

MAJOR ISSUES RELATED TO MENTAL HEALTH AND CBR

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Compatibility of Approach

- Rights-based
- Social model of disability
- Twin-track – advocacy and service
- Participatory planning
- Informed consent
- Inclusive approaches
- Essential needs – work, family and community life
- Access to services
- Emphasis on abilities, not disabilities

KEY ISSUES

- **Many CBR programmes do not include people with neuro-psychiatric problems**
- **The psychiatric hospital/unit as first choice**
- **The need for de-institutionalisation**
- **Lack of MH expertise/orientation at ground level**
- **Absence of effective user groups at ground level**
- **The misconception that only psychiatrists can help**
- **MH of children/young adults often overlooked**
- **Breaking the poverty-disability-poverty cycle**

SUGGESTED WAYS FORWARD

- **Orientate and enable CBR staff and other community workers, nurses, health centre staff**
- **Public campaigns to reduce stigma**
- **Family support and training**
- **Livelihood!!!!**
- **Use of faith-based networks**
- **Nurture and empower user groups**
- **Advocacy at all levels**
- **Ensure consistent availability of least-cost medication**