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REPORT



**CHILD AND ADOLESCENT PSYCHIATRIC OUTPATIENT CLINIC AT KANTI
CHILDREN'S HOSPITAL (KCH)**

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PROGRESS REPORT, JANUARY TO DECEMBER 2021

PROGRESS REPORT 2021

CHILD AND ADOLESCENT PSYCHIATRY OUTPATIENT DEPARTMENT KANTI CHILDREN'S HOSPITAL

BACKGROUND

Nepal is a country in South-East Asia that has a population of 29 million, of which more than 42% are children and adolescents. As Nepal went through a decade long civil war which ended in 2006, followed by a major earthquake in 2015, along with yearly seasonal natural calamities and with ongoing COVID pandemic, mental health needs of children are heightened.

Child and adolescent psychiatry outpatient clinic (CAP OPD) at Kanti Children's Hospital (KCH) was established in July 2015, shortly after the devastating earthquake in Nepal, with the aim to address the mental health needs of the child and adolescent population. This was started in collaboration between Kanti Children's Hospital and CWIN-Nepal. Till today, this is the only full-time CAP OPD in Nepal. In the last 6 months of 2015, the clinic provided services to about 600 children and adolescents, whereas in 2021, the clinic provided services to more than 5100 children and adolescent from all over the country.

Over the years, CAP OPD has grown to a team of 7 psychiatrists and 7 clinical psychologists, with Dr Arun Raj Kunwar as head of the unit. This clinic not only provides on-site clinical services but is actively involved in various community outreach activities and is in forefront of development of CAMH promotion and services all over the country.

Last 2 years, with the onset of the COVID pandemic, children and adolescents (C&A) are isolated at home and access to mental health services for C&A across Nepal has been adversely affected. Factors such as closure of schools, confinement at home, lockdown, transportation problems, uncertainty, loss of usual routine, and fear of infection have affected the mental health of many C&A. Our team at CAP OPD has expanded TeleVideo/Tele phone access to treatment. We have also operated a 24-hour Child and Adolescent Mental Health Helpline to provide prompt services. Our team also developed TeleVideo based stress management services to C&A, which has reached directly to more than 100,000 C&As and their care givers.

Services for CAMH has increased over last 6 years in Nepal but there is a significant need of CAMH services throughout the country. Up till now, there is no dedicated CAMH inpatient unit in Nepal. If children need admission to a hospital due to psychiatric illness, they are often accommodated in an adult psychiatric ward, which is against international standards and a violation of children's rights. On 6th January, 2021, a new, separate building for Child and Adolescent Psychiatry Unit within KCH was completed and inaugurated by Hon'able Minister of Health and Population Mr. Hridayesh Tripathi. Since then, the CAP out-patient services have been running on the ground floor of the CAP building itself. First floor of the building has been completed and we plan to start first inpatient services in Nepal for C&A with mental health problems in a few months.

Summary / Conclusion

Over the course of the last 6 years, CAMH unit at KCH has worked as a focal point for the development of CAMH services all over the country. We have been able to steadily progress in terms of service provided at the CAP OPD, as well as to increase community outreach activities through various outreach programs. Our aim is to develop this unit as a Centre of Excellence for

Child and Adolescent Psychiatry and Mental Health in Nepal that will not only provide clinical CAP services, but will also provide training and pioneering research in the field of CAMH.

WORK TASKS

- 1. Provide clinical services at CAP Outpatient Unit for children and adolescents with CAMH issues from all over Nepal**
- 2. Tele-Psychiatry for CAMH Services**
 - Tele-psychiatry outreach program: Telephone follow-ups of patients
- 3. Community based outreach programs.**
- 4. Research in the field of CAMH in Nepal.**
- 5. Academic programmes and seminars**
- 6. Training & supervision**
 - Teaching and learning activities for trainees such as psychiatrists, psychologists and other professions.
- 7. Advocacy and awareness**
 - Mental health awareness programme
 - Advocate for inclusion of child mental health within the child health programs of the government of Nepal
 - Public announcement / awareness
- 8. Coordination & collaboration**
 - Project with UNICEF
 - Liaison with other departments at KCH
- 9. Staff competence development and training.**

OUR TEAM

Our team at CAP OPD at Kanti Children's Hospital is led by Dr. Arun Raj Kunwar (child and adolescent psychiatrist). In addition to Dr. Arun, it now comprises 14 other members: 7 psychiatrists and 7 clinical psychologists.

The team members by 01.01.2022 are:

Psychiatrists	Psychologists
Dr. Arun Raj Kunwar (Head, Senior Consultant Child and Adolescent Psychiatrist)	Dr. Narmada Devkota (PhD) (Clinical Psychologist)
Dr. Utkarsh Karki (Consultant Child and Adolescent Psychiatrist)	Ms. Sirjana Adhikari (Clinical Psychologist)

Dr. Gunjan Dhonju (Consultant Child and Adolescent Psychiatry)	Ms. Isha Bista (Clinical Psychologist)
Dr. Jasmine Ma (Consultant Psychiatrist)	Mr. Rampukar Sah (Clinical Psychologist)
Dr. Sherina Moktan (Consultant Psychiatrist)	Mr. Bhupendra Singh Gurung (Clinical Psychologist)
Dr. Barsha Shrestha (Consultant Psychiatrist)	Mr. Anjan Kumar Dhakal (Clinical Psychologist)
Dr. Supriya Serchan (Consultant Psychiatrist)	Ms. Shruti Rana (Clinical Psychologist)
Dr. Amit Jha (DM C&A Psychiatry Trainee at NIMHANS, INDIA)	

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

1. CHILD AND ADOLESCENT OUT PATIENT UNIT SERVICES

The CAP OPD at Kanti Children's Hospital receives cases from all over the country. The cases from outside valley are increasing every year. This year (2021), more than 50% of our cases are from outside the Kathmandu Valley. The cases are referred from other department at KCH, from other hospitals from all over the country, from community Pediatricians/GP/Psychiatrists, from schools and directly by patients/care givers. In 2021, assessments and treatments were provided through 5122 consultations to children and adolescents in the CAP OPD.

Total Case Visits: 5122

New cases	2241
Follow up cases	1381
Tele-consultations	1500
Total	5122

This included 2241 new cases, 1381 follow-up cases, and 1500 tele-consultations.

Please see the attachment for the case details.

1.1 Assessments and treatments at the OPD

The services provided in the OPD includes psychological and psychiatric assessments, consultation and treatments for children and adolescents with psychiatric disorders, including those with developmental disorders (children with intellectual disability and autism). Psychological assessments methods like intelligence tests, projective tests, rating scales for autism, ADHD, depression, anxiety, PTSD, and screening instruments like the Child Behavior Checklist (CBCL) are routinely used. Relaxation exercises, trauma-focused CBT, EMDR, behavioral management, parent skills training, supportive therapy and group therapy are the psychotherapeutic techniques routinely done. Psychotropic drugs are also routinely used as a treatment option, mostly antidepressant-, antipsychotic- and anti-anxiety medicines.

Total Psychological Assessments and Therapy Sessions from Jan- Dec, 2021

	Age	0-6 yrs		7-11 yrs		12-14 yrs		15 yrs and above		Total
	Gender	M	F	M	F	M	F	M	F	
Assessments	New	669	211	210	119	116	114	19	22	1480
	F/U	29	8	29	1	1	3	-	-	71
Therapy	New	257	142	80	33	49	42	16	11	630
	F/U	326	89	348	289	260	353	152	147	1964
Grand Total										4145

1.2 Liason work at KCH

We do liaison work with other departments at KCH to provide consultation services and supervise their doctors / staff in how to take care of children with mental problems along with their existing physical / somatic problems (i.e. co-morbidity of diseases).

- Ongoing collaboration with Oncology Unit: We work closely with the oncology department inpatient and outpatient in providing psychological and mental health support to children (and their family) with cancer. The psychiatrists from the team also visit the oncology ward for the cases that require medical management of mental health issues in the children admitted to the ward.
- Ongoing collaboration with Neurology Unit: Lots of cases in Neurology and CAMH units have co-morbid conditions that needs input from both sides. We have formed close working relation with the Neurology unit and they are one of our highest referral sources.
- General pediatric OPD: Referrals from general pediatric OPD are seen at CAP OPD. Usual referrals received are non-specific pain symptoms, incontinence, anxiety symptoms, depressive symptoms, and fainting attacks.
- Asthma OPD: Referrals from Asthma OPD usually have children presenting with shortness of breath where medical issues have been ruled out. Most common diagnoses are anxiety disorders.
- Cardiology OPD: Referrals from Cardiology OPD usually include children presenting symptoms such as palpitations where medical issues have been ruled out. Most common diagnoses are anxiety disorders. Cases of Downs Syndrome being evaluated for cardiac issues are also sent to CAP OPD for psychological assessments.
- Inpatient departments at KCH: Consultation liaison is also done with the in-patient departments at Kanti Children's Hospital, which involves psychiatric evaluation and management of cases in the ward.
- Consultation to Neonatal ICU/Pediatric ICU/ General ward and other unit on regular basis.

1.3 TWENTY FOUR HOUR CHILD AND ADOLESCENT MENTAL HEALTH HELPLINE (TOLL FREE)

We have operated for last 2 years, a 24-hour Child and Adolescent Mental Health Helpline to provide prompt services.

16600110666: Toll free 24 hour telephone helpline for CAMH problems. Any child or parents/care givers can call to get information and help any time of the day.

1.4 TELE-PSYCHIATRY FOR CAMH SERVICES

At CAP OPD many children are brought from remote areas of Nepal (for some it may take up to 4-5 days to come to Kathmandu) and often for a short treatment duration. This last year with ongoing COVID pandemic and further restrictions on travel, we have extensively expanded our tele-psychiatry services.

- **Tele-psychiatry/psychological program:**
 - The CAP team has provided tele-consultation services to more than 1500 children and adolescents in 2021.
 - Among them, 976 were males and 524 were females.
 - Tele-consultation follow-up services are now available for all patients outside the Kathmandu valley, and also for those within the valley, if needed.
- **Tele video-consultation for Autism Care Nepal Society, Surkhet, Karnali Province once a week.** Surkhet is located at far Western region of Nepal.
 - So far, assessment and ongoing management of 20 children by video-consultations have been conducted by our team.

1.5 Follow-ups after consultation

- We coordinate with the schools and community services through letters, telephone calls and recommendations, to assist the child and adolescents seen at our OPD.
- Tele-follow ups are provided on needed basis. Please see below for details.

1.6 Supportive supervision to the Child Helpline Nepal operated by CWIN-Nepal

Child Helpline Nepal (Emergency Toll-Free 1098) is the Government of Nepal's Child Protection Helpline service that is run and managed by CWIN. Child Helpline Nepal responds to any phone call 24/7. Its services include emergency rescue operations, legal assistant, emergency shelter, tracing families, family reintegration and medical assistance along with distribution of emergency relief packages to any vulnerable children

The Child Helpline Nepal receives more than 4000 cases each year of children who are physically/sexually abused, online abused, children who are trafficked, child labor, child marriage, have mental health issues, are neglected, etc.). Almost all these children have significant mental health problems and need psychiatric/psychological service.

- Our team provides regular telephone consultations to the staff at the Helplines on providing basic support to these children.
- Emergency evaluation and transfer to CAP OPD for further evaluations as on needed basis.
- Visits to The Helpline Center by one of the clinical psychologists from the CAP OPD team 2-4 times a month to provide direct evaluations and treatment to needy children. Also providing supervision to the staff.
- Ongoing collaborative meeting with The Child Helpline staff.

Plan to extend Tele-Psychiatry services to helpline in 2022.

1.7 Visit to Psthali Balika Peace Home

Established in 1994, Balika Peace Home is the transit shelter home for girls at risk, for their protection, socialization, empowerment, and family reintegration. Offering a safe haven to the girls who come from 'at-risk' situations and have been referred from the Child Helpline, the shelter provides psycho-social counselling, legal support, education support, and skill development training ensuring the protection of children's rights.

- One-day Group Psychotherapeutic Intervention was conducted on Sept. 18, 2021 for the C&A residing at Psthali Balika Peace Home. Total 49 children and adolescent benefited by the session.
- Ongoing Tele-consultation sessions to girls who needed continued support.
- Supervision to on site counselor in providing ongoing support

2. COMMUNITY BASED PROGRAMMES AND OUT-REACH ACTIVITIES

2.1 Child and Adolescent Mental Health Care Package

Considering the gap in the needs and services for children and adolescent with mental health issues, our team has developed a child and adolescent mental health care package (CAMH-CP). This project was funded and done in collaboration with UNICEF.

- The CAMH-CP was developed in collaboration with The Ministry of Health and Population (MOHP), The Gov. of Nepal, National Health Training Center (NHTC). The training has been certified by NHTC and presently rolled out in different areas of Nepal by MOHP and two Provincial Governments.

- The CAMH-CP includes manuals on CAMH with 10 CAMH disorders, basic psychosocial support, and pharmacology components. It was developed by adapting the MHGAP 2.0 (WHO) to meet the needs in a Nepalese child context.
- It provides the opportunity for early detection of CAMH cases, basic psychosocial interventions, pharmacological intervention, and referral to second level CAP health care when needed.

Trainings conducted in 2021:

- Training of health professionals on CAMH mental health issues was conducted Province 2: from 110 Health Facilities (6 hospitals, 104 Health Posts/ Urban Health Centres/ Rural Health Centres).
- A total of 288 health care professionals received the training:
 - 32 doctors
 - 134, nurses
 - 122 paramedics,
- Training of doctors and paramedics conducted at Jumla, Karnali Province:
 - 3 training sessions of 5 days each.
 - 20 doctors
 - 40 paramedics

2.2 COVID PANDAMIC RESPONSE

For children and adolescents and Frontline Health Care Workers affected by COVID-19 through Tele-mental health services

Due to the COVID pandemic, there was significant increase in C & A stress and adjustment issues. Most of the C & A were isolated at home. So, we developed Tele- Video Mental Health intervention as a significant number of schools were already using Tele-Video classes and significant number of the C&A had access to this means of communication.

We were also the first mental health team in Nepal to provide stress management sessions to the front line health care workers.

2.2.1 Child and Adolescent Interventions: July 2020 to December 2021

Manual on "Identification and Management of COVID related Child and Adolescent Mental Health Problems": All trainings were conducted online and sessions were delivered online.

- **2 Manuals were developed**
 - 1st to deliver directly to C&A.
 - 2nd to Parents, Teachers and Care givers (PTC) to provide MH support to C&A.
 - **Number of Professionals Trained** (Psychiatrists, Psychologists, Psychosocial Counselors, School Nurses) – **190**
 - **Total Number of Sessions Conducted for C&A and PTC: 4757**
 - **Total children and adolescents reached directly online by sessions: 60,617**

- **Total parents, teachers and caregivers** reached directly by sessions: **39,416**
- **Total Reach: 100,033 (C&A and PTC)**

2.2.2 Manual on "Identification and Management of COVID related stress to Front Line Health Care Workers"

Kanti Children's Hospital (where we are) was in forefront of providing COVID care. Early in the pandemic, we started providing psychological supports to front line health care works at KCH on managing stress/anxiety related COVID. We were the first one in country to provide such support to FLHCW.

Later on, we developed this as a separate manual. Ultimately, this was taken up by the Ministry of Health and the manual was rolled out to the health care works throughout Nepal.

Total Sessions for Frontline Workers: 76 (done by our team and not Ministry)

- a. **Total Frontline Health Workers** Reached through sessions: **1530**
- b. Sessions for specific COVID hospitals- 4. **Total reach 45 doctors and nurses.**
- c. **Total Reach= 1575**

2.2.3 Stress Management Sessions at COVID Isolation Centers:

Our team also went to many COVID isolation centers and provided direct stress management session to many.

Total Sessions in COVID isolation centres- 73

- d. Total beneficiaries in isolations centres- **1303**

2.3 Life Skills Education Program

Our collaboration with schools over the years has helped us understand the situation of teachers and encouraged us to develop a life skills based curriculum for schools. This program is an adaptation of the WHO recommended life skills education program. The aims are to make the children more capable of dealing with the challenges of life, prevent mental health problems, and promote better productivity and resilience. The work includes:

- Development of a curriculum based on WHO life skills,
- Sessions conducted in schools once a week throughout the school years, from kindergarten to grade 12.

We are in the process of developing training manuals for all grades, and the program was partially piloted in one school 2 years ago with the aim to expand it to other schools in the coming years.

Currently, this has been on hold due to the second and third wave of the COVID-19 pandemic. We are planning to continue it once the situation normalizes. Ultimately, we will advocate it so that we can have Life Skills Based Curriculum in all schools throughout Nepal.

2.4: Training for psychosocial counselors (30 participants) in Dolkha District from 1st – 5th April, 2021.

- Our team provided a 5-days' training program to 30 community counselors on managing and promoting child and adolescent mental health.

2.5: CAMH rapid response program (CAMH-RRP)

CAMH Rapid Response Program (CAMH-RRP) is a program that responds to CAMH crisis situations. In case of CAMH related crisis, the members of our team provide consultation through phone/TeleVideo or travel to the site in question and assist in management of the cases locally.

-Psychological First Aid (PFA) after flood to Malamchi Municipality: 4 team members traveled to the site (two visits) in the aftermath of the event.

- 320 children and adolescent of Danwar village of Ward no. 11 of Melamchi Municipality
- Distribution of the hygiene kit as well to 120 children

-Psychological First Aid (PFA) to province no. 2, Tilathi, Koladi Rural Municipality, 5 saptari. 2 team members visited the site immediately after the event.

- 100 Children and Adolescent received PFA during the visit

2.3 Group sessions on managing stress for C&A were delivered to care givers

3. RESEARCH

Our clinic aspired to integrate clinical work and research work from the very start in order to reach a high level of competence.

The following research projects have been /are conducted by the team:

1. *Epidemiological study on emotional and behavioral problems of school going children in different ethnic groups in Nepal*

- This is an ongoing PhD project by Dr. Jasmine Ma, in collaboration with the University of Tromsø, Norway.
- It is a nationwide epidemiological study comprising more than 3800 children and adolescents from different parts of the country.
- This project is in its final stage and two papers are already published.

2. *Emotional and behavior problems among adolescents aged 11-18 years in selected districts of Nepal*

- This is an ongoing PhD project by clinical psychologist Sirjana Adhikari in collaboration with the University of Tromsø, Norway
- It is included as part of a NORPART project between universities of Norway and Nepal in the field of mental health

3. ***Development and validation of an ADHD diagnostic scale for children in Nepal***
 - This is a PhD project that has been completed by clinical psychologist Narmada Devkota in collaboration with Tribhuvan University, Nepal.
 - A paper titled: *Validation of Attention Deficit Hyperactivity Disorder Diagnostic Scale for Children* was published in “Journal of Nepal Health Research Council” in 2018.

4. **“Prevalence of Mental Health Problems and Adverse Childhood Experiences among Juveniles in Child Correction Homes in Nepal” (2020-21)**
 - This is a study of all the juveniles in Child Correction Homes in Nepal (i.e., children who are convicted by court and put in juvenile detention).
 - Done in collaboration with "Secretariat of Central Child Justice Committee", Ministry of Women, Children and Senior Citizens, the Government of Nepal Pulchowk, Lalitpur

 - Included 8 Juvenile Detention Centers throughout the country and included 670 subjects
 - Please see the attached for details. We are in process of publishing this study.

The following research projects / publications / manual developments have been / are conducted and developed by the team:

- Karki U, Sravanti L. Excess Screen time - impact on childhood development and management:A Review.Medphoenix.2021;6(1). DOI:<https://doi.org/10.3126/medphoenix.v6i1.36908>
- Moktan S, Karki U, Bista I, Devkota N. Gratification disorder associated with perineal irritation in young children: management and short-term outcome: Case series. Journal of Psychosexual Health. 2021,1-5. DOI: 10.1177/26318318211023321
- Ma J, Mahat P, Brøndbo PH, Handegard BH, Kvernmo S, Javo AC. (2021). Parent reports of children’s emotional and behavioral problems in a low and middle income country (LMIC): An epidemiological study of Nepali school children. PLoS ONE 16(8): e0255596. <https://doi.org/10.1371/journal.pone.0255596>
- Ma J, Mahat P, Brøndbo PH, Handegard BH, Kvernmo S, Javo AC. (submitted PloS ONE, Dec. 2021). Family correlates of emotional and behavioral problems in Nepali school children.
- Sah R. Burnout among Post-graduate Medical Students in a Tertiary Hospital. Published in Science Journal of Public Health on Sept 2021.
- Protocol on the management of health problems in children and adolescents during the pandemic in collaboration with Nepal Paediatric Society. Our team incorporated the mental health and psychosocial support section to the protocol.

- Paper presentation on “Prevalence of mental health problems and adverse childhood experiences among juveniles in child correction homes in Nepal” at 8th National Conference of Psychiatrists’ Association of Nepal (PANCON)– Dr Utkarsh Karki
- Symposium “Scaling up of CAMH services in Nepal” at 8th National Conference of Psychiatrists’ Association of Nepal (PANCON)– Dr Utkarsh Karki, Dr Arun Kunwar, Dr Gunjan Dhonju and Dr Narmada Devkota.
- Rising Trend in Screen Time and associated autism like symptoms in the digital age of COVID-19 Pandemic: View point. Dr Utkarsh Karki, Dr Sherina Moktan. In line for publication.
- “Rehabilitation Clinical Protocol on Osteoarthritis of Knee, Non-Specific Back Pain, Stroke, Developmental Delay and Cerebral Palsy: “Rehabilitation Psychology” was presented on 19th November 2021 in Nepal Physiotherapy Virtual Conference by Dr Narmada Devkota
- “Mindfulness-Based Cognitive Behavioral Therapy (MCBT) With Exposure & Response Prevention (ERP) In the Treatment of Obsessive-Compulsive Disorder” was presented on 29th Oct 2021 in Conference of Psychiatry Association of Nepal by Dr Narmada Devkota and Sherina Moktan.
- Dr. Sherina Moktan presented oral presentation on "Gratification Disorder Associated With Perineal Irritation in Young Children: Management and Short-Term Outcome" in PANCON 2020.
- Ms. Sirjana Adhikari has finalized research paper entitled "Self-reported emotional and behavior problems in Nepali adolescents - a general population-based study" and is in the process of sending it to a journal for publication

5. ACADEMIC PROGRAMME AND SEMINARS

Medical Education programs and academic activities have been an ongoing part of the CAP Unit in the form of case presentations, topic presentations, and participation in international webinars, case presentations and discussion platforms.

- Dr. Narmada Devkota and Mr. Bhupendra completed Global Mental Health & Crisis Psychology (equivalent to 30 ECT) from The University of Bergen as part of a NORPART project, held from 9th August to 20th December 2021
- Sirjana Adhikari completed an obligatory PhD course (Epidemiology - deeper understanding) arranged by the University of Tromsø, Norway, and an optional course in Scientific Writing in Global Health.
- Isha Bista completed an online course on selective mutism from Kurtzpsychology.
- BAP online course attended by Dr Gunjan Dhonju on Substance Use Disorders.
- BAP online Course attended by Dr Sherina Moktan on Child and Adolescent Pharmacotherapy.
- Participation in monthly online ICOR Case Discussion Forum.

6. TRAINING & SUPERVISION BY KCH CAP TEAM

Training and Supervision was provided by the CAP team for:

- Residents of MD in psychiatry: We are the only site in Nepal where different medical colleges can send their psychiatry and pediatric residents for clinical exposure in CAP. We have been very open and vocal about providing such experiences to trainees.
- Psychology students posted in CAP KCH from medical colleges and Tribhuvan University.
- Child and Adolescent Psychiatry class for Post Graduate Psychiatry Residents at Chitwan Medical College, Bharatpur. Invited as a lecturer. (Dr Utkarsh Karki) - 8th -10th December 2021,
- A day training on "Understanding & management of own stress as well as child & adolescents mental health issues" was provided to CWIN helpline staff on: 22 Nov 2021

7. ADVOCACY AND AWARENESS

i. Advocate for inclusion of child mental health within the child health programs of the government of Nepal

Our team has continued to advocate for child mental health related activities with the government, in the form of budget allocation for child and adolescent mental health, and also to include training on CAMH in the induction program of medical doctors by the government of Nepal. This would ensure capacity building of the doctors at primary level health facilities in Nepal and enable them towards early identification of CAMH problems in the children and adolescents locally, provide basic interventions and/ or medication and refer if needed.

ii. Public announcement/ mental health awareness programs

- Dr Arun: Interviews for news portals, presentations in Webinars.
- Dr Utkarsh: Interviews to news portals, Presentations in webinars.
- Dr Gunjan Dhonju: Interviews to news portals, presentation at webinars.
- Dr. Narmada Devkota: Interviews for news portals, webinar presentations.
- Rampukar Sah: Interviews for news portals, webinar presentations.
- Dr Utkarsh Karki: Nepal Paediatric Society (NEPAS) webinar on Mental health problems in children: An overview
- Dr. Utkarsha Karki: Virtual Training on Management of COVID-19 cases in Paediatric Population – Batch 3 on “Child & Adolescent psychosocial issues during pandemic: management” as a panelist
- Dr Utkarsh Karki: Interaction program on “Child development and parenting in Nepal: Experiences from ICDP” at Himalaya Hotel, Kathmandu.

8. COORDINATION & COLLABORATION: ONGOING PROJECTS

- **UNICEF** - Capacity Building of Doctors and paramedical professionals in CAMH, and COVID 19 related CAMH issues: Identification and Management
- **Epidemiology and Disease Control Division, Ministry of Health, Government of Nepal** - Capacity Building of Doctors and paramedical professionals in CAMH
- **National Health Training Centre, Ministry of Health, Government of Nepal**- Capacity Building of Doctors and paramedical professionals in CAMH
- **The Health Secretariat, Province 2** - Capacity Building of Doctors and paramedical professionals in CAMH
- **Nepal Pediatric Society** - Training of pediatricians on management of COVID 19 related health problems in children and adolescents. Our team gave presentations of COVID 19 related stress identification and management for child and adolescent population.

CHALLENGES, LESSONS LEARNED AND THE WAY FORWARD

The awareness of child and adolescent mental health is still poor in Nepal, both among parents, teachers, medical fraternity, local authorities, and government bodies. There is very little funding from the government to increase child mental health services. Lack of skilled human resources is the other challenge. However, after persistent efforts, it has now become possible to get more cooperation from the different levels of government and from non-governmental bodies, local authorities, and community members. Similarly, the COVID-19 pandemic has been one of the most challenging periods for us. However, it also brought opportunity to explore new ideas to reach the people in need such as reaching children and adolescent through both tele-consultation and tele-video consultation, online TOT for the mental health practitioner and nurses and online session on CAMH and stress management to children, adolescent, parents, teachers, and caregivers.

Lesson learnt:

In 2022, we are looking forward to operating the Inpatient ward of Kanti- CAP Unit and continuation of our OPD. We plan to expand through technology by optimum utilization of Mobile Tele-Phone follow-up/ Video Consultation to provide services to children and adolescent all over Nepal, especially for the ones having geographical barriers. Likewise, in the coming year, we plan to extend our outreach on CAMH and reach as many children, adolescents, and adults as we can to provide awareness on CAMH. More collaboration and networking with like-minded organizations, including the government, in order to effective work in the field of CAMH. Besides, we also look forward to establishing at least one CAP center in a province.

We thank all our funding partners for their continued support, without whom this all wouldn't be possible.

Child Worker's in Nepal (CWIN)

FORUT –Norway
Touch Ireland
China Alpha Fund Management (HK) Limited
UNICEF
Australia Nepal Mental Health Network
Norwegian Psychiatric Association

SOME GLIMPSE OF KANTI-CAP TEAM AND THEIR WORK



Group picture of Kanti-CAP Unit Team members



Child Psychiatry Unit at Kanti Children's Hospital visited by Hon'ble State Minister for Health, Mr. Bhawani Prasad Khapung during the occasion of 60th Anniversary of Kanti Children's Hospital



Providing Psychological First Aid and Hygiene Kit distribution to children and adolescent at Melamchi and Rajbiraj

