



SEEK-GSP ANNUAL REPORT 2023



TABLE OF CONTENTS

ABOUT SEEK-GSP	2
MISSION, VISION, AND CORE VALUES OF SEEK-GSP.....	3
MESSAGE FROM THE EXECUTIVE DIRECTOR	4
A MESSAGE FROM THE BOARD OF DIRECTORS	6
LIST OF ACRONYMS	7
EXECUTIVE SUMMARY	8
ACTIVITY PROFILE	10
PUBLISHING THE GROUP SUPPORT PSYCHOTHERAPY GUIDE	12
TRAININGS UNDERTAKEN IN CENTRAL UGANDA	13
TRAININGS UNDERTAKEN IN NORTH-EAST UGANDA	16
CHALLENGES ENCOUNTERED	19
ONLINE GROUP SUPPORT PSYCHOTHERAPY	20
TESTIMONIALS	21
EVALUATING TELE-SUPPORT PSYCHOTHERAPY	22
SOCIAL MEDIA ENGAGEMENT	24
SEEK-GSP FINANCIAL REPORT	25



ABOUT SEEK-GSP

Mission, Vision and Values

The Social Emotional and Economic Empowerment through Knowledge of Group Support Psychotherapy (SEEKGSP) Initiative is at the forefront of advancing mental health care in Africa through education, research, innovation, and the dissemination of Group Support Psychotherapy (GSP). At its core, SEEKGSP is an innovative mental health program dedicated to creating awareness around mental health issues, and training community lay health workers in recognizing and responding to depression, with the overarching goal of improving the mental well-being of individuals across Uganda and other African nations. Our mission is to provide culturally sensitive, evidence-based psychotherapy solutions tailored to meet the diverse needs of communities, thereby addressing the substantial 90% mental health treatment gap between the need for services and their availability in the region.

SEEKGSP envisions a world where effective psychotherapy is not a privilege but a readily accessible resource for all, especially the underserved populations. Through a variety of initiatives, SEEKGSP aims to empower health facilities to deliver mental health care that enables individuals to thrive socially, emotionally, and economically, thus transforming the landscape of mental health services.

Central to the ethos of SEEKGSP are six core values: *Integrity, Empowerment, Accountability, Quality, Commitment, and Innovation*. These values are the bedrock upon which our work is built and are pivotal to our success in devising sustainable mental health solutions for sub-Saharan Africa. They guide every facet of our operations, from research and training to community engagement and advocacy, ensuring that our efforts not only bridge the treatment gap but also foster a society where mental health is prioritized and stigma is eradicated. Through this comprehensive approach, SEEKGSP is steadfast in its commitment to revolutionizing mental health care and nurturing a future where every individual has the opportunity to achieve optimal mental well-being.

CORE VALUES



Figure 01: Prof. Ethel receiving the US Mission Outstanding Alum in Health Award January 2023



MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Friends, Partners, and Esteemed Supporters,

As we reflect on the remarkable journey of SEEKGSP through the year 2023, I am filled with a profound sense of gratitude and pride. This year has not only been a testament to the resilience and dedication of our team but also a celebration of the incredible milestones we have achieved together in our mission to transform mental health care across Uganda and beyond. Marking a decade of pioneering research in Group Support Psychotherapy, SEEKGSP has solidified its foundation as a beacon of hope and innovation in mental health care. Our founder, Etheldreda Nakimui Mpungu's recognition at the 23rd World Congress of the International Federation for Psychotherapy in Casablanca, and her subsequent appointments, reflect the international community's acknowledgment of our groundbreaking work. This momentous achievement underscores our commitment to advancing mental health care on a global scale.

The publication of "Healing Together: A Guide to Group Support Psychotherapy" stands as a landmark accomplishment, providing a vital resource for mental health professionals and reinforcing the significance of culturally sensitive, evidence-based interventions. This manual, the first of its kind by a Ugandan, represents a significant step forward in our quest to democratize access to mental health care.

Our initiative to support corporate women in Kampala through Group Support Psychotherapy sessions has offered a sanctuary for many to navigate the complexities of stress and find solace in the power of communal healing. This program, alongside the innovative Tele-support Psychotherapy trial for the youth, epitomizes our relentless pursuit of accessible and adaptable mental health solutions.

The SEEKGSP Academy's success in training 150 health workers from across the African continent is a testament to our vision of building a robust network of skilled professionals who can carry the torch of mental wellness to every corner of our society. These educational endeavors are crucial in closing the vast treatment gap and ensuring that every individual has the support they need to flourish.

Our expansion efforts in Mukono, North Eastern Uganda, and our collaboration with the Uganda Tourism Board are pivotal steps towards our goal of national and regional outreach. These initiatives, coupled with the overwhelming support from the Ministry of Health of Uganda, WHO, and other partners, have set the stage for an unprecedented scale-up of our programs.

At the heart of all our endeavors are our core values: Integrity, Empowerment, Accountability, Quality, Commitment, and Innovation. These principles guide us in our journey towards a future where mental health care is inclusive, accessible, and effective for everyone, regardless of their background or circumstances. As we look ahead, we are inspired by the possibilities that lie before us. With your continued support, we are poised to further our impact, reaching more individuals in need and breaking new ground in mental health care innovation.

Thank you for being an integral part of this journey. Together, we are not just transforming lives; we are shaping a future where mental well-being is a reality for all.

Warmest regards,

Etheldreda Nakimuli Mpungu, PhD
Founder, SEEK Group Support Psychotherapy Initiative

MESSAGE FROM THE BOARD OF DIRECTORS

To our Esteemed Community, Partners, and Supporters,

As we reflect on the transformative year of 2023, the Board of Directors extends its deepest gratitude for your unwavering support and commitment to SEEKGSP's mission. This year's remarkable achievements, including groundbreaking research recognitions, the pioneering publication of a Ugandan psychotherapy manual, and significant expansions in our programs, underscore our collective impact in reshaping mental health care. Each milestone reflects our shared dedication to innovation, quality, and accessibility in mental wellness.

We are inspired by the progress and motivated by the challenges ahead. Together, we stand on the brink of new possibilities, ready to advance our mission and expand our reach, ensuring mental health care is accessible to all who need it. Thank you for your invaluable partnership in this vital journey.

With sincere appreciation,

The Board of Directors, SEEKGSP

LIST OF ACRONYMS

PEPFAR: The U.S. President's Emergency Plan for AIDS Relief

SEEK-GSP: Social Emotional and Economic Empowerment through Knowledge of Group Support Psychotherapy

GSP: Group Support Psychotherapy

WPA: World Psychiatric Association

MUWRP: Makerere University Walter Reed Project.

MOH: Ministry of Health

NCD: Non Communicable Diseases

HIV: Human Immuno Deficiency Virus

EXECUTIVE SUMMARY

The year 2023 has been a landmark year for SEEKGSP, marked by significant achievements that have furthered our mission and expanded our impact. SEEKGSP celebrated a decade of pioneering research in Group Support Psychotherapy, a testament to our enduring commitment to evidence-based mental health interventions. Our active participation in international forums and the endorsement by the Ministry of Health of Uganda, coupled with support from the WHO, have not only validated our work but also set the stage for a national scale-up of our programs.

Founder Etheldreda Nakimui Mpungu's groundbreaking work was spotlighted at The 23rd World Congress of the International Federation for Psychotherapy in Casablanca, Morocco. Her plenary presentation not only marked a significant milestone but also led to her being invited to join the executive board of the WPA Section on Psychotherapy and later, the World Federation of Psychotherapy Council, representing Uganda.

The publication of "Healing Together: A Guide to Group Support Psychotherapy" marked the first psychotherapy manual by a Ugandan, contributing valuable knowledge to the field and enhancing the visibility of African perspectives in psychotherapy. The launch of Group Support Psychotherapy sessions for corporate women in Kampala addressed a critical need, supporting 50 women in overcoming stress through a blend of in-person and online group sessions. By offering the online GSP course to staff of the Uganda Tourism Board, we have taken a novel step towards integrating mental wellness into diverse professional sectors. A groundbreaking randomized trial of Tele-support Psychotherapy using mobile phones was conducted among youth in Kampala, in collaboration with The Medical Concierge Group and Makerere University. This initiative highlights our commitment to leveraging technology in mental health care.

The establishment of the SEEKGSP Academy and the successful training of 150 health workers from across Africa underscore our dedication to building capacity in culturally sensitive, evidence-based psychotherapy. Our expansion efforts in Mukono with OMNIMED and in North Eastern Uganda through PEPFAR programs have significantly broadened our reach, bringing vital mental health services to more communities. Through these achievements, SEEKGSP has reinforced its position as a leader in mental health innovation, research, and training. We remain committed to our vision of a world where effective and compassionate psychotherapy is within reach



ACTIVITY PROFILE

Decade of Innovation and Global Recognition

After a decade of pioneering Group Support Psychotherapy (GSP) research, Founder Etheldreda Nakimuli-Mpungu's significant contributions were nationally and globally acknowledged at the US Mission Alumni Impact Awards 2023 in Kampala Uganda and prestigious 23rd World Congress of the International Federation for Psychotherapy in Casablanca, Morocco respectively. These recognitions led to her invitation to assume influential roles within the psychotherapy community, notably on the WPA Section on Psychotherapy and the World Federation of Psychotherapy Council. Highlighting the impact of her work, the GSP research was prominently featured in the WFP's newsletter in December 2023, underscoring its importance in the field. Further, the MQ 10-year celebration of mental health research highlighted significant achievements in mental health research, including the research on Group Support Psychotherapy.



Figure 02: Prof. Ethel receiving the US Mission Outstanding Alum in Health Award January 2023



Figure 03: Prof Ethel at the 23rd World Congress of the International Federation for Psychotherapy in Casablanca, Morocco

PUBLISHING THE GROUP SUPPORT PSYCHOTHERAPY GUIDE

The publication of "Healing Together: A Guide to Group Support Psychotherapy" represents a significant achievement as the first psychotherapy manual authored by a Ugandan. This milestone enriches the psychotherapy field by introducing valuable insights and methodologies rooted in African cultural contexts, thus broadening the global perspective on mental health treatment. It serves as a testament to the vital contributions of African scholars to the discipline and emphasizes the importance of culturally sensitive approaches in therapeutic practices. The publication can be purchased on Amazon <https://www.amazon.com/author/etheldreda-nm-healingtogether> at only \$2.99

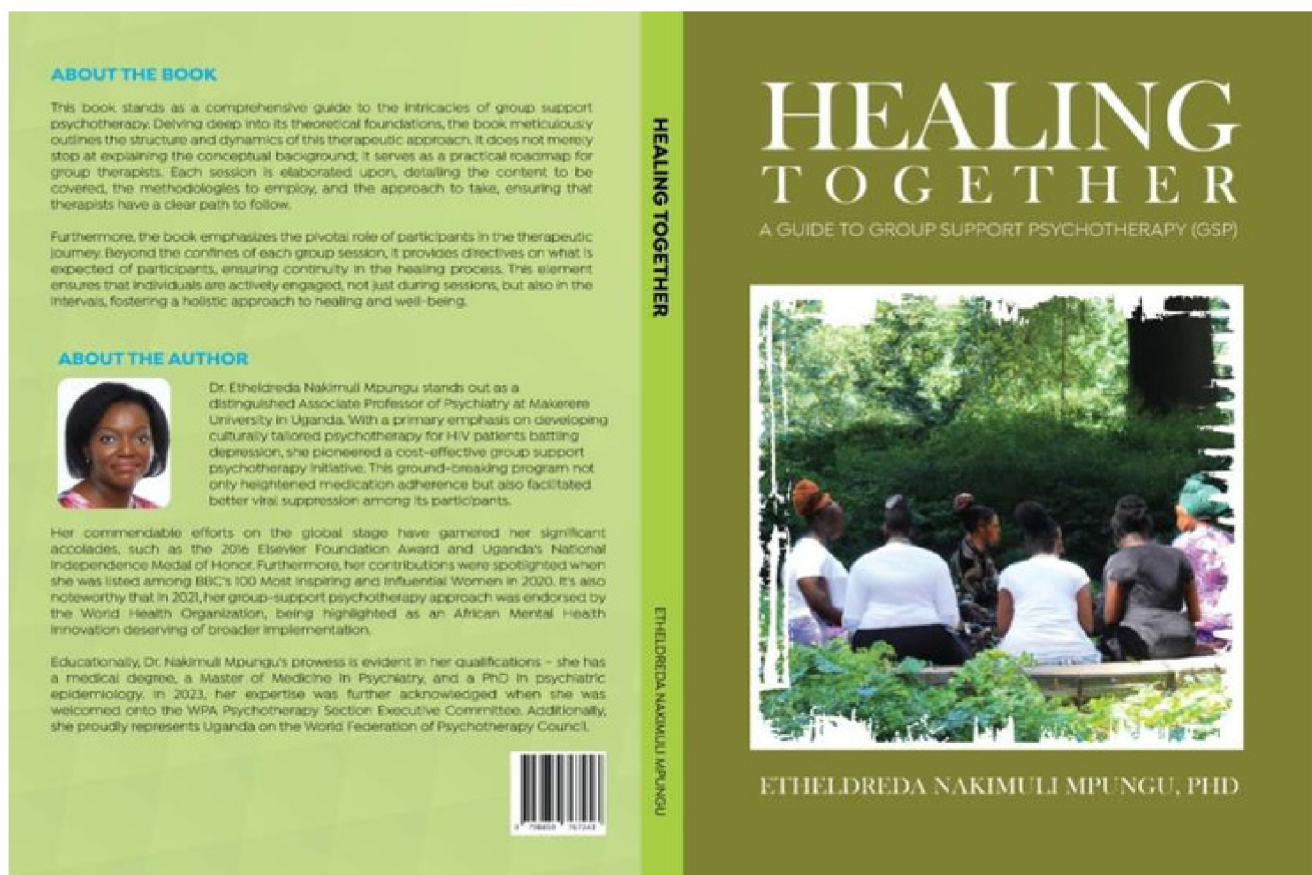


Figure 04: Healing Together: A Guide to Group Support Psychotherapy

GROUP SUPPORT PSYCHOTHERAPY TRAININGS IN CENTRAL UGANDA-2023

In central Uganda, The SEEK GSP-partnered with OMNI MED-a community based non-governmental organization supporting lay health workers in Mukono district. 16 facility based health workers received comprehensive training focusing on Group Support Psychotherapy (GSP). The training, spanning 5 days from January 31 to February 4, 2023, aimed at equipping participants with skills to manage mild to moderate depression using GSP.

The training was held at Mukono Hotel Resort, funded by OMIN MED-Uganda, and targeted health workers from 12 health facilities within Mukono District.

A total of 26 participants (9 males and 17 females) underwent the training, which was led by a team of facilitators including Prof. Nakimuli Etheldreda (Lead Trainer) and others from Mak SEEK-GSPI. - The program covered various topics, such as mental health concepts, management of depression and anxiety disorders, basic counseling skills, and introduction to GSP for both adults and children. Pre and post-test results showed an improvement in scores, indicating a successful knowledge transfer. The average score increased from 65 to 76.8, highlighting the effectiveness of the training. Challenges noted included the absence of expected district officials and communication gaps leading to some participants joining the training late.- Recommendations include the need for further training to improve regional coverage and enhanced communication to ensure full participation from the first day. This training represents a significant step toward empowering health workers in Mukono District to effectively address mental health challenges in their communities, contributing to the broader goals of SEEK GSP and OMIN MED in improving mental health care in Uganda.



Figure 05: Training health workers in Mukono District.

In another central district, SEEK GSP partnered with MUWRP to provide a comprehensive GSP training to facility based health workers in Kayunga district. The training was conducted from November 29th to December 1st, 2023. females) were trained over 18 hours, covering the integration of NCDs into HIV care with an emphasis on the screening, diagnosis, and management of hypertension, type 2 diabetes, and common mental health disorders among persons living with HIV. Key findings from the training include: The training was aimed at equipping trainers with the knowledge and skills to further train health workers in the integration of NCDs and mental health into HIV care services. A variety of healthcare professionals participated, including medical officers, clinical officers, nurses, midwives, and social workers. Pre and post-test scores indicated an improvement in knowledge, with average scores increasing from 76 to 86. Participants showed high interest and engagement, with a 92% attendance rate.

Challenges identified included logistical issues, such as the dispersion of clients making group sessions difficult, workload concerns, and the need for more extensive training duration. This initiative was hosted in Kayunga at the MUWRP training center and involved 15 health facilities. A total of 19 participants (6 males and 13

Recommendations from the training emphasize the need for extended training duration, support from health workers and district health managers for integration, supervision for trained health workers, and the provision of GSP manuals to facilitate group sessions. The training underscores the importance of integrating mental health services into HIV care, reflecting the complex interplay between HIV infection and mental health disorders, and the need for comprehensive care approaches to improve health outcomes for persons living with HIV.



Figure 06: Training Health workers in Kayunga District.

GROUP SUPPORT PSYCHOTHERAPY TRAININGS IN NORTH-EAST & SOUTH-WESTERN UGANDA-2023

A number of Group Support Psychotherapy trainings were conducted in north eastern Uganda in 2023 in the regions of Teso and parts of Karamoja namely the following districts: Kapelebyong, Soroti city, Soroti district, Bekedea, Ngora, Kumi, Serere Nabilatuk Katakwi Amudat Amuria, Kalaki, Kaberamaido. In the Bunyoro region, the following districts were covered Kikuube, Kakumiro, Kagadi, Kibale, Hoima, Hoima city, Masindi, Kiryandongo Buliisa In the Lango region, districts of Kwania, Apac, Oyam Lira district and Lira city were covered. In collaboration with the Ministry of Health, a total of 154 health workers were trained from 5 regional hospitals including Fort Portal, Lira, Soroti Hoima and Mubende hospital.. Thereafter, 160 health workers were trained in health centers in the Teso Region. 170 health workers were trained in health centers from the Hoima region. 60 health workers were trained from health workers in the Tooro region. The training workshops consisted of a 5-day training workshop followed by an 8 weeks practicum in which the trainees returned to their duty stations and screened community members and identified individuals with depression and invited them to Group Support Psychotherapy (GSP) sessions. As the trainees conduct their practicum, they are offered mentorship and supervision by their trainers virtually as well as in-person whenever a funding would be available. The targeted health workers included medical officers, psychiatry-clinical officers, general nurses, midwives, lineage facilitators, peer leaders, village health workers as well as other volunteers at their health facility. Prior to the training, participants were asked to complete the pre-test and at the end of the 5-day training they completed a post-test. Across all workshops, there was an increase in average test scores following training. This indicates that, the trained

health workers had gained considerable mental health knowledge, had more mental health knowledge and skills as compared to their states prior to their training.



Figure 07: Training Regional hospital based health workers in Soroti District



Figure 08: Training health centre-based health workers

MAP SHOWING PILOT SCALE-UP TESTS

Uganda Regional Districts Reached in the;
 -Western Region -Central Region -Northern Region - Eastern Regional

KEY

Operational Districts

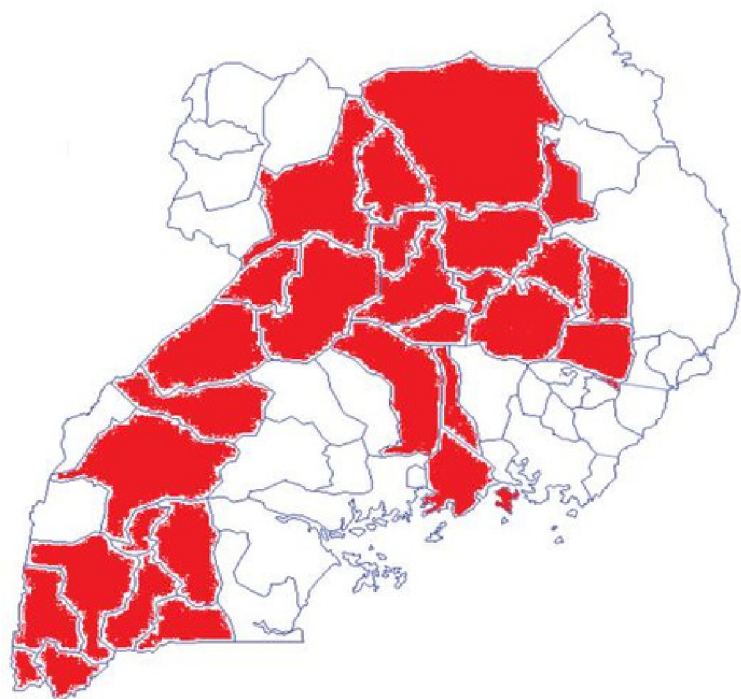


Figure 09: Pilot scale-up of SEEK-GSP in Uganda

CHALLENGES ENCOUNTERED

The Challenges faced in scaling up the SEEKGSP Program include; lack of screening and manuals during the training, we observed lack of interest in some of the trainees who would spend the entire workshop doing work on their laptop. There was lack of selection criteria and process to ensure that those health workers who had interest in mental health were being trained. There was limited funding in some areas whereby trainees did not receive refreshment and meals during the training periods which led to some leaving the training earlier than was scheduled and hence missing crucial information from the training. Some of the trainings did not take place due to conflicting schedules at the health facilities, some did not take place due to heavy workload on health workers and so could not get time to attend the trainings. Deliberately the group sessions were limited as trainees did not receive mentorship and supervision at their health facilities.



Figure 10: Pilot scale-up of SEEK-GSP in Uganda

ONLINE GROUP SUPPORT PSYCHOTHERAPY TRAININGS IN AFRICA-2023

In June 2023, we initiated the Online Group Support Psychotherapy Course to reach health workers across the African continent. A total of 150 health workers have been trained across 5 African countries including Nigeria, Cameroon, Ghana, Zambia and Uganda.

The Online Group-Support Psychotherapy Course, led by Associate Professor Etheldreda Nakimuli-Mpungu and Co-Instructor Kizito Wamala, is designed for a wide range of participants interested in providing support to those in need. Over 10 weeks, participants will delve into stress management, the relationship between stress and mental health, recognizing mental health issues, group dynamics, income generation, and leading therapeutic group sessions. The course includes a two-week online interactive phase, a four-week online self-paced phase followed by practical training with supervisors to ensure participants can identify and support individuals facing high levels of stress or depression through group support psychotherapy sessions. The course aims to equip trainees with the skills to alleviate stress, anxiety, and depression, fostering interpersonal connections, mental health evaluation, facilitating GSP sessions, and mastering self-awareness and self-care. Participants are required to actively engage in online discussions, complete an 8-week practicum, and join a designated WhatsApp group for course-related communications.

Below are some of the reviews we have received from health workers across Africa.

TESTIMONIALS



To be frank and sincere am very excited to find my self into this memorable group, because I have found this GSP training opportunity worthy of greatness in my professional practice, i am assuring you that, GSP has greatly added value to our professional practice.



Sharhabilu Salim

Chief Health Information officer, Zamfara College of Health Sciences and Technology Tsafe , Zamfara State, Nigeria.



It was a great opportunity to be a part of the training even though I could not make it in the second week because of health issues. But what I have acquired in the first week, will help me educate my students, out-of-school teenage clients, and mothers on mental health-related issues. I say a very big thank you to the team. God bless you.



Nyaab Esther Bugpoka.

Community Health Nurse, Pagnatik CHPS at Bunkpurugu Ghana



My sincere gratitude for the exceptional knowledge that you have provided to me during the training. Your guidance, patience, and encouragement have played a pivotal role in helping me to navigate through the challenges that I have faced during my work.



Salman Ahmad Ibrahim

Nurse College of Nursing Sciences Sokoto State, Nigeria



SEEK GSP has been beneficial to me because I have learnt a lot about mental health, how to talk to people going through mental distress, and I have learnt about some other mental conditions,



student midwife

University For Development Studies, Tamale, Ghana.



EVALUATING TELE-SUPPORT PSYCHOTHERAPY USING MOBILE PHONES AMONG YOUTH IN KAMPALA DISTRICT

The trial evaluating tele-support psychotherapy using mobile phones among Youth in Kampala District recruited 300 youth with mild to moderate depression. The trial compared the effects of tele-support psychotherapy (TSP) combined with standard mental health services (SMHS) against SMHS alone. Initial results demonstrate the feasibility, acceptability, and preliminary effectiveness of TSP, highlighting improved mental health outcomes in the TSP group compared to the control group.

Key findings include:

1. **Baseline Characteristics:** The average age of participants was 21.57 years, with a majority being female (64.33%). Most participants were single (74.68%) and had secondary education or higher.
 2. **Feasibility and Acceptability:** The TSP was well-received, with a significant portion of participants in the TSP group completing the required sessions. The study faced some challenges in reach and attrition, but overall, participants reported satisfaction with the intervention and found the counselors knowledgeable and supportive.
 3. **Fidelity of Implementation:** Professional counsellors reviewed the TSP sessions, generally rating them highly, especially those focusing on active listening and empathy. Sessions on coping skills received lower ratings, indicating a need for further training in this area.
 4. **Causal Mechanisms and Barriers:** Various factors facilitated or hindered the initiation and completion of TSP sessions. Government support and the collaboration between Makerere University and The Mental Consult Group (TMCG) were crucial facilitators. However, legal challenges targeting the LGBT community and issues with the call platform posed significant barriers.
 5. **Preliminary Effectiveness:** After 6 months, participants in the TSP group showed significant improvements in depression and anxiety scores compared to the control group. They also reported higher self-esteem and slightly lower stigma scores.
- Overall, results from our pilot trial suggest that tele-support psychotherapy is a viable and effective intervention for managing mild to moderate depression among youth in Kampala. However, addressing the identified barriers and enhancing the training of lay counselors could further improve the intervention's reach and impact.

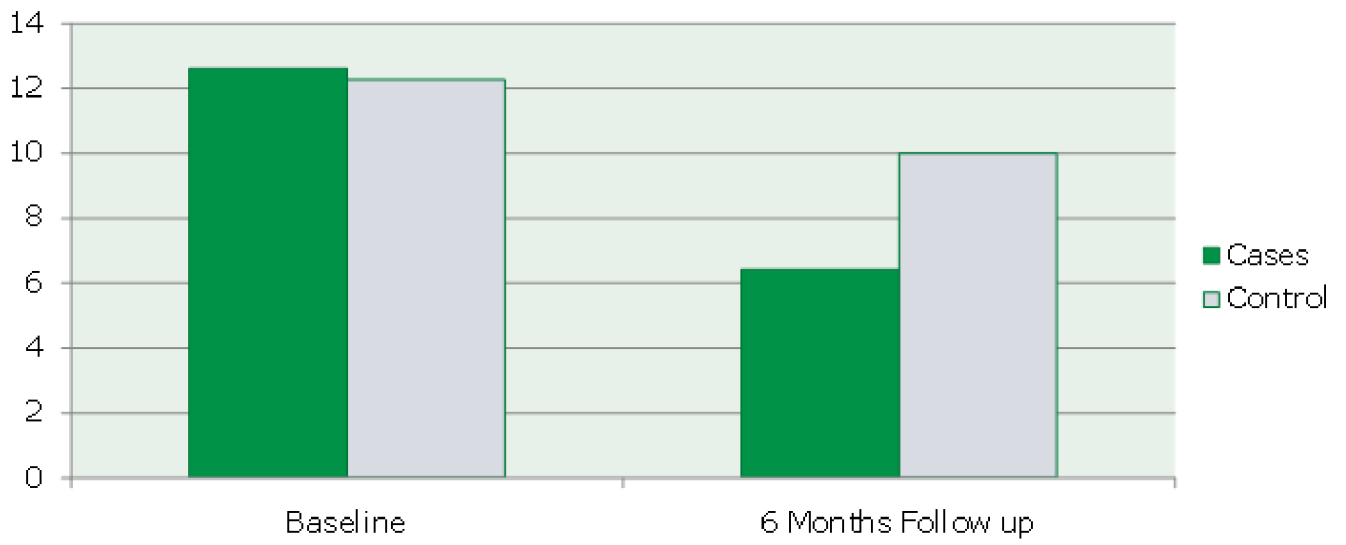


Figure 11: The Effect of Tele-psychotherapy on Depression Symptoms among Youth

SOCIAL MEDIA ENGAGEMENT

SEEK GSP has four social media platforms, these include twitter, Instagram, Facebook and YouTube. These social media platforms are updated weekly, its audience is made up of 90% Ugandans between the ages of 18 – 65+ who are able to view SEEK GSP's work in the community. Currently, the twitter page has 3,709 Followers, Instagram has 702 followers and Facebook has 1,251 followers. In 2023, we were able to gain 1,141 new followers on our twitter page, with the highest impression in month being 5,480. We had 92 tweets posted and 35 retweets from other pages with similar interests. We also saw an improvement in our engagement, with 309 likes in total. We were able to achieve this, through sharing content about activities and updating about mental health issues in the community.

Our Instagram page was created in February 2023, by the end of the year it had gained 250 followers with 83 posts. Our Instagram page has grown fast because we have engaging content, SEEK GSP is making a difference in the community. In 2023, Facebook had a slow growth, gaining only 200 new followers with 92 posts due to the fact that it is currently blocked in the country, accessing it requires VPN. Never the less, we continued to share information about SEEK GSP on the page and we saw an improvement in engagement with our followers, gaining 471 likes in 2023. YouTube channel has 25 subscribers, with the highest view on a video in 2022 being 5,136 views. Through our social media platforms, the audience is able to access the SEEK GSP website and join our programs. There was an improvement in 2023 with more engagement and better content. We hope to continue growing bigger and engaging more with the audience in 2024.

SEEK-GSP FINANCIAL REPORT

Revenue	Notes	USD	UGX
OMIN MED		7,525	26,488,000
Donation:			
Alexander H Von <u>Hafften</u>		3,850	13,552,000
Alexander H Von <u>Hafften</u>		4,075	14,344,000
Total revenue		15,450	54,384,000
Expenses:			
Indirect costs:		USD	UGX
URA Tax Penalties		227	800,000
Income tax		1,000	3,520,000
Direct costs:			
Project costs:			
Salaries		2,841	10,000,000
Trainings		7,525	26,488,000
International travels		5,000	17,600,000
Total Expenses		16,593	58,408,000
		-	-
Surplus / Deficit for the year		1,143	4,024,000

SEEK GROUP SUPPORT PSYCHOTHERAPY INITIATIVE LTD
STATEMENT OF FINANCIAL POSITION
AS OF YEAR ENDED 30TH JUNE 2023
EXCHANGE RATE: 3520

	Notes	USD	UGX
ASSETS			
Current assets			
Bank		553	1,946,560
Cash & cash equivalents		-	300,000
Other current assets		-	-
Total current assets		553	2,246,560
Non-current assets			
Equipment		1,619	5,700,000
Other non-current assets		-	-
Total non-current assets		1,619	5,700,000
Total assets		2,258	7,946,560
Liabilities			
Current Liabilities			
Current Liabilities		852	3,000,000
Other payables		-	-
Employee benefits		852	3,000,000
Total current liabilities		1,705	6,000,000
Total Liabilities		1,705	6,000,000
Equity		553	1,946,560

SEEK GROUP SUPPORT PSYCHOTHERAPY INITIATIVE LTD
 STATEMENT OF CHANGES IN
 EQUITY
 FOR THE YEAR ENDED 30TH
 JUNE 2023
 EXCHANGE RATE:
 3520

	Accumulated Funds		Total Equity	
	USD	UGX	USD	UGX
Balance as at 1st July 2022			-	-
Net Surplus/Deficit for the year	- 1,143	- 4,023,360	1,143	4,023,360
Other incomes	-	-	-	-
Balance as of 30th June 2023	- 1,143	- 4,023,360	1,143	4,023,300

