

MENTAL HEALTH AND WELLBEING PROGRAMME IN KENYA, 2021-2024

Mental health is defined as “a state of well-being whereby individuals recognise and realize their abilities, are able to cope with the normal stresses of life, work productively and fruitfully, and make a contribution to their communities.”¹ Comic Relief and the UK’s Foreign, Commonwealth and Development Office (FCDO), formerly the Department for International Development (DFID), are funding nine Civil Society Organizations (CSOs) in Kenya to improve access to mental health services, reduce stigma and discrimination associated with mental health, build capacity of mental health workers, service providers, communities, parents and guardians to handle people with mental health conditions and psychosocial disabilities, create awareness of mental health conditions and psychosocial disabilities, inclusion of persons with mental health conditions, champion for the rights of persons with mental health and psychosocial disabilities, strengthen policies and guidelines on mental health service provision and budget allocation, and strengthen the capacities of the implementing CSOs. Similar mental health programmes are funded in other countries.

FUNDED PARTNERS



Basic Needs Basic Rights Kenya (BNBR)

Basic Needs Basic Rights Kenya started its work in Nairobi in 2005 and has since extended into 10 other counties as well as national level legislative and policy advocacy. BNBR follows a holistic approach to mental health programming, working to empower people with mental health problems to live and work successfully in their communities. It works with Kenya’s youth to create opportunities for young people with, at increased risk of or

recovering from mental health problems to strengthen their social and emotional resilience as well as skills to maintain and advocate for their wellbeing.



Health Rights Advocacy Forum (HERAF)

The HERAF is a rights’ based organization that has gained valuable experience in promoting the rights of the most vulnerable members of the community such as women, sexual minorities and people with disabilities. HERAF has practical experience of over 11 years in engaging in policy and budget advocacy and social accountability. The organization has established useful connections and linkages with national and county governments that are instrumental for success of project of this nature. There is also, good work relationships with other stakeholders in health sector including civil society organisations (CSOs) and organizations of people with lived experience of mental health, the private sector, development partners, health care providers and the media.

¹ Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946

Health Right Kenya (HRK)

Health Right Kenya’s mission is to empower marginalized communities to live healthy lives through locally built and owned solutions; equitable access to health services; and better health outcomes for marginalized populations. The programs are focused on women and children; adolescents at risk; migrants; and LGBT populations.



IsraAID Kenya

IsraAID Kenya has been present in Kenya since 2002, located in Kakuma Refugee Camp and neighboring Kalobeyei. The organization targets refugees and the host population and particularly populations affected by natural disasters, epidemics and post-conflict situations. Its main focus is in strengthening community-based and institutional capacities to support refugees and the local host population in the sectors of Protection, Health and Menstrual Hygiene

Management as well as providing safe drinking water. Under the Mental Health and Wellbeing Programme trained community workers: 1. Lead outreach activities to raise awareness of protection-related issues in the communities; 2. Identify mental health needs and provide psychological first aid to children affected by conflict, displacement and emotional distress and make referrals to relevant service providers; and 3. Conduct activities to strengthen and to rebuild social cohesion among children and their communities.



Kenya Association for the Intellectually Handicapped (KAIH)

KAIH’s vision is a society in which persons with intellectual disabilities, and their families are valued and respected within the society and government and can freely express their rights and full abilities to maximise their full potential. The organization works on the strong foundation of the Convention on the Rights of Persons with Disabilities. In 2010 KAIH won an award of being one of the key organisations in promoting social inclusion at the community level.



Kamili Organisation

Kamili was started by 2 volunteers in 2009 to run 2 facilities that were due to close. Kamili has become one of the main providers of community mental health care in Kenya. The ‘Kamili model’ is based on a holistic approach, with the patient’s well-being and dignity at its core, ultimately preventing admissions to psychiatric wards. Expanding the outreach programme and training nurses across the country, Kamili has improved access, reduced stigma and provided affordable

care. The Kamili Model is effective in delivering quality care where it is most needed and preventing people from relapsing and being readmitted to hospital.



Psychiatric Disability Organization (PDO)

The PDO exists to provide people with mental illness and persons living with psychosocial disabilities with a platform to access professional help, gain confidence to lead independent, fulfilling social and professional lives through access to treatment, awareness and psycho-education campaigns, employment generation, rights advocacy and social integration.



Physicians for Human Rights (PHR)

PHR, which shared in the 1997 Nobel Peace Prize for its work to end the scourge of landmines, works at the intersection of medicine, science, and law to end human suffering and secure justice and universal human rights for all. What sets PHR apart from other organizations is its distinct strategy of applying the disciplines of medicine, science, forensics and public health to the documentation and analysis of human rights and humanitarian law violations. The organization uses fact-based disciplines to give it a unique, authoritative voice and an unassailable platform from which to advocate for interventions to end abusive practices, advance accountability for human rights crimes, and promote reforms to policies, practices, and laws that directly violate human rights or undermine human rights standards. PHR has made significant progress to deepen local capacity to provide survivor-centered care and use forensic techniques to document evidence of sexual violence. PHR-trained local experts have trained professionals to document, analyze and preserve forensic evidence to strengthen sexual violence prosecutions.



TINADA Youth Organization (TiYO)

TINADA Youth Organization is a Community Based Organization owned and led by a network of groups of youth lived with mental health and psychosocial disabilities in Kenya; advocating, supporting and offering a voice to people with mental and psychosocial disabilities in addition to ending stigma and discrimination; and enhancing access to quality health services and financing. TINADA focuses on Prevention, Therapies, Rehabilitation, Research, Rights and Financing Advocacy. TiYO has a track record as a leader in mental health programming in western Kenya.