

Child and Adolescent Mental Health in Bangladesh: Training and Education

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Talk Plan

- **Magnitude of the child & adolescent psychiatric disorder in Bangladesh**
- **Existing CAMH Training and Education in Bangladesh**
- **CAMH Training and Education in Bangladesh: Basic Consideration**
- **Future direction of CAMH Training and Education**
- **Conclusions**

Background

- **Around 18% of Children in Bangladesh have emotional and behavioral problems**
- **This 18% warrants a psychiatric diagnosis, and treatment**
- **Scarcity of manpower and services exist**

Background

- **Vast gap between service need and service provisions**
- **No visible policy and action plan, specific for CAMHS to move from ideality to reality**
- **As part of CAMHS development, no coordinated plan for training and education**

Background

CAMH Service model for Bangladesh must be

- **Feasible**
- **Need-based**
- **Local resource-based**
- **Practicable**
- **Possible to initiate and expand**

Background

For sustainable CAMHS we need to develop :

- **specialist-based services**
- **resource-based non-specialist services**
- **integrated services**
- **school-based services**
- **governmental initiatives and support**
- **nongovernmental approach with community participation**

Background

Urgent need to develop CAMHS Policy, action plan, and guidelines, manpower and required training and education facilities

These are needed to line up present services and training-education and to develop unidirectional and coordinated training-educational provisions

Also for ensuring best utilization of available resources

CAMH Training & Education in Bangladesh : Present Status

Education : Child and Adolescent Psychiatry

- Inadequate in undergraduate curriculum as part of inadequate provision of psychiatry**
- Significant space in postgraduate training in Psychiatry- MD Psychiatry, FCPS Psychiatry**
- MD CA Psychiatry- a new horizon**

BCAMH Training & Education in Bangladesh : Present Status

Education : Child and Adolescent Psychiatry

- **Inadequate training center for offering degree:**
- **MD Psychiatry Course -3 Centers**
(BSMMU,NIMH, MAG Osmany MC, Sylhet)
- **MD CA Psychiatry Course-1 center**
(BSMMU)

BCAMH Training & Education in Bangladesh : Present Status

Education : Child and Adolescent Psychiatry

- **Insufficient space in general paediatrics**
- **Significant space in paediatric neurology**

BCAMH Training & Education in Bangladesh : Present Status

Training: Child and Adolescent Psychiatry

- Provision of postgraduate training(6 Months and more) on CA Psychiatry or part of General Psychiatry for Medical Graduates**
- Little space in psychiatry training for primary health care physicians**
- Negligible orientation on mental health training for other health worker**

BCAMH Training & Education in Bangladesh : Present Status

Education : Allied Professions

- **Adequate in MPhil & MS in Clinical Psychology-DU**
- **Good space in Masters in Educational and Counseling Psychology-DU**
- **Little space in MSS in Clinical Social Work-DU**
- **Some space in Masters in Child Development and Social Relations-DU**

BCAMH Training & Education in Bangladesh : Present Status

Education : Allied professions

- **Space for neurodevelopmental disorder in Basic Course, BSEd, MSEd in Special Education-BPF,IER-DU**
- **MPhil in clinical Linguistic-DU**
- **MS in Communication Disorder-DU**

BCAMH Training & Education in Bangladesh : Present Status

Education : Allied professions

- **Diploma, graduation and masters course in Occupational Therapy-CRP**
- **Graduation and masters course in Speech Therapy-CRP**

BCAMH Training & Education in Bangladesh : Present Status

Training : Allied professions

- Provision of short training on neurodevelopmental disorder-DGHS**
- Psychotherapy Training for postgraduate students in Allied Professions-BSMMU**
- Training on Occupational Therapy, Speech Therapy-CRP**

CAMH Training & Education in Bangladesh: Present Status

Training : Allied professions

- Psychological assessment and intervention-6 months in CDC, DSH**
- Developmental Therapy- 6 months in CDC, DSH**
- Need based Training on Inclusive Education, Special education, Package Program, Parenting Counseling, Child protection Issue, Home-based management, Distance Training on Speech, Cognition- CDC,DSH,BPF**

CAMH Training Education in Bangladesh: Present status

- Existing provision of training and education in Child and Adolescent Mental Health is limited by any means**
- These trainings and educational programs are time needed, not as part of directional and unified CAMH Services Policy**
- It is the time to expand training and education aliened with planned CAMH Services**

CAMH Training and Education

Objectives

To create manpower for a realistic CAMHS who will work as

- Trainers
- Service providers

CAMH Training and Education

Types

- **Structured**
- **Modular**
- **Mixed**

CAMH Training and Education in Bangladesh : Basic Consideration

- **Prioritizing the disorders**
- **Considering variations of presentation of disorders**
- **Considering ,course, prognosis, impact and treatment outcome of disorder**
- **Identifying population to be trained and educated- whome, what and why**
- **Assessing cost-benefit of training and education**

CAMH Training and Education in Bangladesh : Basic Consideration

- **Assessing recourses-existing and potential-Trainers, logistics**
- **Fixing educational objectives for preparing course curriculum, training modules**
- **Considering flexibility and availability of training and education**
- **Periodic evaluation of implecation of Training and Education**

CAMH Training and Education in Bangladesh: Basic Consideration

- **Assessing training and education needs**
- **Analyzing the relevancy of training and education with the CAMHS needs**
- **Considering effectiveness of training and education with service provisions**
- **Considering alignments of training and education with cross-cultural perspectives**
- **Developing culture-specific, resourced-based and cost-effective training modules**

CAMH Training and Education in Bangladesh : Basic Consideration

- **Training and education must be compatible with existing services and that must go with the CAMHS**
- **These trainings and education will be need-based, flexible and easily available**
- **Coordinated training through health, education, social agencies**

CAMH Training and Education: Basic Consideration

- **Adopting training and education policy and strategic plan**
- **These should be prepared at national policy level on the basis of need assessment and resources**
- **Coordination among the agencies(health, education and social) is required**
- **There must have a feasible implementation strategy by balancing between trained personnel and service opportunities for CAMHS**

CAMH Training and Education in BANGLADESH: Key Strategic Points

- **Provision for postgraduate training course for specialized services, training, advocacy and research**
- **Provision of training of the trainers for offering training and supervision**
- **Provision for training for school mental health services and other community CAMHS**

CAMH Training and Education in Bangladesh

Future Education

- **Increasing training center for MD Course in Child and Adolescent Psychiatry**
- **Expanding training center for MD Course in Psychiatry**
- **Creating adequate space for CA Psychiatry in postgraduate courses in general paediatrics, paediatric neurology**
- **Provision of adequate training and compulsory evaluation of Psychiatry including CA Psychiatry in MBBS Curriculum**

CAMH Training and Education in Bangladesh

Future Education

- **Starting Courses in Psychiatric Nursing, Child and Family Social Work, Psychiatric Social Work, Psychotherapy, Child Psychotherapy**
- **Reviewing existing courses for better effectiveness in terms of CAMHS**
- **Increasing training center of existing courses for Allied professions**

CAMH Training and Education in Bangladesh

Future Training

- **Increase provision of formal structured training (6 months onwards) training for medical graduates by increasing training center**
- **Strengthening CA Psychiatry training in general psychiatry training**
- **Increasing CA Psychiatry contents on existing mental health training for GPs**

CAMH Training and Education in Bangladesh

Future Training

- **Adopting and implementing need-based short training on CA Psychiatry for GPs, HWs & non specialist professionals(Teachers, Parents, Child related NGO service providers, Volunteers and Religious leaders)**
- **Reviewing existing trainings for better effectiveness**
- **Expanding existing training options for allied professions by increasing and decentralizing more and more training center**
- **Creating new training options as required for CAMHS**

Conclusions

- **Need to adopt National CAMH training and education policy and strategic plan**
- **Need to blend between established training and experimental training**
- **Need to line up training and education with the direction of the CAMHS**

Conclusions

- **Conducting innovative researches on training and education for practicable CAMHS**
- **Need coordinated approach among all agencies related to CAMHS for effective CAMH training and education**
- **Potential collaboration and networking among regional & international community for quality and effective training and education**



Thank you all