



SUCCEED AFRICA

Research Consortium

End of Year

2

April, 2021 - March, 2022

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Looking Forward to Next Year



Support Comprehensive Care and Empowerment for People with Psychosocial Disabilities in Sub-Saharan Africa

SUCCEED

is a 6-year Research Programme Consortium (RPC) grant awarded by the UK Foreign, Commonwealth & Development Office (FCDO).

SUCCEED aims to build evidence on “What Works” for persons living with psychosocial disabilities in four countries (Nigeria, Sierra Leone, Zimbabwe and Malawi)

The programme, which began in May 2020 has three distinct workstreams;

Research *Capacity Building*

Communications and Uptake

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LONDON
SCHOOL of
HYGIENE
& TROPICAL
MEDICINE



CONTRIBUTORS

Editorial Team

Anna Cronin de Chavez

Chuka Ononye

Matthew Kanu

Henry Fukiza

Lloyd Dzapasi

Philani Ama Kinyabo

Ritsuko Kakuma

Yinka Egbokhare

Design and Layout

Chuka Ononye

Contributors

The contents of this 2022 Report was contributed by all SUCCEED team members from Malawi, Nigeria, Sierra Leone, Zimbabwe and United Kingdom, and our partners from McPin Foundation and CBM Global.

pics by Mohamed on Unsplash



Picture of Tom Shakespeare

INTRODUCTION

I am very proud to introduce the work of the SUCCEED Research Programme Consortium in our second year. It feels as if this is the year when ownership was truly achieved by our African university colleagues. We in the London team have felt both grateful and inspired that the whole network is alive with thought and activity. The other element is the wonderful work of our peer researchers, documented in this report. They have truly stepped up. We want to help build strong African research capacity of people living with psychosocial disability, and embed a deep understanding of co-production, and we are well on our way to that goal. Our whole network have completed the WHO QualityRights online training, so you can be sure that we are approaching the issues on a firm human rights basis.

We have completed so much background

research! We hope for our draft papers to be accepted for publication, but journal timetables are always slow. We have also done much training in research and promotion of our programme. Now it is time to get on with the qualitative research necessary to test our Theory of Change. Soon, we will get going with the actual pilot study of our CBR intervention (Community-Based Rehabilitation) to improve the lives of people with psychosis. Despite the challenges of the Covid-19 pandemic and the cuts of UK government funding, we are still busy and buoyant. I would like to thank all the members in the network for their hard work. I commend the work of the SUCCEED Programme to our many partners in WHO, FCDO, CBM Global, McPin Foundation and across the mental health research community, particularly peers who are living with psychosocial disability.

Professor Tom Shakespeare,
LSHTM, Research Director of SUCCEED



Picture of Julian Eaton and Olayinka Omigbodun during a live webinar in Nigeria

The Support Comprehensive Care and EmpowErment for people with psychosocial Disabilities in Sub-Saharan Africa (SUCCEED Africa) is a research consortium that aims to develop and evaluate an enhanced package of care for people with psychosocial disabilities (particularly focusing on schizophrenia, bipolar disorder and other psychotic disorders) in the region. SUCCEED Africa builds on principles of co-production and South-South partnership in four countries (Malawi, Nigeria, Sierra Leone and Zimbabwe) in sub-Saharan Africa to become regional leaders in research and policy on psychosocial disabilities, with a focus on psychosis.

Existing research demonstrates that people with psychosocial disabilities are not often involved in the research on psychosis. In Low-and Middle-Income Countries (LMICs), opportunities to understand ‘What Works’ to improve engagement and enable disempowered groups to have genuine input into research and decision-making have been even more limited. SUCCEED operates on the principle of co-production and collaborative working – in that people with psychosis and their supporting systems are ‘experts by experience’, who are best positioned to define their needs and how to address them.

Aims and Objectives

SUCCEED aims to address these gaps by:

- 1.** Developing a sustainable, effective, evidence-based package of multi-sectoral care and support (“Enhanced Community-Based Rehabilitation [CBR]”) for people with psychosocial disabilities (focusing in the project on people with a diagnosis of a psychotic condition) in line with existing normative guidance that is feasible, acceptable and appropriate for low-resource, community-based settings
 - a. Co-produce an enhanced CBR package for people with psychosis in community settings
 - b. Co-produce new tools and outcome measures for improved research on psychosis to evaluate the implementation and effectiveness of the enhanced CBR package
 - c. Build capacity for co-production between researchers, providers, people with psychosis and families

2. Generating new knowledge on co-production for mental health research in LMICs, by modelling best practice in disability inclusion, addressing attitudinal barriers among key stakeholders, and building the capacity of “experts by experience” to engage meaningfully in mental health research and policy

a. Synthesise evidence on “What Works” for psychosis and psychosocial disabilities more broadly in LMICs

b. Increase uptake of evidence-based guidelines, based on the research produced

Workstreams

To ensure timely and high-quality delivery, SUCCEED’s programme of work is divided into three work streams, each with its measurable strategy and dedicated management within SUCCEED governance:

The Research workstream, Capacity Building workstream and Communication and Research Uptake workstream.

Research Workstream

The Research Workstream has three aims:

1. Synthesize existing evidence on “What Works” for psychosis in LMICs

2. Co-produce research tools and

3. Co-produce and evaluate an enhanced package of care for psychosis

Capacity-Building Workstream

The Capacity Building stream has three aims:

1. Build capacity for co-production between experts by experience and experts by profession

2. Build capacity to generate, interpret and use data among experts by experience and experts by profession and

3. Build the capacity of OPDs to represent people with psychosis

Uptake and Communications Workstream

The Uptake and Communications Workstream has three aims:

1. Translate locally-relevant evidence into clear guidelines for a variety of stakeholders

2. Engage diverse stakeholders in local & international advisory groups and

3. Support experts by experience to communicate clearly and effectively with stakeholders

PEER RESEARCHERS CORNER

Authors:

Philani Ama Kinyanbo,
Musa Buyanga (Zimbabwe),
Martin Nkhata (Malawi),
Alhaji Koroma (Sierra Leone)
Mayowa Olusanmi,
Bisola Fasoranti,
Olayinka Aturu (Nigeria)





Picture of Olayinka Aturu and Mayowa Olusanmi (Peer researchers) presenting to the SUCCEED team in Nigeria

‘ **The year has been a *tremendous* and *exciting* one for all the peer researchers- no doubt we have all been impacted positively by the involvement with SUCCEED Africa** ’

SUCCEED AFRICA is an avenue for realizing one’s self. It has created a sense of belonging for the lived experience team such that we are not ashamed to talk about our health conditions. We also see it as a way of uplifting other persons out there with the same mental health condition. Apart from empowering us academically, it has also broadened and im-

proved our cognitive ability. We have participated in the development of situation analysis, theory of change, interview guides, capacity building sessions, data management, data collection, key Informant Interview guide, proper finance and budget, focus group discussion (FGD) etc.

SUCCEED

Research is timely in mental health history and intervention in Sierra Leone and Africa.

The Support, Care and Comprehensive Empowerment for people with Psychosocial Disability in Sub-Saharan Africa (SUCCEED), is a timely project in the lives of youth and all persons. We have experienced a lot in our lives from situations that challenge our rights, opportunities and responsibilities. For example, the recovery of the population of Sierra Leone from the ten years of war has been slow, especially due to disease outbreaks within Africa and the world at large.

SUCCEED is one of the biggest research projects on psychosis in Africa and it is timely to finding a scientific and non-scientific domesticated and sustainable solution for mental health. The experiences everyone can benefit from SUCCEED greatly impact our expectations throughout the project's life.

Significance of withholding of basic human rights

Human rights are the basic rights and freedom which everyone must enjoy on earth, regardless of status, cultural background, and health conditions.

According to Convention of the Rights of Persons with Disabilities (CRPD), disabled persons have the right to medical, psychological and functional treatment, rehabilitation, education, vocational training and rehabilitation, aid, counselling, placement services and other services.

Recognizing the human rights of people with mental health conditions is less practised and supported in communities and social institutions, especially in sub-Saharan Africa. Discriminating, marginalizing, violence and stigmatizing persons with mental health conditions is, unfortunately, denying them their human rights, but with SUCCEED, our knowledge is improving.

“

SUCCEED has increased persons with lived experience’s self-worth and confidence, as well as providing skills and experience through the SUCCEED CAPACITY BUILDING package

Alhaji Koroma.

Peer Researcher, Sierra Leone Team

Self-experience and problems faced by persons with mental health challenges

We also feel compassion for ourselves and for others with mental health challenges experiencing the following:



Image by Colton Sturgeon freely on Unsplash

Stigmatization

Neglect

Violence

Seclusion

Community Exclusion

Human Rights Violations

Torture

Restrain

Unemployment Discrimination

Married “wahala”(difficulties)

Sexual Harassment

Poverty

Poor access to and/or ineffective medications

Incarceration

Be prone to other health conditions

EXPERIENCES

Individual experiences of our peer researchers in year 2 of SUCCEED

Musa Buyanga from the Zimbabwe team expressed how SUCCEED has been an enjoyable experience where he has been able to express himself. He used to be shy but now he is more confident. He will not hesitate to participate in reporting activities on the Zoom platforms. He wishes to gain more experience.

Martin Nkhata from the Malawi team indicates how the second year has been great for him on all aspects. The activities that have happened have humbled him as he has taken part in the protocol development which also involved research guide development. He has also taken part in capacity building sessions aimed at imparting knowledge to all SUCCEED staff which also aimed at fostering co-production in the project. He feels of value as he takes part in the SUCCEED meetings and also given a chance to present in big meetings where his ideas were not just heard but considered.

One of our peer researchers who chose to be anonymous said "My experience in SUCCEED Africa over the past couple of years has been a wonderful experience such that I love the atmosphere. It's an environment where you can work with ease and comfort with no iota of stigmatization. The fact that after each task has been performed, words of affirmation given to us helps to make peer researchers want to do more, especially during each global meeting".

My name is Mayowa Olusanmi and I am living with paranoid schizophrenia. I joined SUCCEED Africa, Nigeria team as a peer researcher in March 2021. First of all, I am grateful to our principal investigator in the person of Professor Olayinka Omigbodun for seeing my potential as a peer researcher with SUCCEED. I was received with so much warmth by the other team members when I resumed work that I did not miss home at all. So far, I have acquired new skills such as transcribing, translation, coding, developing the theory of change map, converting assumptions into research questions, drafting interview guides and conducting interviews. I was able to contribute meaningfully to the development of our country's theory of change map, research questions and interview guides. My confidence in public speaking has also been built through the opportunities I was given to speak during our meetings. I have also made new friends on the team.

“

QUOTES

Quotes from Peer Researchers

“I have taken part in CAPACITY BUILDING sessions aimed at imparting knowledge to all SUCCEED staff. It also aimed at fostering CO-PRODUCTION on the project. I feel of value as i take part in the SUCCEED meeting where my ideas were not just heard but considered”-

Martin Nkhata

It is amazing how people work together as a team, everyone wants to work to benefit each other”-

Philani Ama Kinyabo

”

“

“My confidence in public speaking has been built through the opportunity I was given to speak during our meetings, I was able to contribute meaningfully to development of our country’s theory of change map, research questions and interview guides”-**Mayowa Olusanmi**

“I personally derive benefit from this research work such as skill development from capacity building, workshops, empowerment, improved self-esteem and fulfilment” -

Bisola Fasoranti

“SUCCEED Africa has really me taught me that dreams do come through if you can keep hope alive.”-

Olayinka Aturu

”



An image showing a co produced activity of a SUCCEED peer researcher, principal investigator and program manager

Co-production

Co-production in SUCCEED is when people with lived experience (PwLE) and their families/ caregivers work together with professionals or service providers to develop and co-deliver the SUCCEED package of care and support for persons with mental health disabilities.

Involving persons with mental health conditions to co-produce services for their needs, care and support nourishes the renewal of our human rights. Co-production improves the relationship among co-workers (PwLE, community organisations, academics and professionals).

Thanks to this co-production approach, we are now employed, recognized, acknowledged and our participation and contribution are accepted within the SUCCEED project.

Co-production has motivated and empowered us as PwLE to increase awareness in our communities and thus increase utilizing our SUCCEED research findings and co-production brings our benefits from a peer network.

Expectations From SUCCEED Africa:

We are expecting the following from SUCCEED during and at the end of the project years:

- Enabling SUCCEED countries to influence in-country mental health financial and human rights policies at community levels through all stakeholders.
- Deliver an effective test package of the SUCCEED care and support to community vulnerable people (impact indicators)
- Improve the adoption of co-production through local and international collaboration and in SUCCEED and even for other

SUCCEED's aims to support national, family and personal outcomes:

SUCCEED greatly strengthen our mutual relationship and collaboration with mental health service providers /experts and supports stakeholders and our families or caregivers in providing an effective solution to our mental challenges. SUCCEED has also increased PwLE's self-worth and confidence as well as provided skills and experience through the SUCCEED capacity-building package.

This makes us feel included and take responsibility for planning and contributing to our national mental health policies through our Local Advisory Group (LAG) collaboration and meetings.

Through SUCCEED, some families are now encouraging us as peer researchers and PwLE to cope with our situation as we can now also contribute to the provision of housing, food and other basic contributions. As SUCCEED peer researchers, we now feel empowered and have an increased sense of ownership throughout the project, Mental health conditions and PwLE are acknowledged and we feel that we are now respected and accepted among stakeholders and social institutions through our LAG, Lived Experience Advisory Panel (LEAP) meetings and collaboration. Through our LAG meetings with stakeholders, we are now part of the planning and implementing of the SUCCEED package of care and support to help ourselves and our colleagues.

human subject projects.

- Support scholarship applications for peer researchers and other participants.
- Provide opportunities for basic short-term grant/projects implemented by peer researchers to colleagues in their various communities and peer, support groups,
- Create links for researchers to access other opportunities besides SUCCEED.
- We are also expecting SUCCEED to build a strong and influential recommendation about the most effective pathway to care and support of persons with mental disabilities through findings.

A woman with short dark hair, wearing glasses and a red leopard print top, is speaking into a microphone. She is smiling and gesturing with her left hand. The background is a bright, out-of-focus indoor setting.

RESEARCH

WORKSTREAM

AIMS

SUCCEED is following a Theory of Change driven approach to achieve “What works best” for people with psychosocial disabilities.

Research will therefore be conducted in three stages:

1. **Development:** Building an evidence-base for “What Works” for co-production and psychosocial disabilities, through evidence reviews
2. **Feasibility and Piloting:** Conducting formative research to fill knowledge gaps, plus a pilot project to test the enhanced package of care
3. **Evaluation:** Across four sites, implementing Randomised Controlled Trials (RCTs) and process evaluations of the package of care

Situation Analysis

Each site conducted a situation analysis (SA) from March 2021 and finished in July 2021. This was followed by a peer review process which finished in August/ September 2021. All four sites used the same template so that results could be compared across sites on similar variables. Data was mostly obtained from primary sources including government officials from ministries such as Ministry of Health, Ministry of Education and members of civic organisations and Persons with Lived experiences who are part of SUCCEED or partner organisations. This was augmented with data obtained from secondary sources such as Census data, District Health Survey data, data from official government documents, the World Health Organization's MINDbank and original research published in peer-reviewed journals. Generalizations were also drawn from African regional data compiled in the World Health Organisation's Mental Health Atlas and meta-analysis.

The situation analysis focused on general country profiles including geography population size, levels of governance, populations density and proportion of persons living in urban and rural areas and many others. The SA also covered economic indicators such as literacy rates, water and sanitation, electricity supply and major economic activities. Health indicators included for example, pathways to care, life expectancy, infant mortality rates, maternal mortality rate and support. Disability indicators covered were proportion of persons with a physical disability, proportion of persons with a mental disability, proportion of different mental health conditions and suicide death rate. All sites countries completed the SA.

“

The Stigma, open discrimination, exclusion and lack of adequate infrastructure for the care of people with psychosocial disabilities: the story of four african countries-

Olubukola Omobowale

Formative Research

One of our main goals in year 2 was to conduct formative research across the 4 SUCCEED sites acting as a pathway to fill any information gaps. This process completes the foundation for our next step - a pilot project to test the multi-sectoral package of care for psychosocial disabilities (enhanced Community Based Rehabilitation). The main protocol was developed and approved paving way for site-specific ethics clearance application processes to begin. All SUCCEED country teams; Malawi, Nigeria and Sierra Leone and Zimbabwe have all obtained their ethics clearances, and data collection is underway. The data collection involves key individual interviews and focus groups with a total of 60 participants per site.

Some Key Findings from the Situation Analysis



Graphic of school children standing in front of a school

Education

Persons Living with Psychosis (PLWP) still face significant discrimination in schools and are often denied opportunities for leadership and full participation in school activities once others become aware of their condition.



Graphic of religious leaders of different faiths together (social life topic)

Social Life

Religious institutions provide significant psychosocial support such as prayers, financial assistance and referral to hospitals for professional care, to PLWP.



Graphic of people asking each other questions (livelihoods topic)

Livelihood

Some social protection opportunities seem to be (at least in principle) available for PLWP; however, PLWP are not aware of them and consequently do not make attempts at accessing them.



Graphic of a hospital building and an ambulance (health topic)

Health

- * 40-80% of people who present to mental health facilities for a mental health disorder would have first visited at least a Traditional or Faith healer (TFH). This presents an opportunity for collaboration between TFH and mental health professionals, in a bid to optimise treatment outcomes for PLWP.
- * The mental health facilities currently rarely take into consideration the rights of PLWP as enshrined by the World Health Organization and the United Nations Convention on Rights of Persons with Disability (CRPD).
- * The current mental health law in Nigeria (the Lunacy Act of 1958) is obsolete. It is, however, encouraging to know that a mental health bill, which has passed the third reading at the Senate of the Federal Republic of Nigeria, exists and hopefully would make it through the remaining stages and make it an Act of Parliament.



Publications

<https://www.freepik.com/photos/concretefloor>'>concrete floor photo created by rawpixel.com-www.freepik.com

We have made good progress with our publications as individuals have been placed into different teams to facilitate the smooth and speed of work being carried out across the consortium. A total of eight (8) papers have been completed to date. Four (4) of them have been submitted for publication and the remaining are in the final stages of review. These consist of two site-specific COVID 19 papers in Zimbabwe and Nigeria, two position papers, one scoping review, one narrative systematic review, one systematic review and narrative synthesis and one CBR systematic review of grey literature.

Research highlights, March 2021-March 2022 Publications

8 papers ready for submission in peer reviewed journals
and **4** of them submitted for publication

Situation analysis

Site-specific situation analysis completed across the sites, and cross site report writing underway

Formative research

All four countries (Malawi, Nigeria, Sierra Leone and Zimbabwe) have received their ethical clearances to start research. Data collection is currently underway in the four countries

Lessons learnt!

The power of co-production is already beginning to bear fruits as Peer Researchers have been playing a crucial role in the design of research tools such as interview guides, assisting in elaborating critical research questions.

Situation analysis activities such as data collection and write up of results opened capacity building opportunities for early career researchers, some of whom had

never done situation analysis.

South-South partnership has been exercised immensely as members from the 4 sites exchanged ideas and supported each other throughout the year.

Our local partners and stakeholders are deeply keen to assist in every way as they have extended solid support throughout all these stages. Kudos to them!

CAPACITY BUILDING *WORKSTREAM*



Capacity building (CB) is one of the three workstreams of the SUCCEED project. CB in SUCCEED refers to the approach that aims at increasing knowledge and developing applicable skills in real-time in strengthening the effective transition of input, processes, output, and outcome of other workstreams (research and communications), as well as to strengthening CB skills in all five country teams of SUCCEED. This might result in an impactful outcome to promote meaningful participation of persons with psychosocial disabilities that may result in better-quality, better-tailored services and local ownership. The CB is incorporated into all three stages of each of our three workstreams.

Key objectives of SUCCEED Capacity Building Workstream include:

Strengthening the capacity of each partner institution to co-produce, communicate, and utilise mental health research and develop evidence-based mental health systems and to sustain this work beyond SUCCEED. Secondly, to foster SUCCEED co-production across all work streams, and lastly, to establish SUCCEED member institutions as leaders in mental health research, in rights- and community-based rehabilitation interventions for people living with psychosis, and in capacity building in (global) mental health research.



Haleem Abdurahman and team during a group activity

As the aim of SUCCEED is to co-produce knowledge and a better understanding of relevant stakeholder perspectives on the acceptability, feasibility, and appropriateness of coordinated and collaborative care for persons with psychosis in Malawi, Nigeria, Sierra Leone and Zimbabwe, capacity building workstream is there to ensure smooth achievement of the aim at hand.

Year 2

focused on

3 Capacity Building Activities



1. SUCCEED members being trained in WHO's QualityRights e-Training (<https://qualityrights.org>)

Nearly all SUCCEED members have obtained WHO QualityRights e-Training certificate to ensure all members have the foundations on human rights to inform our work across all workstreams as well as how we work as a team. 2021 being an Olympic year, a friendly competition saw Team Malawi take the gold medal by being the first to have 100% of their team trained in QualityRights.

2. SUCCEED-wide online capacity building sessions

We conducted numerous CB sessions (as frequently as bi-weekly between July and November 2021) ranging in topics from research skills (aligned with our Year 2 research activities) to accountability and financial reporting. Described here are some of the cross-site CB sessions which took place in this fiscal year.

•Writing Up Situation Analysis Findings

After the collection of data for situation analysis, we had some sessions on how to write up the situation analysis findings. Everyone also participated in co-developing the template for the final report.

•Protocol Development for Formative Research

We covered the key components of research protocol such as background, rationale, theoretical framework, research objectives, specific research questions and study design and method. We also covered data collection guides e.g, FGD and Key Informant Interview (KII) guides.

•Data Collection & Management

Led by the Zimbabwe team, we discussed data collection methods, how to collect data using different methods such as interviews, focused group discussions and observation text/visu-

al analysis. We also had a session on data management, which prepared the SUCCEED team on how to manage data from the collection point, storage, during transcriptions and during reporting.

•Research Ethics

Preparing for formative research included a session on research ethics with an emphasis on ethical issues relating to formative research. We discussed ethics in relation to human rights, law, clinical care and health research. During the session, we also learned some of the key considerations for ethics and research which include relevance, leadership and ownership, self-determination, capacity, privacy and confidentiality and safety.

•Accountability

The main purpose was to have an insight into FCDO expectations and accountability, compliance levels, transparency and to have knowledge of financial and value for money. We discussed financial reporting which included updates on the process of invoices, for instance charging staff costs by daily rate, updating assets registers and quarterly advice and reconciliation just to mention a few. We also discussed invoice submission deadlines for year 2 and fraud reporting.

•Accessibility of Print Material

A 3-part series on accessibility improved our knowledge and skills on how to make all SUCCEED outputs accessible to those with a range of disabilities.

•Financial Management

In this session, we discussed the importance and best practices in invoicing, forecasting, expenditure, asset management and budget management

3. In-Country capacity building activities

Apart from the cross-site CB sessions we have had, each country also has had several of their own in-house country CB sessions.

SUCCEED Sierra Leone completed a six-day in-house research training in July 2021 to further develop SUCCEED members' skills in planning and executing research projects. These were meant to introduce the above, starting with basics to enable everyone to better follow the cross-site CB sessions trainings once they start. The content was also informed by the challenges identified during the year two situation analysis data collection process.

Local experts from both within SUCCEED and the wider University of Makeni community were mobilized to deliver training: Musa Sesay (PhD Research Fellow, UniMak), Mr Alimamy E. Komeh (Lecturer, Agriculture and Food Sciences Department, UniMak), Alhaji A. Sesay (SUCCEED, CB Lead Trainer), and Abraham Jimmy (SUCCEED).

"In this training, we'll be using local talents sourced from within the university to help us with a one-on-one coaching" - CB lead trainer, Alhaji A. Sesay.

Topics covered include:

•**Day 1:** Basic terminologies in research, choosing a research topic, Defining a research problem, Choosing and evaluating research resources

•**Days 2 & 3:** Planning and organizing a research project e.g., Planning and Structuring the Research Project, Making an Outline, Reviewing the literature, Taking Notes

•**Days 4-6:** Research methodologies e.g., Collecting and analysing data, Writing research paper, Research ethics and Citation formatting and referencing e.g., Citation/referencing and formatting, Citing Sources overview (APA format, MLA format, Harvard format), Resources for formatting. Participants described the training as motivational and an enabler of the work ahead of the team. Examples of reported skills and knowledge developed through the training

In Country.....

Capacity Building Training



Ritz Kakuma presenting in a capacity building session



Photo of team members receiving training



Photo of team members receiving training

included how to write a good literature review, how to search the internet for research materials and the referencing software lessons.

"This training is very important to all staff. There is the will by all of us to participate in this training", Uptake Manager, Mr. Edward Kargbo.

"What we have learned in this training will be adequately transferred in the field. I have learned a lot. Knowledge gained is an added advantage in my research work" -Mariama Benteh Bah, a Research Assistant (RA)

Uptake and Communications workstream

SUCCEED has had an exciting year with regard to the Uptake and Communications workstream. One of the notable events of the year was the annual SUCCEED webinar held to commemorate Human Rights Day in December 2021. This webinar was co-produced across all the SUCCEED teams and people from all over the world connected to participate in the webinar. The webinar had a strong coproduction component and was made up of live presentations, pre-recorded presentations and films, and a live question and answer session.

<https://www.lshtm.ac.uk/newsevents/events/co-production-and-peer-research-mental-health-and-human-rights-africa>). Below are just some of the ways SUCCEED has engaged with their communities and spread the news about SUCCEED in each SUCCEED country.

In Sierra Leone, the first radio discussion program about SUCCEED was held on 7th July 2021.

A second radio discussion program was held on the 9th of October 2021 in the same studio marking the World Mental Health Day

(Link: <https://fb.watch/b2bkfs8fzN/>)



Sierra Leone team in radio programme

Senior secondary schools in Makeni, where the Sierra Leone team is based, participated in the commemoration of the World Mental Health Day 2021.

The official launch ceremony of SUCCEED in Sierra Leone was covered by the Awoko Newspaper. (Link: <https://awokonewspaper.sl/university-of-makeni-un->



Photo of senior secondary school students participating with SUCCEED in World Mental Health Day celebration 2021

SIERRA LEONE

The official launch ceremony of SUCCEED in Sierra Leone was covered by the Awoko Newspaper. (Link: <https://awokonewspaper.sl/university-of-makeni-unimak-launches-succeed-sierra-leone-project>)



Photo of SUCCEED launch in Sierra Leone



Photo of SUCCEED Sierra Leone team meeting with officials of Statistics 2021

The Sierra Leone team created a new Facebook page.

On the 24th of June 2021, the team met officials of Statistics Sierra Leone.

The purpose of the meeting was to collect data relating to the situation analysis.

ZIMBABWE

Zimbabwe team held their Local Advisory Group meeting recently and have also been engaging with media houses to raise awareness on SUCCEED locally and internationally and working on holding interviews with media houses. They have been working on a combined newsletter with other SUCCEED uptake team members and as with the other teams attended monthly communications and uptake team meetings.

They participated in the World Mental Health Day celebration via a Twitter campaign spreading messages designed by peer researchers.

During the Human Rights Day 2021 webinar the team presented on co-production and peer research in the research workstream.

They have also been preparing a series of podcasts lasting less than 30 mins, involving people with psychosocial disabilities and health experts for awareness of mental health conditions.

Below is a link to a news article published by the SUCCEED Zimbabwe team:

<https://spikedmedia.co.zw/the-succeed-programme-offering-interventions-for-people-with-psychosis-in-africa/>



Photo of SUCCEED Zimbabwe team

MALAWI

In Malawi, the SUCCEED team designed a SUCCEED banner and printed it. They are also working on having a forum for SUCCEED on the institution's website and planned to have awareness programs on their national and local television.

Local radio stations were also engaged in mental health awareness

- Malawi participated in the World Mental Health day commemoration in October 2021.

- They also participated in the SUCCEED webinar for the 2021 Human Rights Day where the team presented on the capacity building workstream. They were also part of the moderating team of the webinar.



Photo of SUCCEED Malawi team



Image of front cover of the Nigeria team's June 2021 newsletter

Nigeria produced a newsletter in June 2021 and is on the verge of finalising a second one.



SUCCEED Nigeria held its first Local Advisory Group (LAG) workshop for Year 2 on Thursday, August 19th, 2021. The purpose of the session was to review the Theory of Change Map, briefly introduce formative research, and receive suggestions from LAG members and the research team members on the interview guides for the formative research.

Newsletter Link- <https://drive.google.com/file/d/1QI5CXy-qhI5ckOo1NOSTlwuwJv6o2jCIM/view?usp=sharing>

Mental Health Day Video Link - <https://twitter.com/MHInnovation/status/1447847178932826113?t=4sst8Vyrnylg-w2t5mlWkSg&s=19>

About Succeed Video Link - <https://drive.google.com/file/d/1h-l6BbYVZhdhbisuzSnllcOvgrK5514W/view?usp=sharing>

NIGERIA



Photo of Nigerian peer researchers making a film for the international webinar

The Nigeria team played an integral role during the SUCCEED webinar on human rights day which aimed at raising awareness about the project. The Nigeria team developed posters for this event and also produced a 10min documentary which livened the event. The video was also requested by the FCDO.



photo of University of Ibadan students joining SUCCEED to celebrate world mental health day 2021

On World Mental Health day, October 10, 2021, Nigeria team collaborated with students of the university of Ibadan, to produce a promotional video which aimed at reducing stigma around persons living with psychosis and creating awareness of SUCCEED's work. The video was published on various SUCCEED social media platforms, especially on MHIN. ([MHIN twitter](#))



Also in addition to the video, the team produced and posted five mental health-promoting flyers on MHIN during the 2021 World Mental Health Day.

Safeguarding and Risk



March, 2022 -Ibadan, Nigeria - SUCCEED Africa members during its first consortium-wide annual meeting

The term 'safeguarding' is used to describe the responsibility of organisations to make sure their staff, operations, and programmes do no harm to the people who encounter the organisation, nor expose them to abuse or exploitation. It also includes how we safeguard people within our organisation, by protecting them from bullying and harassment.

Safeguarding and Risk

The SUCCEED project aims to engage effectively, respectfully, inclusively, and safely with stakeholders, including people with lived experience of psychosis, their caregivers and families, community leaders and community members, civil society and local NGOs.

SUCCEED upholds international law in the form of the UN Convention on the Rights of Persons with Disabilities (2007) and the UN Convention on the Rights of the Child (1990). All five countries involved in this project (Nigeria, Malawi, Sierra Leone, UK and Zimbabwe) have signed up to both these Conventions while respecting their different legal context.

FCDO, our project donor, operates with an emphasis on safeguarding practices for its partners. The universities involved in this project each have their own rules for staff conduct, and processes for dealing with misconduct issues. This policy aims to reinforce these and not to replace them. In case of any misconduct, the policy requiring the higher standard of behaviour is the one which is applicable.

Reporting, Risk Management and Learning

SUCCEED aims to uphold a culture of safety. Staff and other representatives are obliged to report any incident or concern that may breach the code of conduct, or in any other way suggest that contact with the organisation's programmes, operations or staff may have caused harm or that someone may have been harassed or bullied. The staff member may have witnessed this themselves, or been told by someone else, or observed or heard something that worried them. They should report any concern or suspicion of misconduct. It is not necessary to come with proof or evidence, and they should not try to conduct any investigation or enquiries themselves.

Any incident or concern that is reported is managed by our principal investigator while keeping the confidentiality of all involved in an incident. SUCCEED endeavours to ensure fair and objective investigations.

Follow up is timely and any serious safeguarding incidents to FCDO. Investigation of reports are completed in line with the Core Humanitarian Standard (CHS) Alliance Guidelines on Investigations. <https://corehumanitarianstandard.org>

At SUCCEED we value learning, no matter the subject. A register of risks , safeguarding and reporting is carefully curated each quarter. Following the closure of incidents reported, the incident management group and other relevant staff and representatives will carry out a lesson learning review and adjust the project safeguarding policy and procedures as necessary.

McPin Foundation

SUCCEED Update Report

<https://mcpin.org>

The McPin Foundation has been supporting us specifically with our advisory groups made up of people with lived experience. These are the Lived Experience Advisory Panels (LEAP)s and the Consortium Advisory Group (CAG).

In Year 2 of SUCCEED, McPin worked with the four sites (Malawi, Nigeria, Sierra Leone, Zimbabwe) and convened two Lived Experience Advisory Panels (LEAPs) for people with lived experience of mental health problems across the four countries. These LEAPs have been attended (primarily) by peer researchers so far.

The first LEAP focused on the practicalities of setting up the meeting, including ground rules and how to best expand the group to include other people with lived experience. The second LEAP was held to gather a lived experience view on the SUCCEED research proposal and allowed the group members to propose edits to the document and helped refine the final proposal.

After the second LEAP, the McPin team met with each site individually to develop the working relationship and to understand how each team was approaching lived experience engagement (including with Disabled People's Organisations). We also asked them how we could support them to facilitate attendance at LEAP meetings. All four sites shared significant progressions they have made to include lived experience across their projects, especially in their Local Advisory Groups. Our meetings with each site enabled us to understand the local context of each site and helped us identify barriers that we could support them to resolve. These included:

- Local barriers to disclosing lived experience
- Payment processes, including travel and accommodation needs
- Need for advance notice of meeting dates and times as well as a clear agenda to help prepare people for meetings
- Covid-19 restrictions in each country
- Digital exclusion, power cuts and internet connectivity

These meetings also underpinned the formation of two 'regional' lived experience groups (one including Nigeria and Sierra Leone, the other including Malawi and Zimbabwe). These regional groups will meet twice per year, beginning in March 2022. Agendas will be driven by the needs of each country's team and allow a space for lived experience involvement in the development of the co-production MOOC (Massive Open Online Course).

McPin have also supported the SUCCEED program by sharing knowledge on co-production with peer

CBM Global collaboration with SUCCEED

www.cbm-global.org

SUCCEED’s focus on co-production, and making sure that people who are affected by research and policy change are able to have a voice in decisions that affected them is an important philosophy shared with CBM Global, a SUCCEED collaborating partner. CBM Global Disability Inclusion has a 100-year track record of working closely with people with disabilities and their representative organisations, and we are collaborating to link SUCCEED with national networks of people with psychosocial disabilities in each country. In addition, we have worked with the SUCCEED teams in each country to develop solid safeguarding policies, designed for each specific context.

In the past year, we engaged with organisations across the continent and carried out capacity building sessions on human rights, inclusion, and organizational development. We were proud to be able to celebrate the launch of Zimbabwe’s National Association of Persons with Psychosocial Disabilities, inspired by this work. We look forward to continuing to build on these strong relationships, to facilitate the emergence of a powerful voice for people with psychosocial disabilities in Malawi, Nigeria, Sierra Leone and Zimbabwe!



Photo of launch of Zimbabwe National Association of Persons with Psychosocial Disabilities with the SUCCEED Zimbabwe team

Looking Forward to Next Year



Photo of Shaza from SUCCEED Sierra Leone listening carefully in the cross-site meeting in Nigeria

In Year 3 of SUCCEED (April 2022 to March 2023), SUCCEED Africa will conclude its formative research process. This would result in a methodology and protocol that would proceed to community entry, data collection, and analysis. The result from this formative phase will inform the development of an enhanced Community Based Intervention plan. This will be championed by the Research workstream.

As the project progresses, the Capacity Building workstream will continue to assess areas for skill needs across the project workstreams and hold training when needed. Capacity building activities this year would cut across in data analysis, report writing and communication skills.

SUCCEED will also be developing a Massive Open On-line Course (MOOC) in co-production in mental health research which will be accessible on the LSHTM website.

On the Uptake and communications workstream,

SUCCEED will continue to hold its Local Advisory Group (LAG) meetings where it will provide updates, and work with local stakeholders. Project outputs such as annual reports, newsletters, and findings from the situation analysis are expected to be published and made available to stakeholders.

SUCCEED also recently hosted its first consortium-wide annual meeting after striding through the peak COVID pandemic. In Ibadan, the Nigeria team hosted team leads from the London School of Hygiene and Tropical Medicine (LSHTM) UK, Kamuzu University of Health Sciences, Malawi, University of Makeni, Sierra Leone and the University of Zimbabwe, Zimbabwe.

During the meeting, research findings, harnessing team strengths on the different workstreams and cross-site collaborations were discussed. We also had a wide range of team-building activities to further strengthen our working relationships after collaborating solely online for the first two years.