



SEEK-GSP

ANNUAL REPORT

2022



<https://seek-gsp.org/>

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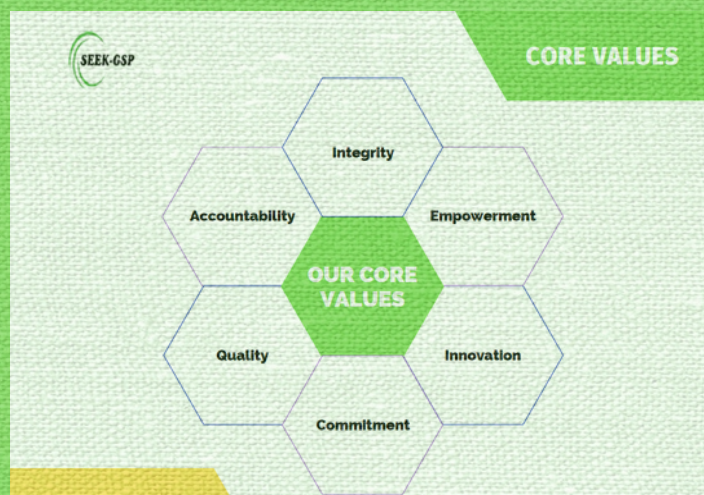
01

ABOUT SEEK GSP

SEEK-GSP is an innovative mental health program that creates mental health awareness, trains community lay health workers to recognize and respond to depression in order to improve the mental health of all Ugandans and other Africans. Through various activities, SEEK-GSP aims to address the considerable mental health treatment gap of 90% that exists between the need for mental health services and their availability. By doing so, it seeks to enable health facilities to provide mental health care that empowers individuals to thrive socially, emotionally and economically.

MISSION, VISION, AND CORE VALUES OF SEEK-GSP

At the heart of SEEK-GSP's mission are six core values: integrity, empowerment, accountability, quality, commitment, and innovation. These values guide our work and are central to our success in creating sustainable mental health solutions for sub-Saharan Africa.



MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Valued Members and Partners,

As the Executive Director of SEEK-GSP, it is my honour to share our Annual Message with you.

The past year has been one of unprecedented challenges and change, as the aftereffects of the COVID-19 pandemic forced us to adapt and find new ways to deliver mental health services. Despite these difficulties, I am proud to report that our mental health program has continued to provide vital support to individuals in need, and we have seen a significant increase in the number of clients we are able to serve as the program has been scaled up through the Ministry of Health.

Our dedicated teams of trained health workers and support staff have shown remarkable resilience and adaptability, enabling us to continue providing high-quality care to our clients even as the world around us changed. We have also been able to expand our reach and impact by forming new partnerships and collaborations with other organizations in the mental health field.

Looking ahead, we are committed to continuing to innovate and improve our services, with a focus on expanding access to mental health care for underserved communities across African borders. We are also excited to launch new therapy modalities and expand our team to meet the growing demand for our services.

Specifically, we have adapted group support psychotherapy to address the needs of young people, trained religious leaders to improve access to group therapy services in rural communities of Fort Portal district, worked with the Ministry of Health and its implementing partners to integrate psychotherapy into routine HIV care, worked with Uganda's leading digital company-The Medical Concierge Group and Rocket Health Africa to develop an online platform for tele-support psychotherapy and collaborated with the Taraba State government in Nigeria to train health workers in group support psychotherapy.

I would like to thank our clients, trainers, and support staff for their continued support and loyalty. I also want to thank our partners, donors, and funders, who have enabled us to make a difference in the lives of many people.

Thank you for your continued support and partnership. Together, we can make a real difference in the lives of those in need.

Sincerely,
Etheldreda M.Nakimuli
Executive Director
SEEK Group Support Psychotherapy Initiative

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MESSAGE FROM THE BOARD OF DIRECTORS

Dear Valued Members,

As we reflect on the past year, we are proud to report that SEEK-GSP has continued to grow and evolve, thanks to the unwavering dedication and commitment of our dedicated team of trained health workers across the country, trainers and support staff.

Despite the social and economic challenges presented by the COVID-19 pandemic, we have been able to adapt and continue delivering innovative, high-quality mental health services to those in need. Our team introduced group support psychotherapy in Nigeria and Cameroon, and we are confident that our trained health workers will sustain its delivery in rural communities.

SEEKGSP is gaining shape and has been instrumental in providing the much needed mental health services in communities engaged with last year. . We are proud to have been able to offer a valuable service to so many people during such a difficult time.

Moving forward, we are fully committed to continuous innovation, stakeholder engagement and service improvement. Our priority will be to expand access to mental health care for underserved communities in Uganda and elsewhere. We are excited to announce the upcoming launch of new therapy modalities and the expansion of our team to meet the growing demand for our services.

We would like to extend our heartfelt gratitude to our clients, therapists, and support staff for their continued support and loyalty. We value your contribution immensely and recognize that our achievements would not be possible without your commitment.

Sincerely,

Chair Board of Directors
SEEK Group Support Psychotherapy Initiative LTD

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LIST OF ACRONYMS

A-GSP - Adolescent Group Support Psychotherapy

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

GSP - Group Support Psychotherapy

LGBT - Lesbian, Gay, Bisexual Transgender

I.A.C - Intensive Adherence Counselling

ART- Anti-Retroviral Therapy

NCD - Non-Communicable Diseases

HIV - Human Immuno-Deficiency Virus

COU - Church of Uganda

EXECUTIVE SUMMARY

05

In 2022, SEEK-GSP made significant progress towards achieving its goals, and this report delves deep into the organization's achievements. The organization remained steadfast in its pursuit of breaking new grounds and spreading Group Support Psychotherapy throughout different regions of Uganda and sub-Saharan Africa. SEEK-GSP believes that its approach is a convenient and affordable first-line psychological intervention for individuals living in poverty and struggling with depression, anxiety, and high levels of stress, especially amid the Covid-19 and HIV pandemics.

One of our main focuses this year was on increasing the mental health capacity of health facility-based workers across Uganda and sub-Saharan Africa. With support from UNAIDS, we trained 20 professional and 80 lay health workers affiliated to 10 HIV clinics in two northern districts of Uganda. These workers were trained to screen and identify depression in persons living with HIV respond by providing them with group support psychotherapy sessions in the villages. Through these efforts, SEEK-GSP aims to make a positive impact on the lives of individuals facing mental health challenges and to help them build resilience in the face of adversity.

In response to the shortage of health workers in Uganda, SEEK-GSP implemented the task-shifting approach and trained priests in the Fort Portal Archdiocese to provide psychotherapy services to parishioners. SEEK-GSP collaborated with The Medical Concierge Group, a leading telemedicine company in Uganda, to develop and evaluate tele-support psychotherapy platforms. This partnership aimed to increase access to psychotherapy services for youth in Kampala district and ensure continuity of care for young people in the post-Covid-19 era in Uganda. Using the initial Group Support Psychotherapy model, SEEK-GSP worked with the urban community in Kampala to create a tele-support psychotherapy model that could meet the needs of young people in Uganda. SEEK-GSP trained 10 professional counsellors in this model, who, in turn, trained 40 lay counsellors.

In 2022, SEEK-GSP expanded its operations to Cameroon and Nigeria by engaging with local government and community leaders through our stakeholder engagement specialist. This led to the training of 30 health workers in Nigeria and two health workers in Cameroon in Group Support Psychotherapy.

Through these efforts, SEEK-GSP made several important findings, including the severe shortage of mental health professionals and the lack of awareness of mental health in many sub-Saharan African countries. Mental health is often viewed as a result of divination or witchcraft in these regions. Stigmatization resulting from HIV also affects the mental health of those living with the HIV. Furthermore, SEEK-GSP found that tele-support psychotherapy is an effective and essential tool that offers a safe virtual space for healing.



SEEK-GSP program evaluations discovered that mental health challenges interfere with medication adherence among those living with HIV. Hence, there is a need to raise awareness about mental health and depression treatment as vital to effective HIV treatment in Cameroon and Nigeria. SEEK-GSP also identified the need to train lay health workers and social workers in mental health due to the severe shortage of mental health professionals in rural populations. On a positive note, it was observed that more individuals, institutions, and states in sub-Saharan Africa are acknowledging the importance of mental health and the need to put structures or protocols in place to address this issue.

Throughout our activities in 2022, we faced various challenges that hindered our progress. These challenges include a lack of commitment from some health workers who did not take our workshops and training seriously, stigmatization of persons living with H.I.V which discouraged them from participating in group support psychotherapy, and a lack of adequate internet connection, smartphones and Wi-Fi in Uganda, which posed as an impediment to tele-support psychotherapy. In addition, we experienced a lack of resources to raise awareness on mental health, train lay health personnel, set up and equip our Cameroon office, and train lay health workers throughout Taraba State, Nigeria

Despite these challenges, we can confidently say that there is hope for mental health promotion and care in Uganda, Cameroon, Nigeria, and sub-Saharan Africa. More individuals, institutions, and governments are gradually acknowledging the need to build mental health capacity of their health workers and aid persons suffering from depression, especially those living with H.I.V. It is imperative to give a vote of thanks to all our staffs, partners, facilitators, health workers and well-wishers whose invaluable support enabled us to achieve the milestones we obtained in 2022.

Activity report - SEEK GSP Uganda

In 2022, SEEK-GSP Uganda continued its efforts to support people living with HIV by conducting follow-up assessment of the projects initiated in 2021. Specifically, we gathered baseline data on the characteristics of young people living with HIV who participated in group support psychotherapy sessions. The follow-up activities were carried out from February 2022 and ended in August 2022. In addition to the follow-up activities, SEEK-GSP Uganda worked with Ministry of Health to scale up GSP in HIV treatment centres in Uganda. To this end a series of GSP training programs were conducted throughout the year. The succeeding paragraphs present more details on activities undertaken by SEEK-GSP in Uganda, Cameroon and Nigeria throughout the year 2022.

Monitoring and Evaluation of Young People's Living with HIV Program

On March 20, 2022, we collaborated with Kitgum local government to identify 120 young people with depression between the ages of 10-18 years and treat them and their caregivers with group support psychotherapy. They were randomized to receive either A-GSP (N-60) or I.A.C (N-60). On May 1, 2022, 61 young people living with HIV completed eight sessions of A-GSP, and their caregivers completed eight sessions of the original GSP. Six months after the treatment, we assessed depression treatment and viral suppression outcomes.



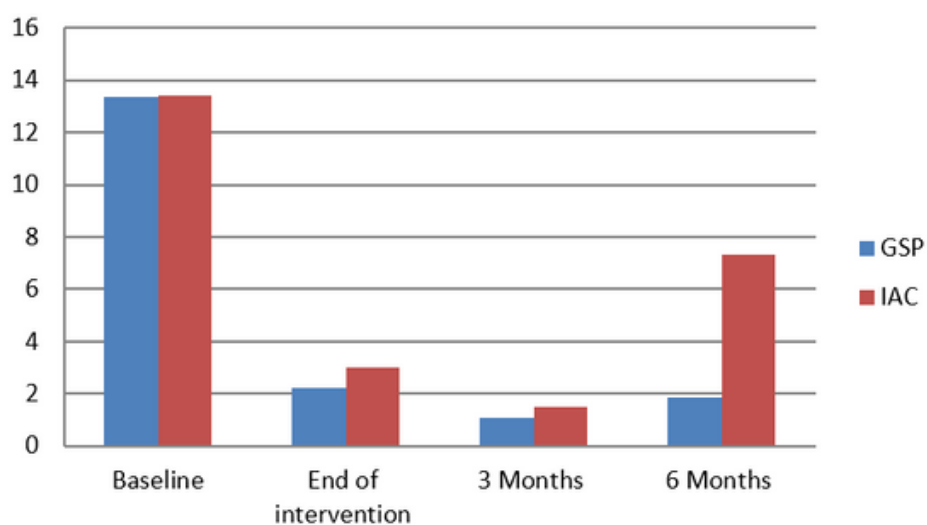
ACTIVITY PROFILE

UGANDA

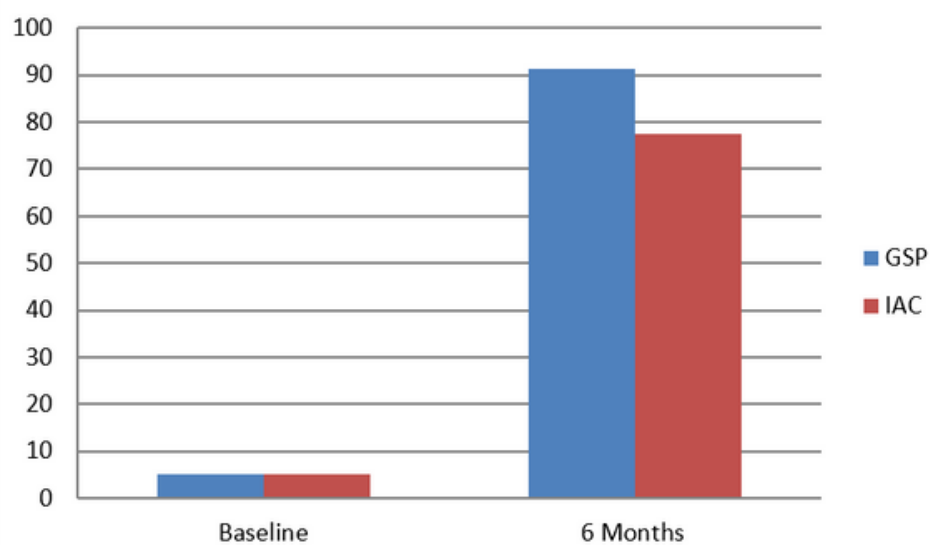
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Monitoring and Evaluation of Young People's Living with HIV Program

The Effect of GSP on Depression Scores



The Effect of GSP on Viral Load Suppression



Group Support Psychotherapy Trainings-2022

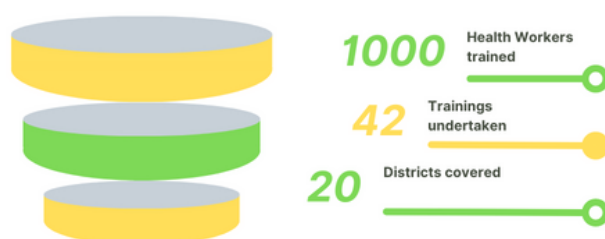
A number of Group Support Psychotherapy trainings were conducted in Uganda in 2022. These included; 33 training workshops in Kampala and Wakiso districts, 4 training workshops in Mukono, 2 training workshops in Gulu and Pader districts and 1 tele-support psychotherapy workshop in Kampala district. This makes it a total of 42 training workshops that were conducted in 2022 which led to approximately 1000 health workers being trained across 20 districts as shown in the map below.

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-clinic 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.

SEEK GSP Uganda - Numbers



ACTIVITY PROFILE UGANDA

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Group Support Psychotherapy Trainings-2022



Gulu & Pader districts



Mukono district

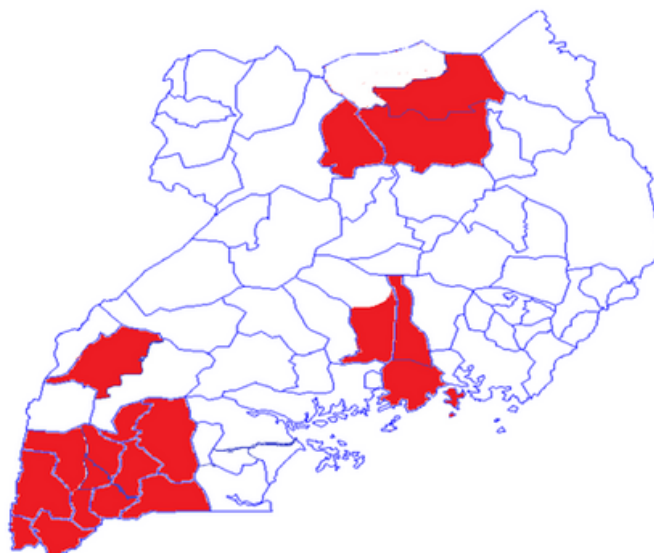


Kampala & Wakiso districts



Mukono district

Our Reach in Uganda - 2022



ACTIVITY PROFILE

UGANDA

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Challenges encountered

The challenges encountered during this training were considerable. Some of the challenges included; 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.

For some who succeeded to convene GSP sessions, some of them were disrupted by weather changes or participants failed to manage their time effectively or participants had competing demands e.g. some were caregivers to elder children or relatives being hospitalized so could not attend the group sessions.

Miscommunications among health workers and caregivers especially those handling sessions with young people sometimes led the children to miss their sessions. Some trainings in Tele-Support Psychotherapy failed due to poor internet connections or low internet band widths.

Stakeholder engagement Cameroon

In July 2022, we established SEEK-GSP Cameroon with the help of our SEEK-GSP Engagement Specialist Mr Ngeh Jules. Mr Ngeh Jules visited Uganda and observed GSP training workshops and after learning about SEEK-GSP programs from his time in Uganda, initiated Stakeholder Engagement Specialist that led to the establishment of SEEK-GSP Cameroon. Specifically he engaged various stakeholders in Cameroon who came together and elected an executive committee to lead SEEK-GSP Cameroon headed by Mr Hyacinth Nformi Kwebe. Thereafter, Mr Hyacinth Nformi Kwebe organized various stakeholder engagement and community sensitization meetings in Douala with the Wimbun community. These meetings were attended by over a hundred participants who received mental health education on common mental health problems, their causes, treatments and complications.

He also organised stakeholder engagements with traditional and administrative authorities in Nkambe in the North-West region of Cameroon. In the month of September 2022, SEEK-GSP Cameroon was officially launched in Nkambe and attended by traditional and administrative authorities and a significant amount of sensitization was also carried out with mental health education talks focusing on anxiety and depression.

On October 10th 2022, SEEK-GSP Cameroon celebrated world mental health day through a communication campaign using various media platforms including Home TV, LTM TV, Donga-Mantung Community Radio. The campaign reached an audience of more than 3 million people in Cameroon. A special TV program was also organized where Dr Ambe Marwel, the deputy country manager of SEEK-GSP Cameroon was a special guest on the program and provided valuable information on mental health and the solutions offered that will be offered by SEEK-GSP Cameroon.

In addition, SEEK-GSP Cameroon was invited to train pastors and leaders of the Presbyterian Church in Nkambe on mental health and the interventions offered by SEEK-GSP Cameroon. This training was led by Julius Mbunkur a social worker and regional coordinator for SEEK-GSP Cameroon in Nkambe with over 50 participants attending this training.

SEEK-GSP Cameroon has also engaged other stakeholders in the Ministry of Health and the private health sector. Specifically, Mr Ngeh Jules and the legal adviser for SEEK-GSP Cameroon, Mr Ivo Dogo engaged Prof. Tih Pius Muffih the General Director of the Cameroon Baptist Conventional Health Board. The purpose of the meeting was to define the terms of collaboration and partnership between SEEK-GSP Cameroon and the Cameroon Baptist Convention (CBC). This partnership will allow SEEK-GSP Cameroon to train lay health workers of the Cameroon Baptist Convention (CBC) mental health departments across their centres in Cameroon.

Stakeholder engagement Nigeria

As stakeholder engagements were going on in Cameroon, other stakeholder engagements were taking place in Nigeria. After initiating SEEK-GSP Cameroon, In Nigeria, Mr. Ngeh Jules proceeded with this initiative where he met with the local leaders and various stakeholders who came together to form a Board of Trustees who eventually formed an organization that would implement SEEK-GSP activities in Nigeria. This organization was named Support Psychotherapy Network Nigeria.

On September 14th 2022 a stakeholder meeting was held in Yola Adamawa State with 38 participants from the Kambu Development and Cultural Association. During this meeting Mr. Ngeh Jules provided information on the activities and benefits of SEEK-GSP and how it can help to improve the mental health of Nigerians. Mr. Ngeh together with the established Board of Trustees organized a meeting with the health authorities of Taraba State to discuss on the integration of SEEK-GSP activities in addressing the growing mental health problems in Nigeria. These discussions lead to the organization of the first Group Support Psychotherapy training in Nigeria which took place from November 23rd to November 27th 2022.

This workshop was held in Jalingo where 47 participants were expected from both Cameroon and Nigeria, unfortunately only 2 out of the 9 participants expected from were able to attend due to immigration challenges at the borders. The workshop was facilitated by mental health experts from Uganda led by the CEO SEEK-GSP Dr. Etheldreda N.Mpungu.

The purpose of the workshop was to build the capacity of health workers and counsellors to recognize depression and provide individual or group support psychotherapy as well as to conduct mental health capacity building in different communities in Nigeria and Cameroon.

Challenges encountered

- Limited resources to set up office space and equipment that could allow the operations of the newly formed organizations.
- Limited means of transportation made it challenging to reach certain communities and individuals in need of mental health services.
- The severe shortage of mental health professionals especially in Cameroon caused a significant challenge as it limited the number of individuals who could be trained to become national trainers on Group Support Psychotherapy in Cameroon.
- Limited funding also limited the number of community sensitization events that could be held.
- Despite these challenges, SEEK-GSP activities were well received in both countries as the stakeholders confirmed a great need for the services and were willing to work together with the teams to provide better mental services to all who needed them.

Lessons learnt

- Not all health workers can be trained to deliver Group Support Psychotherapy and is advised to focus on workers with prior experience in helping others and those who express interest in mental health so as to ensure a successful implementation.
- Stakeholders also wanted and needed to be trained so that they can participate in creating awareness about depression in their community. So it is not only the health workers who needed the mental health training but also other stakeholders in the community.
- It is important to have community mobilizers as part of the project since they are crucial in bringing out the message clearly to their community. Mental health literacy is low, however communities are open to learn. It is important to train health workers on how to give a depression health talk.

Group Support Psychotherapy Trainings-2022



Cameroon

Our Reach in Africa - 2022



Lessons learnt

- Community advisory boards were useful in mobilizing community members to come for screening and in tracking community whether they are attending Group Psychotherapy sessions or not.
- The availability of training manuals, screening tools, first of all facilitated training and the provision of Group Support Psychotherapy sessions.
- Training of lay health workers must take place in their local language and therefore the Group Therapy manuals needs to be translated to the local of the communities.
- Both online and face to face training complemented each other since health workers have heavy clinical duties. It is likely that they will be several times when online training is inevitable in order to equip the health workers with the mental health and counselling skills that they need.
- Health workers in HIV clinics are extremely busy and we have learnt that provision of continuous guidance through online platforms like WhatsApp ensures continuous learning of the basic mental health and counselling skills needed to address depression and any other mental health problem through Group Support Psychotherapy.

Recommendations

- We recommend continuous support of the trainees. After their 5 days training workshop, it is important that they continue to receive mentorship and supervision as they return to their duty station and start giving health talks to their communities, screening individuals and providing the group therapy.
- We recommend continuous screening for depression and other common mental health problems at all health facilities as part of routine care.
- We recommend continuous training of stakeholders such as the senior hospital management teams, district officials and other community leaders so that they can also participate in creating awareness and the need for mental health care in their communities.
- We recommend the mobilization of additional funds to expand the integration of Group Support Psychotherapy into the routine care and treatment in all health facilities.

SEEK-GSP & Social Media

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 3,440 followers, Instagram has 469 followers and Facebook has 1,251 followers. In 2022, 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 2022, 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 2022, Facebook had a slow growth, gaining only 8 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 2022. 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 2022 with more engagement and better content. We hope to continue growing bigger and engaging more with the audience in 2023.

SEEK-GSP FINANCIAL REPORT

SEEK GSP has been handling her operations as a research-based project and program under Makerere University through applying to different donors agencies in order to conduct its Mental Health research and activities using the knowledge of Psychotherapy intervention. This has been possible by coming up with different innovations hence the Group Support Psychotherapy intervention as well as the newly invented Tele-Support Psychotherapy, (TSP) model.

The funds sourced were and have always been received in form of awards that are granted through Makerere University a well-known public entity in Uganda. This was done in order to ensure credible, transparent, and accountable implementation/ accomplishment of the intended project goals and objectives in line with the approved budget and work schedules.

Each grant awarded to SEEK-GSP was intended for a given cause that needed to be dealt with in a specified period of time by the donors.

Last year, on 13th October 2022, SEEK Group Support Psychotherapy Initiative LTD was registered as Nonprofit Government Organization in Uganda. URA requires that we close the company first so that we can start operations as a Non-Governmental Organization

The financial reporting includes the following; income statement, Statement of financial position and statement of equity.

FINANCIAL STATEMENTS

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INCOME STATEMENT

SEEK GROUP SUPPORT PSYCHOTHERAPY INITIATIVE LTD				
INCOME STATEMENT FOR THE YEAR ENDED 1ST JULY 2021 - 30TH JUNE 2022				
EXCHANGE RATE: 3520				
Revenue		Notes	USD	UGX
Funding received from MUK:				
Donors:	CRI-1st instalment		20,000	70,400,000
	CRI-2nd instalment		31,595	111,214,400
	UNAIDS- 1st instalment		17,500	61,600,000
	UNAIDS- 2nd instalment		14,000	49,280,000
	UNAIDS- 3rd instalment		3,500	12,320,000
	USAID-DIV- 1st instalment		39,988	140,756,000
Other Sources:				
Total revenue				
			126,583	445,570,400
Expenses:				
Indirect costs:				
MUK Over Heads:	CRI-1st instalment		2,000	7,040,000
	CRI-2nd instalment		3,160	11,121,440
	UNAIDS- 1st instalment		1,750	6,160,000
	UNAIDS- 2nd instalment		1,400	4,928,000
	UNAIDS- 3rd instalment		350	1,232,000
	USAID-DIV- 1st instalment		3,999	14,075,600
Direct costs:				
Project costs			12,658	44,557,040
Total Expenses			126,582.50	445,570,400
Surplus / Deficit for the year			-	-
NB: ALL INCOMES WERE SPENT TO ZERO BALANCE				
SEEK GROUP SUPPORT PSYCHOTHERAPY INITIATIVE LTD				
INCOME STATEMENT FOR THE YEAR ENDED 1ST JULY 2022 - 30TH MARCH 2023				
EXCHANGE RATE: 3520				
Revenue		Notes	USD	UGX
Funding received from MUK:				
Donors:	USAID-DIV		11,250	39,600,000
Other Sources:				
	OMIN MED		8,022	28,237,440
	The Sonia Nabeta Foundation		284	1,000,000
Total revenue			19,556	68,837,440
Expenses:				
Indirect costs:				
MUK Overheads:	USAID-DIV		1,125	3,960,000
Direct costs:				
Project costs			16,108	56,700,480
Total Expenses			17,233	60,660,480
Surplus / Deficit for the year			2,323	8,176,960