



AMRHOA
PROMOTING MENTAL HEALTH IN AFRICA
Quality Mental Health Reforms and Care in Africa, our Pride

INTERNATIONAL MENTAL HEALTH REFORMS AND CARE IN AFRICA CONFERENCE 2024

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About Us

AMHROA network established in 2020, officially registered registered at the Corporate Organization with Corporate Affairs Commission of Nigeria on 3rd June 2022. With a growing membership of 180 members from 15 African Countries, we are committed to changing the narratives around mental health reforms and care in the African Continent for the wellbeing of the African people.

Association of Mental Health Reform Organizations in Africa (AMHROA) is a consortium of individual mental health advocates as well as mental health focusing civil society organizations, and professionals from across Africa, that aims to change the mind set of Africans through high profile advocacy and engagement of African governments to ensure mental health in legislation, investment and to as well integrate it into primary healthcare



Mission

To create a mentally healthy society and healthy resilient community by driving the implementation and support for mental health reforms and care structure in all African countries.



Vision

Transformative mental health reforms and care across the African continent; driving increased funding, service integration and research works towards a healthy productive African descent.



Our Team

Board of Trustees

Prof. Hellen Osinowo Nigeria, Dr. Ken Giami Nigeria, Mr. Ameh Zion Abba Nigeria, Mrs Angie Tarh Liberia, Dr. Abdul Jallo Sireelone, Mrs. Sheilah Chepkoech Kenya.

International Panel of Expert Advisory

Dr. Fiston, Dr. Shoyinka, Mr. Adeolu, Miss. Kucheli, Dr. Sonko, Dr. Motunrayo Miss. Wanja



Introduction

Historically, mental health and national development were separate policy domains in Africa. However, global recognition now emphasizes the need to integrate mental health into national development policies. The UN Sustainable Goals and World Health Organization highlight the importance of mental well-being in achieving sustainable development.

This conference aims to address the challenges of mental health in Africa through advocacy and policy reform. It provides a platform for stakeholders to discuss advancements, challenges, and strategies in mental healthcare. Through collaboration, the conference aims to promote mental well-being, improve mental healthcare services, and foster a healthier society.

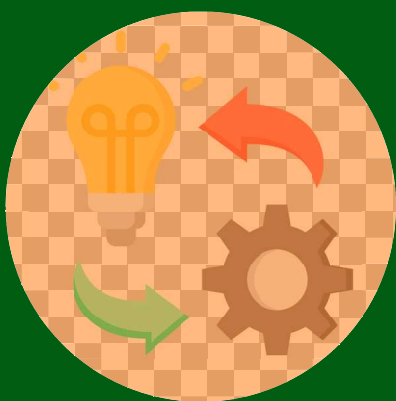
Background

The Comprehensive Mental Health Action Plan was adopted by 174 UN countries in 2013 and revised in 2019 to extend its scope to 2030. The plan focuses on governance and policy reform to accelerate mental health outcomes globally, emphasizing leadership, governance, and advocacy as crucial catalysts for enhancing mental health and well-being in Africa.

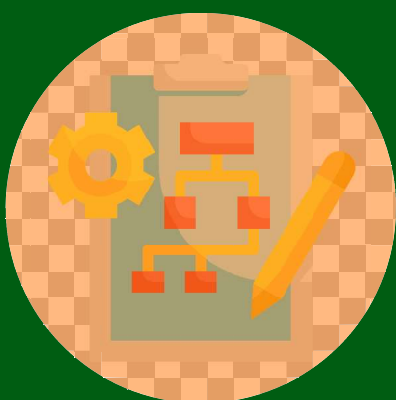
The plan highlights the importance of comprehensive mental care, governance systems, and advocacy for successful implementation.

It also underscores the significance of legislative advocacy, policymaker engagement, and awareness campaigns for mental health policy change across Africa. The World Health Organization emphasizes the right to well-being and the need for reforms to address mental health conditions comprehensively, strengthening community-based networks for accessible and quality services.

Purpose



The AMROHA conference aims to accelerate mental health reform in Africa by fostering collaboration and idea exchange. The event features brainstorming sessions, discussions, presentations, and innovative project sharing to develop a strategic roadmap for mental health reform.



The conference addresses global challenges in mental health advocacy, funding, and best practices, raising awareness of mental health issues in Africa. It celebrates community kindness, shares experiences, and explores the concept of safe communities to improve global access to mental health care. A widely broadcasted communicate will summarize the outcomes and collaborations among stake-

Conference Objectives

1

Support African governments in expediting access to mental healthcare.

2

Aid in the implementation of the Comprehensive Mental Health Plan 2013-2030 in Africa.

3

Facilitate the exchange of knowledge by sharing research findings, evidence-based practices, and innovative approaches in mental healthcare across the continent.

4

Influence policy by facilitating dialogue between researchers, policy makers, and advocates to shape evidence-informed mental health legislations, policies and strategies across Africa.

5

Foster innovation by encouraging exploration of new technologies, digital interventions, and alternative approaches to address evolving mental health challenges in Africa.

6

Promote collaboration by fostering networking among researchers, practitioners, policy makers, and advocates to bridge the gap between research and practice, and develop effective strategies for mental healthcare promotion and interventions.

7

Raise awareness by increasing public understanding of mental health issues, reducing stigma, and cultivating a culture of empathy and acceptance.

8

Enhance capacity building by providing education and training opportunities to empower mental health professionals in delivering high-quality services and support.

9

Engage with community organizations, advocacy groups, and individuals with lived experiences to ensure diverse perspectives and voices are represented in mental health initiatives.

Justification of conference

The upcoming conference is of critical importance, addressing the discrepancies in the global mental health landscape, particularly as they relate to Africa. While the World Health Organization's 2020 Atlas report suggests positive outcomes globally from the 2013-2030 mental health plan, the reality in Africa paints a starkly different picture. Despite advancements in research and policy, the continent faces severe challenges in mental health implementation, with a significant shortage of resources. This discrepancy is evident in the limited availability of hospital beds and the inadequate integration of mental health services into primary healthcare systems, highlighting the urgent need for comprehensive, context-specific solutions.

At the core of the problem is the inconsistent implementation of the Comprehensive Mental Health Plan in Africa, which has been largely superficial.

There is minimal grassroots involvement with policymakers, and government funding remains inadequate.



Additionally, access to mental healthcare is severely limited, exacerbated by political, cultural, and religious barriers. The pervasive stigmatization of mental illness not only violates human rights but also threatens national security and development, making the need for robust mental health policies more pressing than ever.

The proposed solution focuses on expanding mental health treatment coverage, aiming to reach 100 million people globally by 2030, with a particular focus on Africa. Key strategies include enhancing access to care, reducing the incidence of mental health issues, and preventing suicides through political and systemic advocacy. The conference will serve as a platform to engage a wide range of stakeholders, including CSOs, NGOs, policymakers, and mental health professionals, fostering collaboration to develop actionable plans for mental health reform in Africa.

The target audience for this conference includes policymakers and government officials from Africa, representatives from CSOs, NGOs, and the private sector, as well as health providers, researchers, academics, and individuals with lived experiences in mental health.

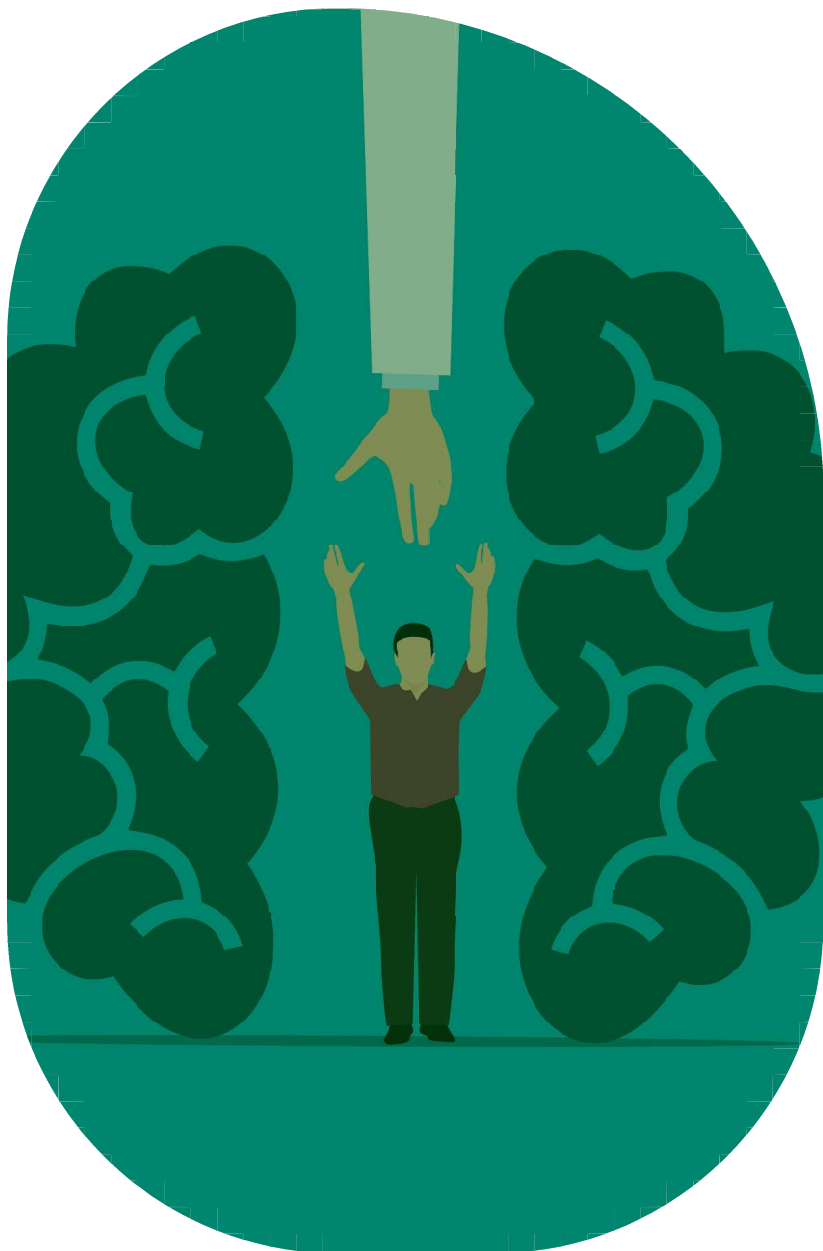
Justification of conference



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By bringing together these diverse stakeholders, the conference aims to promote knowledge exchange, influence policy changes, and ultimately prioritize mental healthcare in Africa. The involvement of 300 participants will ensure a broad representation of voices and perspectives, driving the conference's agenda forward.

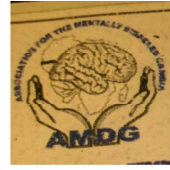
To achieve its goals, the conference will establish a dedicated center and an implementation team tasked with various responsibilities. These include desktop planning, identifying critical stakeholders, developing strategic action plans, and engaging civil society groups. The conference will also focus on inter-legislative advocacy, building relationships across government systems, and ensuring that each deliberation concludes with a signed communiqué. The planned activities include paper presentations, case studies, workshops, panel discussions, and media advocacy, all aimed at creating a comprehensive approach to mental health reform in Africa



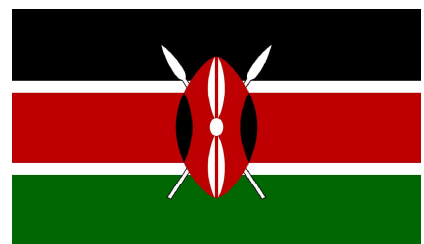
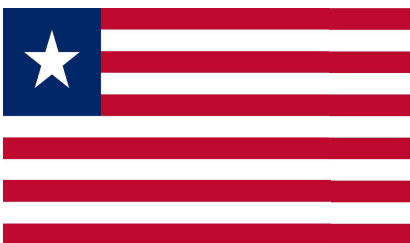
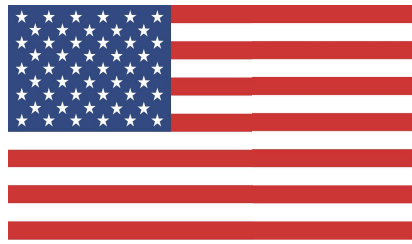
Value-Added Benefits/ Next Steps:

- 1** Strengthening Civil Society Capacity: Enhancing the capabilities of civil society organizations to actively contribute to mental health initiatives.
- 2** Creating Awareness through Media Advocacy: Utilizing media advocacy to raise awareness and foster understanding of mental health issues among the citizens of African countries.
- 3** Improving Overall Mental Health: Working towards the enhancement of the mental well-being of citizens across African nations.
- 4** Advocating for National Health Insurance Schemes: Promoting advocacy for the inclusion of mental healthcare in the National Health Insurance schemes of African countries.
- 5** Decriminalizing Suicide in Africa: Advocating for the removal of legal penalties associated with suicide to address the stigma surrounding mental health issues.

Members Logo



Members Flags





**Thank
You**