

An aerial photograph of a dirt road winding through a lush green landscape. The road is surrounded by dense vegetation, including tall palm trees in the background and various green plants in the foreground. Several people are walking along the road, some carrying items on their heads. The overall scene is vibrant and natural.

# DIGITAL-BASED MENTAL HEALTH EDUCATION FOR LOW- TO MIDDLE-INCOME COUNTRIES

# PARTNERS



# THE CHALLENGE

**There aren't enough skilled workers to meet the world's mental health needs.**

- In LMICs, non-communicable diseases are now the dominant source of ill health
- LMICs comprise 80% of the world's population but 2% of behavioral health workers
- University capacity for mental health training in LMICs is limited
- Trainings by NGOs are rarely coordinated or recognized for future employment

# OUR SOLUTION

**Build a scalable platform that leverages digital-based technology to teach, assess, and verify mental health trainee achievements.**

- By 2017, there were 420 million mobile subscribers in Sub-Saharan Africa
- 60% of community health workers in one survey had a smartphone
- Mental health is only one percent of the areas of focus for training programs using mobile phones or tablets

# HOW IT WORKS

## Curriculum & Instruction Lab

- Adler University
- Host county partners
- NGOs
- Government Ministries

## Learning Management Platform

- E-Learning courses
- Storage of classroom tools
- Mobile Apps
- Dashboards
- Learning Analytics
- Certificates/ Badges
- Usage statistics

## Training, Supervision & Evaluation

- Traditional & blended classrooms
- Distance learning
- Self-instruction
- Supervised Practice
- Discussion forums & social media
- Online assessment

# SIERRA LEONE DEMONSTRATION PROJECT

- **Develop a digital media, mobile version of Psychological First Aid training.**
- **Train 25 health workers in a blended classroom format**
- **Serve 3000 - 7500 community members**
- **Total cost less than 10,000 dollars**

# ANTICIPATED IMPACT

## OUTCOMES

- Lower instructional costs
- Expanded coverage of mental health training
- Consistent teaching outcomes from adopting shared resources and standards
- Greater career recognition and motivation for trainees

## MEASURES

- Project budgets
- Digital assessment tools & trainer evaluations
- Completion reports & evaluation surveys
- Activity reports & forum participation