

Activity 1

title: Assessing the feasibility and providing a new version of National Registration System

Description: the WEB-based registration system has been established in 2010 nationwide in PHC network. the current evidences showing that the efficacy for collection the reliable data is lower than expected comparing with research studies. this study aim to evaluate the current registration system to find out the gap and providing the updated collection system by improving the PHC capacities.

for implementation, the current activities will be scrutinized, by collecting the data. the standard system according to the MoH, bureau of mental health will be determined, the gap between the standard and operating will be identified and then the new version according the capacities and future expectations will be provided. the new collection and collation instruction for PHC health personnel will be provided to update the web-base collection system.

Activity 2

Title: Assessing the feasibility and providing a new version of national suicide prevention program

Description: The current evidences showing that the current program of suicide prevention could cover just 50% of the country. This study tries to find out the barriers of the implementation of the program such as the personnel capacities, the feasibility and the execution defects.

The standard program according to the MoH, Bureau of Mental Health will be determined, the difference between the implemented program and the expected one will be identified and then the new version according the capacities and future expectation will be provided.

Activity 3

Title: implementing Urban Mental Health program as a pilot study and providing community field for education, research and treatment research and treatment

Description: New model of Urban Mental Health developed collaborating with WHO/EMRO, MoH/MHB. First, in this model the principles of WHO based on General Physician to provide mental health services have pivotal roles. Second, collaborating between stakeholder organizations which are involved in provision of mental health services such as welfare organization, municipality and Ministry of Health, NGOs on mental health and charity organization has been speculated. Third, professional services will be provided by psychiatrist for mentally ill patients particular in acute phase and will supervise the GPs in PHC network in a regular manner.

This program will be implemented as a pilot study and a action research study in one of the district of Tehran and through this implementation an educational, research and treatment community field will be introduced as a unique model of multidisciplinary of community services. Furthermore, furnishing the current educational program by study course of fellowship in community psychiatry will fortify the mental health community network.

Activity 4

Title: support the publication of an open access scientific journal in English language, involving the regional experts

Description: 1. to Publish and disseminate an open access, English language, peer review scientific journal on suicide with name of: suicide prevention journal.

2. receiving the approval of Ministry of Health of Iran for the journal of "suicide prevention journal"
2. to collaborate with regional organizations and experts to publish on regular basis
3. to disseminate the regional provided scientific information among the state members
4. to collaborate with the international experts to provide reliable and valid information and services for the region state members

Activity 5

Title: Collaboration with WHOCCs of Morocco, Pakistan at EMR to provide services for disasters, suicide registration system and prevention program, scaling up mental health services in PHC, Scaling up Opioid dependence prevention services

Description: 1. collaborate with WHOCCs of the EMR on the following activities:

- 1-1. establishing and scaling up the registration system on suicide behaviors
- 1-2. establishing and scaling up the substance abuse treatment focused on MMT services
- 1-3. scaling up the mental health services base on PHC
- 1-4. implementing programs to tackle the natural and man-made crisis

Activity 6

Title: Integration of psychosocial intervention into CMHC (Community Mental Health Center)

Description: Given the habitation of 70% Iranian population in urban areas and their considerable mental health needs, the first CMHC was established in Tehran in 2010. However, it seems that there are some gaps and deficiencies in the implemented programs. The present project aims to collect the existing national wide data and experiences in implementing CMHC program and integrating mental health services in PHC over the past few years, to evaluate the delivered CMHC services. Adding psychosocial interventions into current operative CMHC is the principle aim of this study. This project will be implemented in the following phases: 1) The exploration existing status of mental health and its services in Iran based on current professional experiences (focus group and deep interview) and literature review; 2) The exploration of present performance of community mental health centers (CMHCs) in Iran and world based on current professional experiences (focus group and deep interview) and literature review; 3) The selection and integration of community mental health services into family physician program based on feasibility, justice and cost-effectiveness criteria; 4) Designing structure and implementation program of selected services for community mental health centers (CMHCs); 5) Pilot

implementation of the designed CMHC model in two centers; 6) Evaluation of the implemented CMHC model in terms of applicability and cost-effectiveness.

Activity 7

Title: Drafting national policy paper for providing required services for autistic disorder spectrum

Description: - Establishment of the different roles of governmental organizations (such as Health system, educational system and social welfare organization) in handling such complicated problems

- Determining an algorithm to help them to doing their duties
- Addressing the short term and long term goals for such patients, defining and specifying resources for them and creating a social commitment to help such patients and their families
- Producing facilities to screen children and recognizing them in early stage

Activity 8

Title: development of collaborative home care models involving family members and health care workers

Description:

- a. Using Prof. Liberman's guide book (involving families in mental health services) and study of feasibility of the book.
- b. Holding session of training of trainers
- c. implementing of pilot study of families education in collaborative and active participation model in AHEBBA(NGO) (Iranian Association Supporting Individuals with Schizophrenia).
- d. Presenting the package of family education in mental health service.

Activity 9

Title: short term courses for general physicians on building up capacities of PHC personnel for substance abuse treatment, focused on MMT Description: Many evidences show that the PHC Program can significantly reduce harm of Substance dependency. Patients with substance abuse problems are common in general medical practice and include people of all ages and socioeconomic groups. So, the general practitioners need to know how manage patients on Substance Abusers. This study aim to professionally educate the present GP's in PHC and others. The current activities will be conduct in 10 days (54 hours).

Activity 10

Title: Establishing a registry system for Autistic Disorder in Ali Asghar hospital (general pediatric hospital) and School of Behavioral Sciences and Mental Health

Description: The Iran University of Medical Sciences Database for Autism Research is a research data repository designed to promote scientific data sharing and collaboration among autism spectrum disorder investigators.

Two related centers of IUMS is supposed to collaborate with this protocol.

The patients referred to these centers are introduced to the coordinator for gathering their data.

The goal of the project is to accelerate scientific discovery through data sharing, data harmonization, and the reporting of research results.

Activity 11

Title: Short term courses for general practitioner on building up capacities of PHC personnel for early recognition and management of prior mental health disorders using mhGAP

Description:

- Preparing a Farsi version of mhGAP documents for trainers and trainees,
- planning a 2 days courses for training trainers of Iran University of Medical Sciences (IUMS) and if may be possible from other medical universities,
- finally implementing 1 day courses for GPs from PHC fields centers.

Activity 12

Title: Short term courses for psychologists on building up capacities of PHC personnel for early recognition and management of prior mental health disorders using mhGAP

Description: - Preparing a Farsi version of mhGAP documents for trainers and trainees,

- planning a 2 days courses for training trainers of Iran University of Medical Sciences (IUMS) and if it is possible from other medical universities,
- finally implementing 1 day courses for psychologists from PHC field

Activity 13

Title: developing a educational curriculum and related training courses Community Psychiatry Fellowship for psychiatrist of Iran and the EMR member states

Description: Having specialist in community psychiatry seems to amplify the community psychiatric services. Public/community psychiatry fellowship training program is absent in Iran and most probably in many of EMR member states. The first step of this activity is drafting of an academic curriculum and then adopting and then implementation of that. Upon adopting the curriculum by MoH, deputy of education, the program could be run nationally and internationally. The aim of this activity is providing a combination of didactic and field experiences represent the gold standard for preparing psychiatrists for leadership roles in organizational settings, whose funding largely derives from public sources in WHO

EMR region. The Fellowship program is a 18 months full-time training program for psychiatrists who have completed accredited psychiatric residency training.

Activity 14

Title: Domestic violence prevention program: advocacy program in Urban areas including integration of mental health in PHC, referral and support mechanisms , models of collaborative and care for mental health

Description: During the past years and some joined projects with Ministry of Health and WHO Office in Iran/ WHO EMRO, this Center planned some research integrative PHC/ health based project in Iran in this area, prepared a national policy paper of safety and domestic violence prevention, and started to implement program in the country. Process of integration, case finding in the PHC, tasks, referral system and support, models of collaborative activities in health, mental health and psychosocial as well as legal section are planned but is not implemented and piloted. During advocacy process in this new project we will try to find an effective model for support from other disciplines in big urban area for survivors from domestic violence.

2. Please briefly describe your collaboration with WHO in regards to the activities of the WHO collaborating centre during the past 12 months (e.g. means of communication, frequency of contact, visits to or from WHO). Please feel free to mention any difficulties encountered (if any) and to provide suggestions for increased or improved communication (if applicable).
3. Please briefly describe any interactions or collaborations with other WHO collaborating centres in the context of the implementation of the above activities (if any). If you are part of a network of WHO collaborating centres, please also mention the name of the network, and describe any involvement in the network during the last 12 months.
4. Please briefly describe any type of technical, programmatic, advisory or other support received from WHO during the past 12 months for the implementation of the agreed activities listed above (if any)