Thinking Healthy Program Liberia

Liberian Center for Outcomes Research in Mental Health
The Carter Center

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June 22, 2022
Mental Health for Mothers in Liberia

• Maternal mortality is a critical global challenge

• Liberia ranks 175 out of 184 countries recorded in maternal mortality

• Poor mental health leads to adverse reproductive, birth, and childhood health outcomes
Innovation: Thinking Healthy Programme

- Thinking Healthy is a modular psychological intervention designed in Pakistan and endorsed by WHO
- Delivered over 16 sessions using a cognitive behavioral therapy approach
- Manual has been validated in various countries across Asia and South America
Adaptation and Validation

- January 2020-December 2021
- Adaptation of illustrations and content was validated during a convening with diverse stakeholders
- Additional validation was conducted with pregnant women
Implementation in Montserrado County

• Master training was attended by 17 health care workers; 11 are still active

• Master trainers have trained an additional 200 health care workers and 120 general community health volunteers

• 60 facilities participating (public and private)

• 4250 women screened; 536 enrolled (12.6%, March 2022)

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Scalability

- Goal is to scale to all 15 counties; Margibi will follow Montserrado

- Collaboration with various organizations (governmental, non-governmental, CSOs, etc.) to embed training into nursing curricula

- Government of Liberia is supportive of the public mental health sector and this integration
Sustainability

• Policy network supports Thinking Healthy, including the National Health Policy and Plan, and the National Mental Health Policy and Strategic Plan

• The Ministry of Health and County Health Team have endorsed the implementation of THP

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Challenges

• Sustainability

• Quality of Data

• Funding
Thank you!