



# SCALING UP MENTAL HEALTH SERVICES IN MADHYA PRADESH THROUGH THE 'MANN-KAKSHA' MODEL

## BACKGROUND

Nearly one in four patients visiting the out-patient department (OPD) in a Sehore district hospital suffers from co-morbid depression or a drinking problem. Almost all of them went untreated due to a lack of mental health services at these district hospitals.

Until 2015 only five districts in Madhya Pradesh had a District Mental Health Programme (DMHP). However, it was non-operational in most of these districts.

The Programme for Improving Mental Health Care (PRIME) is a research program consortium which aims to generate new evidence in implementation and scale up of mental health services in primary and maternal health care settings in five low- and middle-income countries (LMICs) namely Ethiopia, India, Nepal, South Africa and Uganda. In India, PRIME was launched in May 2011 in the Sehore district of Madhya Pradesh.

PRIME designed and implemented a comprehensive Mental Health Care Plan (MHCP) to integrate mental health services in

primary care in the Sehore district. The MHCP implementation was done in close collaboration with the Ministry of Health and Family Welfare in the Government of Madhya Pradesh (GoMP) and the DMHP.

PRIME established Mann-Kaksha in three Community Health Centers (CHC) in the Sehore district to integrate mental health services into primary care.

In April 2015 the Department of Health Services (GoMP) took a decision to scale up mental health services across the state of Madhya Pradesh based on the Mann-Kaksha model developed by PRIME.

The initiative is called Scaling-up Opportunities for Healthy and Active Minds (SOHAM).



## ABOUT MADHYA PRADESH

Madhya Pradesh is situated in a central part of India and is the second largest state in size in India. The state has a population of 72.5 million and accounts for 6% of the total population of India. The state has a sex ratio of 931 females per 1000 males and the overall literacy rate is 69.32.

Madhya Pradesh is divided into 51 districts and 342 sub-districts.

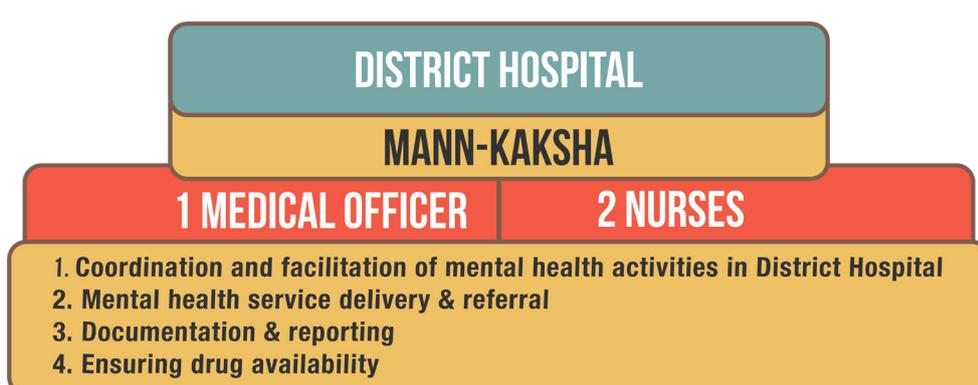
It has 51 district hospitals, 6 medical colleges, 68 urban civil hospitals, 335 CHCs and 1170 primary health centres (PHC).

As per a National Institution for Transforming India report on the ranks of states and union territories in India, Madhya Pradesh is ranked 17 and categorised as the least improved state based on health indicators.

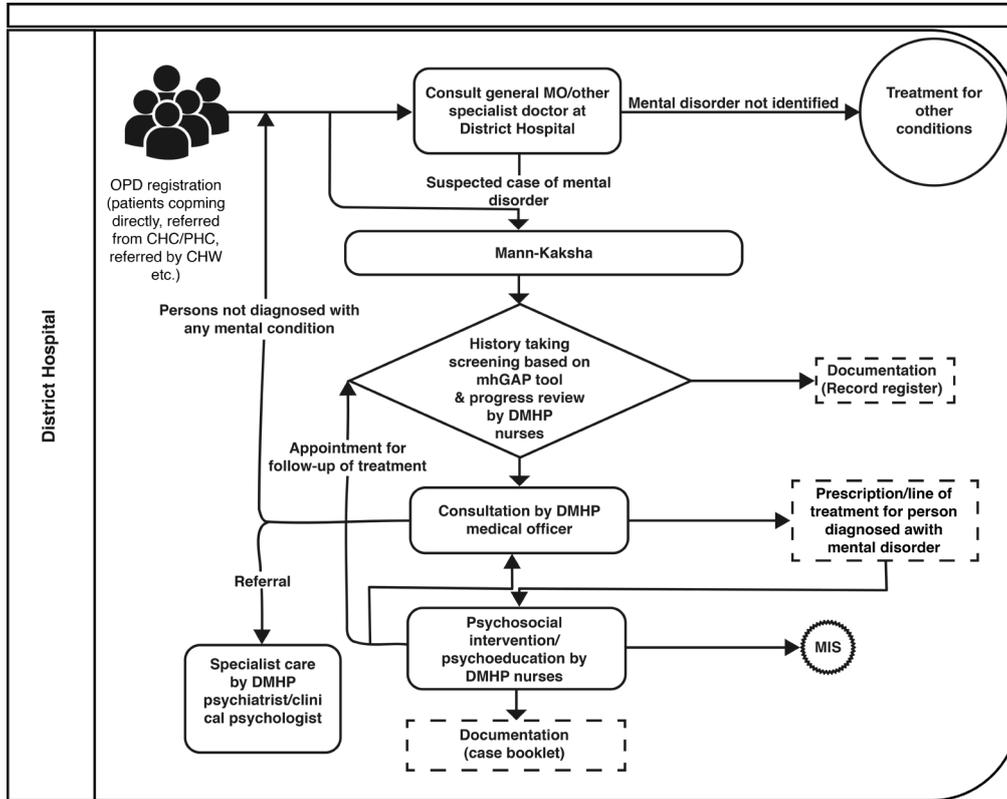
## WHAT IS A MANN-KAKSHA?

- » 'Mann' is a Sanskrit word for mind while 'Kaksha' is another Sanskrit word which literally means room. So a Mann-Kaksha is a room dedicated for mental health.
- » The Government of Madhya Pradesh has established Mann-Kaksha in all 51 District Hospitals in the State. Mann-Kaksha is resourced with 2 nurses and one Medical Officer trained in providing mental health services and mental health programme management.
- » During the OPD hours, a nurse is present in Mann-Kaksha and attends to various mental health conditions.
- » In addition to this, other doctors/specialists in the hospital are also regularly sensitized about the importance of mental health and receive a short training (one day) which enables them to understand the overlap between mental health conditions and the physical disorders in which they specialize.
- » Patients who are detected by doctors are sent to Mann-Kaksha for a detailed evaluation and for the psycho-education sessions delivered by the nurse.
- » Mann-Kaksha provides a secluded, safe and secure space to patients to share their problems with the nurse who is specially trained to provide psycho-social counseling.

THE MANN-KAKSHA MODEL



# SERVICE DELIVERY PROCESS IN MANN-KAKSHA



## IMPACT

- Increased priority for mental health at the state level.
- Appointment of full time Deputy Director for mental health in Department of Health Services.
- Increased funding for mental health through National Health Mission's Project Implementation Plan outlay.
- Regular trainings of medical officers and nurses on mental health. Training schedule integrated in state's health training calendar.
- Integration of psychotropic drug supply through department's drug procurement system to ensure adequate availability in the health facilities.
- As per available data for Year 2016-17 approximately 21151 cases have been enrolled and provided treatment (Ref: Operationalizing Mental Health Clinics at District Hospitals of Madhya Pradesh)

**The Mann-Kaksha initiative received a best practice award at the Fourth National Summit on Good, Replicable Practices & Innovations in Public Health Care Systems in India Indore Madhya Pradesh. The award was received at the summit from 6 July to 8 July 2017. Read more at <https://bit.ly/2Txnhud>**

## REFERENCES

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