluated with active community involvement at every stage.



The design lab was piloted across five communities in Sri Lanka and six in Nepal. A total of seven organizations and 27 participants from Nepal in the initiative. The workshops were facilitated by MHPSS specialists Rebecca Horn from the United Kingdom and Ananda Galapatti from Sri Lanka. Renowned MHPSS experts were involved in designing the workshop methodology, ensuring that the interventions developed were resource-efficient and sustainable, with the capacity and strengths of the community at the forefront of the process.

Alternatives to Violence Project Basic Workshop

In 2023, TPO Nepal conducted numerous Alternatives to Violence Project (AVP) Basic Workshops, focusing on teaching interpersonal conflict resolution skills through a structured and experiential learning process. The workshops emphasized affirmation, encouraging participants to recognize and affirm their own worth and the worth of others, fostering a positive and supportive environment. Communication skills were central to the training, with participants learning to listen actively and express themselves clearly and empathetically. Cooperation was promoted through collaborative exercises, enhancing teamwork in resolving conflicts. Creative conflict resolution techniques were introduced, allowing participants to explore non-violent ways to address disputes through role-plays, exercises, and discussions. A key element of the workshop was the concept of "Transforming Power," guiding participants to



access their inner resources and strengths to overcome violence and resolve conflicts peacefully. These workshops were specifically tailored for Mental Health and Psychosocial Support (MHPSS) practitioners and correction homes. This extended the impact of the AVP workshops, equipping a broader audience with the skills needed to manage and resolve conflicts non-violently in challenging environments.

Marking special days and occasions

<p>World Mental Health Day</p>	<p>On World Mental Health Day, TPO Nepal actively participated in a variety of activities across the provinces, including rallies, interaction programs, dramas, workshops, street performances, and the submission of a memorandum. Additionally, TPO Nepal took part in a World Mental Health Day event organized by the Ministry of Health and Population (MOHP), which was attended by officials from the ministry.</p>	
<p>World Suicide Prevention Day(WSPD) 2023</p>	<p>On World Suicide Prevention Day, TPO Nepal participated in a range of activities, including rallies, cycling events, walkathons, and interaction and orientation programs across the provinces. Additionally, conducted workshops across various parts of the provinces, engaging with schools, communities, policymakers, and municipalities.</p>	
<p>National Level workshop on migration and mental health</p>	<p>On December 2023, TPO Nepal organized a national level workshop on migration and mental health. To address the growing recognition need for a holistic approach involving government policies, employer practices, community initiatives and international collaboration in addressing the various socio-economic and MHPSS challenges</p>	
<p>International Day against Enforced Disappearances</p>	<p>On August 30, marking the 13th International Day against Enforced Disappearances, TPO Nepal, in collaboration with several organizations, organized an interaction program and candlelight vigil focused on the theme, "Why are the missing people not made public?" addressing related legal and political issues</p>	
<p>National Anti-Trafficking Day</p>	<p>On September 6, 2023, several events were held across the nation to mark the 17th National Anti-Human Trafficking Day. The Ministry of Women, Children, and Senior Citizens coordinated and collaborated with non-governmental organizations engaged in the anti-trafficking field to host a rally to commemorate the day.</p> <p>TPO Nepal also took part in the rally, which had as its central theme “सामाजिक न्याय र आर्थिक शसक्तिकरण: मानव बेचबखिन को नरिमुलने (Social Justice and Economic Empowerment: Eradication of Human Trafficking),” as it marched through the streets of Kathmandu. The staff of TPO Nepal enthusiastically participated in a rally similar to this one that was also held in the Rukum district. We reaffirm our unwavering dedication to eliminating human trafficking from our society, raising awareness, and empowering the survivors by participating in these rallies.</p>	

Research

In 2023, researchers made significant contributions to mental health studies, focusing on stigma reduction, gender equity, and integrating mental health into broader systems. Key publications include stigma-reduction intervention for primary care providers and analysis of gender inequities in Nepal's mental health research. Also topic explored improving access to mental health care in communities, developed adolescent mental health promotion programs in Nepal and South Africa. These studies highlight global efforts to address mental health challenges through innovative, context-specific interventions. Through these studies, a total of 24 articles were published in various national and international journals.

Articles published in 2023

1. Gurung D, Kohrt BA, Wahid SS, Bhattarai K, Acharya B, Askri F, Ayele B, Bakolis I, Cherian A, Daniel M, Gautam K. Adapting and piloting a social contact-based intervention to reduce mental health stigma among primary care providers: Protocol for a multi-site feasibility study. *SSM-Mental Health*. 2023 Dec 15;4:100253
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Additional Activities photos



Figure 1: Bardiya Sport Mela



Figure 1: Bardiya Sport Mela



Figure 3: AVP Workshop

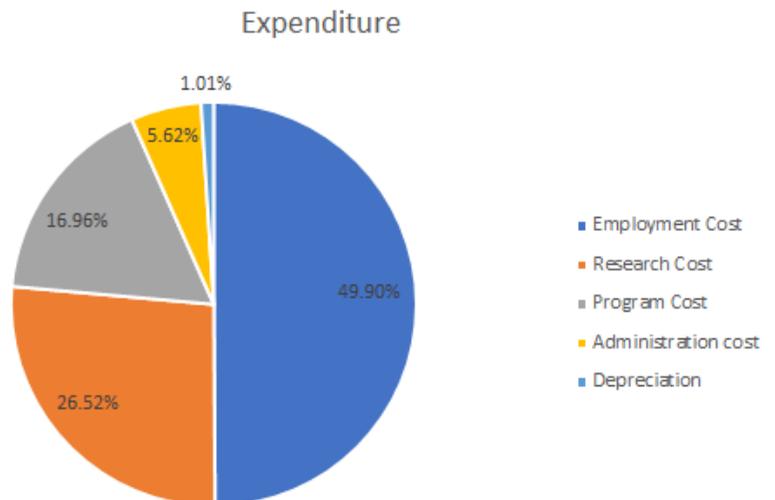
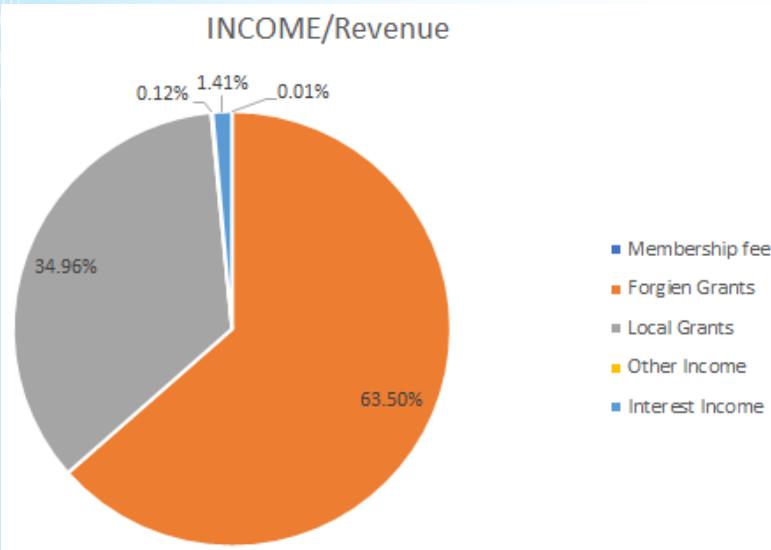


Figure 4: MHPSS Design lab

TPO NEPAL FINANCAIL RESULTS FY 2022/23

Particular	INCOME/Revenue	2023 NRS	2022 NRS
Membership fee	0.01%	10,200	3,500
Forgien Grants	63.50%	97,845,316	73,767,678
Local Grants	34.96%	53,875,895	26,635,383
Other Income	0.12%	190,323	40,125
Interest Income	1.41%	2,170,976	1,791,872
TOTAL INCOME/Revenue		154,092,710	102,238,559

Particular	Expenditure	2023 NRS	2022 NRS
Employment Cost	49.90%	78,480,042	53,806,347
Research Cost	26.52%	41,713,917	37,243,627
Program Cost	16.96%	26,669,553	13,447,601
Administration cost	5.62%	8,833,022	2,548,108
Depreciation	1.01%	1,584,764	1,765,883
TOTAL EXPENDITURE		157,281,298	108,811,566



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