



Annual Report 2020

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 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.



Photo: TPO Nepal team in 2020

TPO Nepal Annual Report 2020

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

Message from the Chairperson

It gives me an immense pleasure to present our organizational annual report for the year 2020. As the world slowly gets back on its feet after reeling from a grave pandemic, we look back at our activities and achievements in the previous year in the sector of mental health and psychosocial support.



In this year, TPO Nepal has been able to extend psychosocial care and support to community beneficiaries representing 75 out of 77 districts of Nepal. Our working approach has been continuously evolving over years. Predominantly, it is a community-based approach with a focus on strengthening system and integration of mental health and psychosocial support (MHPSS) into the primary health care and protection systems where child protection, human rights, gender-based violence and trafficking in persons, and other relevant issues are prioritized.

The year 2020 saw a rise in an unprecedented pandemic which affected the lives of millions of people around the world. The nature of the pandemic also affected our program implementation strategy and milestones. But despite the challenges, in the year 2020, we were able to reach over 22,000 individuals via various programs, which included psychosocial counseling, psychosocial interventions, helpline, psychiatric support, medical support, capacity building, quarantine and isolation center visits, etc. It is anticipated that more than 65,000 people have been benefitted via social media campaign of TPO Nepal including seminars and webinars. TPO Nepal was able to contribute to the Sustainable Development Goals (SDGs) 3 and 16 through these activities.

I would like to take an opportunity to express a lot of thanks to the government agencies especially the Ministry of Health & Population (MoHP) and its authorities, Ministry of Women, Children and Senior Citizens (MoWCSC) and its authorities, National Women Commission and various provincial and local government bodies. Similarly, I would like to express my gratitude to various development agencies such as UNICEF, OHCHR, UNHCR, and WHO for their valuable partnership this year. I would also like to express my appreciation to the University of Liverpool, King's College London, George Washington University, Tribhuvan University, Institute of Medicine and Karnali Academy of Health Sciences (KAHS) for their partnership in research activities. We are also grateful to our funding agencies for their valuable support namely Aus Aid, International Alert, Bank Information Center, Comic Relief, etc. for their technical and financial support in 2020, without whom our vision for resilient communities could not be achieved.

Lastly, I would like to thank all the members, individuals and staff who were with us along our journey. Our work has only been possible due to their tireless effort. And finally, I would like to express my gratitude to my colleagues Pitambar Koirala, Shree Niwas Khanal, Bidusha Neupane and Mallika Chaulagain for their contribution in preparing this annual report.

Assi. Prof. Mita Rana, PhD
Chairperson

List of abbreviations

AHW	: Auxiliary Health Worker	MRC	: Medical Research Council
BIC	: Bank Information Center	NGO	: Non Governmental Organization
CBT	: Cognitive Behavior Therapy	NHTC	: National Health Training Center
CFC	: Care for Caregiver	NIMH	: National Institute of Mental Health
CFS	: Child Friendly Space	NWC	: National Women's Commission
CPSW	: Community Psychosocial Worker	OCMC	: One Stop Crisis Management Center
EMILIA	: E-mhGAP Intervention guide in Low and middle-income countries: proof-of-concept for Impact and Acceptability	OHCHR	: Office of the United Nations High Commissioner for Human Rights
ESSENCE	: Enabling translation of Science to Service to ENhance Depression CarE	PFA	: Psychological First Aid
FCHV	: Female Community Health Volunteer	PSA	: Public Service Announcement
FWLD	: Forum for Women, Law and Development	RESHAPE	: REDucing barriers to mental health task SHAring: stigma reduction in Primary carE
GBV	: Gender-based Violence		
GWU	: George Washington University	SAATHI	: Study to Adapt Adolescent Interpersonal Therapy In Nepal
HA	: Health Assistant	SDG	: Sustainable Development Goals
HASHTAG	: Health Action at ScHools for a Thriving Adolescent Generation	SSBH	: Strengthening Systems for Better Health
IASC	: Inter Agency Standing Committee	TOT	: Training of Trainers
IDEA	: Identifying Depression Early in Adolescence	TPO	: Transcultural Psychosocial Organization
INGO	: International Non Governmental Organization	TUTH	: Tribhuvan University Teaching Hospital
IPT	: Interpersonal Therapy	UNHCR	: United Nations High Commissioner for Refugees
KCL	: King's College London	UNICEF	: United Nations Children's Fund
mhGAP	: Mental Health Gap Action Programme	WHO	: World Health Organization
MHPSS	: Mental Health and Psychosocial Support	YTS	: Youth Thinker's Society

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Project summary

Table 1: Details of key projects

Name of the project	Timeline	Funding agencies	Thematic area
Assessment of Child Exploitation in Ranjamara Kulariya Irrigation Project	January 2020 to December 2020	The Bank Information Center (BIC)	Research
Develop a Suicide Prevention Strategy in Federal Context of Nepal	February 2020 to December 2020	Australian Aid	Program
E-Mhgap Intervention Guide in Low and Middle-Income Countries: Proof-of-Concept for Impact and Acceptability (Emilia)	October 2018 to September 2021	King's College London (KCL)/ Medical Research Council (MRC)	Research
Enabling Translation of Science to Service to Enhance Depression Care (ESSENCE)	July 2017 to May 2022	Harvard University/ National Institute of Mental Health (NIMH)	Research
Health Actions in Schools for a Thriving Adolescent Generation (HASHTAG)	April 2020 to March 2022	MRC	Research
Holistic Rehabilitation Support to the Cases of Human Rights Violation	January 2020 to December 2020	Office of the United Nations High Commissioner for Human Rights (OHCHR)	Program
Identifying Depression Early in Adolescence (IDEA)	July 2018 to Sep 2020	George Washington University (GWU) and KCL/MRC and MQ Foundation	Research
Integrated Platform for Gender-Based Violence Prevention and Response (Sambodhan)	November 2017 to July 2021	National Women Commission (NWC)/ World Bank	Program
Leaving No one Behind: Building Community Capacities in Nepal for Inclusive Transitional Justice, Reconciliation and Conflict Resolution	December 2019 to September 2021	International Alert / U.S. Department of State, The Bureau of Democracy, Human Rights, and Labour	Program
Psychosocial Services to Health Care Providers and Populations Affected by COVID-19	July 2020 to December 2020	USAID's Strengthening Systems for Better Health (SSBH) Activity	Program
Psychosocial Support to Girls and Boys Vulnerable to Child Marriage and Violent Discipline	October 2020 to March 2021	United Nations Children's Fund (UNICEF)	Program
REducing Stigma among HealthcAreProvidErs (RESHAPE)	October 2019 to September 2024	GWU/NIMH	Research
Save Life: Speak Up for Suicide Prevention	October 2019 to October 2020	Comic Relief	Program
Study to Adapt Adolescent Interpersonal Therapy in Nepal (SAATHI)	September 2018 to August 2020	KCL/MRC	Research

Geographical Coverage 2020

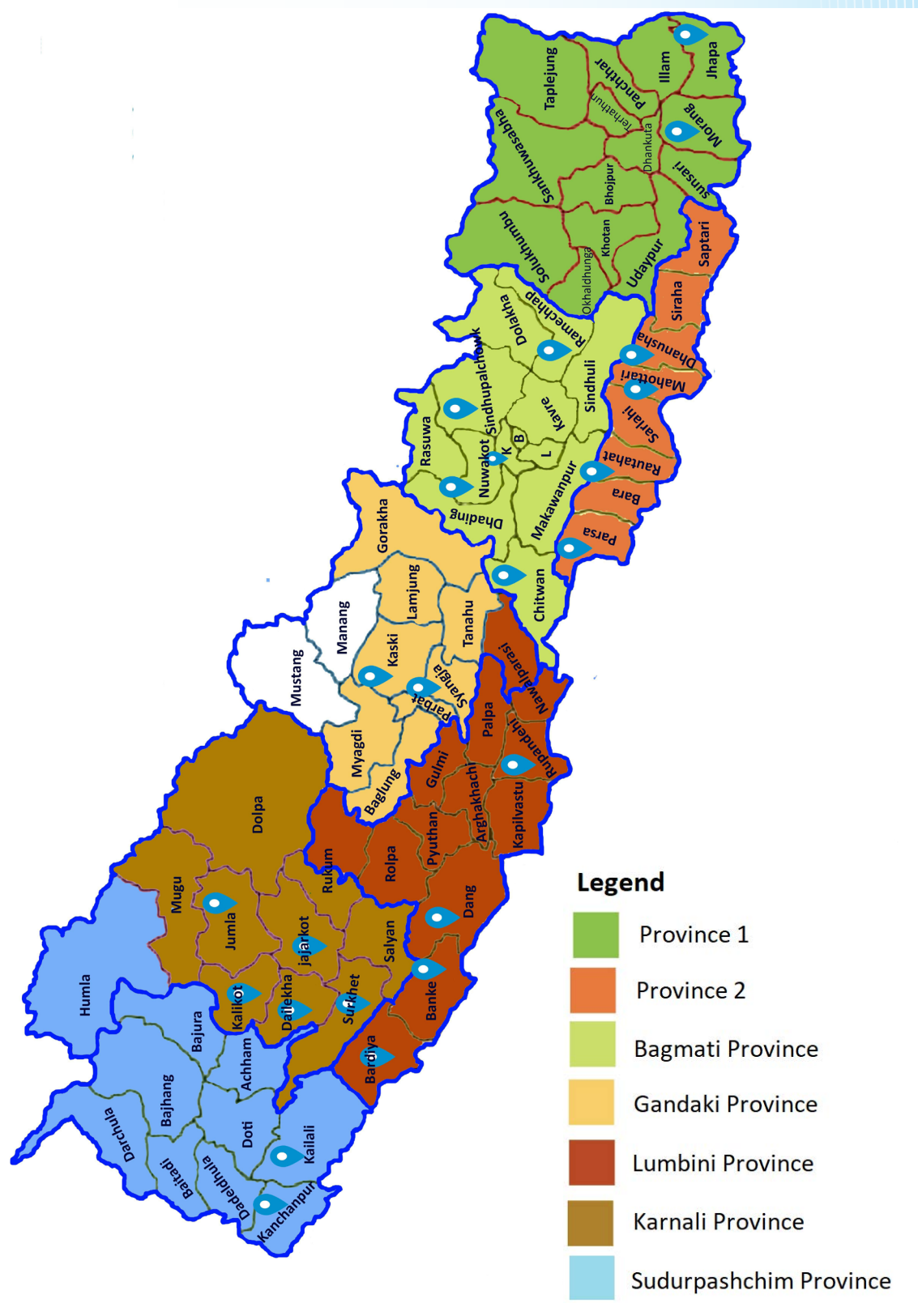
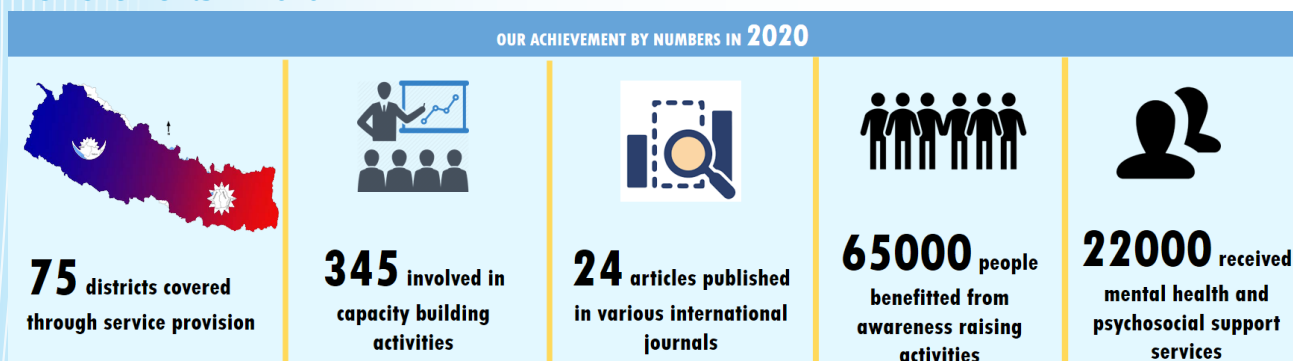


Figure 1 Map of Nepal with project coverage of TPO Nepal

The map shows the location where TPO office or contact person are present in the districts along with the areas which are covered under our service provision.

Achievements in 2020



Service Provision

We were able to reach out to 3625 individuals through psychosocial support service provision. The services were provided remotely through helpline and phone as well as in-person. The nature of services were both long-term and short-term as per the need of beneficiaries. Among them, 1,004 individuals received support through TPO Nepal's helpline. *TPO Nepal's helpline service was made available 7 days a week between 8 am to 6 pm.*

Individual Psychosocial Support:

A total of 2621 individuals received individual psychosocial counseling support in the year 2020. Majority of the support was offered to individuals affected by the impacts of COVID-19 followed by human rights violations and domestic violence.

The total percentage of individuals below 18 years was 14.40, while above 18 years was 85.60. The frequency distribution of data has been presented below.

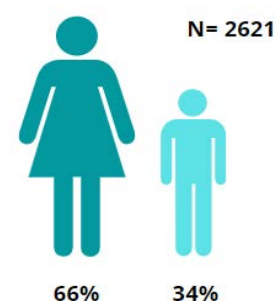


Figure1 Gender-wise distribution

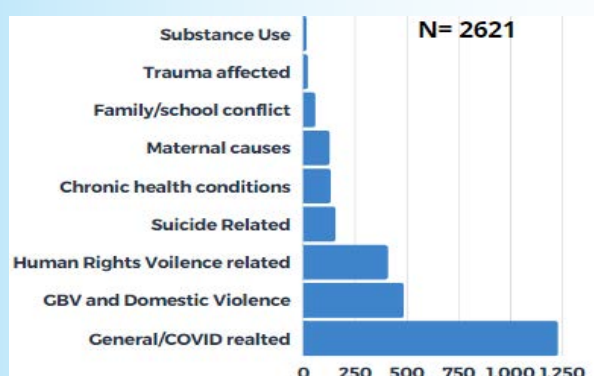


Figure 3 Category of service users

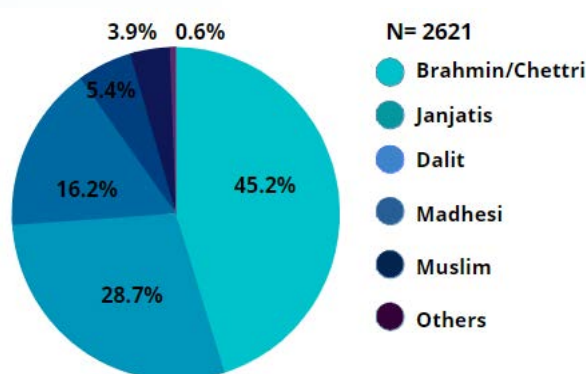


Figure 2 Ethnicity-wise distribution

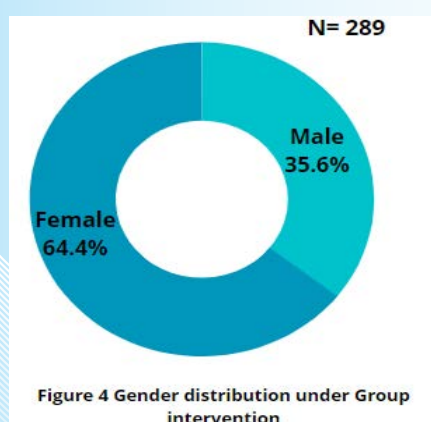


Figure 4 Gender distribution under Group intervention

Group Intervention:

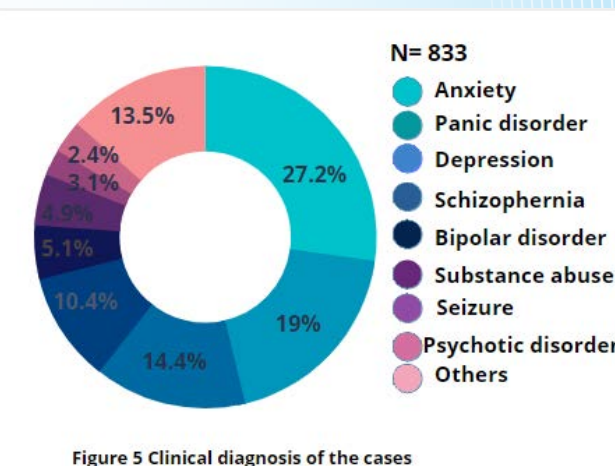
TPO Nepal has developed, adapted and contextualized various group intervention packages ranging from 2 to 12 days. These include structured as well as semi-structured sessions. The interventions included group healing intervention, self-care and stress management sessions, Interpersonal Therapy (IPT), Common Threads (CT), Tension/Trauma Release Exercise(TRE), etc. TPO Nepal reached out to 289 individuals through these interventions. Among them, 62.20% were below the age of 18.

Clinical Supervision: Regular clinical supervision is an integral component of capacity building and quality assurance of TPO Nepal. Usually, the beneficiaries of clinical supervision include psychosocial counselors, Community Psychosocial Workers (CPSWs), Clinical Psychologists and clinical supervisors on a periodic basis. The supervision modalities include peer to peer supervision, supervision by immediate supervisor, and national and international specialists. All the clinical service providers of TPO Nepal received periodic clinical supervision throughout the year.

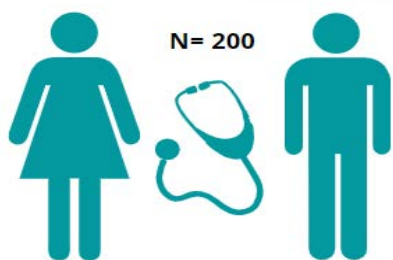
Specialized Services:

Psychiatric Services:

Psychiatric services were provided as a part of specialized service by TPO Nepal. A total of 833 psychiatric consultation sessions were rendered this year. Out of these, 52% were female and 48% were male. Similarly, majority (93.20%) of them were above 18 years of age. The diagnostic category-wise frequency distribution has been presented below.



Other Specialized Services: Other specialized services include Cognitive Behavioral Therapy (CBT), supportive therapy, Gestalt therapy, IPT, motivational interviewing and motivation enhancement therapy (MET), exposure therapy, etc. A total of 50 individuals benefitted through these interventions in 2020.



Health Support:

As a part of holistic support to vulnerable populations (eg. torture victims, GBV survivors, etc.), TPO Nepal also provided a range of health services such as physical health check-ups, consultations, laboratory tests, radiological investigations, medications and follow up services. Approximately, 200 individuals received health support in the year 2020.

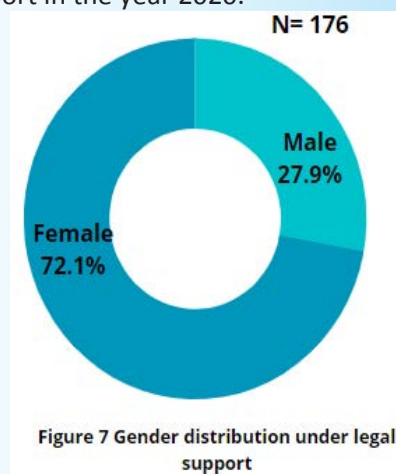
Legal Support:

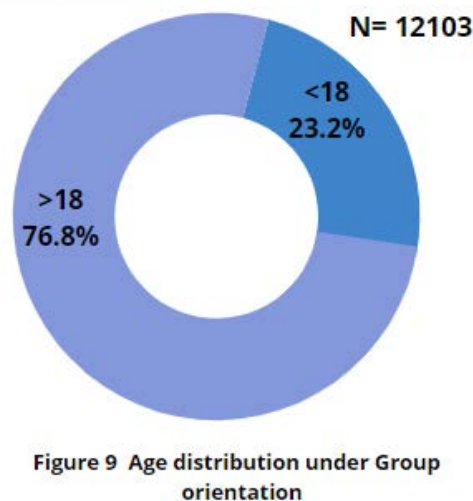
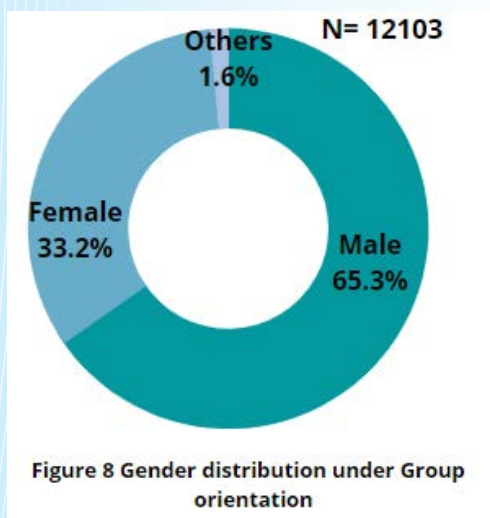
Legal support is a part of comprehensive support offered by TPO Nepal. This included legal aid, legal counseling, mediation and documentation support. This year we provided legal support services to 176 individuals along with mental health and psychosocial support. Here, 97% of the total case were above 18 years of age.

Community Awareness and Sensitization

TPO Nepal conducted many community awareness and sensitization programs related to impacts of COVID-19 on mental health and psychosocial wellbeing and its management.

Group Orientation: Group orientation activities were organized in communities targeting frontline health and protection workers, children, security personnels (eg. police), journalists, community people, etc. The orientations focused on psychosocial impacts of COVID-19, Psychological First Aid (PFA), psychoeducation on psychosocial wellbeing, gender based differences, self-care, coping and stress management. A total of 12,103 individuals benefitted through these orientation activities. The age- and gender-wise frequency distribution of individuals participating in group orientations have been presented below.





Media Campaign: Media play an important role in dissemination of information and awareness in the community. Considering the fact, a number of media campaigns were also conducted by TPO Nepal in 2020.

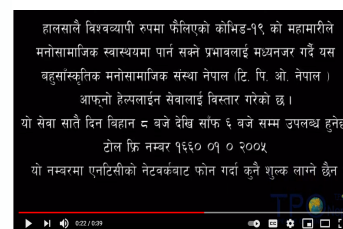
1.Public Service Announcements (PSA): To raise mass awareness on psychosocial impacts of COVID-19, stigma and discrimination, and coping mechanisms, several PSAs were developed and broadcasted by TPO Nepal. These were aired in Nepali, Doteli, Maithili, Jumli, Bhojpuri, Tamang and Newari languages. The PSAs were targeted to a) pregnant and lactating mothers, b) women of reproductive age, c) COVID-19 infected people and their family members, and d) frontline health and protection workers, e) children and f) general population. The PSAs were broadcasted through local radio stations in various districts of Karnali Province, Lumbini Province, Province 2, Bagmati Province and Sudurpaschim Province.

2.Radio and Television Interviews: Several clinical experts from TPO Nepal attended TV and radio interviews in 2020 related to COVID-19 and mental health. Dr. Kamal Gautam, Executive Manager of TPO Nepal, attended a media briefing event organized by the Ministry of Health and Population on September 11, 2020 wherein the highlight was on suicide and its prevention.

3.Radio Program on Transitional Justice (TJ): Nyayako Pratikshya, a radio program on transitional justice, was prepared in collaboration with Forum for Women, Law and Development (FWLD) and TPO Nepal in Nepali and Tharu languages. These episodes were broadcasted fortnightly from Kantipur FM and several local FM stations from Dang, Banke, Bardiya and Kailali districts as well as through Hamro Patro.

4.Podcasts: Similarly, 20 podcasts on mental health during COVID-19 were prepared in collaboration between TPO Nepal, Youth Thinker's Society (YTS) and UN Women. The podcasts focused on specific contents in each episode targeting general population, children, people affected by GBV, people of concern, etc and taking mental health care during COVID-19. These podcasts were broadcasted on a weekly basis through radio stations as well as various audio-visual platforms.

5.Social Media Campaign: Intending to provide factual messages on COVID-19 and mental health, TPO Nepal developed and posted several audio-visual messages in different languages over Facebook, Twitter and Instagram.



Capacity Building

TPO Nepal has training packages ranging from 3 days to 6 months. TPO Nepal has speciality on providing training based on National Health Training Center (NHTC) Module 1 and Module 2, 5-day training to One-Stop Crisis Management Center (OCMC) staff, 5 days to 7 days CPSW training packages, teacher's training packages, etc. In the year 2020, TPO Nepal conducted the following (as presented in the table) training to different target groups;


Table 1 Training provided by TPO Nepal in 2020

Training	Location / Medium	Number of participants
MHPSS and PFA Training to frontline health care workers	Virtual	45
Training of Trainers (TOT) on Mental Health Training to Medical Officer and Health Assistant (NHTC Module 2)	Kaski	5
Mental Health Training to Medical Officer and Health Assistant (NHTC Module 2)	Syangja	27
Seven days' basic psychosocial care and support training (CPSW training)	Lumbini and Province Two	60
Basic psychosocial support training to teachers	Province Two	158
Basic concept of mental health and GBV (teachers, local representative and others)	Virtual	50
Training to CIN network journalists on suicide and mental health reporting	Virtual	140

Advocacy and Other Activities

TPO Nepal conducted several advocacy activities in 2020. These activities included seminars, webinars, self-care and other activities related to COVID-19 and its impacts.

Webinars: Due to the COVID-19 pandemic and subsequent lockdown, it was not possible to conduct face-to-face activities. TPO Nepal initiated innovative approaches to reach its beneficiaries. Webinar was one of the approaches. A series of 20 webinars on different topics were conducted during 2020 focusing on skills, knowledge and information. Major topics included psychosocial support to survivors of gender-based violence; suicide prevention; stress and mental wellbeing of health workers following COVID-19 pandemic; psychosocial impact of COVID-19 on women of reproductive age, with a focus on pregnant women and lactating mothers; mental health of youths; psychosocial counseling; stress management, etc. More than 60,000 individuals were reached through these webinars.



Strengthening Systems for Better Health Activity
Virtual with case study


**WEBINAR SERIES ON
PSYCHOSOCIAL AND MENTAL HEALTH SUPPORT:
HEALTH WORKERS AND FRONTLINE WORKERS
SERIES III:
"PSYCHOSOCIAL ISSUES FACED BY HEALTH WORKERS
DURING COVID-19 CRISIS AND THEIR MANAGEMENT"**

Date: 20 August, 2020 | Thursday
Time: 1:00 PM to 2:30 PM
Please register here: <https://bit.ly/3k5E2G7>
Link will be sent via email after registration.

SPEAKERS



DR. RISHAV KOIRALA
Consultant Psychiatrist,
Department of Psychiatry
Grande International Hospital



DR. PAWAN SHARMA
Consultant Psychiatrist
and Lecturer at Pokan
Academy of Health Sciences

LIVE ON FACEBOOK <https://fb.com/tponep> 



Seminars: A total of 8 seminars were conducted in 6 districts (Surkhet, Kalikot, Jajarkot, Jumla, Dang, Bardiya) of Karnali and Lumbini provinces. The objectives of these seminars were to discuss with the local governments (both officials and elected representatives) about psychosocial and mental health as well as to inform them about their engagement, roles, budget allocation and potential action plan in humanitarian context. In total, 207 participants (175 males and 32 females) attended these seminars.

Other Major Initiatives in 2020

1. Development of an Online Portal: Following COVID-19 pandemic, lockdown and overwhelming health care burden amongst the health workers, stress, burnout and psychosocial problems were imminent among service providers. Taking this into consideration, an online portal <http://www.mewellnepal.org.np> was developed in collaboration with the Epidemiology & Disease Control Division (EDCD), MoHP; WHO Nepal and Institute of Medicine, Tribhuvan University Teaching Hospital (TUTH). The website “mewellnepal” was launched on 20th August, 2020 by Dr. Roshan Pokharel, Chief Specialist of the Ministry of Health and Population. This platform offered various services to frontline healthcare providers through a digital platform.



2. Development of Community-based Suicide Prevention Program: To mark the World Suicide Prevention Day 2020 and World Mental Health Day 2020, TPO Nepal organized an event where several mental health practitioners were offered a platform to share innovative approaches on suicide prevention program. Based on the best approaches, the top 3 candidates were selected for final presentation. The event was chaired by Ms Yam Kumari Khatiwada, Secretary of the Ministry of Women, Children and Senior Citizens. Representatives from the National Planning Commission, WHO, UNICEF and other experts attended the event. The candidates were awarded based on their merits as per the decision made by the panelists.

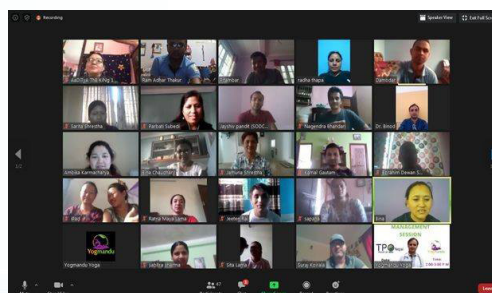
3. Dissemination of Suicide Study Findings and COVID-19 Study Findings: Between July 2020 to August 2020, TPO Nepal conducted a research on suicide and self-harm during COVID-19 pandemic in Nepal. The dissemination of findings from this study was organized on 12th November, 2020, chaired by the representative from Australian Embassy. Similarly, TPO Nepal also conducted a social media survey to assess the psychosocial impacts of COVID-19 among the Nepalese population following 1 month of lockdown. The findings were shared with various stakeholders and have been published in an international peer-reviewed journal.



4. SAATHI-Dissemination of the Results : TPO Nepal in collaboration with King's College London, adapted and tested the feasibility, acceptability and implementation of IPT among adolescents in rural Nepal. The study was conducted in Barhabise Municipality of Sindhupalchowk district between September 2018 and December 2020. The learnings and findings of the study were disseminated separately among local stakeholders (in Barhabise Municipality), policy makers and other key national level stakeholders (in Kathmandu) and academicians and service providers (in Tribhuvan University Teaching Hospital). The results showed that the adapted IPT can be delivered effectively in school by community psychosocial workers (CPSWs) and staff nurses and the intervention had significant improvements in depression, functional impairment, anxiety and post-traumatic stress disorder.



5. Care for Care Givers Workshop (CFC): A ten-day care-for-caregivers workshop was organized in September 2020 wherein 63 staff from TPO Nepal participated. The workshop focused on “Pranayama and Yoga” sessions delivered by a professional instructor. Similarly, a 3-day yoga class for service providers was also organized in June 2020 which included 20 participants. Over 7 events of stress management and self-care sessions were also organized virtually where 416 participants from various INGOs and NGOs attended.



6. Advocacy Workshop: A half-day advocacy workshop was conducted at provincial level in Sudurpaschim Province on 17th January, 2020. The event was held in Kailali district, where the directors, public health managers, health officers and political leaders took part. Altogether, 45 participants attended the event.

7. Support at Quarantine and Isolation Centers: Support was extended by TPO Nepal to 144 quarantine and isolation centers in different districts following COVID-19 outbreak. During these visits, people residing in those centers were offered information on COVID-19, psycho-education, stress management tips, and helpline service. Besides, they were also engaged in relaxation exercises and PFA. Individual support was also provided to needy individuals. A total of 6942 individuals were reached through this support.



MHPSS support at Kanchanpur & Jhapa



Relief Material Distribution at Kailali

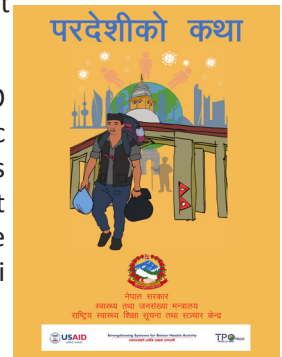
8. Distribution of Relief Materials: On May 31st, 2020, TPO staff visited Shree Adharbhat Vidhyalaya isolation center, Daduwa rural municipality, Banke. We handed over some equipments such as, thermometers, electric water heater, masks, and gloves which were essential. Additionally, we provided emergency support to the flood-affected community in Vajani municipality, Kailali in August 2020. Food and child care materials were distributed along with psycho-education and individual psychosocial counseling.

9. Child-Friendly Space (CFS): A Child-Friendly Space (CFS) was established at Jugal Rural Municipality by TPO Nepal with the support of UNICEF following landslide. Psychosocial counselor from TPO Nepal provided technical support to run the CFS. Children were offered opportunities to develop, learn, play, and build/strengthen resilience following trauma. Altogether, 116 children (63 boys and 53 girls) were benefitted from CFS.

Development, Contextualization and Adaptation of Global and National Level Policy and Documents

In the year 2020, TPO Nepal developed, adapted and contextualized different global and national level policy documents such as:

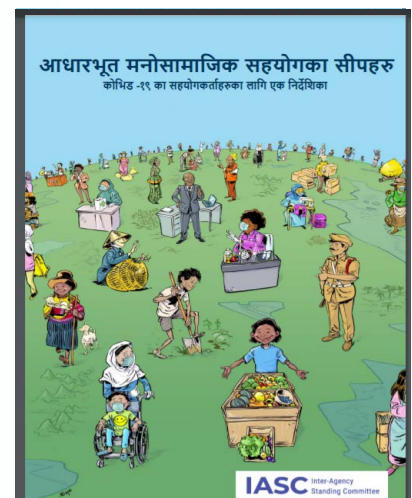
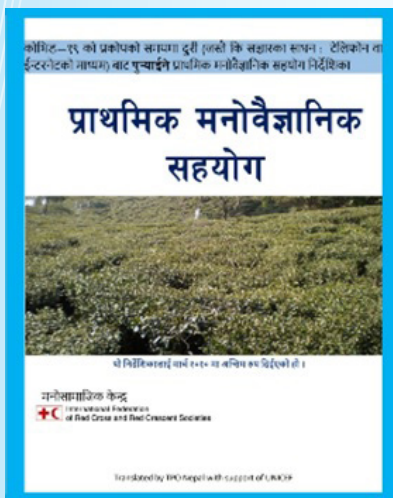
1. Pardeshiko Katha: TPO Nepal developed a storybook titled “PARDESHIKO KATHA” to reflect the story of migrant workers during the COVID-19 pandemic in western Nepal. It aimed to sensitize community on the psychosocial impacts of COVID 19, stigma associated with COVID 19, self-care and stress management tips. It has now been made available online through our webpage. Similarly, the printed copies were distributed to 138 municipalities of Karnali and Lumbini provinces.



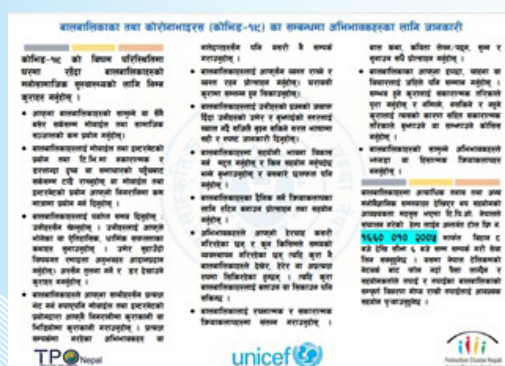
2. Remote Psychological First Aid during COVID-19 Outbreak: TPO Nepal also translated and contextualized the ‘Remote Psychological First Aid during COVID-19 Outbreak’ which was developed by the International Federation of Red Cross and Red Crescent Societies (IFRC).

3. HEALTHY AT HOME: HEALTHY PARENTING posters and HEALTHY AT HOME: TPO Nepal translated this document for raising awareness on COVID-19. This was originally developed by WHO. The posters were helpful to parents in providing essential tips on handling children during this pandemic.

4. Basic Psychosocial Skills: A Guide for COVID 19 Responders: This document originally developed by the IASC targeting the frontline responders was translated in Nepali language by TPO Nepal. It was then published and distributed to the concerned stakeholders.

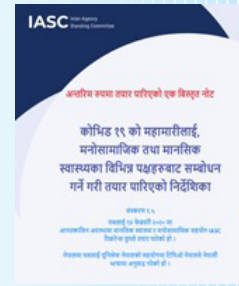


5. Flyers with information on COVID-19: TPO Nepal developed flyers with information on COVID-19 based on standard global documents. These were predominantly focused on mental health care during COVID-19, dealing with children and managing stress.



Relief Material Distribution

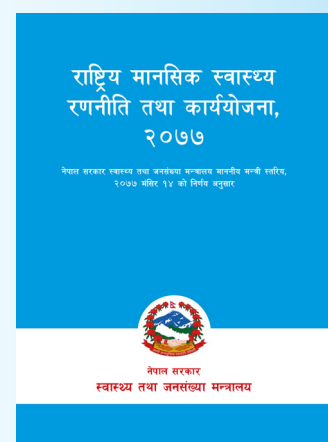
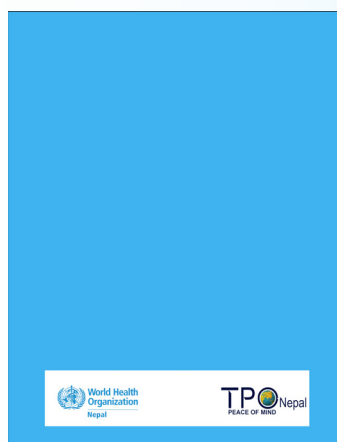
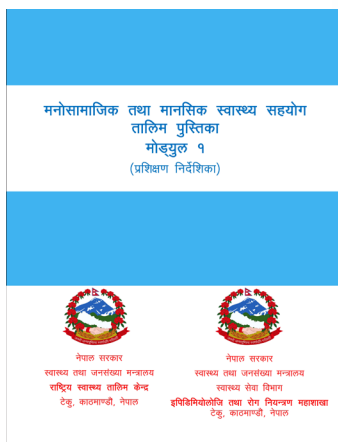
6. Interim Brief Note on Addressing Mental Health and Psychosocial Aspect of COVID-19 Outbreak : TPO Nepal translated the 'Interim Brief Note on Addressing Mental Health and Psychosocial Aspect of COVID-19 Outbreak' by IASC Reference Group on Mental Health and Psychosocial Support in Emergency Support into Nepali Language. This briefing document mostly summarizes key Mental Health and Psychosocial Support (MHPSS) consideration in relation to COVID-19 outbreak.



7. Standard Operating Procedure for Helpline: TPO Nepal reviewed and finalized the "Standard Operating Procedure for Helpline" to operate our helpline services efficiently. It is a guiding document to operationalize and maintain standards of the helpline services.

Technical Support Provided by TPO Nepal to the Government of Nepal

1. Technical support to National Health Training Centre in development of "Psychosocial and Mental Health Support Training Manual-Module 1"
2. Technical support to National Health Training Centre in development of "Psychosocial Counseling Training-Module 6"
3. Represented in the Technical Working Group and provided technical inputs to draft and finalize National Mental Health Strategy and Action Plan, 2077
4. Technical support to National Health Training Centre in development of "Child And Adolescent Mental Health Training Package-Module 3"
5. Represented in Technical Working Group and provided inputs in the National Mental Health Survey undertaken by the Nepal Health Research Council
6. Provided technical and financial support in rolling out various training to health workers



Research

In 2020, a total of 7 research projects were implemented by TPO Nepal and 24 articles were published in various international journals. The activities carried out under each research projects have been described below:

1. "SAATHI" – Study to Adapt Adolescent Interpersonal Therapy In Nepal: The SAATHI project was implemented between September 2018 to December 2020. Two research articles were published through this project in 2020. The major findings of this study suggested that Group IPT is feasible, appropriate and can be delivered to adolescents by lay workers and is cost effective.

2. Reducing Stigma among Healthcare Providers (RESHAPE): This project was implemented in Kaski and Syangja districts in 2020. Coordination with the provincial and local government bodies, finalization of research design, and a few training events were accomplished.

3.E-mhGAP Intervention guide in Low and middle-income countries: proof-of-concept for Impact and Acceptability (Emilia): The mobile application for WHO mhGAP (emhGAP) was developed and reviewed and qualitative study was conducted with health workers.

4.Enabling translation of Science to Service to ENhance Depression CarE (ESSENCE): The online mental health course for service users and media professionals was translated and adapted for Nepal.

5.Identifying Depression Early in Adolescence (IDEA): The first phase qualitative study to identify the risk factors of depression and pretesting for feasibility of neurobiological research with adolescents were conducted. A number of articles have been published.

6.Health Actions at SchOols for a Thriving Adolescent Generation (HASHTAG): The study site identification, formative study and translation of module has been accomplished.

7.International Study of Discrimination and Stigma Outcomes (INDIGO): Scoping review and the standard translation and adaptation of research tools were completed.

Articles published in 2020 in international peer-reviewed journals

1.Kim Y, Rimal D, K. C. A, et al. Understanding Nepali widows' experiences for the adaptation of an instrument to assess Prolonged Grief Disorder. Transcultural Psychiatry. December 2020. doi:10.1177/1363461520949005

2.Kelly Rose-Clarke, Eliz Hassan, Prakash BK, Jananee Magar, Delan Devakumar, Nagendra P. Luitel, Helen Verdeli, Brandon A. Kohrt. A cross-cultural interpersonal model of adolescent depression: A qualitative study in rural Nepal, Social Science & Medicine. 270 (2021). <https://doi.org/10.1016/j.socscimed.2020.113623>.

3.Chase, L., Gurung, D., Shrestha, P., Rumba, S., Gendering psychosocial care: risks and opportunities for global mental health. The Lancet Psychiatry, ISSN: 2215-0366, Vol: 0, Issue: 0. [https://doi.org/10.1016/S2215-0366\(20\)30483-1](https://doi.org/10.1016/S2215-0366(20)30483-1)

4.Gautam, K., Adhikari, R.P., Gupta, A. P.Koirala S. Koirala, , et al. Self-reported psychological distress during the COVID-19 outbreak in Nepal: findings from an online survey. BMC Psychol 8, 127 (2020). <https://doi.org/10.1186/s40359-020-00497-z>

5.Rai, Y., Gurung, D., & Gautam, K. (2020). Insight and challenges: Mental health services in Nepal. BJPsych International, 1-3. doi:10.1192/bji.2020.58

6.Pamela J. Surkan, Henri M. Garrison-Desany, Damodar Rimal, Nagendra P. Luitel, Yoona Kim, Holly G. Prigerson, Sumeera Shrestha, Wietse Tol, Sarah M. Murray, Adaptation and psychometric validation of the Prolonged Grief Disorder scale among widows in central Nepal, Journal of Affective Disorders, 281 (2021). <https://doi.org/10.1016/j.jad.2020.12.018>.

7.Syed Shabab Wahid, Katherine Ottman, Raya Hudhud, Kamal Gautam, Helen L. Fisher, Christian Kieling, Valeria Mondelli, Brandon A. Kohrt, Identifying risk factors and detection strategies for adolescent depression in diverse global settings: A Delphi consensus study, Journal of Affective Disorders, 279 (2021). <https://doi.org/10.1016/j.jad.2020.09.098>.

8.Luitel, N.P., Jordans, M.J.D., Subba, P. et al. Perception of service users and their caregivers on primary care-based mental health services: a qualitative study in Nepal. BMC Fam Pract 21, 202 (2020). <https://doi.org/10.1186/s12875-020-01266-y>

9.Jordans, M.J.D., Garman, E.C., Luitel, N.P. et al. Impact of integrated district level mental health care on clinical and functioning outcomes of people with depression and alcohol use disorder in Nepal: a non-randomised controlled study. BMC Psychiatry 20, 451 (2020). <https://doi.org/10.1186/s12888-020-02832-5>

10.Garrison-Desany HM, Lasater ME, Luitel NP, Rimal D, Pun D, Shrestha S, Tol W, Surkan PJ. Suicidal ideation among Nepali widows: an exploratory study of risk factors and comorbid psychosocial problems. Soc Psychiatry Psychiatr Epidemiol. 2020 Nov;55(11):1535-1545. doi: 10.1007/s00127-020-01932-7.

11.Rose-Clarke, K., Pradhan, I., Shrestha, P. et al. Culturally and developmentally adapting group interpersonal therapy for adolescents with depression in rural Nepal. BMC Psychol 8, 83 (2020). <https://doi.org/10.1186/s40359-020-00452-y>

12. Luitel NP, Breuer E, Adhikari A, Kohrt BA, Lund C, Komproe IH, Jordans MJD. Process evaluation of a district mental healthcare plan in Nepal: a mixed-methods case study. *BJPsych Open*. 2020 Jul 28;6(4):e77. doi: 10.1192/bjo.2020.60
13. Wahid SS, Pedersen GA, Ottman K, et al. Detection of risk for depression among adolescents in diverse global settings: protocol for the IDEA qualitative study in Brazil, Nepal, Nigeria and the UKBMJ Open 2020;10:e034335. doi: 10.1136/bmjopen-2019-034335
14. Shrestha, P. (2020). Nepal. *The Lancet Psychiatry*, ISSN: 2215-0366, Vol: 7, Issue: 7, Page: 576. [https://doi.org/10.1016/S2215-0366\(20\)30233-9](https://doi.org/10.1016/S2215-0366(20)30233-9)
15. Chisholm, D., Garman, E., Breuer, E., Fekadu, A., Hanlon, C., Jordans, M., Kathree, T., Kigozi, F., Luitel, N., Medhin, G., Murhar, V., Petersen, I., Rathod, S. D., Shidhaye, R., Ssebunnya, J., Patel, V., & Lund, C. (2020). Health service costs and their association with functional impairment among adults receiving integrated mental health care in five low-And middle-income countries- And PRIME cohort study: the PRIME cohort study. *Health Policy and Planning*, 35(5), 567-576. <https://doi.org/10.1093/heapol/czz182>
16. Sangraula M, Turner EL, Luitel NP, van 't Hof E, Shrestha P, Ghimire R, Bryant R, Marahatta K, van Ommeren M, Kohrt BA, Jordans MJD. Feasibility of Group Problem Management Plus (PM+) to improve mental health and functioning of adults in earthquake-affected communities in Nepal. *Epidemiol Psychiatr Sci*. 2020 May 26;29:e130. doi: 10.1017/S2045796020000414.
17. Pham, T.V., Kaiser, B.N., Koirala, R. et al. Traditional Healers and Mental Health in Nepal: A Scoping Review. *Cult Med Psychiatry* (2020). <https://doi.org/10.1007/s11013-020-09676-4>
18. Jordans MJD, Luitel NP, Lund C, Kohrt BA. Evaluation of proactive community case detection to increase help seeking for mental health care: a pragmatic randomized controlled trial. *Psychiatr Serv*. 2020. <https://doi.org/10.1176/appi.ps.201900377>.
19. van't Hof, E., Sangraula, M., Luitel, N.P. et al. Effectiveness of Group Problem Management Plus (Group-PM+) for adults affected by humanitarian crises in Nepal: study protocol for a cluster randomized controlled trial. *Trials* 21, 343 (2020). <https://doi.org/10.1186/s13063-020-04263-9>
20. Aldridge LR, Garman EC, Luitel NP, Jordans MJD (2020) Impact of a district mental health care plan on suicidality among patients with depression and alcohol use disorder in Nepal. *PLOS ONE* 15(4): e0231158. <https://doi.org/10.1371/journal.pone.0231158>
21. Rajan, S., Rathod, S.D., Luitel, N.P. et al. Healthcare utilization and out-of-pocket expenditures associated with depression in adults: a cross-sectional analysis in Nepal. *BMC Health Serv Res* 20, 250 (2020). <https://doi.org/10.1186/s12913-020-05094-9>
22. Brathwaite, R., Rocha, T.B.M., Kieling, C. et al. Predicting the risk of depression among adolescents in Nepal using a model developed in Brazil: the IDEA Project. *Eur Child Adolesc Psychiatry* (2020). <https://doi.org/10.1007/s00787-020-01505-8>
23. Brandon A. Kohrt, Elizabeth L. Turner, Sauharda Rai, Anvita Bhardwaj, Kathleen J. Sikkema, Adesewa Adelekun, Manoj Dhakal, Nagendra P. Luitel, Crick Lund, Vikram Patel, Mark J.D. Jordans (2020) Reducing mental illness stigma in healthcare settings: Proof of concept for a social contact intervention to address what matters most for primary care providers, *Social Science & Medicine* 250. 2020, <https://doi.org/10.1016/j.socscimed.2020.112852>
24. Upadhaya, N., Regmi, U., Gurung, D. et al. Mental health and psychosocial support services in primary health care in Nepal: perceived facilitating factors, barriers and strategies for improvement. *BMC Psychiatry* 20, 64 (2020). <https://doi.org/10.1186/s12888-020-2476-x>

Team**Board**

Dr. Mita Rana (Chairperson)
 Mr. Nabin Lamichhane (Vice-Chairperson)
 Mr. Krishna Bahadur Karki (Treasurer)
 Mr. Ramesh Prasad Adhikari (Secretary)
 Ms. Manju Adhikari (Member)
 Mr. Satish Chandra Aryal (Member)
 Ms. Salita Gurung (Member)

Technical Advisors

Prof. Mark Jordans, PhD
 Dr. Brandon Kohrt, MD, PhD
 Prof. Shishir Subba, PhD
 Dr. Rishav Koirala, MD Psychiatry, PhD
 Scholar
 Mr. Suraj Koirala

Management Committee

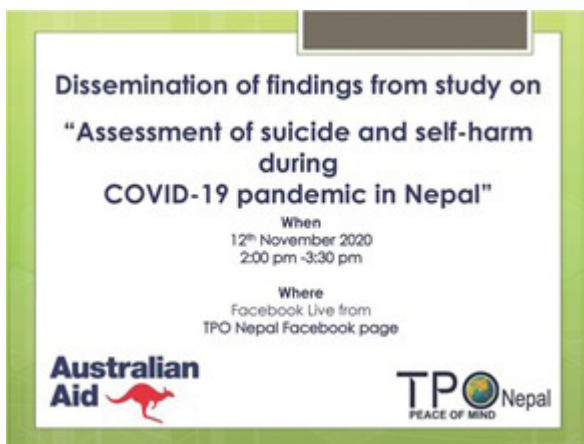
Dr. Kamal Gautam (Executive Director)
 Mr. Raam Katwal (HOD/ Finance & Admin)
 Mr. Pitambar Koirala (HOD/Program)
 Ms. Ratna Maya Lama (Gender Focal Person/
 Coordinator)
 Ms. Ambika Balami (Coordinator/S.Trainer)
 Mr. Suraj Koirala (Technical Advisor)

Staff

There were a total of 98 individuals during year 2020 out of which 60% were female, 40% were male. Similarly, 64% were under program, 21% in research and 15% in Finance and Admin department. 38% were Kathmandu based while 62% were in districts.

Financial Summary

Amount in NPR		
TOTAL GRANT RECEIVED:	53,423,471.19	
Human Resource	21,502,271.48	40%
Program Cost	13,596,187.93	25%
Research Cost	12,651,666.60	24%
Publication	542,536.36	1%
Training/Capacity Building Expenses	1,092,568.79	2%
Administrative Cost	4,297,282.82	8%
TOTAL EXPENSES	53,682,513.98	
Advance Grant (Surplus/Deficit for the FY)	(259,042.79)	



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