



## ▼ Situation

**27.8%** National prevalence of mental disease

- Inexistent Mental Health Legislation
- Outdated and inoperative government policies
- No social/community Mental Health programs in rural areas

**0.6** Psychiatrists per 100,000 people (96% in Guatemala City)

- 1% access to psych meds
- 1% of National Health Budget
- Centralized service in one asylum institution
- Human rights aggressions
- Stigma and discrimination

## ▼ Mission

- For Mental Health to be considered essential on a national and government level
- To establish effective preventive measures, and access to quality care and treatment for mentally ill patients with the lowest incomes
- Work with the people and not for them, and towards innovative solutions
- To transform the life of Guatemalan people, by providing the best possible mental health

## ► Objectives

1. Provide access to MH services and medicines for the poorest patients
2. Reduce stigma and discrimination associated with mental health
3. Offer voluntary work, research and professional training
4. Provide rehabilitation and empowerment for a sustainable lifestyle
5. Train personnel in public health care centers

## ▼ Results



### 1 Access to Treatment

- Direct clinical attention to 725 families followed by psychiatrist (outpatient clinic and home visits for the severely ill)
- Visits to all families for education and medicine adherence
- Sponsorship program
- Treatment donation for severely ill patients
- Access to medicines program: antidepressants at net cost
- Currently, three municipalities are receiving regular consultation visits

### 2 Fight Against Stigma

- Children and youth workshops (500 students per year)
- Lectures to primary care physicians
- Posters regarding "Prevention in Mental Health" were posted in health clinics, schools, municipalities and social services
- Mental Health World Day activities (race, parade, commemorative ceremonies)
- Two radio shows "SALUD MENTAL PARA TODOS," Spanish and T'zutuujil
- Weekly T.V. show "SALUD PARA TODOS" (local and YOUTUBE)

### 3 Volunteering

- Collaboration with Stanford school of medicine, of Psychiatry residents and child psychiatry fellow participate in the program
- Collaboration with École Polytechnique's X-Microfinance program
- Creation of a Social Psychiatry rotation as a part of the Guatemalan psychiatry residency

### 4 Rehab & Empowerment

- Support, advocacy, and companionship to patients in need of legal or technical assistance
- Mutual support group: one year of monthly sessions, 25-30 patients and family members
- Lobbying and support to "evolve" the mutual group into a "Family and Patients Association"
- Monthly "Diabetes and quality of life" club, 25-30 participants per session
- Micro-loan program for patients and families

### 5 Training

- "Basic mental health" training program to non-medical personnel in state health services (280 people per year)
- "Tacit diseases" lecture series for educators, facilitators, teachers and Social Work students (400 people per year)
- Lobbying and preparation for an MHgap for State Primary care physicians in 2017 (PAHO-ALAS agreement)

## ▼ Today

Alas Pro Salud Mental is the first, and only non-profit organization in Guatemala dedicated to mental health access. In three years of existence, it has had a profound impact on the improvement of the quality of life of people with mental diseases and their families. It has diminished stigma and discrimination through massive media and has begun to build competencies to improve medical attention in state health centers.

## ▼ Future

- Expand services to the whole country
- Cooperation agreements with the Minister of Health and NGO's to improve and expand services
- Support, and companionship to develop a Patient-Family Association
- Lobbying to work with the Minister of Health and influence national health policies