

Thinking Healthy Program Liberia

Liberian Center for Outcomes Research in Mental Health
The Carter Center

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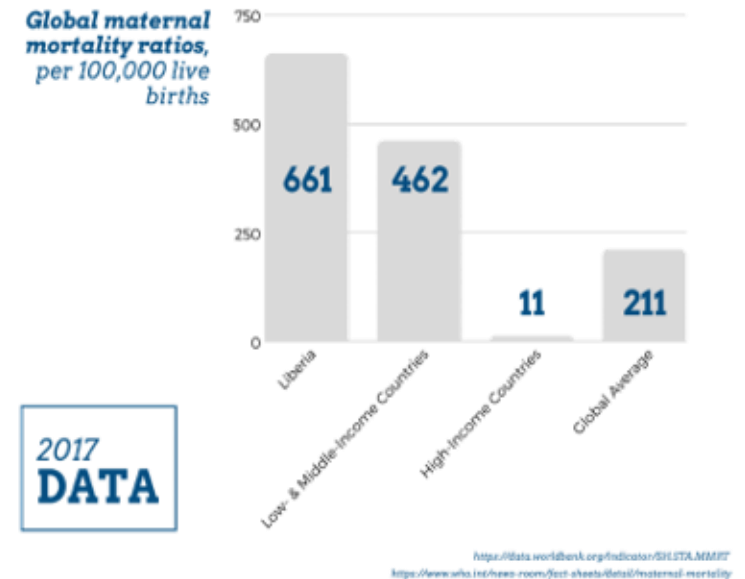
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Mental Health for Mothers in Liberia

- Maternal mortality is a critical global challenge
- Liberia ranks 175 out of 184 countries recorded in maternal mortality
- Poor mental health leads to adverse reproductive, birth, and childhood health outcomes



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Innovation: Thinking Healthy Programme

- Thinking Healthy is a modular psychological intervention designed in Pakistan and endorsed by WHO
- Delivered over 16 sessions using a cognitive behavioral therapy approach
- Manual has been validated in various countries across Asia and South America



THINKING HEALTHY
A manual for psychosocial management of perinatal depression

WHO generic field-trial version 1.0, 2015
Series on Low-Intensity Psychological Interventions – 1



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Adaptation and Validation

- January 2020-December 2021
- Adaptation of illustrations and content was validated during a convening with diverse stakeholders
- Additional validation was conducted with pregnant women



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Implementation in Montserrado County

- Master training was attended by 17 health care workers; 11 are still active
- Master trainers have trained an additional 200 health care workers and 120 general community health volunteers
- 60 facilities participating (public and private)
- 4250 women screened; 536 enrolled (12.6%, March 2022)



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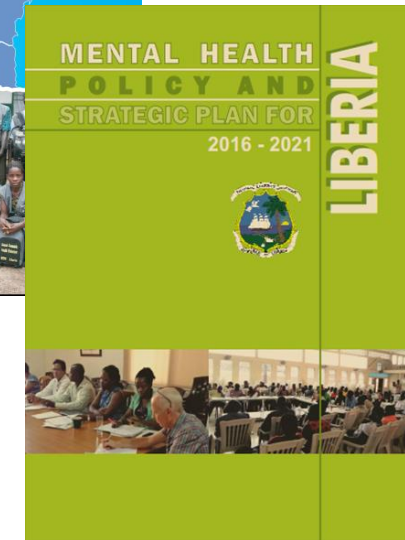
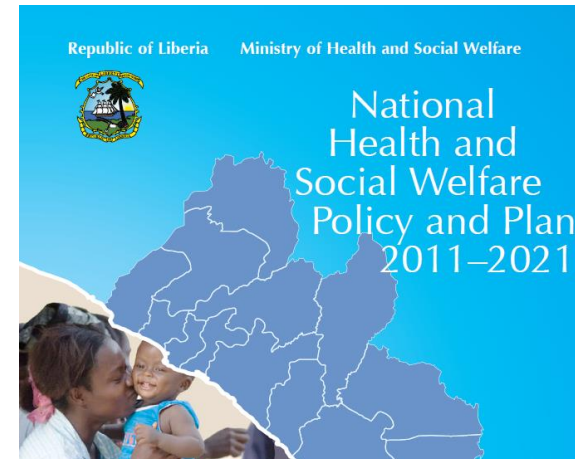
Scalability

- Goal is to scale to all 15 counties; Margibi will follow Montserrado
- Collaboration with various organizations (governmental, non-governmental, CSOs, etc.) to embed training into nursing curricula
- Government of Liberia is supportive of the public mental health sector and this integration



Sustainability

- Policy network supports Thinking Healthy, including the National Health Policy and Plan, and the National Mental Health Policy and Strategic Plan
- The Ministry of Health and County Health Team have endorsed the implementation of THP



Challenges

- Sustainability
- Quality of Data
- Funding



THP LOG FORM

Mother's name:	Mother's Address: Phone:	Husband's/other contact's name: Address
Mother's pregnancy month	PHQ-9 score at the START of program:10	PHQ-9 score at the END of program:
	WHO DAS 12-Item score at the START of program:5	WHO DAS 12-Item score at the START of program:



Thank you!

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