



**LAGOS LIVABLE
CITY CONFERENCE**

LAGOS MENTAL HEALTH CONFERENCE

Responding to the Mental Health Needs of a 21st Century Megacity

Honourable Commissioner of Health, Lagos State, Prof. Akin Abayomi

January 18, 2022



Lagos State Mental Health Survey (2015)



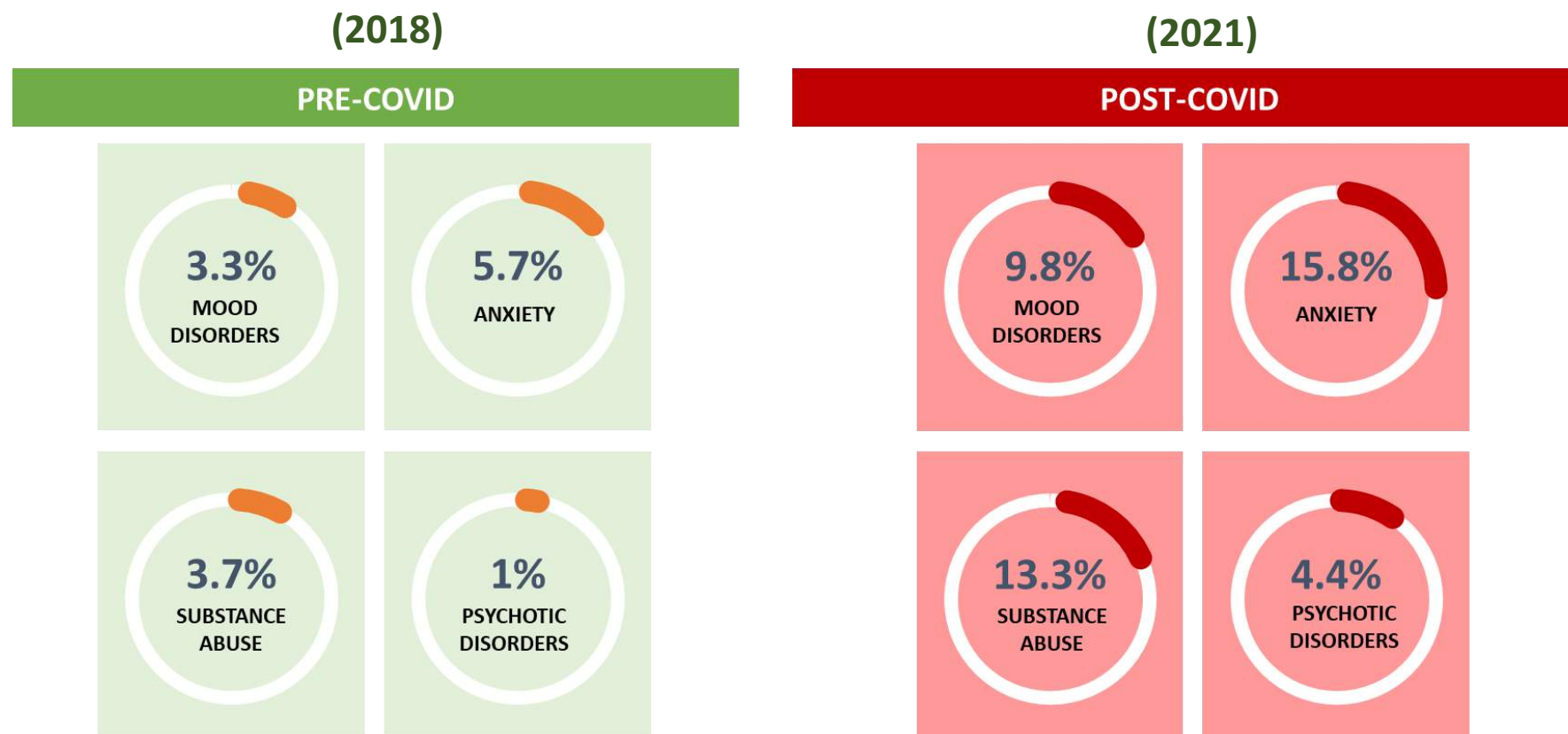
- Prevalence of suicidal ideation: 7.28%





Setting the Context – Demand Side

Results of 36 studies from 12 African countries on the lifetime prevalence of some mental health disorders before and during the COVID-19 pandemic





Setting the Context – Supply Side



INFRASTRUCTURE

- Public Tertiary (Specialist) Mental Health Service
 - **Federal Neuropsychiatric Hospital, Yaba**
 - **Lagos University Teaching Hospital, Idi-Araba**
 - **Lagos State University Teaching Hospital, Ikeja**
- Total number of beds: **Approx. 600**
- Private Mental Health Service Facilities: **Average: 20**
Total beds: <100
- Drug Rehabilitation Centres: **<10** Standard Facilities



HUMAN RESOURCES

- Practicing Psychiatrists (Lagos State Employed): **18**
- Licensed **Clinical** Psychologists (Public & Private): **<200**
- Psychiatric Nurses (Lagos State Employed): **123**
- **1 bed to 1.5 million people**
- **1 psychiatrist to 6 million people**
- **Estimated treatment gap for CMDs: 85%**





Summary of Findings

DEPRESSION

- **20.4%** of the population have symptoms of clinically depression
- **1.5%** of the population frequently have thoughts of suicide or deliberate self-harm
- Depression is more common amongst females, those in lower income groups and unmarried

ANXIETY

- **22.4%** of the population have clinically significant anxiety symptoms
- Average **10%** of the population have combined anxiety and depression
- Anxiety is more common amongst females and those in lower income groups

SOMATIC SYMPTOMS

- About **31.8%** of the population have clinically significant somatic symptoms
- Somatic symptoms are more common amongst females, married people, and those in lower income groups





Summary of Findings...

ALCOHOL DISORDERS

- About **13.2%** of the population are suffering from Alcohol use disorders
- Alcohol use disorders is more common amongst males, people not married and aged more than 30 years

DISABILITY

- About **11.0%** of the population are suffering from a clinical disability and difficulty in performing tasks
- More common in people older than 30 years, not married, and lower income groups

PSYCHOACTIVE SUBSTANCE USE DISORDERS

- About **2.8%** of the population are suffering from Psychoactive Substance Use Disorders
- More common among males, and lower income groups



The Mental Health Mandate



The promotion and protection of the health of residents of Lagos State has a positive impact on social development and quality of life.

The continuous improvement in quality of health service in the State is a core mandate of the Ministry which is uniquely positioned to utilize its resources to actualize same.



The Mental Health Mandate



Governance

- Mental Health Policy (2012)
- Mental Health Desk (First in Nigeria)
- Mental Health Advisory Committee
- Mental Health Law (2019): Most current MH Legislation in Nigeria

Services

- 12 Bed Ward LASUTH (Upgrading to 40 Bed Ward)
- Creation of Psychiatric Services in GHs
- Pilot integration of Mental Health in Primary Care
- Employee Wellness Centre, Alausa

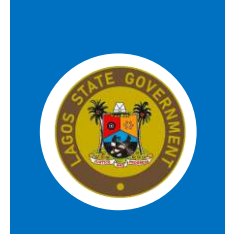
Promotion & Prevention

- Targeted Community Intervention Programs/Outreaches
- Social Support: lagosmind.org, [@lagosmind](https://twitter.com/lagosmind)
- Mental Health Awareness Month
- World Mental Health Day
- Lagos Lifeline: 0909000MiND

Partnerships and Networks

- Mental Health Stakeholders Network: Coalition of NGOs and CSOs promoting Mental Health
- Engagement with MDAs: DSVRT, MYSD, MOE

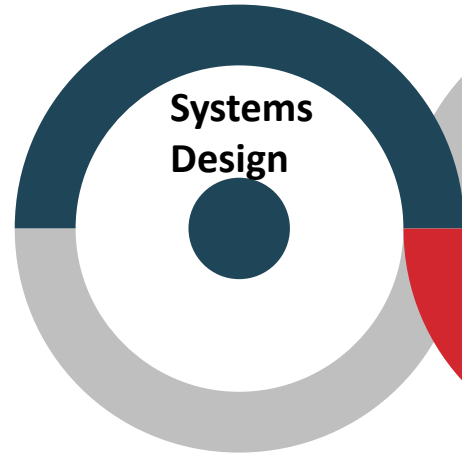




Lagos State Mental Health Law

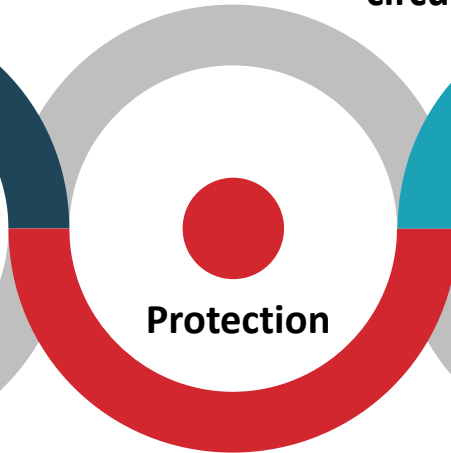
Philosophy
New Law guided by contemporary thinking on Mental Health
Lessons learnt from Mental Health Laws in Ghana, South Africa and some European Countries

Purpose-built facilities & Services
Governance structure and processes



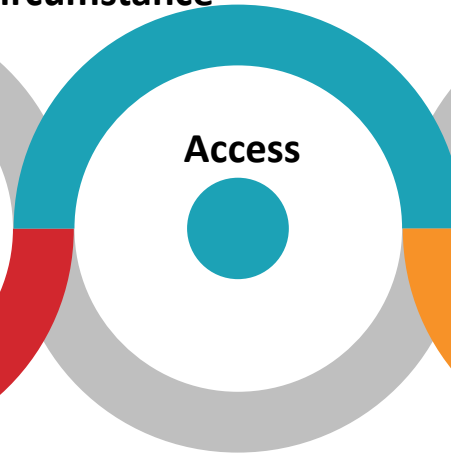
Systems Design

Access regardless of gender, age, socioeconomic circumstance

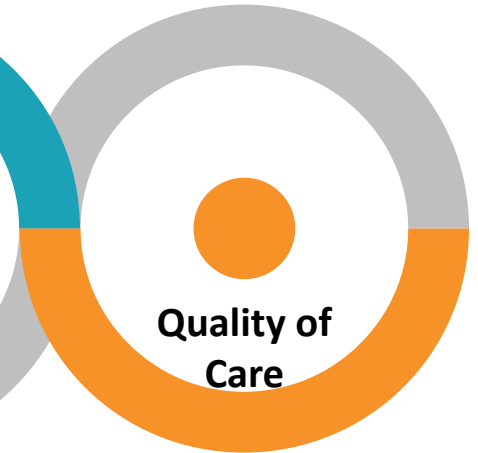


Protection

Against Stigmatization & Discrimination
Zero tolerance for infringement of Human Rights
Health Data and Privacy



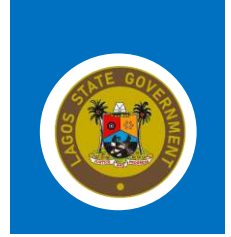
Access



Quality of Care

Treatment according to best practice





Mental health Strategy: An Integrated Mental Health Delivery System

- **The Better Access Project** integrates services from Primary to Tertiary Care
- **The Mental Health in Primary Care (MeHPriC) Project** ensures training, mentorship and surveillance through Task Shifting Approach

- **Encompassing both demand and supply**
- **Clear referral system**
- **Smooth patient journey through health system**
- **Technology driven management information system**



57 Flagship Primary Health Facilities



Secondary Health System
5 GHs expanding to 10



40-bed Facility in LASUTH
500-bed State Psychiatric Facility
1,000-bed Rehabilitation Facility



LAGOS LIFELINE



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Guiding Principles and Approaches

Universal health coverage

- Equity & Access to essential health and social services

Human rights:

- Compliance with Rights of Persons with Disabilities and other human rights instruments

Life course approach

- Policies, plans and services for mental health to take account of health and social needs at all stages of the life course

Multisectoral approach

- comprehensive and coordinated response for mental health through partnership with multiple public sectors education, employment, judicial, housing, social etc.

Community Participation

- empowered and involved in mental health advocacy, policy, planning, legislation, service provision, monitoring, research and evaluation





The Lagos Lifeline

090900006

Email: help@lagoslifeline.com
help@lagosmind.org

www.lagosmind.org



@lagosmind

Lagos State Mental Health programs



School MAPS (School Mental Health Awareness and Prevention Services)

Creation of Lagos Children's Mental Health Day (May 26)



University Mental Health

University Mental Health



**Maternal
Mental Health**

Maternal Mental Health Program

Community Based Training-4-Action (T4A): Capacity development of target populations

Community Awareness and Mental Health Engagements (CAME): Advocacy, community storms, social media campaigns etc

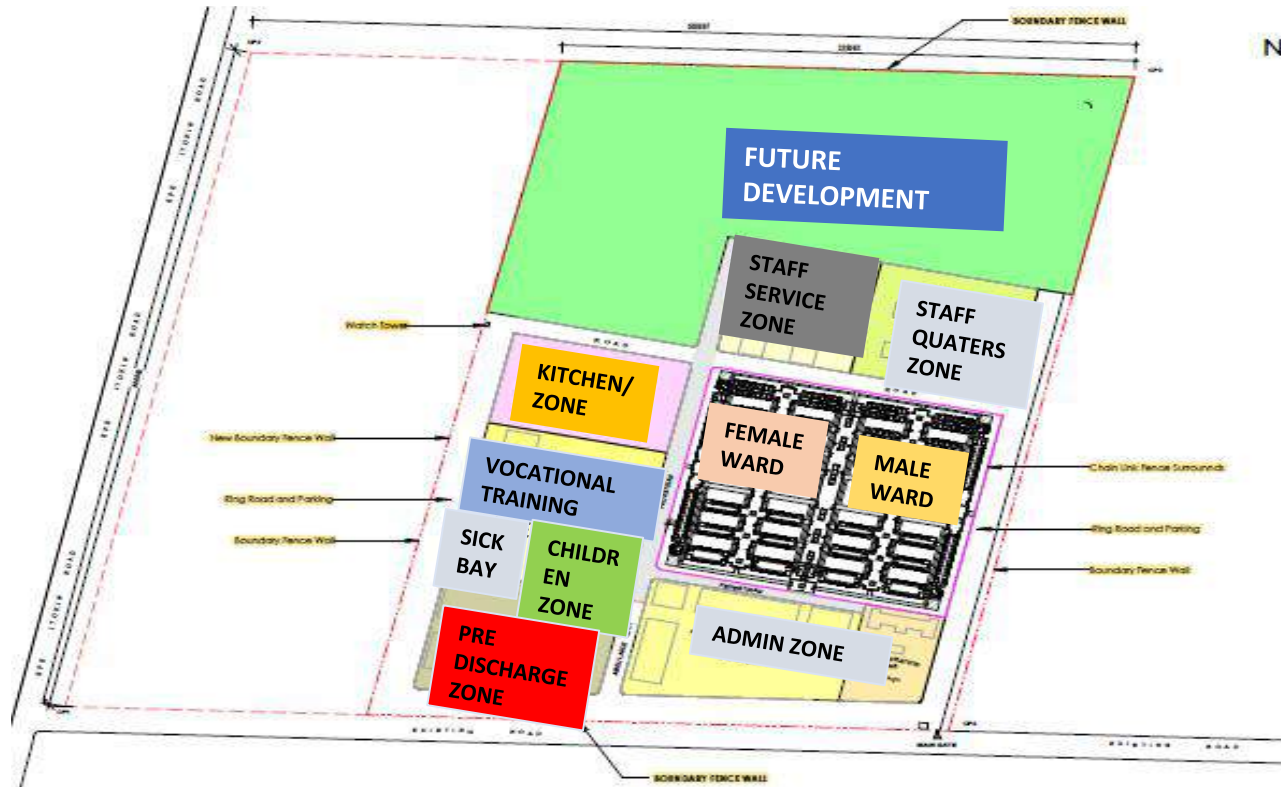
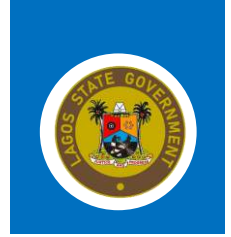


Motor Park Health and Safety Program

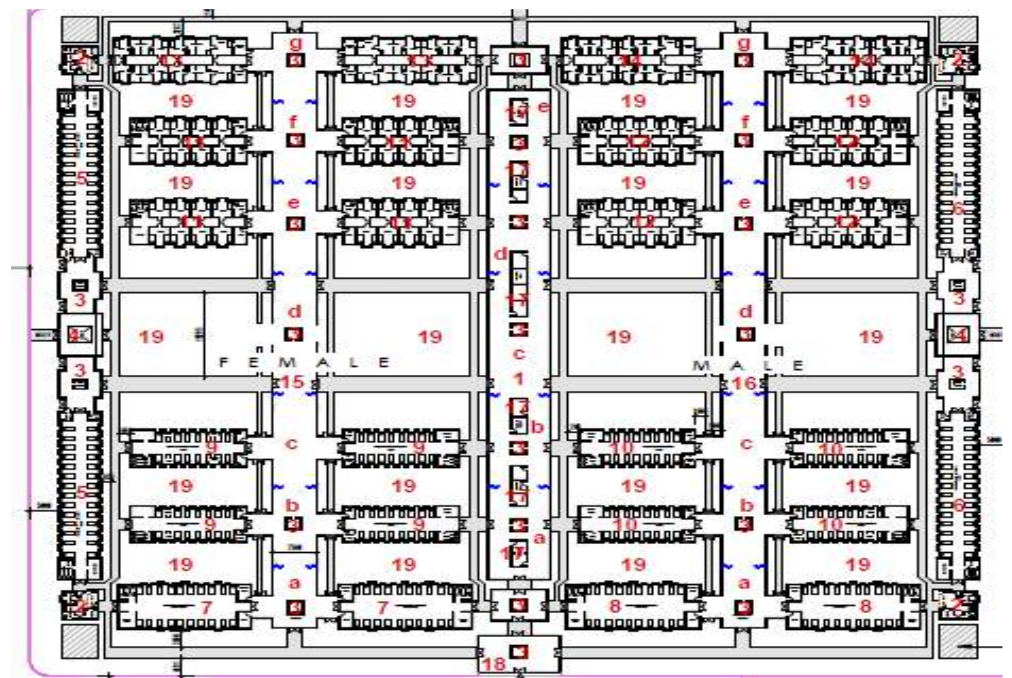


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Preliminary Site Plans for Psychiatric Hospital and Rehabilitation Centre, Ketu Ejirin – 15 Hectares



Site Plan of Main Complex



Male and Female Wards





Update on Construction of 500-Bed Behavioral Health Institute, Ketu Ejirin

Description: Construction of a State-owned Psychiatry Centre (Phase 1) with Rehabilitation Centre (Phase 2) for the management of mental cases.

Duration: 24 months

Area 250sqm

- **Expected date of completion:** 12/11/2022
- **Remarks:** The project site has been accessed, cleared with perimeter survey
- 15Ha of virgin land being cleared for soil analysis and topography



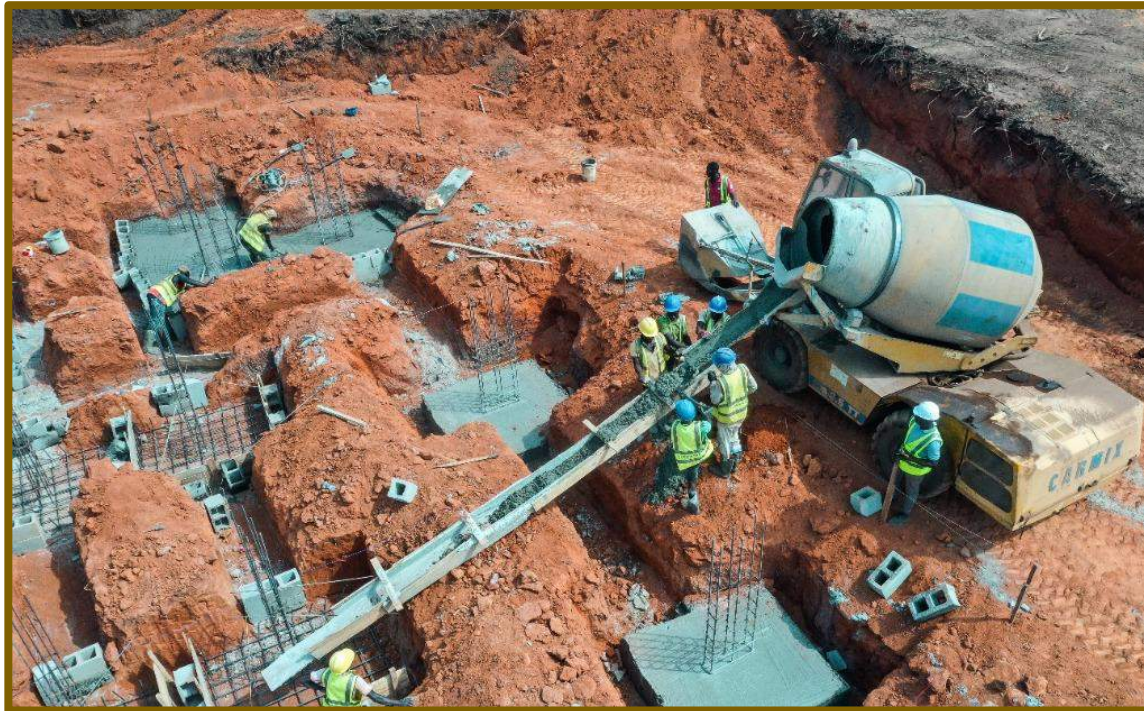
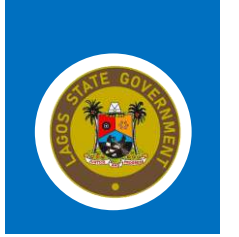
Land being cleared



Drone Shot of Cleared Land



Update on Construction of 500-Bed Behavioral Health Institute, Ketu Ejirin...



Ongoing Construction Work – Piling



THANK YOU

Prof. Akin Abayomi, Honourable Commission of Health, Lagos



LAGOS STATE GOVERNMENT

January 18, 2022