

Improving Mental Health Condition in Liberia

- A Five-Year Plan

TEAM GENEUNLOCK

TIANSHU BAI, JINYI LI, YUHE GAO

DUYUN TAN, ZHENG WANG

Medical Staff Training

Motivation: Lack of mental health facility and professional doctors and psychiatrists in mental health workforce, limited access to clinics or hospitals

Doctors	Nurses	Management/Support health workers	Other skilled health workers
90	1392	50	3451

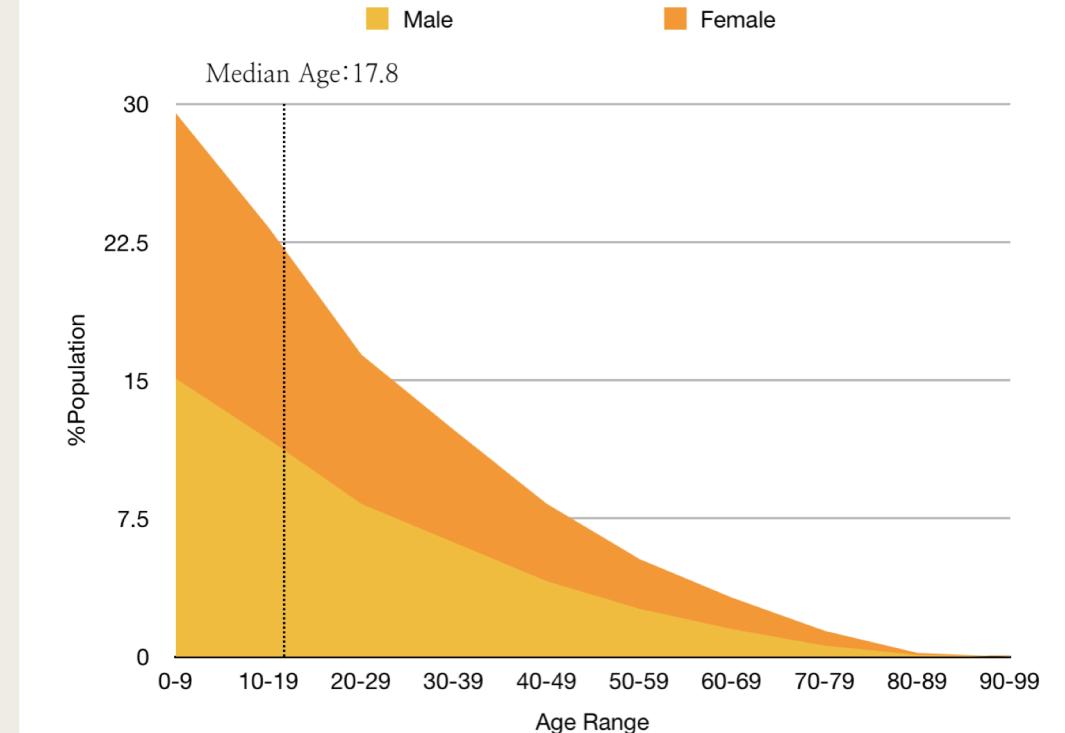
Reaching further to rural areas:

- 3 professional and experienced doctors and psychiatrists , five-year training of chief psychiatrists
- Prospective Trainees: Medical School Students, Clinic Workers
- Send neurologists, clinical psychologists and occupational psychologists training abroad through scholarships
- From the third year, send workforce to schools and mobile clinics at rural areas
- Medical Student Studying Abroad Programs to Liberia
- Partner up with International NGOs and send volunteers

Clinic construction

plan:

- 1 clinic in community combined with training;
- 9 assistant doctors trained by the three foreign psychiatrists;
- Provide ~350 hours treatment per week;
- Specific for youth and adolescent (56% of population);
- Female nurses may take a large proportion as female patients may tend to prefer female nurses



Category	Cost per unit * number of units (US dollar)
Clinic construction	150,000
Professional psychiatrists	170,000 * 3
Assistant psychiatrists	20,000*9
Nurse salary	4,000*20
Total for clinic running	920,000

Clinic construction

Medication supply:

Short term:

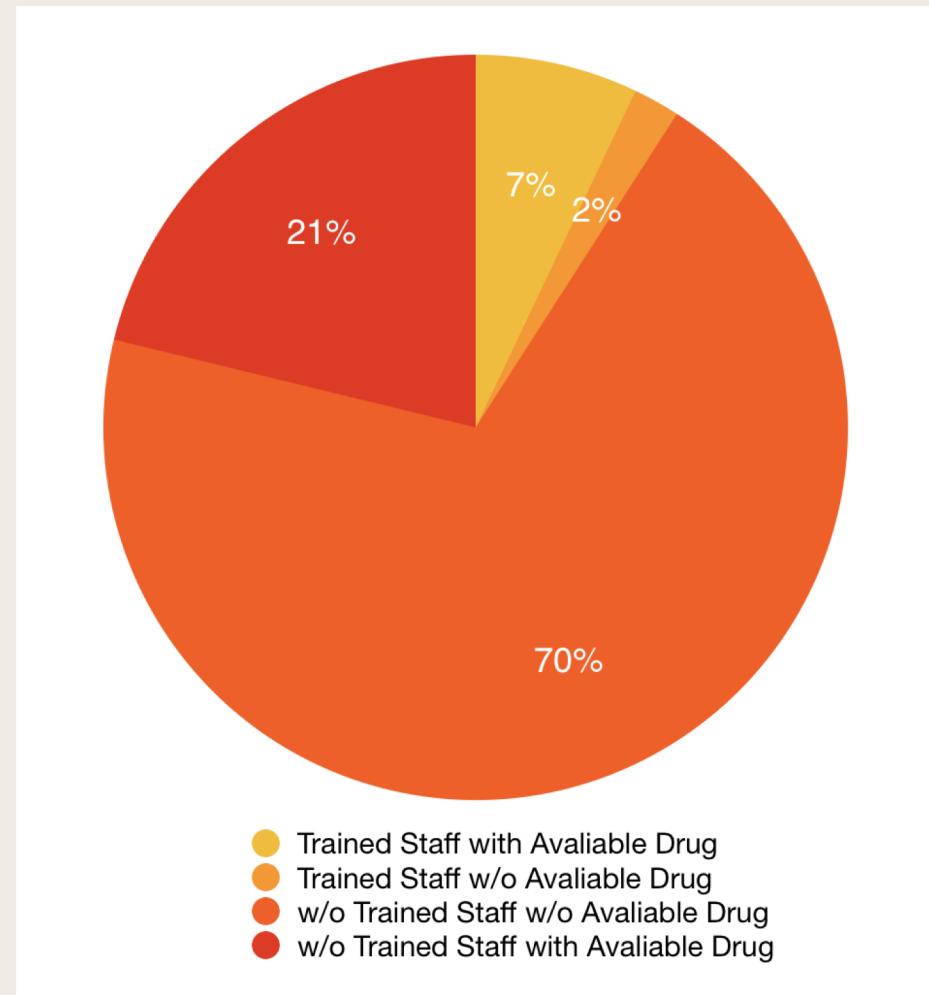
- Fundraising through donation;
- Pharmaceutical donation may also be considered (supervised by psychiatrists in clinic);

Long term:

- Reduce tax so the price of medicine ;

Track the patients

- We can monitor the progress of therapy and get feedback from patients



Fighting Stigma

- ❖ Low literacy
- ❖ Lack of medical knowledge
- ❖ Belief in indigenous methods to cure mental diseases
- ❖ Leftover from Ebola outbreak and civil wars



School

- ❖ Clinician visits to give speeches about mental health

Neighborhood

- ❖ Anti-stigma training workshops, storytelling, experience-sharing activities held by the new founded clinics in communities

NGO Collaboration

- ❖ Provide resources for the new nation-wide anti-stigma organizations, which are in their establishment.

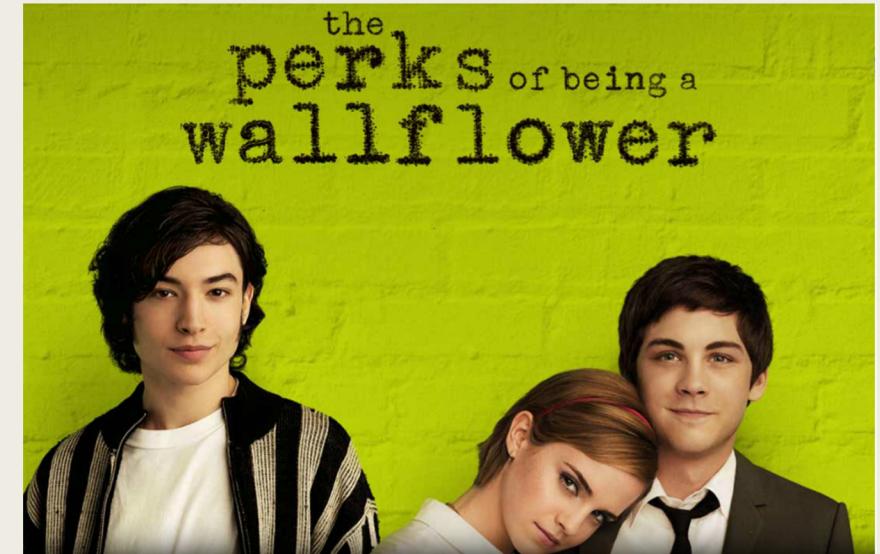
- ❖ Introduce mental-health-themed film, Television and literature works into public media

\$10,000 for weekly shows in 10 theaters



- ❖ Show local or foreign cartoons that can ease anxiety and depression in schools and neighborhood

\$5,000 for movie equipments in 10 schools



Encourage Local Artworks Related to Mental wellness

- ❖ Establish Awards for Excellent Artists and Excellent Productions
\$5000 each for 3 movies, \$500 each for 60 pieces of music, paintings and literatures
- ❖ Construct an official website to promote the movie festival, publicize our medical endeavors and advertise the awarded productions
\$2115 for website construction and maintenance
- ❖ Attract domestic and foreign donation and help promote the awarded artworks
\$40,000 - \$60,000 anticipated income to support next year activities
- ❖ Free movie screening and exhibitions in Liberia

Mental Health Awareness Month: May

- ❖ Interactive message board
- ❖ De-stress activities: coloring, yoga, meditation, fidget cube
\$300 for supplies and management

Total Investment:

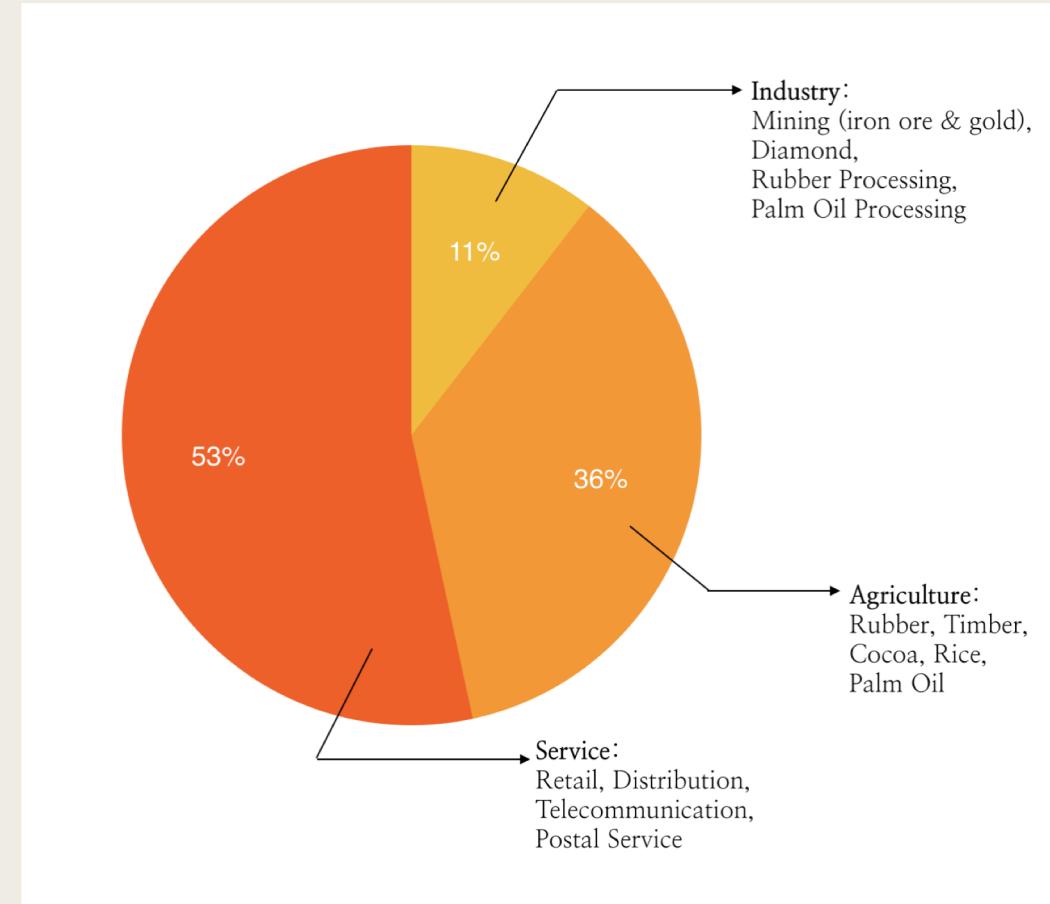
\$5,000 + \$58,000

Expected Funding Acquired:

\$40,000 - \$60,000

Economics and Regulations

- ❖ **Development of the advantageous industries**
 - *Developing the mining industry especially gold and iron ore*
 - *Importing advanced agriculture technology to improve agriculture productivity*
 - *Developing prospect service industry such as tourism*
- ❖ **Attract foreign investment to:**
 - *boost the economic growth and tax income*
 - *reduce unemployment*
- ❖ **Establishing laws that:**
 - *restrict drug (especially psychoactive ones) access*
 - *ensure gender equality and prohibit domestic violence*



Long-term Effect – a benign cycle

Increase in Health Care Budget

With Economic Growth, more budget will be available for health care and psychological consulting, benefiting the next generation.

Economic Growth

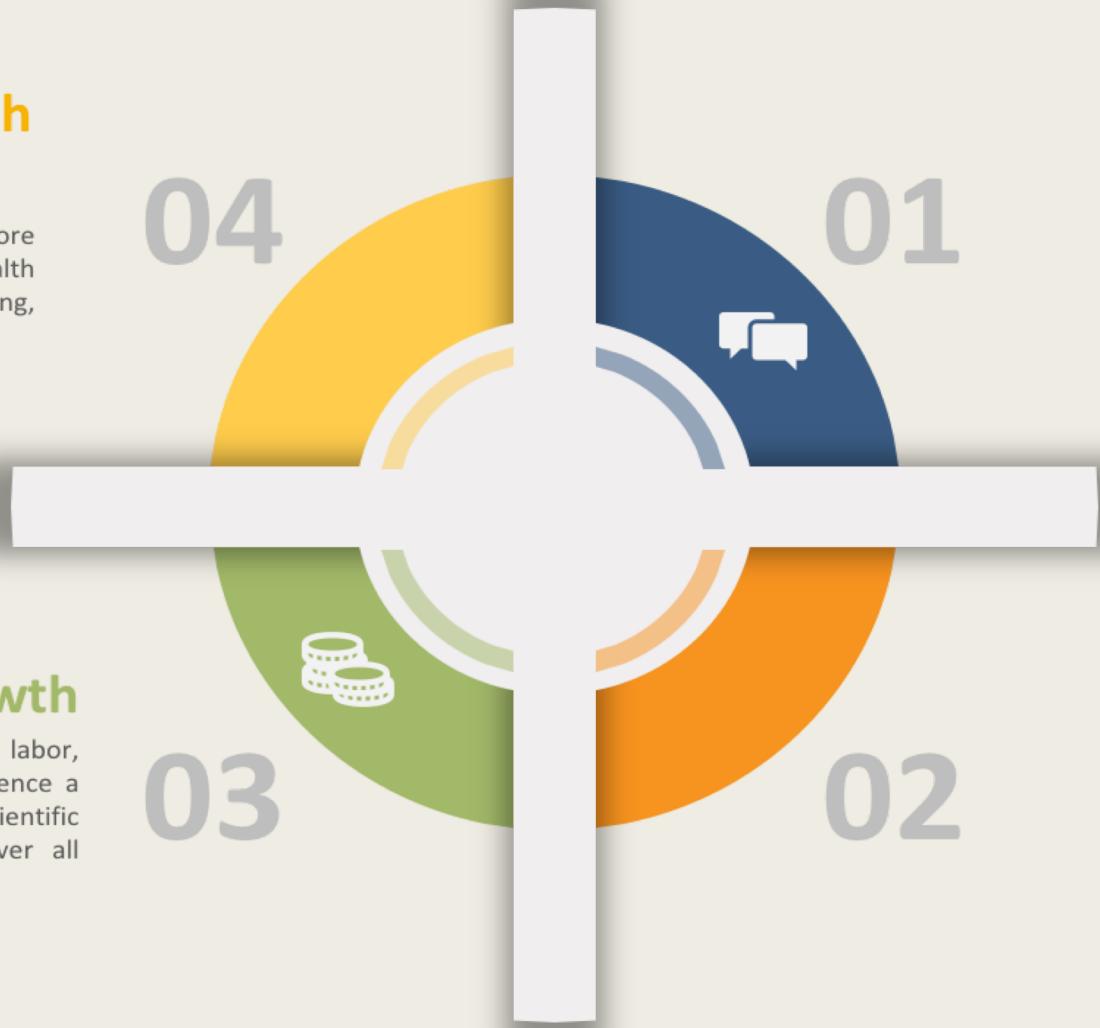
With a group of high quality labor, Liberia is expected to experience a economic growth and scientific development. This would over all improve the

Psychological Consulting

With the psychological consulting, the overall mental health of children will be improved. With good mental health condition, the children would be able focus more on learning

Paying Back Phase

Several years later, the children would grow up and become the major labor of the country. Their mental positive mental health condition ensures



Reference

1. <https://www.populationpyramid.net/liberia/2016/>
2. <http://allafrica.com/stories/201310280947.html>
3. <https://frontpageafricaonline.com/opinion/a-call-to-establish-national-salary-and-remuneration-commission/>
4. <https://www.psychiatry.org/residents-medical-students/medical-students/choosing-a-career-in-psychiatry>
5. Chur-Hansen, A. (2002). Preferences for female and male nurses: the role of age, gender and previous experience—year 2000 compared with 1984. *Journal of advanced nursing*, 37(2), 192-198.
6. Ahmad, M. M., & Alasad, J. A. (2007). Patients' preferences for nurses' gender in Jordan. *International Journal of Nursing Practice*, 13(4), 237-242.
7. <http://apps.who.int/iris/bitstream/handle/10665/255302/WHO-MSD-MER-17.3-eng.pdf;jsessionid=D4B369EC726CE2E50C1248068C19DE3C?sequence=1>
8. <http://www.afro.who.int/sites/default/files/2017-06/Mental%20Health%20Policy%20and%20Strategic%20Plan%20for%20Liberia%202016%20-%202021%20.pdf>