

ENHANCING COMMUNITY MENTAL HEALTH SERVICES WITH EQUIP



Psychiatric Disability Organization (PDO) Kenya is a user-led community-based mental health organization in Nakuru, Kenya. PDO Kenya runs a person-centered mental health care model that aims to provide affordable mental health services to underserved populations.

HOW PDO KENYA HAS USED EQUIP



IMPACT OF EQUIP ON PDO KENYA'S PROGRAMMING

- 17

Staff and champions trained on EQUIP
- 35

Students trained and supervised using EQUIP
- 2

Organizations introduced to EQUIP

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*EQUIP has helped to improve the quality of mental health services provided to clients and community at large.*

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Program Officer at PDO Kenya



## ENHANCING COMMUNITY MENTAL HEALTH SERVICES WITH EQUIP IN KENYA

Psychiatric Disability Organization (PDO) Kenya is a user-led, community-based mental health organization that employs a person-centered mental health care model facilitated by community social workers. It was founded by mental health professionals and experts with lived experience. Its goal is to ensure that every person experiencing distress can access help and recover with dignity, fostering a path towards a productive and fulfilling life, regardless of their social status. PDO Kenya has implemented EQUIP to enhance the quality of mental health service delivery, expand access to services, and promote increased participation.

### ***Using EQUIP to Train Youth Champions***

PDO Kenya chose to incorporate EQUIP into its PEPEA Champions program, a youth-friendly project designed to tackle issues concerning access to care, including the inadequacy, inaccessibility, and unaffordability of youth-friendly mental health services. This initiative is led by dynamic young individuals actively engaged in anti-stigma advocacy, offering lay counseling services within their communities.

The PEPEA Champions program selects youth champions with lived experience of mental health conditions to provide support and assist their peers in their recovery journey. All youth champions are trained in WHO Quality Rights<sup>5</sup> and receive an initial training in counseling skills followed by monthly top-up training sessions.

In April 2022, PDO Kenya transitioned to competency-based training and supervision using EQUIP. Incorporating ENACT competency assessments into the training helped to improve the knowledge and skills of youth champions to provide high-quality psychosocial interventions. The trainees reported immediate and continuous improvement in their competency levels and the ability to apply these competencies across various settings and with diverse client profiles.

The use of EQUIP resources also helped PDO Kenya to bridge the gap between training and supervision. They used the results of competency assessments held at the end of a training to tailor ongoing supervision. This became an essential part of their programming, resulting in positive project outcomes.



*"We did not perceive it as additional work or time-consuming. We will certainly continue to use EQUIP. The most significant difference we observed compared to previous training was that we now have firsthand knowledge of whether our trainees possess the competencies we want them to acquire." - PDO Kenya Program Staff*

### ***Training external organizations***

PDO Kenya is expanding the use of EQUIP in its trainings to external organizations, aiming to improve access to quality mental health services in underserved communities. They are promoting the integration of a competency-based approach in the training of a range of health workers and sharing insights with other organizations to further support task-sharing initiatives.

<sup>5</sup> Human rights. WHO QualityRights Core training - for all services and all people. Course guide. Geneva: World Health Organization; 2019. Licence: CC BY-NC-SA 3.0 IGO. Available at: <https://www.who.int/publications/i/item/who-qualityrights-guidance-and-training-tools>