Using Peer Support In Developing Empowering Mental Health Services (UPSIDES, MH23)

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8) Centre for Mental Health Law and Policy, Pune, India
Outline

1. General study info (aims, objectives, study design)
2. Challenges & successes
3. Early wins
4. Preliminary findings
5. Engagement with policymakers
**Background**

- Peer support is an **established intervention** involving a person in recovery from mental illness being employed to offer support to others with mental illness.

- People with lived experience of mental illness (i.e. personal experience of mental ill-health and recovery) represent **valuable resources** who can support their own recovery and the recovery of others through positive self-disclosure, promoting hope, empowerment, self-efficacy, and expanding social networks.

- Peers are an untapped resource in global mental health.
Using Peer Support In Developing Empowering Mental Health Services

A multi-centre research project:

<table>
<thead>
<tr>
<th>University</th>
<th>Location</th>
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<tbody>
<tr>
<td>Ulm University, Germany</td>
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<td>University of Nottingham, UK</td>
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<td>Universitätsklinikum Hamburg-Eppendorf, Germany</td>
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<td>Butabika National Referral Hospital, Kampala, Uganda</td>
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General study info | Challenges & successes | Early wins | Preliminary findings | Engagement with policymakers
**Major aim**

To replicate and **scale-up peer support interventions for people with severe mental illness**, generating evidence of sustainable best practice in high-, middle- and low-resource settings.
Objectives

(1) To establish an international community of research and practice for peer support including peer support workers, mental health researchers, and other relevant stakeholders in high-, middle- and low-resource settings.

(2) To conduct a situational analysis of existing peer support initiatives in the participating countries.

(3) To scale up peer support models with a focus on vulnerable populations where pilot initiatives already exist.

(4) To contextualize and adapt peer support models for those sites where there are no peer support initiatives.

(5) To rigorously evaluate inputs, processes and outcomes of implementation, including health economic evaluation and assessment of process and contextual factors using mixed-methods.

(6) To distil from case studies evidence of best practice for dissemination to local, national and international stakeholders in order to maximise sustainability and spread.
Challenges and successes

Peer Support Network
- Local
- International

Formative Research
- Current stage assessment
- Intervention development
- Pilot

Translation

Implementation

Evaluation:
- RCT with mixed-methods process evaluation and cost-effectiveness analysis
- Implementation outcomes and sustainability
Early wins

Initiation of international community of research for peer support

Study meetings
Uganda 2018
Tanzania 2019

Train-the-trainer workshop
Tanzania 2019
First results

A systematic review of influences on implementation of peer support work for adults with mental health problems

Nashwa Ibrahim¹,², Dean Thompson¹, Rebecca Nixdorf³, Jasmine Kalha⁴, Richard Mpango⁵, Galia Moran⁶, Annabel Mueller-Stierlin⁷, Grace Ryan⁸, Candelaria Mahlke⁸, Donat Shamba⁹, Bernd Puschner⁵, Julie Repper¹⁰, Mike Slade¹

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Table 2: Implementation Measure scores at sites (n=6) varying on income level and PSW implementation experience

<table>
<thead>
<tr>
<th>PSW experience:</th>
<th>Ulm</th>
<th>Hamburg</th>
<th>Kampala</th>
<th>Dar es Salaam</th>
<th>Beer Sheva</th>
<th>Pune</th>
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<tr>
<td></td>
<td>Germany</td>
<td>Germany</td>
<td>Uganda</td>
<td>Tanzania</td>
<td>Israel</td>
<td>India</td>
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<tr>
<td>Income level:</td>
<td>High</td>
<td>High</td>
<td>Low</td>
<td>Low</td>
<td>High</td>
<td>Lower-middle</td>
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<td>1. Organisational culture</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>1</td>
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<tr>
<td>2. PSW training</td>
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<td>3</td>
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<td>1</td>
<td>2</td>
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<td>3. PSW role definition</td>
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<td>2</td>
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<td>2</td>
<td>1</td>
<td>1</td>
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<tr>
<td>4. Staff willingness and ability to work with PSWs</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>5. Resource availability</td>
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<td>2</td>
<td>2</td>
<td>1</td>
<td>3</td>
<td>0</td>
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<tr>
<td>6. Financial arrangements</td>
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<td>1</td>
<td>1</td>
<td>1</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>7. Support for PSW wellbeing</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>8. PSW access to a peer network</td>
<td>0</td>
<td>3</td>
<td>2</td>
<td>0</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>3</td>
<td>15</td>
<td>15</td>
<td>10</td>
<td>19</td>
<td>7</td>
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Engagement with policy makers

- Local Advisory Boards meeting regularly across sites.
- International Advisory Board members participated at both study meetings and actively support the project.
More information on UPSIDES

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<th><a href="http://www.upsides.org">www.upsides.org</a></th>
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<td>www</td>
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Acknowledgements

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