

The Butabika-East London Link
Global Health Partnerships
East London NHS Trust
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The Trustees
Luna Children's Charity
184 Medstead Road
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4 May 2015

Re Contribution of Luna Children's Charity to the Large Paired Institutional Partnership Project LPIP32: Development and Implementation of Multi-disciplinary Training Programme in Child and Adolescent Mental Health for Mental Health Professionals in Uganda 2013-2015

Dear Trustees,

On behalf of the Butabika-East London Link we are writing to express our gratitude for the significant contribution made by Luna Children's Charity to the multi-disciplinary training programme in child and adolescent mental health. Not only did it result in self-sufficiency for Uganda in the treatment of traumatised children using CATT, the management of the project from start to finish was greatly assisted by support and advice from experienced Luna personnel, especially Carly Raby, who was responsible for developing this invaluable treatment approach and Stella Charman's dedication and wisdom throughout the project as a major contributor to the project management group and the Link Committee.

The project partnership agreement between Luna and Butabika-East London Link arose from our existing relationship that had initiated CATT training for a key group of Ugandan mental health professionals in Uganda in 2012. LUNA also successfully trained two Ugandan trainers in London alongside professionals from East London NHS Foundation Trust. The partnership with Luna contributed significantly to the Link's successful bid to the Tropical Health Education Trust (THET) for funding for the training project.

Financial Support

We are extremely appreciative of the financial contribution made by Luna to the project, specifically, £5,745 for the CAMHS Certificate course in 2013, £3,898 for the Diploma course in 2014 and £944 for Luna's participation in the first National CAMH Conference in 2015.

In addition to the planned expenditure for the project, Luna met the costs of training Ugandans in Tanzania (£2,300) and additional Ugandan professionals during the course. Luna also initiated and developed the Friends of the Children's Ward project, an initiative that raised £1,893 in conjunction with the Link to improve the conditions on the Children's Ward at Butabika Hospital.

In all, Luna has contributed a total of £14,780 for training and development of child and adolescent mental health in Uganda, which is a testament to the hard work and generosity of Luna Children's Charity and its supporters.

Training

Luna's contribution to the project was greatly assisted by the consistent presence of the Chair of Luna Trustees, Stella Charman, who co-ordinated the CATT training and provided continuity. She developed a working relationship with the Link and key professionals in Uganda that followed on from the successful training of 25 mental health professionals in 2012, many of whom participated in the CAMH training programme. She used her experience in Uganda to great effect when co-leading a train the trainers course before the project started, as well as during the CATT level II and level III modules.

In the first module, Carly Raby, in conjunction with a family therapist, provided a great start to the course by encouraging mental health professionals to consider the individual child and family rather than treating children as if they were adults suffering from mental illness. This was the groundwork for the project's main aim, the introduction of high quality assessments and psychological treatments rather than reliance on medication. The use of CATT for traumatised children has become the main therapeutic tool for individual therapeutic work with children because of its efficacy and practical child centred application. This is mirrored in East London NHS Trust's own CAMH services, where the CATT technique has become the preferred treatment for trauma in children.

With the training of 30 professionals in the use of CATT in 2013 and the training of eight CATT trainers by 2014, Uganda is now self sufficient in this valuable treatment approach. Twelve Diploma trainees attended the level III CATT training, and although they were not all able to complete the required five CATT case reports to qualify as trainers, they benefitted from further training in the model and valuable training in teaching clinical techniques and supervision.

The suggestion made by Luna that trainees should gain clinical experience in CATT in community settings was taken up and funded by Luna. This resulted in the development of links between staff working in Ugandan orphanages and NGOs and CAMH services and will continue in the training programme in future.

Friends of Butabika Children's Ward

Butabika National Referral Hospital is the principle training base for all mental health professionals in Uganda and has the benefit of a dedicated children's in-patient and out-patient service, spacious facilities and multi-disciplinary input for specialist CAMH training. Its role as a training ward has however been compromised by high activity levels, staffing shortages, rotating nursing team and poor material resources. Concerns raised by Luna and UK trainers, led to the development of a charitable initiative by Luna, the Friends of Butabika Children's Ward, supported by the Link with joint fundraising events.

The Friends' initiative has been key to the improvement of material resources and staff morale on the ward and perhaps most significantly, the recruitment of a church volunteer to co-ordinate educational and play activities for the children. Funding has also contributed to the rehabilitation of abandoned children into community settings so that the ward can function more appropriately, providing care for acutely ill adolescents who were previously treated on adult wards. The Friends' support for the development of the sensory room, in conjunction with Trust volunteers, has been invaluable for work with very handicapped children and significant improvements have already been seen amongst children who had previously shown little to no verbal communication.

The Link is especially grateful to Luna for spearheading the focus on safeguarding, gaining the attention of the overstretched hospital management as well as that of the Link as a whole. This has proved very supportive to the project's long-term volunteers on the children's ward who bore their concerns heavily. It had been difficult for the Link to challenge the hospital management persistently when we were only too aware of the staffing problems and cultural norms in the context of the gradual progress we have witnessed over the ten year relationship. This has resulted in safeguarding being identified as an area for increased focus for the partnership and we are developing a Safeguarding Workstream. Further project work is underway to help improve nursing morale and efficacy in their stressful conditions and the Deputy Director of Butabika Hospital has just received training in Quality Improvement at the Trust which she hopes to put into practice at Butabika to bring about institutional change.

We would like to give special thanks to Sian Bolton, Luna intern, who accompanied the trainers in September 2014 to spend time on the ward and developed the Friends project. It has proved a catalyst for other fundraising activities, such as the recent building of a children's playground and to the local church in raising money and recruitment of volunteers.

It is with sadness that we acknowledge that our formal partnership between Luna and the Link is now over but congratulate Luna's achievement in training a critical mass of CATT

trainers so that the CAMH training programme can continue with the CATT module taught by Ugandans. The project ended on a high note with a conference attended by 135 delegates in which Stella Charman gave an excellent presentation on the use and effectiveness in Uganda of Children's Accelerated Trauma Treatment. It was a great opportunity to inform a broad group of professionals, including paediatricians and officials from the Ministry of Health, about CATT and to demonstrate the overwhelmingly positive outcome of treatment from analysis of data collected in Uganda. This raised awareness resulted in offers of support for further research.

Our colleagues in Uganda will certainly join us in expressing our sincere gratitude to Luna for your remarkable contribution to child mental health and professional development in Uganda. We hope our friendship will continue to flourish as we continue the joint work with the Friends of the Butabika Children's Ward.

Yours sincerely,

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CAMH Project Manager, Butabika-East London Link

Olivia Carmichael
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