



Annual Report 2022

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>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>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) Ms. Ambika Balami (Coordinator/Psychosocial Trainer) Mr. Suraj Koirala (Technical Advisor)</p>
<p>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>Staff</p> <p>There were a total of 185 staff members in the year 2022 out of which 118 were female and 67 were male. Categorically, 95 staff (58 female, 37 male) were under program, 69 staff (50 female, 19 male) in research and 21 staff (10 female, 11 male) were in finance and admin department. 48 were based in the head office while 137 were in the project sites in the community.</p>

TPO Nepal Annual Report 2022

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

Message from the Executive Director

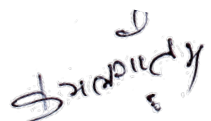
It's an immense pleasure to present our organization's annual report for 2022. Mental health and psychosocial wellbeing is an integral component of health. With the advent of COVID-19 and frequent disasters, the need for mental health and psychosocial support has further been realized by communities, public health experts, global mental health professionals and policy makers. To fulfil the mental health treatment gap and service seeking behavior, TPO Nepal has been evolving its dimensions of MHPSS activities and services to cater to the emerging needs and challenges.



We provided MHPSS services to the beneficiaries via in-person appointments, online/virtual medium and via cell phone and helplines. The interventions were delivered as individual as well as group based sessions depending on the nature of intervention and need. Through virtual means, we were able to reach beneficiaries outside Nepal as well. Through a variety of programs, including psychosocial counseling, psychosocial interventions, helplines, psychotherapeutic services, psychiatric support, medical support, capacity building, community awareness and sensitization, webinars and social media initiatives, we were able to reach over 200,000 people in 2022. It is a pride that TPO Nepal could contribute to achieving the sustainable development goal targets SDG 3 - Good Health and Well-Being, SDG 5 - Gender Equality, SDG 9- Industry, Innovation and Infrastructure, SDG 10 - Reduced Inequalities, and SDG 16 - Peace, Justice and Strong Institutions through these activities.

We received immense support and cooperation from various tiers of government authorities in our endeavors. Hence, I would like to express my sincere gratitude to the Ministry of Health & Population (MoHP) and its authorities; the Ministry of Women, Children, and Senior Citizens (MoWCSC) and its authorities; the National Women Commission; and different provincial and rural/municipal government entities for their contribution and support. Our funding agencies especially the UN agencies (UNICEF, WHO, UNODC, UNVFVT, OHCHR and UNHCR), the World Bank, The Asia Foundation (TAF), International Rehabilitation Council for Torture Victims (IRCT), International Alert, the Medical Research Council (MRC), the Wellcome Trust, National Institute of Mental Health (NIMH) and partner universities especially the King's College London, Stellenbosch University, George Washington University, the University of Liverpool, Durham University and the Institute of Medicine (IOM) need a special acknowledgement.

I am thankful to all the staff members, executive board, technical advisors and beneficiaries who provided support and cooperation in achieving our intended outcomes. Last but not the least, I would like to thank Pitambar Koirala, Suraj Koirala, Diwakar Khanal, Sabina Sitaula and Ram Adhar Thakur for their unwavering effort in drafting, finalizing and designing this report.


Dr. Kamal Gautam

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
UNVFT	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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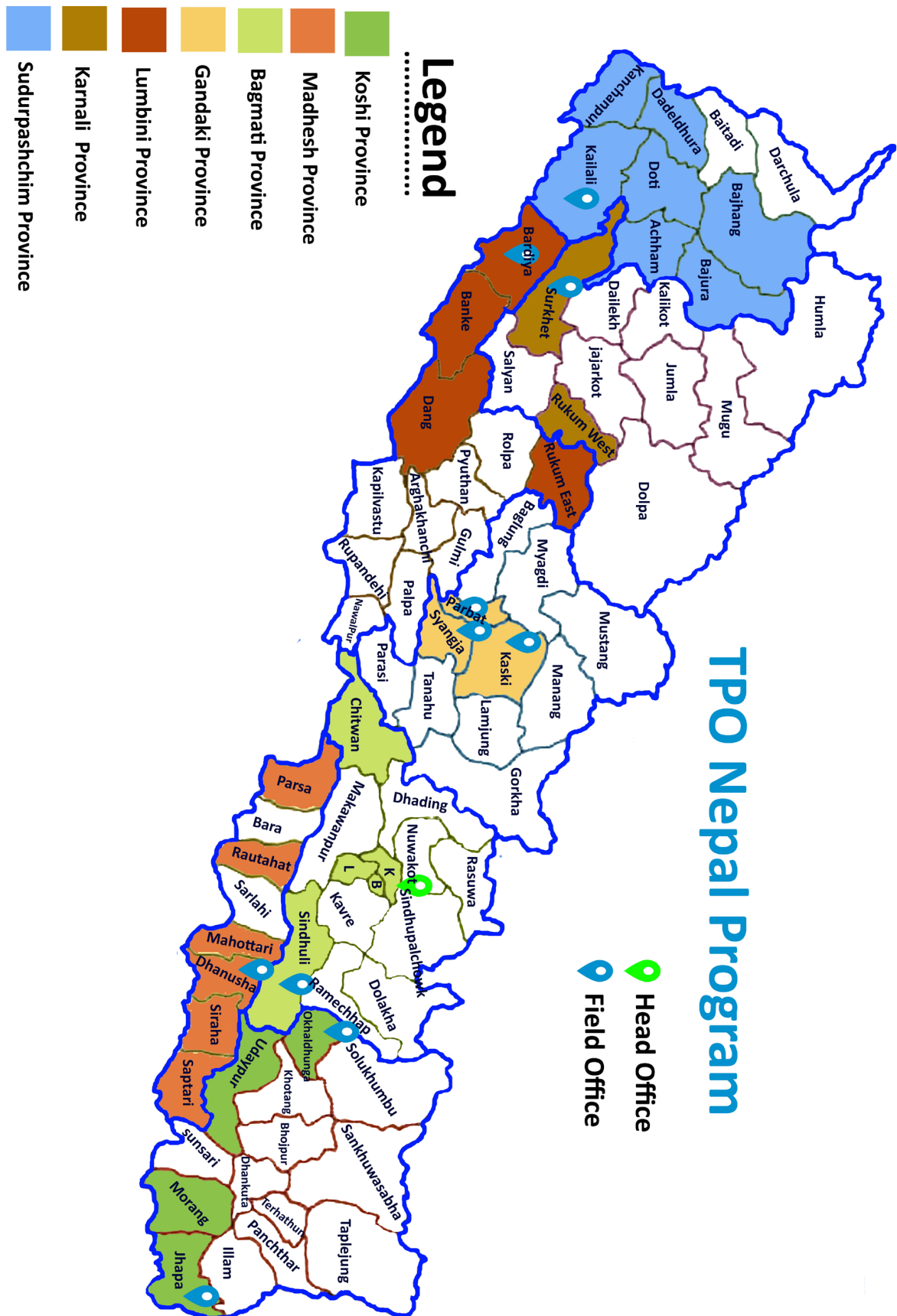
Project summary

Table 1: Details of key projects

S.N	Name of the project	Timeline	Funding agencies	Thematic area
1	COVID 19: Operationalizing Regional Exchange 4 Mental Health and Psychosocial Support (CORE4MHPSS)	February 2021 to February 2022	The Asia Foundation	Program
2	Dignity: Psychosocial Rehabilitation of the Trafficking in Person (TIP) Survivors	March 2021 to August 2022	United Nations Voluntary Trust Fund (UNVTF)/United Nations Office on Drugs and Crime (UNODC)	Program
3	E-Mhgap Intervention Guide in Low and Middle-Income Countries: Proof-of-Concept for Impact and Acceptability (Emilia)	October 2018 to March 2022	King's College London (KCL)/ Medical Research Council (MRC)	Research
4	Enabling Translation of Science to Service to Enhance Depression Care (ESSENCE)	July 2017 to May 2023	Harvard University/ National Institute of Mental Health (NIMH)	Research
5	Health Action in ScHools for a Thriving Adolescent Generation (HASHTAG)	April 2020 to September 2022	Stellenbosch University/ Medical Research Council (MRC)	Research
6	Holistic Rehabilitation Support to Human Rights Violation	January 2020 to December 2022	United Nations Voluntary Fund for Victim of Torture (UNVFT) / United Nations Office of the High Commissioner for Human Rights (OHCHR)	Program
8	International Study of Discrimination and Stigma Outcomes (INDIGO)	December 2020 to August 2023	King's College London	Research
9	Leaving No one Behind: Building Community Capacities in Nepal for Inclusive Transitional Justice, Reconciliation and Conflict Resolution	December 2019 to March 2022	International Alert / U.S. Department of State, The Bureau of Democracy, Human Rights and Labour	Program
10	Mental health and psycho-social well-being of children, caregivers, and vulnerable populations improved through promotion, response and support activities	March 2022 to December 2024	United Nations Children's Fund (UNICEF)	Program
11	Reducing Stigma among HealthcAre ProvidErs (RESHAPE)	October 2019 to September 2024	George Washington University (GWU)/NIMH	Research
12	Scaling-up Care for Perinatal Depression through Technological Enhancements to the 'Thinking Healthy Program' (ENHANCE)	January 2021 to January 2024	University of Liverpool	Research
13	Ethnographic study of barriers and facilitators to the continuation of psychosocial support centers established by Nepal's Department of Women and Children	July 2022 to May 2023	Durham University	Research
14	Integration of livelihood into MHPSS program	June 2022 to December 2022	IRCT	Program
15	Strengthening mental health services including in government designated COVID-19 hospitals across the country	June 2022 to September 2022	WHO	Program
16	Strengthening inclusive justice program	December 2022 to August 2025	International Alert / U.S. Department of State, The Bureau of Democracy, Human Rights and Labour	Program
17	Technical assistance for setting up a national suicide prevention resource center and operationalizing national helpline for suicide response	April 2022 to December 2022	WHO	Program
18	Sports-based Mental heAlth pRomotion intervention for adolescenTs in Nepal (SMART)	November 2021 to October 2023	King's College London & University College London/ Medical Research Council	Research
19	GBV prevention and response project -Phase II (GBVPR II)	November 2021 to November 2022	VSO/UNFPA	Program

Geographical Coverage of TPO Nepal

The map shows the locations where TPO Nepal had its project implementation in 2022 and/or its offices or contact persons were present.



Service Provision

MHPS Services

People's mental health and psychosocial wellbeing, in addition to their physical health, take a significant hit when they are affected by everyday livelihood, stress, natural disasters and other emergency situations. TPO Nepal places a significant emphasis, as part of its work to support individuals going through mental health and psychosocial issues. TPO Nepal stands strongly to address global mental health and psychosocial needs. Therefore, TPO Nepal provided MHPS support to all the individuals seeking services from TPO Nepal. The service users were trafficking survivors, people of concern (PoCs), children and adolescents, survivors of torture, individuals and groups at risk, survivors of domestic violence, sexual and gender-based violence (S/GBV) and individuals going through mental health and psychosocial issues. A total of 13351 individuals were able to receive MHPS services. Each category of MHPS services has been described below.



Psychosocial Counseling and Support

A total of 5209 (female= 2827 and male= 2382) were able to receive psychosocial counseling services in the community and counseling center. The majority of those receiving psychosocial counseling had different psychosocial problems such as sleep problems, anger, intrusive thoughts, nightmares, flashbacks, anxiety, low mood, selective withdrawal, psychological distress and behavioral problems due to excessive use of gadgets, hopelessness, worry, suicidal thoughts, sadness, lack of interest, guilt, loneliness and fear.

Psychosocial counseling and support aimed at enhancing the resilience of the individuals, families, and community members to effectively cope with stress. Improvement in day-to-day functioning and psychosocial well-being were measured as outcomes over counseling sessions. Beside these, improvement in their sleep patterns, decrease in suicidal thoughts, enhanced decision-making and problem-solving skills were also noticed.

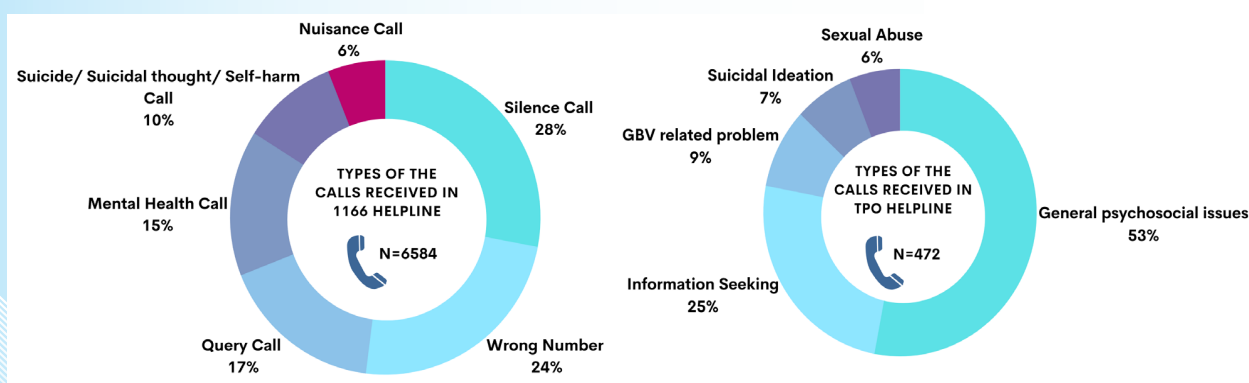


5209 individuals received individual counselling

Helpline

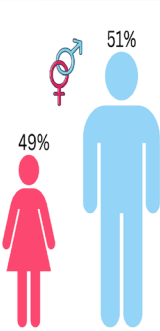
TPO Nepal has been operationalizing two different helplines i.e. The National Suicide Prevention Helpline (1166) and the Psychosocial support toll-free helpline (1660 010 2005). During the year 2022, 7056 (2860 Male, 2250 Female, 1 LGBTIQ, 1945 others) people received support through these helplines.

The national suicide prevention helpline service was made available 24/7, while the toll-free helpline was operated seven days a week from 8 am to 6 pm. Considering the restrictions and physical distance imposed by government authority during COVID-19 pandemic, helplines were effective in providing remote services to people in need.



Group Healing

Group healing intervention was delivered by trained psychosocial counsellors of TPO Nepal. The Group Healing Intervention took place over the course of seven days and involved three distinct phases based on various thematic areas: Phase I-Safety and Self Awareness (Day 1 and 2), Phase II Self-Care and Support (Day 3, 4 and 5) were offered, and Phase III- Harmony, Coordination, and Closing (Day 6 & 7). A total of 496 (241 female, 255 male)



496 individuals received 7-day group healing psychosocial intervention

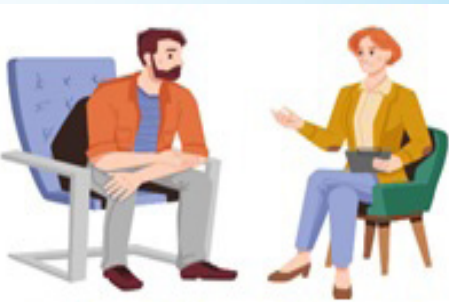
individuals who had experienced psychological trauma primarily the torture survivors, GBV survivors, displaced people, and people at risk of trafficking participated in this intervention. Screening instruments like WHODAS, Hopkins, and the PTSD adult version checklist were used pre and post intervention to evaluate the survivors’ psychological states and outcome. The tools showed improvement in psychosocial wellbeing of the service users after the group healing intervention.



Group healing intervention

Psychotherapeutic Services

TPO Nepal offered psychotherapeutic services to individuals who visited the out-patient department of TPO Nepal. This service was received by service users at the central office of TPO Nepal in Kathmandu by the therapists. Along with general interventions, TPO Nepal also offered specific interventions based on cognitive behavioral therapy techniques (CBT), dialectical behavior therapy (DBT), supportive psychotherapy, gestalt therapy, interpersonal psychotherapy (IPT), motivational interviewing (MI)/motivation enhancement therapy (MET), and exposure therapy. In total, 74 individuals received psychotherapeutic services in 2022. They showed improvement in their psychological and mental health well-being after consulting with therapists.



74 individuals received psychotherapeutic services

Psychiatric consultation and treatment services

Psychiatric consultation and treatment service is a primary service provided by TPO Nepal. TPO Nepal's central office as well as its outreach clinics provide psychiatric consultations. Survivors of human rights violation, S/GBV and other needy individuals received outreach services. In total, 516 people received psychiatric consultation, treatment and follow up services. In the field level the outreach clinic was held in Dang, Banke, Bardiya, Kailali, and other districts on quarterly basis. Additionally, follow up was done through virtual appointment on a need basis. During the psychiatric consultation, in-depth assessment is done using clinical interviews, mental status examination, tools and relevant laboratory test. Treatment plan is made in collaboration with individuals seeking care and follow up is done accordingly. Among these the most common cases were anxiety and depression followed by adjustment disorder, conversion disorder, substance use disorder, epilepsy, PTSD and others. Referral to clinical psychologists for psychotherapy was done based on need. Additionally, mental health treatment and follow up services were also delivered by the government health workers who were trained by TPO Nepal on NHTC Modules 1 & 2. This report does not contain the data of MHPSS services provided by those government health workers.



516 individuals received mental health support



Psychiatric Consultation

Health Support

Physical Health Treatment Support

Physical treatment and support was offered only to emergency cases of GBV, survivors of torture, and individuals at-risk. Majority of these individuals had genitourinary tract symptoms and musculoskeletal symptoms following torture and violence. These services included consultation with a physician, laboratory tests, radiological investigations, medications and follow-up services. In total, 99 (77 female, 22 male) individuals received physical health assistance in 2022.



99 individuals received physical health support

Legal Support

Legal support was received by the individuals in the form of legal counseling and documentation. This service has aimed to link and refer victims of human rights violations to concerned authorities like the National Human Rights Commission and the Truth and Reconciliation Commission. In the year 2022, a total of 112 (67 female and 45 male) torture and GBV survivors received legal support.



112 individuals received legal support

Social Support

A total of 695 (531 female and 164 male) people received social support in various districts through a variety of activities, including community engagement, interaction, consultative meetings, livelihood support, integration into community and empowerment. In total, 37 social support events were carried out by TPO Nepal. The individuals attending this events were part of various networks within the community as well as various groups in the community engagement program and livelihood activities. The main goal of social support was to develop self-management capabilities within the community to resolve various social issues.



695 individuals received social support

Shelter support

Shelter support was offered to 34 survivors of trafficking and S/GBV in collaboration with Sunita Foundation. The shelter service included residential living arrangements with dignity, care, needful clothes, sanitation materials and fulfillment of immediate requirements in a secured setting. Similarly, stationery materials were provided to support education at shelter home.

Livelihood Support

This was a pilot initiative where the torture survivors received support for starting their micro-entrepreneurship. A total of 44 torture survivors from Dang, Banke, Bardiya, Kailali and Kanchanpur districts benefited through livelihood support.



This service was linked with MHPSS support. During the process of selection of individuals for livelihood support, assessment was done through motivation workshop. Business plan was developed in consensus with the individuals based on their need, interest and feasibility. Livelihood support activities included animal husbandry (pig, goat and worm), grocery and cosmetic shops, auto rikhsaw, and other micro-entrepreneurship. Livelihood support offered in combination with MHPSS contributed to better mental health and psychosocial wellbeing, productivity and economic outcomes.

Capacity Building

TPO Nepal provides a range of training to a range of MHPSS service providers. TPO Nepal is qualified to provide training in accordance with government accredited National Health Training Center (NHTC) Modules 1, 2, 3, 4, 5, and 6 to medical professionals, healthcare professionals, nurses and midwives, public health managers, and female community health volunteers. TPO Nepal provided other trainings on suicide prevention, photo voice training and training to teachers and CPSWs on the basis of module developed by TPO Nepal. A total of 1557 individuals were trained in the year 2022. The trainings helped to roll out MHPSS services in the community. The disaggregated data of each category of service providers has been tabulated below:

S.N	Trainees	Districts /Province	Training Module	Total participants
1	Teachers	Koshi, Madhesh and Sudurpaschim Provinces	Psychosocial concept, child safety and protection of violence discipline	510 teachers (213 female and 297 male)
2	CPSWs	Lumbini & Karnali Provinces	11-day training on basic psychosocial support and socio-emotional learning package and 5-day training on basic psychosocial support	44 (25 female, 19 male)
3	Psychosocial counselors	Bagmati, Madhesh, Koshi,Gandaki, Lumbini and Sudurpaschim Provinces	6-month psychosocial counseling training	37 (29 female and 8 male)
4	Nursing staff, ANM	Gandaki Province	Non-prescriber training (NHTC Module 1)	52 (female; 3 events)
5	Medical officers and health workers	Koshi, Madhesh, Gandaki, Karnali & Sudurpaschim	Prescriber Training (NHTC Module 2)	194 individuals (26 female and 168 male)
6	Protection workers, social service providers, OCMC staff	Madhesh and Sudurpaschim Provinces	PFA, stress management, self-care, gender inclusion and psychosocial support	125 (81 female and 44 male)
7	Helpline staff	Bagmati province	Suicide Prevention Helpline Operation	44 (37 female and 7 male)
8	MHPSS service providers	Bagmati Province	Care for Caregivers	32 (15 female and 17 male)
9	NGO workers	Koshi and Sudurpaschim Provinces	Identification of the psychosocial problem and Community Informant Detection Tool (CIDT)	338 (199 female and 139 male)
10	Right holders of mental health services	Gandaki Provinces	Photo Voice Training	9 (5 female and 4 male)
11	Female community health volunteers (FCHVs)	Koshi and Gandaki Provinces	Identification of the psychosocial problem and Community Informant Detection Tool (CIDT)	172 (female)

Table 1: Number of Participants Trained on Specific Modules

*Project Review and Capacity Building Training**NHTC Module 2 training*

Community Awareness and Sensitization

In 2022, TPO Nepal conducted several awareness-raising campaigns, day celebration, orientation programs, and psycho-education sessions to enhance participants' understanding of mental health and psychosocial support (MHPSS). 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 on COVID-19, 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, 17467 (11127 female and 6340 male) individuals were reached through these events. The activities were conducted in Koshi, Madhesh, Bagmati, Lumbini and Sudurpaschim provinces.

*School based community orientation at Achham*

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.



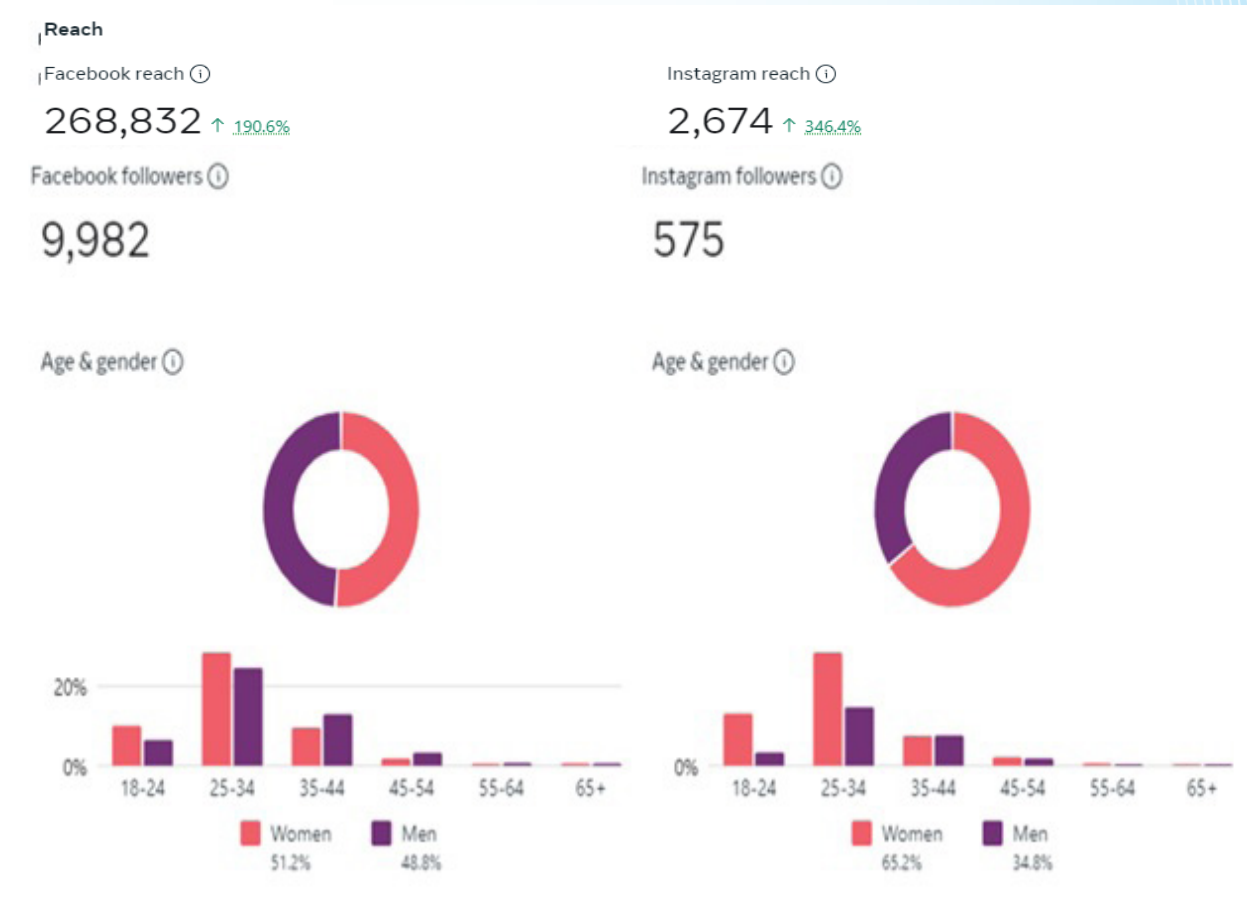
WHO mhGAP Community Toolkit Workshop



2-day Workshop on Integration and Expansion of MHPSS

Information dissemination and social media coverage

In the year 2022, TPO Nepal was able to reach a total of 268832 people through its Facebook page and a total of 2647 people through Instagram page.

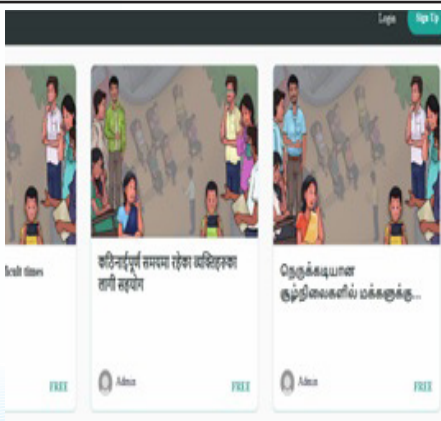




A total of 9982 individuals follow TPO Nepal’s Facebook page. Among them, 51.2% are female and 48.8% are male. Similarly, a total of 575 individuals follow TPO Nepal’s Instagram page, among which 65.2% are women, while 34.8% are men. TPO Nepal’s YouTube channel received a total of 4273 views in the year 2022. Likewise, people follow TPO Nepal via LinkedIn (TPO Nepal) and Twitter (@tpo_nepal). Through these social media handles, TPO Nepal mainly shared the information related to awareness, event update, program, trainings, information dissemination of MHPSS, knowledge sharing, and encourage service seeking behavior. These campaigns have been expected to enhance awareness among people, reduce stigma, promote healthy behavior and encourage help seeking and referral.

Marking special days and occasions

International Day of the Victims of Enforced Disappearances	On August 30, 2022 the International Day of the Victims of Enforced Disappearances was marked. The day was marked by organizing various programs in Dang, Banke, Bardiya and Kailali districts.	
16th National Day Against Human Trafficking	On September 5, 2022, on the occasion of the 16th National Day Against Human Trafficking, various programs were conducted in Parsa, Kathmandu, Kailali and Kanchanpur districts. The staff of TPO Nepal participated in rallies and events that were conducted by several organizations in these regions. Similarly, a training on MHPSS to people affected by trafficking was conducted among 15 individuals who had been actively working against human trafficking.	
World Suicide Prevention Day (WSPD) 2022	On September 10, 2022, on the occasion of WSPD, a number of events were organized by TPO Nepal in Parsa, Mahottari, Dhanusha, Nuwakot, Kathmandu, Bhaktapur, Lalitpur, Parbat, Bardiya, Achham, Doti, Kailali and Kanchanpur districts. These included awareness rallies, interaction program, orientation program, walkathons and cycling. Different media channels and radio channels also interviewed MHPSS professionals from TPO Nepal.	
World Mental Health Day (WMHD) 2022	On October 10, 2022, on the occasion of WMHD 2022, Antenna Foundation Nepal conducted an online interview with Dr. Kamal Gautam, Executive Director of TPO Nepal on "Mental health problems, causes, symptoms, help seeking and available services".	
16 Days of Activism Against Gender-Based Violence	Every year, 16 days of activism GBV is observed from 25 November to 10 December. In this year, TPO Nepal either conducted or participated in different rallies and awareness raising activities. These activities focused primarily on prevention of GBV, promotion of service seeking behavior and available services.	

Courses and webinars conducted by TPO Nepal

Basic Psychosocial Skills (BPS) Course	TPO Nepal in collaboration with the Asia Foundation and other organizations from Timor-Leste, and Sri Lanka introduced a short online course on BPS. The aim was to help frontline social workers, support workers, community-based psychosocial counselors, or any other professional providing services in the social sector to care for people whom they are providing services, support, and assistance as well as for their self-care. The course is available in five different languages: Nepali, English, Sinhala, Tamil, and Tetum. The course is available at https://psychosocialskills.teachable.com/ .	
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Global Mental Health (GMH) Course	<p>The five days' Global Mental Health Short Course on "Global Mental Health Assessment and Measurement: Best Practices and New Directions" was successfully conducted from 29 August, 2022, to 2 September, 2022, to address the growing recognition of the need for culturally adapted and validated tools to study mental health across cultures and contexts. The course also aimed to disseminate a better understanding of why transcultural translation, adaptation, and validation are needed and to better interpret the scientific rigor of tools used in global mental health research. This course was conducted by TPO Nepal in collaboration with the George Washington University and Institute of Medicine (TU). In total, 25 early career researchers (21 national, 4 international) from psychiatry, medicine, public health, nursing, and psychology fields participated in the course.</p> 
Monthly Webinar Series for Capacity Building of Early-Career Researchers in Nepal	<p>In the year 2022, a total of 10 monthly webinar series was conducted by TPO Nepal in partnership with the George Washington University. A total of 384 individuals benefited from these webinars which were held on 3rd Wednesday of each month. In each webinar mental and behavioral health researchers shared their important learnings for the capacity building of early-career researchers in Nepal.</p> 

Research

Research is one of the key thematic areas of TPO Nepal. In the year 2022, majority of the research activities were focused on generating evidences on reduction of stigma among service providers, prevention and promotion of mental health of adolescents, gender and mental health, adaptation of global interventions in Nepal, validation of tools in mental health, digitalization in mental health (use of app based platform) and use of competency based tools among service providers. Through these studies, a total of 22 articles were published in various national and international journals.

Articles published in 2022

- Adhikari, K., Dahal, S., Ghimire, A., Khanal, G., Koirala, S., Bhusal, C.K., Singh, R. (2022). Internet addiction and associated factors among undergraduates. *Journal of Nepal Health Research Council*, 20(54): 131-7.
- Adhikari N, Acharya K, Upadhy DP, Pathak S, Pokharel S, Pradhan PMS (2021) Infant and young child feeding practices and its associated factors among mothers of under two years children in a western hilly region of Nepal. *PLoS ONE* 16(12): e0261301.
- Bhardwaj A, Gurung D, Rai S, Kaiser BN, Cafaro CL, Sikkema KJ, Lund C, Luitel NP, Kohrt BA. Treatment Preferences for Pharmacological versus Psychological Interventions among Primary Care Providers in Nepal: Mixed Methods Analysis of a Pilot Cluster Randomized Controlled Trial. *International journal of environmental research and public health*. 2022 Feb 14;19(4):2149.
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Some other major initiatives of TPO Nepal in 2022

Global Mental Health Networking and Grant Writing Workshop

A one-day 'Global Mental Health Networking and Grant Writing Workshop' was successfully conducted by TPO Nepal in collaboration with the George Washington University on 2nd December, 2022. The workshop aimed to build capacity and reduce the gender gap among researchers in global mental health research. A total of 16 early and mid-career researchers participated in the workshop. The main focus of the workshop was to enhance in-person networking among the researchers of Nepal and assist them in writing the grant application.



GMHN and Grant Writing Workshop

Collaborative Learning Workshop

The third ENHANCE collaborative learning workshop was conducted in Kathmandu between December 3-9, 2022. Seven ENHANCE project collaborators from Bangladesh, Nepal, Pakistan, and Sri Lanka participated in the academic writing workshop. Dr. Siham Sikander from Pakistan, Prof. Athula Sumathipala from Sri Lanka, and Prof. Sumon Rahman from Bangladesh conducted sessions on the know-how of academic writing, ethics of international collaborations, and ethics of fieldwork. The ENHANCE project aims to build the capacity of early career researchers on perinatal mental health across South Asia.



ENHANCE Collaborative Learning Workshop

Second International Conference on Child and Adolescent Mental Health (ICCAMH)

Second International Conference on Child and Adolescent Mental Health (ICCAMH) was held on 16th and 17th October, 2022 at Hyatt Regency, Kathmandu. More than 300 participants participated in the conference which included students, I/NGO workers, mental health professionals, media representatives, and government officials. TPO Nepal represented in various committees and a number of research papers were presented by researchers from TPO Nepal.



ICCAMH 2022

Interactive meeting between TPO and University of Newcastle School of Medicine and Public Health

An interactive meeting was held at the University of Newcastle (UoN) School of Medicine and Public Health, Australia to execute the Joint Medical Pathways Program on September 27, 2022. The Executive Director, the HoD of Admin and Finance and technical advisor of TPO Nepal attended the meeting



Interactive Meeting

Panel Discussion-Civil Society Policy Forum Annual Meetings 2022

On October 13, 2022, the technical advisor of TPO Nepal was one of the four panelists in the Session of Civil Society Policy Forum Annual Meetings 2022. The session's main highlight was the World Bank's progress towards preventing sexual exploitation, abuse, and harassment, and what remains to be done to protect children impacted by the World Bank projects. Experts from the World Bank, civil society, and academia shared their experiences addressing sexual exploitation and abuse of children in Multilateral Development Banks (MDB)-funded projects.



Annual Meeting of Civil Society Policy Forum

TPO NEPAL FINANCIAL RESULTS FY 2021/22**STATEMENT OF INCOME & EXPENDITURE FOR THE YEAR ENDED 16th JULY 2022**

Income	2022(NRS)	2021(NRS)
National Grants (Grants Received from the Agency in Nepal)	26,638,383	26,589,184
UNICEF- Protection / Health	15,800,413	15,786,484
VSO-UNFPA	3,230,185	2,991,435
International Alert / Leaving no-one behind	2,207,764	637,146
Core4mhps-TAF	1,961,743	845,618
WHO-(1166 - ER_Covid)	1,752,239	-
LOTUS HEART	250,000	181,140
DALIT FEMINIST	229,160	245,000
NEEDS (LWR)	215,900	127,500
KVS SAHAMAT (LWR)	212,550	125,000
UNITED MISSION HOSPITAL	208,000	497,000
Pro-Public	168,580	863,000
GAJURI RUDRESHOR AAMA SAMUHA	122,250	296,250
SAMBODAN - National Women Commission	-	2,336,338
DFAT - Australian AID	-	1,340,272
Janki Women Awareness Society	-	150,000
Youth Thinkey Society	-	170,000
UNDP - Manual 2	279,600	-
OTHER	1,835,497	2,339,622
Membership Contribution	3500	5500
Miscellaneous Income	40,125	118,500
Interest Income	1,791,872	2,215,622
INTERNATIONAL INSTITUTIONAL GRANTS:	73,764,678	42,365,059
The George Washington University /RO1	24,855,392	13,531,574
KINGS COLLAGE LONDON / EMILLIA	13,399,918	10,860,957
The University of STELLENBOSCH / HASTAG	10,180,085	4,020,752
OHCHR	4,821,661	4,052,575
UNODC	4,731,470	256,683
Liverpool Collage / ENHANCE	4,248,105	1,523,970
KINGS COLLAGE LONDON / SMART	3,008,281	-
WELCOME TRUST - KCL /ALIVE	2,941,970	-
WELCOME TRUST FELLOWSHIP	2,164,617	-
ESSENCE Fellowship - Harvard College	2,072,380	1,428,030
KINGS COLLAGE LONDON / INDIGO	818,463	182,227
IRCT-DFI	522,337	1,230,209
KINGS COLLAGE LONDON / IPT (Saathi)	-	4,211,993
KINGS COLLAGE LONDON / IDEA-MQ	-	1,066,089
GRAND TOTAL	102,238,559	71,296,865

Expenditure	2022 (NRS)	2021 (NRS)
RESEARCH GRANTS :	63,334,059	34,033,268
RO 1 - The George Washington University	24,855,392	12,641,409
EMILLIA-MRC	13,013,331	10,839,097
HASTAG-The University of STELLENBOSCH	10,180,085	4,020,752
ENHANCE- Liverpool Collage	4,248,105	1,523,970
SMART (SPORT) - Kings Collage	3,008,281	-
ALIVE-WELCOME TRUST TRUST - KCL	2,941,970	-
Fellowship - Welcome Trust	2,164,617	-
ESSENCE - Harvard	2,072,380	1,428,030
INDIGO - Kings College	818,463	182,227
BIC-WB Research	31,435	882,300
IPT, (Saathi)- Kings Collage	-	2,515,483
PROGRAM / PROJECT GRANTS:	35,036,319	26,858,281
Protection/ Health - UNICEF	15,800,413	15,786,484
OHCHR	4,821,661	4,052,575
UNODC	4,731,470	256,683
VSO - UNFPA	3,230,185	-
Leaving no-one behind - International Alert	2,216,272	637,146
Core4mhpss-TAF	1,961,743	845,618
WHO - ER_COVID 19	1,034,103	-
WHO - Helpline(1166)	718,135	-
IRCT - DFI	522,337	1,230,209
SSBH - ABT Associates / USAID	-	2,991,130
IDEA - The George Washington University / MQ	-	888,130
Youth Thinker Society	-	170,000
OTHER ORGANISATIONAL DEVELOPMENT GRANTS	668,983	6,439,782
UNDP - Manual	429,785	-
LWR	215,395	-
Lotus Heart - Hetauda	20,000	-
WORLD BANK Staff Donation	3,803	110,194
SAMBODHAN (NWC)	-	2,540,624
Pro Public	-	863,000
Save the Children	-	497,000
KOSHIS Nepal	-	296,250
Street Child	-	245,000
PM+ Manual	-	181,140
Janki Women Awareness Society	-	150,000
Child Safe Net	-	127,500
OTHER - Small Project	-	1,429,074
Administrative Expenses TPO/Core	9,772,207	5,035,284
GRAND TOTAL	108,811,566	72,366,615

Transcultural Psychosocial Organization Nepal (TPO Nepal)

Post Box No: 8974, CPC 612

Telephone No: 01-4524082, 4537124

Clinical Center: 01-5913540

Help Line: 16600102005 (Toll free)

Email: - tponepal@tponepal.org.np

Website : - www.tponepal.org