



Sangath

ANNUAL REPORT 2018-2019

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From Our Leadership: Message from the Chairperson



It gives me great pleasure and pride to share that in the year 2018-19, the Sangath team has continued its quest to develop and implement innovative research and intervention programmes in mental healthcare. Our approach, based on collaborative care frameworks and delivered by trained lay health workers, has been very successful in bridging the treatment gap for various mental health problems and common mental illnesses, across the age spectrum.

Our evidence-based interventions like HAP (Healthy Activity Programme) for Depression and CAP (Counselling for Alcohol Problems) for Alcohol Use Disorders have the potential to make mental health services far more accessible and affordable in India as well as in other low and middle income countries.

Sangath is also actively involved in projects and programmes that support

children and vulnerable people. We endeavour to empower communities and engage adolescents and youth on mental health issues through digital devices as well as community activities. We promote mental health in schools, and support the rights and care of individuals with mental disorders.

Our teams work tirelessly to improve health across the life span, and address the psychological and social needs of people in the fields of Child Development, Adolescent Mental Health, Adult Mental Health, and Addictions Research. You can read all about it in this annual report.

I thank all our members; they are our greatest strength. On behalf of Sangath, I take this opportunity to express deep gratitude to our amazing network of donors, supporters and partners, who have continuously encouraged Sangath to promote good health and well-being for all.

Ashwin Tombat
Chairperson, Sangath

CHILD DEVELOPMENT



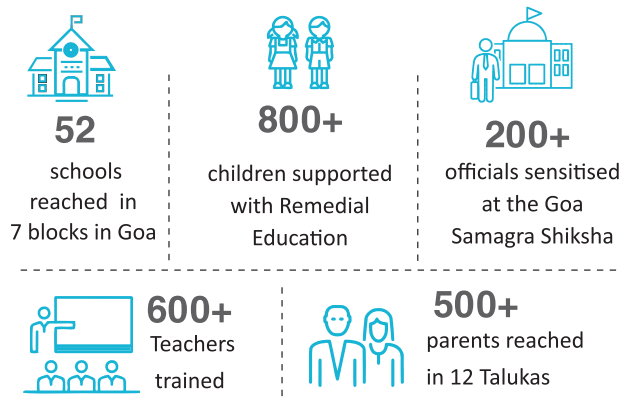
Beyond Boundaries



Sensitisation session by Percy Cardozo from Sangath's Beyond Boundaries project

Since 2015, Sangath's Beyond Boundaries project has empowered stakeholders with knowledge and skills to create enabling environments, and built an inclusive model for children with diverse needs. With a focus on children who are at risk of academic failure and early drop out due to academic challenges, Beyond Boundaries team has successfully laid out a systemic process to implement inclusive education in mainstream schools.

Impact Created



“Beyond Boundaries team has delivered more than what they ever expected to. The staff support from Beyond Boundaries to the school is also remarkable.”

Fr. Pio, Headmaster of Our Lady of Fatima High School, Rivona

Key Components

- Sensitisation and awareness programs
- Teacher training program
- Remedial Education program
- Engagement with relevant government bodies
- The program intervention has been developed through an iterative process involving all stakeholders in the schools – teachers, parents, heads of schools, counsellors, special educators and experts in the field of education and mental health

Braintools



A child during the assessment session by Sangath's Braintools team

Sangath's Braintools project is aligned with the international priority of ensuring that all children thrive and achieve their full developmental potential. Braintools has been conceptualised as the first step of an integrated long-term program of research to identify the infant brain markers that predict neurodevelopmental outcomes in Low and Middle Income Countries (LMIC).

Impact Created



40 children tested twice (test-retest)



Babybrains Ltd. introduced in the Indian context

“ My child was watching keenly; she was watching it happily. Or if the child wouldn't like it then they wouldn't watch it at all. My child likes everything about it, the cartoon, toys and gifts. ”

Mother of a child participant

Key Components

Portable electroencephalography (EEG) to measure a) the social brain and b) attentional control in preschool children



A session organised by the Braintools team

Communication-centered Parent-mediated treatment for Autism Spectrum Disorder in South Asia (COMPASS)



Session on awareness building for ASHAs

COMPASS is the culmination of research work by Sangath since 2009 in the field of autism. COMPASS was launched in 2018 at New Delhi. After exploratory qualitative work in Autism Research Training Initiative (ARTI), two pilot trials (PASS and PASS Plus), this Phase 3 trial of the effectiveness of the 'Parent mediated intervention for Autism Spectrum disorders in South Asia-Plus' (PASS+) intervention is now underway. COMPASS aims to assess whether non-specialist government frontline workers, when trained and supervised effectively, can deliver a quality home based intervention to parents to reduce symptoms of autism in their young children.

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General

- Constituted Trial Steering Committee headed by Dr Shoba Srinath
- Collaborated with AIIMS and Loknayak Hospital

Intervention Arm

- 6 intervention coordinators trained in the delivery and supervision of PASS Plus
- 400 frontline workers made aware of disabilities and autism
- Hindi version of PASS Plus
- intervention manuals available
- 11 ASHA workers delivering PASS Plus to practice cases
- 140+ families of children with autism received PASS Plus intervention

Evaluation Arm

- Translation and Cultural Adaptation of evaluation measures
- Pilot work initiated with children with Autism Spectrum Disorder (ASD)



“ This intervention helped me understand what kind of improvement can be seen realistically in my child's communication. And I am very happy with the communication he has achieved. ”

Mother of a child

Key Components

Intervention Arm

- Clinical Psychologists trained to deliver the PASS Plus Intervention
- Translate the PASS Plus intervention into Hindi
- Develop objective competency measures for trainees
- Engage and recruit non-specialist health workers for the trial

Evaluation Arm

- Adapt and translate the outcome measures
- Develop a cost of illness measure
- Train Clinical Psychologists to administer the outcome measures
- Develop an integrated data management infrastructure that uses different technologies viz., STAR, RedCap and KCL
- Randomisation system, across multiple institutions and countries
- Develop a digital Learning Management System, Electronic Medical Records system and a Peer to Peer digital platform for supervision



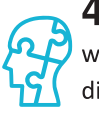

Eye-tracking assessment for children with Autism (EIRA)



Child participating in EIRA with an assessor

Utilising eye-tracking technology, Sangath's EIRA team is aiming to discover a novel, feasible and objective way to measure symptoms of autism in low-resource community settings in Delhi.

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 <p>40 children with Autism Spectrum Disorder tested using EIRA</p>	 <p>40 typically developed children tested using EIRA</p>
 <p>40 children with intellectual disability tested using EIRA</p>	 <p>15 in-depth interviews conducted with parents to establish acceptability and feasibility of EIRA</p>

“I liked it, that is all I would like to tell, if you would ask me to be a part of it again then I would definitely be willing to be a part of this.”

A child participant

Key Components

- Identify objective markers of brain development that can identify symptoms of autism in children
- Assess acceptability and feasibility of this technology in low-resource community settings



A child with an assessor

Integrated Assessment of Cognitive Health (REACH)



A glimpse of DEEP

One of the key challenges in the field of early childhood development is the lack of specialists, who can assess children's development in the crucial preschool years. Through REACH, Sangath has developed a toolkit called Developmental Assessment on an E-Platform (DEEP). It comprises portable electroencephalography (EEG) and tablet-based games to measure cognitive development in preschool children. The acceptability of the toolkit amongst children and families has been assessed along with the feasibility for delivery by a trained non-specialist in rural households.

Impact Created



1363

Children have played DEEP at 3 years age



200 Children have been assessed using a gold standard developmental assessment tool

“[Child's name] was happy and she was clapping and she was telling me that when madam will come again I will play again and burst balloons.”

Mother of a 3 years old child assessed with DEEP

Key Components

- A tool called Developmental Assessment on an E-Platform (DEEP). It comprises tablet-based gamified neuropsychological tasks for assessment of cognitive abilities of preschool children
- Portable electroencephalography (EEG) to measure signatures of cognitive abilities of preschool children



Training of non-specialist workers to administer DEEP and EEG in households

Screening Tools for Autism Risk using Technology (START)



A child during a session of Sangath's START eye tracking stimulus

With a focus on children's neurodevelopment, Sangath's START project utilises technology to develop a digital application called the 'START app' that screens autism risk in community settings. The START app is designed with features like games for young children. The intervention can be delivered by minimally trained health workers. The app includes different tasks to assess eye gaze using webcam-based eye tracking, motor parameters, social preference and sensory seeking behaviors along with questionnaires and video recording of parent-child interactions.

Impact Created

120 typical and atypical children assessed using START



“My child was watching the app keenly, she was watching it happily”
 Mother of a child participant

Key Components

- Web-cam based eye tracking
- Recording of parent-child interaction for offline analysis
- Gamified assessment tasks
- Parent-report questionnaires administered on tablets



Training of non-specialist workers to administer DEEP and EEG in households

O3: Our Brain, Our World, Ourselves



Presentations at the International Neuroethics Society Annual Meeting, Chicago

Sangath's O3 project aims to explore parental opinions about the use of cognitive enhancement techniques with children. Enhancing cognitive ability during childhood can have a significant impact on attaining a child's true developmental potential, which in turn can lead to an improvement in quality of life for the individual and his/her family. This is particularly relevant in low-income settings, where developmental potential may not be attained due to a variety of factors including poverty and limited access to resources. There is little available research on how parents perceive methods for cognitive enhancement, particularly in low & middle-income country (LMIC) settings.

Impact Created



Development of case vignettes on cognitive enhancement techniques



Conducted 5 qualitative interviews with experts



Conducted 1 Focus Group Discussion (FGD) and 4 qualitative interviews with parents



Virtual meeting with ethicists in Duke University



Presentations at International Neuroethics Annual Meeting, Chicago

Key Components

Phase 1: Formative Research

Scoping of the literature
Interviews with experts

Phase 2: Development of interview guide

Development of case vignettes to describe cognitive enhancement techniques

Phase 3: Qualitative interviews

Interviews with parents of children from schools with varying fee structures

A stylized illustration of a human head profile in shades of teal and blue. Inside the head, there is a large yellow circle containing four white interlocking gears. The background is a light teal gradient.

ADOLESCENT MENTAL HEALTH

Premium for Adolescents (PRIDE)



A puppet show

PRIDE, one of Sangath's flagship initiatives, is the largest adolescent mental health research project ever undertaken in a Low-and-Middle-Income Country (LMIC). A five-year research project, PRIDE is seeking to develop psychosocial interventions for school-going adolescents with mental health problems, in the states of Delhi and Goa in India.

Impact Created



5,693

Students sensitised on mental health



525

Students received Problem Option Do-it booklets



229

Students received individual counselling



“I don't study when I am angry. I try to sit quietly and relax. I still do these things learnt in counseling!”

A student shares her experience

In 2018, PRIDE project completed its first set of Randomised Controlled Trial (RCT), evaluating two interventions:

- Low intensity problem solving intervention
- Classroom-based awareness intervention across six schools of New Delhi
- Simultaneously, the project initiated the pilot evaluation of its other two components (high counselling for those with persistent problems and self-help interventions through smartphone game) in six schools of Goa

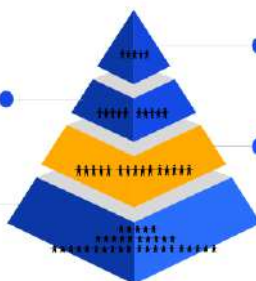
Key Components

Low-Intensity f2f counseling

Low intensity problem solving therapy delivered by lay counsellors

Classroom sensitisation

Classroom wide awareness, referral generation



Counseling

High intensity modular Cognitive Behavioural Therapy (CBT) delivered by psychologists

Smartphone game (Blended self-help)

Low intensity problem solving therapy delivered by smartphone app and lay counsellors

SEHER: Strengthening Evidence base on School based Interventions for Promoting Adolescent Health

S EHER, an intervention by Sangath, aimed to create an enabling environment and promote healthy behaviour amongst school children. SEHER covered 74 government-run secondary and higher secondary schools in Bihar's Nalanda district. SEHER promoted social skills amongst adolescents with the participation of the school community. SEHER also nourished relationships between teachers and parents, and involved students in school-level decision-making processes to encourage their belongingness and connectedness to the school. This resulted in decreased cases of bullying, violence, depression, along with moderated improvements in students' attitudes towards gender equity and knowledge related to reproductive and sexual health.

Impact Created

The lay counsellor-delivered intervention resulted in



Improvements in students' attitudes towards gender equity and knowledge related to reproductive and sexual health.



Findings are consistent for both genders



Decreased cases of bullying, violence, depression



Large improvements in school climate

“ We get to know about a range of topics through SEHER like reproductive and sexual health, gender, violence, bullying and mental health. Nobody discusses these topics with us in the classroom. But through a wall magazine, speak-out box, assembly activities, we get to talk about these issues. **”**

I really like this. **”**
Female student

Key Components

School level

- Awareness generation through wall magazine, speak-out box, intra school competitions
- School Health Promotion Committee (SHPC)
- Health policies

Group level

- Peer group and Workshop for students and teachers





Individual level

- Individual counselling and referral services

Supporting Adolescents with Vulnerabilities by Enhancing Resilience and Mental Health Access (SAVERA)

SAVERA, a pilot study by Sangath sought to build an effective communication, and to develop coping and problem-solving skills amongst adolescents living in government or NGO run Childcare Institutions (CCIs). The pilot study paved the way for mental health care to adolescents vulnerable to or experiencing signs of depression or anxiety. The acceptability and feasibility of this innovative intervention was successfully conducted in three CCIs in Goa and 2 CCIs in Mumbai.

Impact Created

 <p>110 girls reached and 10 counsellors trained</p>	 <p>Reduction of difficulties faced and depressive symptoms</p>
 <p>Lay counsellor is an effective delivery agent for girls as well as caregivers</p>	 <p>Intervention was found to be relevant and practical to girls in CCIs</p>

“Girls like sessions. We think that the last session was very good. The exercise was really awesome. We think girls like exercise based sessions. It is good that sometimes you also play some games with them and make the sessions interactive rather than following the classroom pattern. **”**

Matron, CCI

Key Components

- Train lay counsellors to deliver health promotion, problem solving and emotional regulation skills
- Build capacities of existing home staff to understand mental health care

It's OK to Talk



'In My Own Words' by Sangath's It's Ok to Talk project was launched in June 2018

It's Ok To Talk, an adolescent and youth-focused initiative by Sangath aims to increase awareness about mental health and wellbeing so that more young people are able to engage in a dialogue on mental health, and seek and get help. The project works through three key activities:

- Community-based events
- Training and leadership building
- Social media campaigns highlighting young people's lived experiences of mental health needs.

Partnerships are at the heart of It's Ok To Talk's work, and these include collaboration with individuals and organisations that bring complementary expertise on community engagement, arts, social and digital media.

Impact Created



2.5 million +
Social media
users



270 +
Volunteers



7000
Engaged through
events, workshops
and discussions

“It is really good to know that there are spaces where you can come and discuss issues about mental health. I am from the North-eastern part of India and the mental health resources there are still very poor. I have faced many issues there with my identity and mental health, but I have come very far and finally accept myself as a gender queer person ”
UPPA, 28, Gender Fluid

Key Components

- Motivate young people to be agents of change
- Promote youth capacities to address mental health problems
- Promote an inter-sectional understanding of mental health
- Promote sustainability
- Leverage science, technology, media and the arts

Young Lives Matter



Kavita, the winner of a quiz conducted as a part of the training

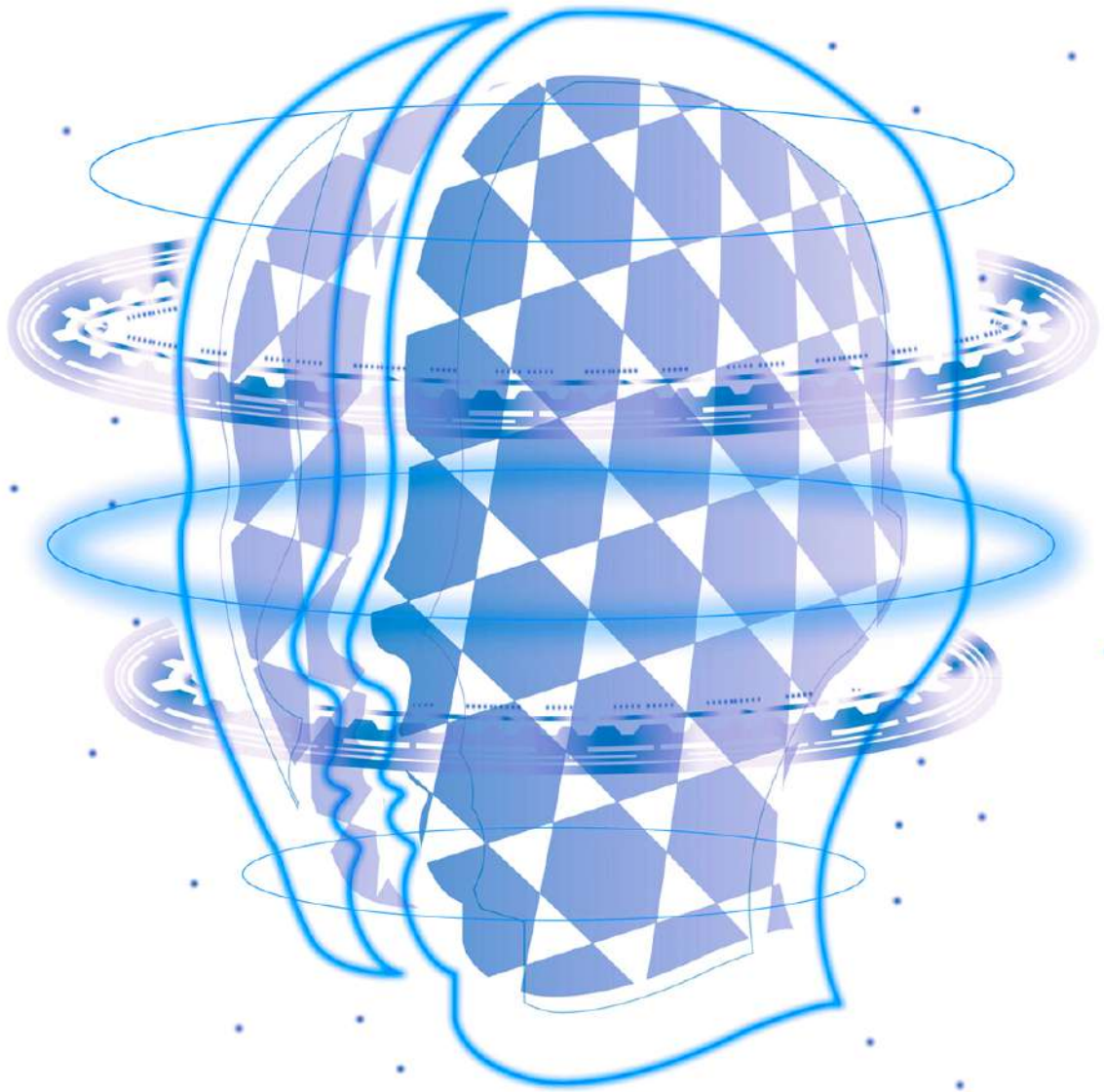
Young Lives Matter is a research study by Sangath, investigating the reasons for suicide attempts in young people. Suicide is a leading cause of death among young people in India (15-29 years of age). Nearly 60% of all suicides in women, and 40% of all suicides in men occur in 15-29-year-olds. Suicide attempts are far more common, and those who attempt suicide are likely to die by suicide later. India's Mental Health Act 2017 mandates the implementation of rehabilitation and preventive strategies for suicide attempts. However, there is scant evidence regarding the reasons for these attempts, which is a barrier to developing these strategies. Through this study, Sangath aims to fill this knowledge gap, and contribute to the development of suicide prevention efforts in India.

Impact Created

- | | | | |
|---|--|---|--|
| <ul style="list-style-type: none"> • Collaborations with key partners in Pune and Chennai – for example, Schizophrenia Awareness Association, YCM hospital, DY Patil hospital, SCARF, and Sneha Foundation | <ul style="list-style-type: none"> • Completion of the first phase of the project's pilot | <ul style="list-style-type: none"> • Analysis and presentation of the results to partners and advisors | <ul style="list-style-type: none"> • Preparation of all protocols and procedures for the main study |
|---|--|---|--|

Key Components

- | | |
|---|---|
| <ul style="list-style-type: none"> • Understand the role played by a variety of factors in perpetrating as well as preventing suicide, for example: negative life events, mental health problems, social support, coping skills, exposure to suicide in the social environment, and social media | <ul style="list-style-type: none"> • Utilise a design of case-control study, whereby young persons who present to hospitals with suicide attempts, will be compared to those who present with other health complaints, with respect to these factors |
|---|---|



ADULT MENTAL HEALTH

CHETANA



A discussion organised by Sangath's CHETANA team

Sangath's Chetana Community Wellness project aims to make high quality and free mental healthcare accessible at the doorstep or close to home for the people of Canacona taluka in Goa.

Impact created



Conducted 20 meetings with key gatekeepers.



Treatment provided by the counsellor to 17 out of the 32 people who sought help in this period.



Conducted 34 awareness programs which were attended by 542 people from the community.

Key Components

Case detection in the community: Sangath is networking with a range of stakeholders who are integrated in the community and who will help identify potential patients and refer them to the program. Examples of these stakeholders include community worker such as anganwadi workers, school-based staff, etc

Mental health outreach clinics: These clinics are manned by trained and supervised Community Health Workers who provide services such as screening, counselling, follow-up of patients, referral to specialist services if needed, and home-based case management. The counselling interventions delivered are those that have been developed and tested by Sangath

Community-level programs: This involves engagement with the community through mental health awareness programs, such as, talks by experts, street plays, posters, documentaries, etc

Enabling translation of Science to Service to Enhance Depression Care (ESSENCE)

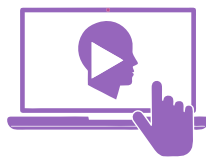


The ESSENCE project seeks to bridge the Science-to-Service gap and to strengthen an existing collaborative network of institutions in South Asia. ESSENCE has been generating knowledge on cost-effective implementation approaches, and is scaling up evidence-based interventions for mental disorders.

Poster making event organised by the ESSENCE team in Bhopal to raise public awareness about the mental health issues

Impact created

ESSENCE digital training on HAP to be hosted on the Sangath learning management system.



Prototype tested on ASHAs led to important insights about accessibility and feasibility of using digital technology, particularly on the use of smartphones to deliver HAP intervention at the community level.



Some of the findings from the initial prototype testing included:



The need for depression treatment training in the community.



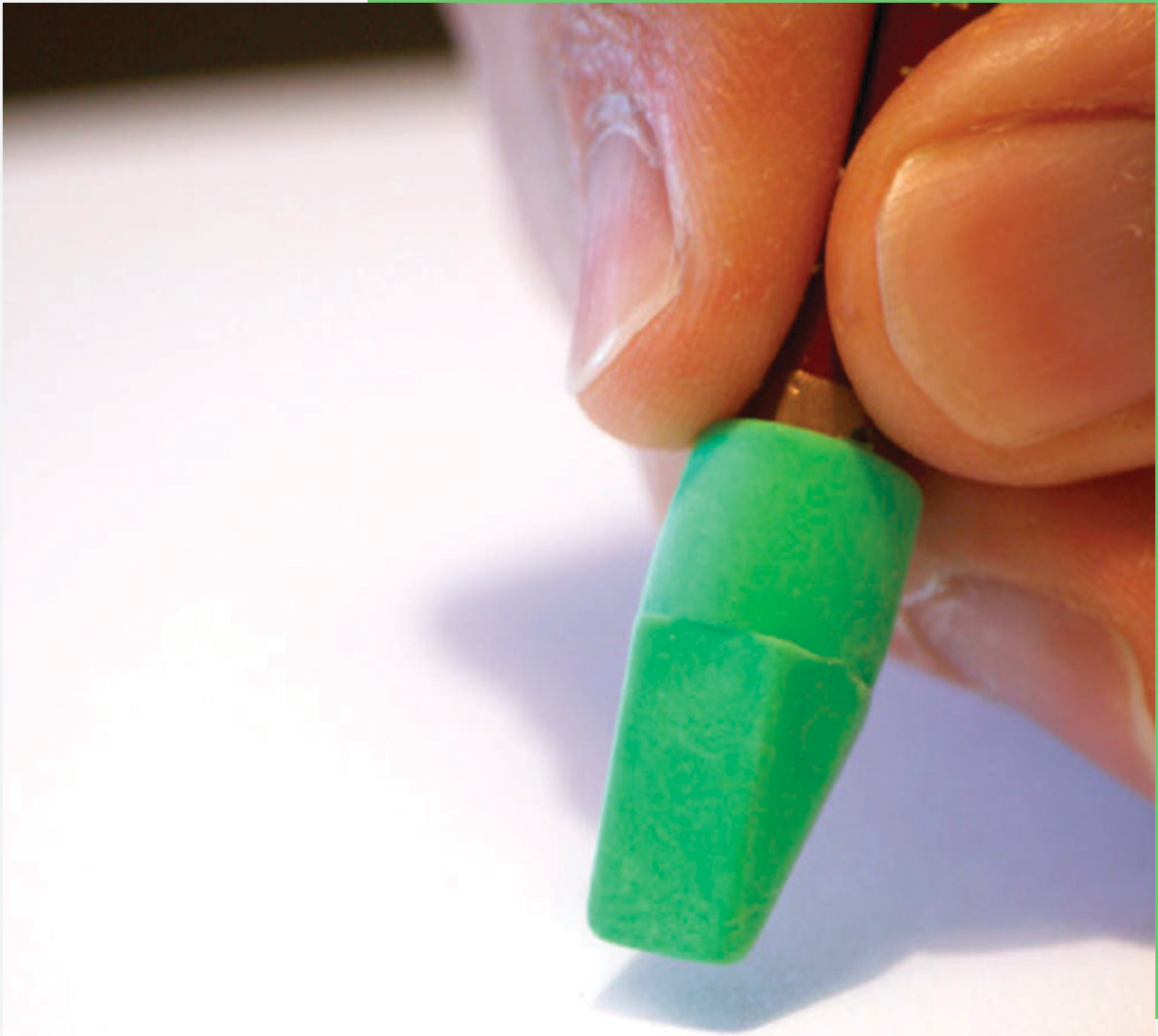
Convenience and efficiency of learning on a digital platform compared to in-person training.

Key Components

- Three training methods (Face to face, digital and digital plus) for community health workers to assess the competency to deliver depression care in the primary healthcare setting.

- Remote implementation support strategies for primary healthcare providers to deliver quality depression care in the primary healthcare setting.

- Digital courses, mentored fellowships and structured workshops for media professionals, service users' representative organizations, implementation researchers and policymakers to increase the knowledge generation, exchange, and uptake of the knowledge into national/state health policies.



addiction

**ADDICTIONS
RESEARCH**

Alcohol use disorders - Mobile based Brief Intervention Treatment (AMBIT)



Sangath's AMBIT project aims to make treatments accessible and acceptable for Alcohol Use Disorders (AUDs) in low resource settings in Goa, India. AMBIT is developing an effective psychosocial Brief Intervention (BI) to reduce alcohol consumption among hazardous drinkers.

Formative work from the AMBIT project presented at the 16th INEBRIA conference at Hamburg, Germany

Impact created

Case Series:

- Conducted screening through “Health camps” in 2 educational institutions, 5 workplaces and 2 primary health care centers around Goa.
- Recruited 29 hazardous drinkers into the project
- Determined acceptability and feasibility of the intervention based on participants' feedback and refined the final treatment package.

Formative Phase:

- Conducted stakeholder interviews with 11 experts (Healthcare providers) and 22 intended recipients to define intervention content, delivery and recruitment processes.
- Participation by 30 global experts in addictions research in a Delphi study, to refine the structure of the intervention.
- Development of the intervention framework through a workshop with local stakeholders, resulting in the 8-week digital intervention.

Randomized Control Trial:

The RCT is currently ongoing; with 34 hazardous drinkers recruited from 4 educational institutions, 2 workplaces and 2 primary health care centers around Goa.

Key Components

- Consultations with national/international experts on AUD treatments in the formative phase to develop the BI package and with m-Health experts to define the delivery platform structure.
- Identification of participants through screening in primary care settings and recruitment through multifaceted health camps in workplaces and educational institutions in Goa, India.
- Assessment of the acceptability and feasibility of the intervention based on

participants’ feedback during this initial phase of the study.

- Development of the final intervention through a sequential process with a feedback loop that allowed refinement of the intervention based on data collection, thus ensuring it is contextually relevant.
- Testing of the final treatment package was tested through a three-armed Randomised Control Trial (RCT) to assess preliminary estimates of impact on alcohol use outcomes.

Improving Access through Telepsychiatry (IMPACT)



Health and Wellness camps for employees of Mormugao Port Trust (MPT)

To bridge the mental health treatment gap in India, Sangath's IMPACT project aims to examine the feasibility and acceptability of the integration of Tele-Psychiatry into primary care services. It will give insights into the acceptability of tele-psychiatry, and its impact on the end-users. On a broader scale, IMPACT has the potential to inform further investigation of the intervention through a randomised controlled trial, and may have an impact on the policy landscape of India and other countries.

Impact Created



1984
People approached



1309
People screened using standardised tools



44
People recruited for treatment

Key Components

- Innovative approach of video calling to deliver psychiatric consultations in the primary healthcare facilities of Goa to reduce the gap in access to mental healthcare treatment.

- Holistic package of care including psychiatric consultations, supportive counselling and medicine prescription.

- Home based services that result in reduced travel time and costs for the patients, in turn, bridging the treatment gap

Men Against Violence



Community networking sessions conducted with young men and women from the villages of Rajasthan, India

Men Against Violence is an ongoing collaboration with Mata Jai Kaur Maternal and Child Health Centre, a maternal health centered non-profit located at Sri Ganganagar district in Rajasthan. The project aims to develop a culturally relevant, male-led intervention for Gender-Based Violence (GBV) that has the potential to facilitate a change in local attitudes about GBV and reduce the experience of GBV among local women in rural Rajasthan. The premise of MAV is that an intervention led by self-identified reformed perpetrators of violence will be both acceptable and feasible within the local context, and has the potential to reduce the actual experience of GBV among local women and change community perceptions of GBV.

Key Components

- Qualitative research methods used to understand the local perceptions and attitudes of community stakeholders towards gender-based violence.
- Theory of Change (ToC) workshop used participatory consultations with similar stakeholders to develop a GBV prevention intervention package.

NIHR Global Health Research Group: A package of care for the mental health of survivors of violence in South Asia

The project seeks to develop a clinical intervention to improve the mental health of survivors of violence against women, modern slavery, and civil conflict in resource constrained settings in India, Sri Lanka and Afghanistan.

Activities so far



3 national-level consultations with experts in violence, mental health, survivors and service users



35 survivors of violence and 15 service providers interviewed

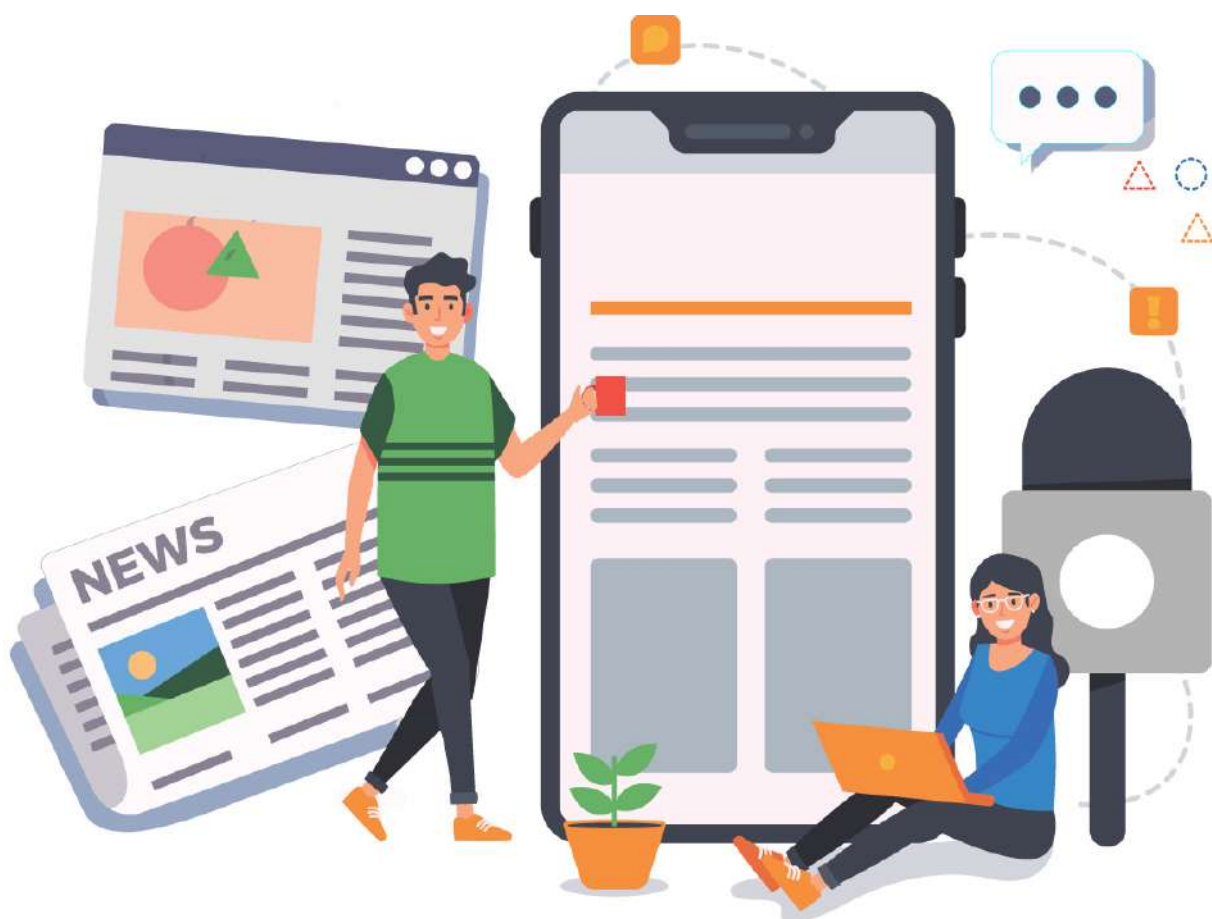


Sub-study on dating violence in young people in India

Key Components

- Mixed methods approach to combine global literature and local perspectives (including inputs from experts in violence against women, mental health and social work) from different parts of the country on violence against women and mental health.
- The study nests a sub-study that was started in response to violence against women in a younger, non-married population, on dating violence. The Dating violence sub study is the first study of its kind that is focused on mental health needs of young people facing violence in dating relationships in India.

PUBLICATIONS



2018-19

Publications 2018-19

START publication

31375
Mobile Computer-Mediated Assessment of Autism Risk By Non-Specialists in Home Settings: Insights from the START Project
 Poster Presentation
 Friday, May 3, 2019: 5:30 PM-7:00 PM
 Room: 710 (Palais des congrès de Montreal)

31575
An Open-Source, Computing Platform-Agnostic, Calibration-Free Preferential Gaze Detection Approach for Social Preference Assessment
 Poster Presentation
 Thursday, May 2, 2019: 5:30 PM-7:00 PM
 Room: 710 (Palais des congrès de Montreal)

COMPASS publication

Neurodevelopmental Disorders in Children Aged 2-9 Years: Population-based Burden Estimates Across Five Regions in India
 Saeed Roy¹, Sachin Shinde¹, Bidyut K. Sarkar¹, Kanika Malik¹, Rachana Parikh^{1,2}, Vikram Patel^{1,3}

PASS publication

The Feasibility and Effectiveness of PASS Plus, A Lay Health Worker Delivered Comprehensive Intervention for Autism Spectrum Disorder
 Shital S. Mukherjee¹, Ritu D. Shrivastava², Lauren Mitchell³, Asaz Khan⁴, Vaibhav Murthar⁵, Deepak Tugnawat⁶, Rahul Shidhaye⁷, Vikram Patel^{1,4,6,8}, John A. Naslund⁹

SEHER publication

Promoting school climate and health outcomes with the SEHER multi-component secondary school intervention in Bihar, India: a cluster-randomised controlled trial
 Sachin Shinde, PhD • Prof Helen A Weiss, PhD • Boena Varghese, PhD • Prachi Khundeporkar, MA • Bomadette Pereira, MA • Amit Sharma, MA • et al. Show all authors
 Published: November 22, 2018 • DOI: [https://doi.org/10.1016/S0140-6736\(18\)31815-5](https://doi.org/10.1016/S0140-6736(18)31815-5)

Acceptability and feasibility of digital technology for training community health workers to deliver brief psychological treatment for depression in rural India
 Shital S. Mukherjee¹, Ritu D. Shrivastava², Lauren Mitchell³, Asaz Khan⁴, Vaibhav Murthar⁵, Deepak Tugnawat⁶, Rahul Shidhaye⁷, Vikram Patel^{1,4,6,8}, John A. Naslund⁹

ESSENCE publication

PRIDE publication

India's response to adolescent mental health: a policy review and stakeholder analysis
 Kallol Roy¹, Sachin Shinde¹, Bidyut K. Sarkar¹, Kanika Malik¹, Rachana Parikh^{1,2}, Vikram Patel^{1,3}

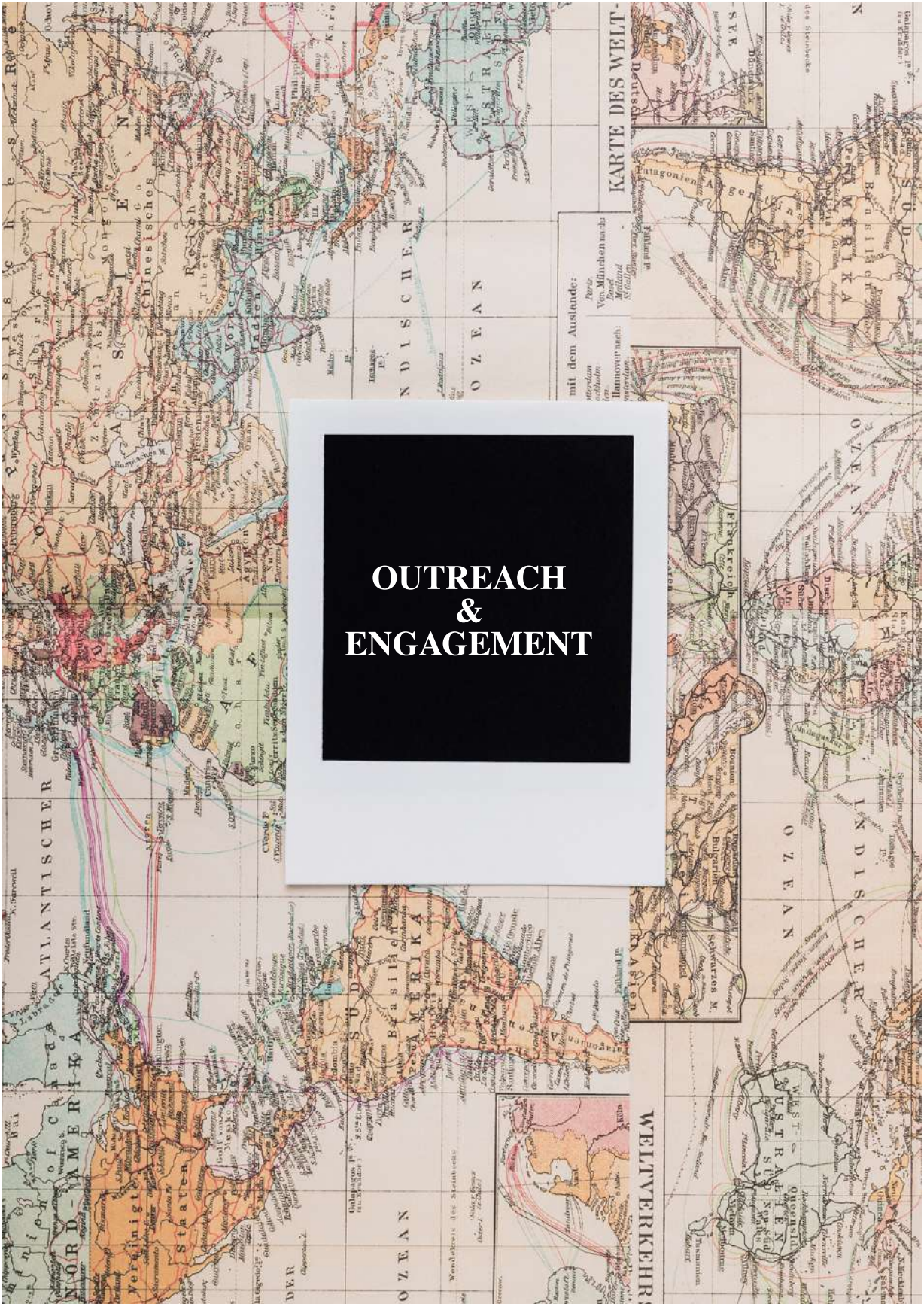
"It is like a mind attack": stress and coping among urban school-going adolescents in India
 Rachana Parikh^{1,2}, Mahima Sagar³, Madhur Khosla⁴, Poo Culpree⁵, Vikram Patel^{1,6}, and Daniel Mitchell^{7,8}

Acceptability and feasibility of digital technology for training community health workers to deliver brief psychological treatment for depression in rural India

The effectiveness of a low-intensity problem-solving intervention for common adolescent mental health problems in New Delhi, India: protocol for a school-based, individually randomized controlled trial with an embedded stepped-wedge, cluster randomized controlled recruitment trial

Development of a transdiagnostic, low-intensity, psychological intervention for common adolescent mental health problems in Indian secondary schools

Design and Development of the "POD Adventures" Smartphone Game: A Blended Problem-Solving Intervention for Adolescent Mental Health in India
 Poo Culpree¹, Eleanor S. Hodgson², Anish Kumar³, Tara Aurora⁴, Yash Chandra⁵, Poo Sharma⁶, Daniel Mitchell⁷ and Vikram Patel^{1,8,9}



Outreach & Engagement

BEYOND BOUNDARIES

A session on sensitization being organised under Beyond Boundaries for parents, students and teachers across Goa.



COMPASS

Panel members at the launch of COMPASS in New Delhi



ESSENCE

Poster making event organised by the ESSENCE team in Bhopal



PRIDE

Drawing competitions organised by the PRIDE team in New Delhi to celebrate World Mental Health Day



It's Ok to Talk

A puppetry show on stress and problem solving for adolescents being organised in the primary and secondary schools in Delhi



REACH

Training of non-specialist workers to administer DEEP and EEG in households



FUNDING

PARTNERS



Funding Partners

Beyond Boundaries

Colorcon Asia Pvt. Ltd., Verna

Braintools

Medical Research Council, UK

COMPASS

Medical Research Council
Department for International Development
National Institute for Health Research
Wellcome Trust, UK
University of Manchester
Harvard University

EIRA

Sir Henry Wellcome post-doc fellowship

REACH

Madura Microfinance Ltd

START

Medical Research Council UK,
Global Challenges Research Fund

O3

NeuroGenE (Global Initiative in Neuropsychiatric GenEthics) at the University of Oxford in partnership with the Stanley Center at the Broad Institute of Harvard and MIT.

PRIDE

Wellcome Trust, UK

SEHER

MacArthur Foundation, USA
UNFPA India

SAVERA

Emancipation, India

It's Ok to Talk

Wellcome Trust, UK

Young Lives Matter

Wellcome Trust/ DBT India Alliance

ESSENCE

National Institute of Mental Health (NIMH), USA

AMBIT

Medical Research Council, UK

IMPACT

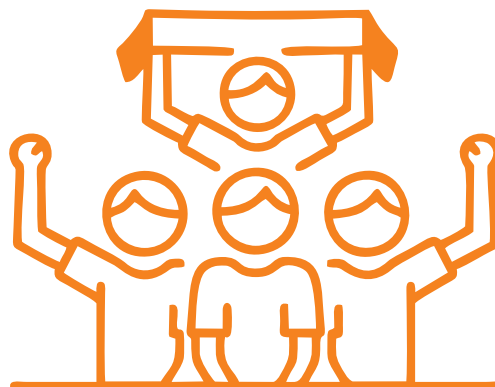
Medical Research Council, UK

Men Against Violence

Harvard Medical School Centre for Global Health Delivery, Dubai

NIHR

National Institute for Health Research, UK



Implementation Partners

Beyond Boundaries

Goa Samagra Shiksha Sansthan

Braintools

Birkbeck College

King's College, London

University College London

London School of Hygiene & Tropical Medicine (LSHTM)

MRC Unit

COMPASS

Maulana Azad Medical College & assoc.

LokNayak Hospital (MAMC-LNH)

All India Institute of Medical Sciences (AIIMS)

Delhi State Health Mission (DSHM)

EIRA

Babylab - Birkbeck College, University of London, AIIMS

REACH

Public Health Foundation of India

Sapien Labs, USA

START

Reading University, UK

Nottingham Trent University, UK

Birkbeck College

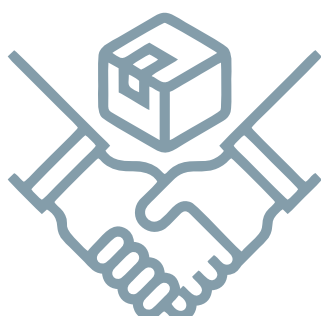
Harvard University

All India Institute of Medical Sciences (AIIMS)

Public Health Foundation of India

O3

Birkbeck College London



PRIDE

Harvard Medical School, USA

London School of Hygiene & Tropical Medicine (LSHTM)

University of Sussex, UK

University of California, Los Angeles (UCLA)

Archdiocese Board of Education, Goa

Jamia Milia Islamia, New Delhi

Directorate of Education, Delhi

SEHER

Department of Education, Government of Bihar

London School of Hygiene & Tropical Medicine (LSHTM)

Public Health Foundation of India

It's Ok to Talk

Harvard Medical School, USA

Young Lives Matter

Centre for Mental Health Law and Policy

Yashwantrao Chavan Memorial Hospital (YCMH), Pimpri

Dr. D.Y. Patil Medical College, Hospital and Research Centre, Pimpri

ESSENCE

Harvard Medical School, USA

University of North Carolina, USA

Oxford University, UK

Vanderbilt University, USA,

Yale University, USA

University of Toronto, Canada

National Health Systems Resource Center (NHSRC), Government of India,

Ministry of Health, Government of Madhya Pradesh, India

Schizophrenia Research Foundation (SCARF), India

Schizophrenia Awareness Association (SAA), India

Independent University, Bangladesh,

Healthnet TPO, Afghanistan

Healthnet TPO, Nepal

CHETANA

Local Panchayats in Cancona, Schools and Colleges

AMBIT

Pernem PHC

Sanquelim PHC

Mormugao Port Trust, Vasco

KadambaTransport Services, Goa Police

ParvatibaiChowgule College, Margao

Longuinhos Beach Resort, Colva
Gomantak Times, Panjim
Rosary College, Navelim
Institute of Hotel Management, Porvorim
Paul John Industries, Cuncolim
Zuari Agrochemicals, Verna

IMPACT

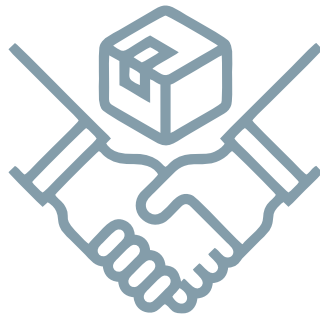
Directorate of Health Services, Government of Goa
Mormugao Port Trust (MPT)
Dr. Ravindra Agrawal and Dr. Akshada Amonkar
(Study psychiatrists)
Quepem village Panchayat (Quepem community was
a recruitment site)

Men Against Violence

Harvard Medical School, Department of Global
Health and Social Medicine
Mata Jai Kaur Maternal and Child Health Centre
Charitable Trust (MJK)

NIHR

SNEHA, Mumbai, India
Department of Psychiatry,
University of Colombo, Sri Lanka
University of Afghanistan, Afghanistan
Humanitarian Assistance for the Women and
Children
of Afghanistan (HAWCA)
University College London, UK
King's College London, UK
London School of Hygiene & Tropical Medicine
(LSHTM)



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Sangath



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