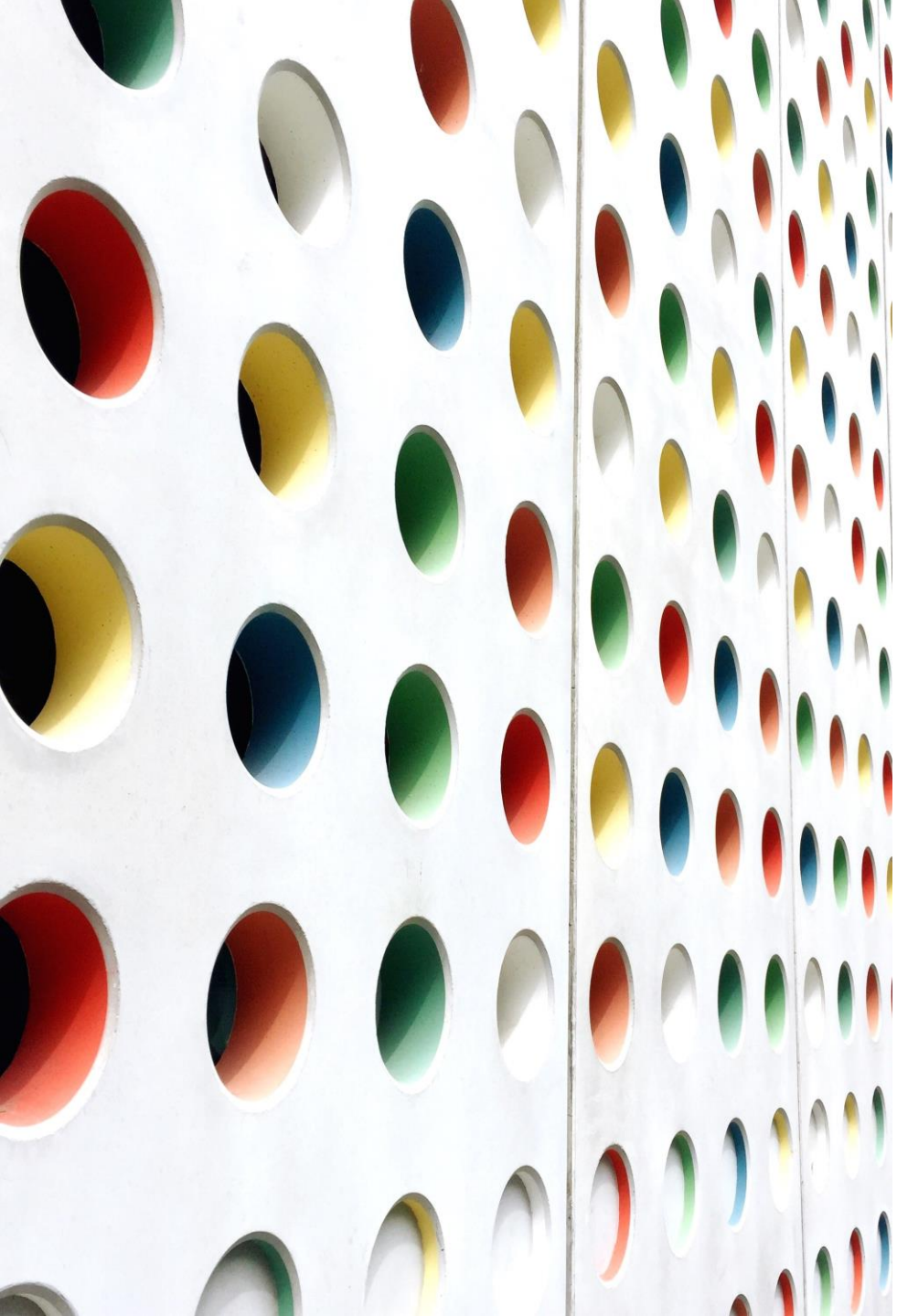

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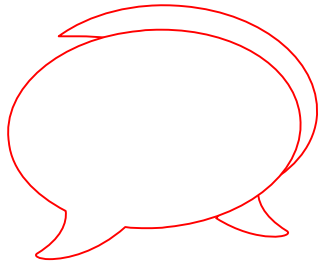
KENYA chapter

Disability mainstreaming and inclusion in accessing Mental Health and Substance Use Disorders treatment/care

TUESDAY 28TH JUNE 2022
6:00PM TO 7:00PM EAT

Dr. Joyce Wangari Ngugi, PsyD
Clinical Psychologist & Research Mentor
Gwira Foundation



Learning Outcomes

- You will be able to delineate access barriers hindering Mental Health (MH) & Substance Use Disorders (SUDs) treatment and care for People with Disabilities (PWDs).

- You will be able to describe disability mainstreaming and inclusion, inequality and discrimination as related to MH & SUD treatment and care.

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Current definitions

- International Classification of Functioning, Disability and Health (ICF), which states that **disability** is an "umbrella term for impairments, activity limitations or participation restrictions" , which result from the **interaction** between the **person with a health condition** and **environmental factors** (e.g. the physical environment, attitudes), and **personal factors** (e.g. age, gender and coping mechanism).

- Convention on the Rights of Persons with Disabilities, which states that **disability** is an evolving concept and "results from the **interaction** between **persons with impairments** and **attitudinal** and **environmental barriers** that hinders their full and effective participation in society on an equal basis with others".

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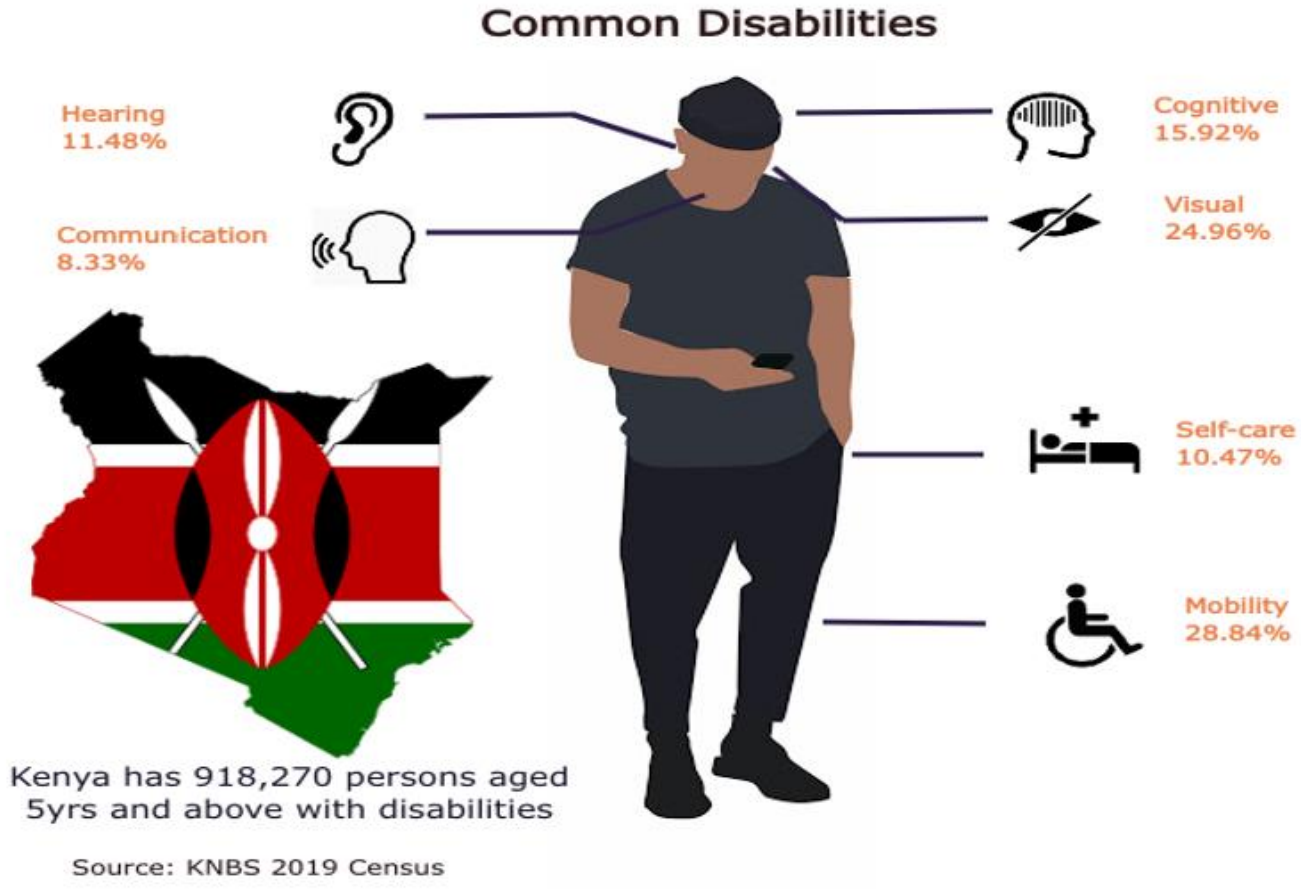
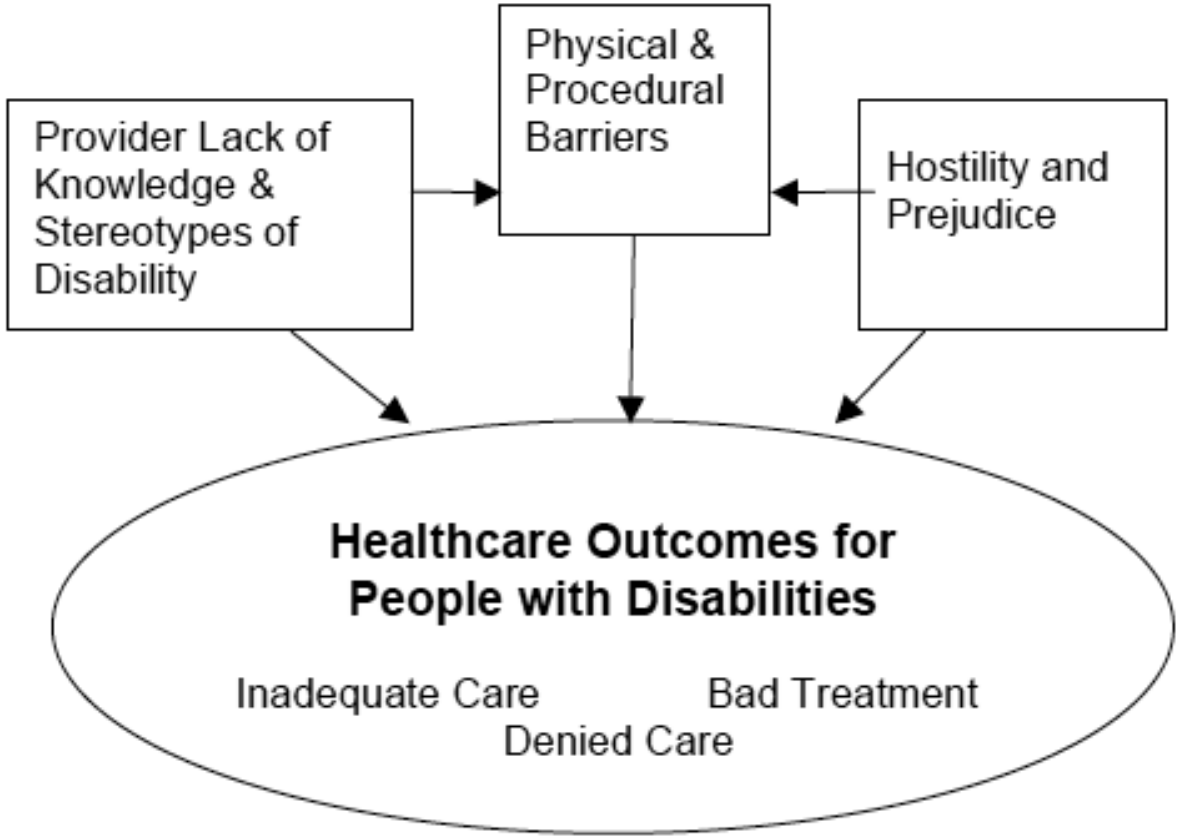
Types of Disabilities

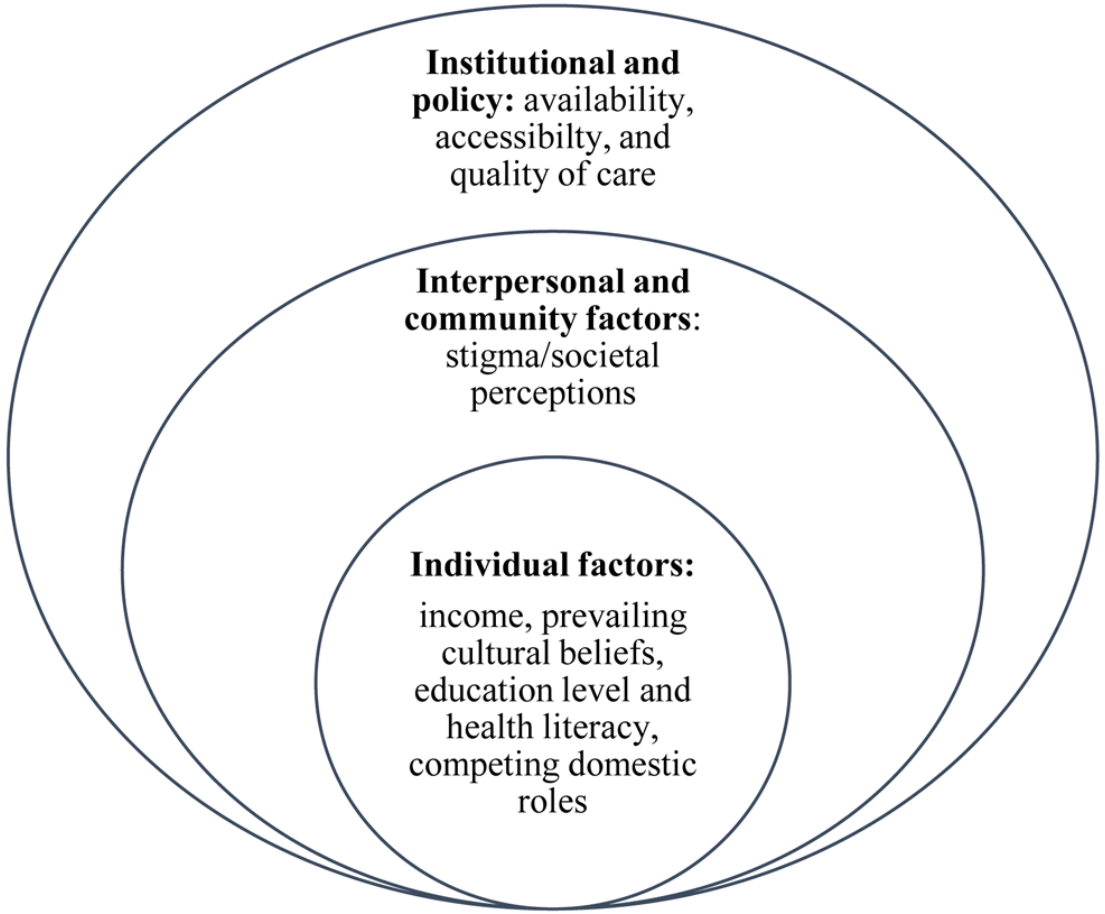
Photo credits: https://images.app.goo.gl/CVP6UhyA8mAzdZpX6



Disability Healthcare Access Barriers

Photo credits: https://images.app.goo.gl/ReQUqxQ5HE7YNRJ79 and https://images.app.goo.gl/goUaAABf5dm1zaiU7





Treatment Barriers

Medical professionals unable to provide services to physically disabled persons due to physical barriers[1]

Lack of education among healthcare professionals

A lack of interpretation services

27% Had these [2]

Enabling

Most people do this in the belief that they are helping

Due to a stigma among the general population

Hide The Issue

[1] According to a study published by the American Association on Health & Disability

[2] A national survey in 2008 by SAMHSA

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https://images.app.goo.gl/DHiFFFfKN3wJVGGi8 and https://images.app.goo.gl/Vadngz88nzphW3XX8

Types of Violence (IOM, 2020)

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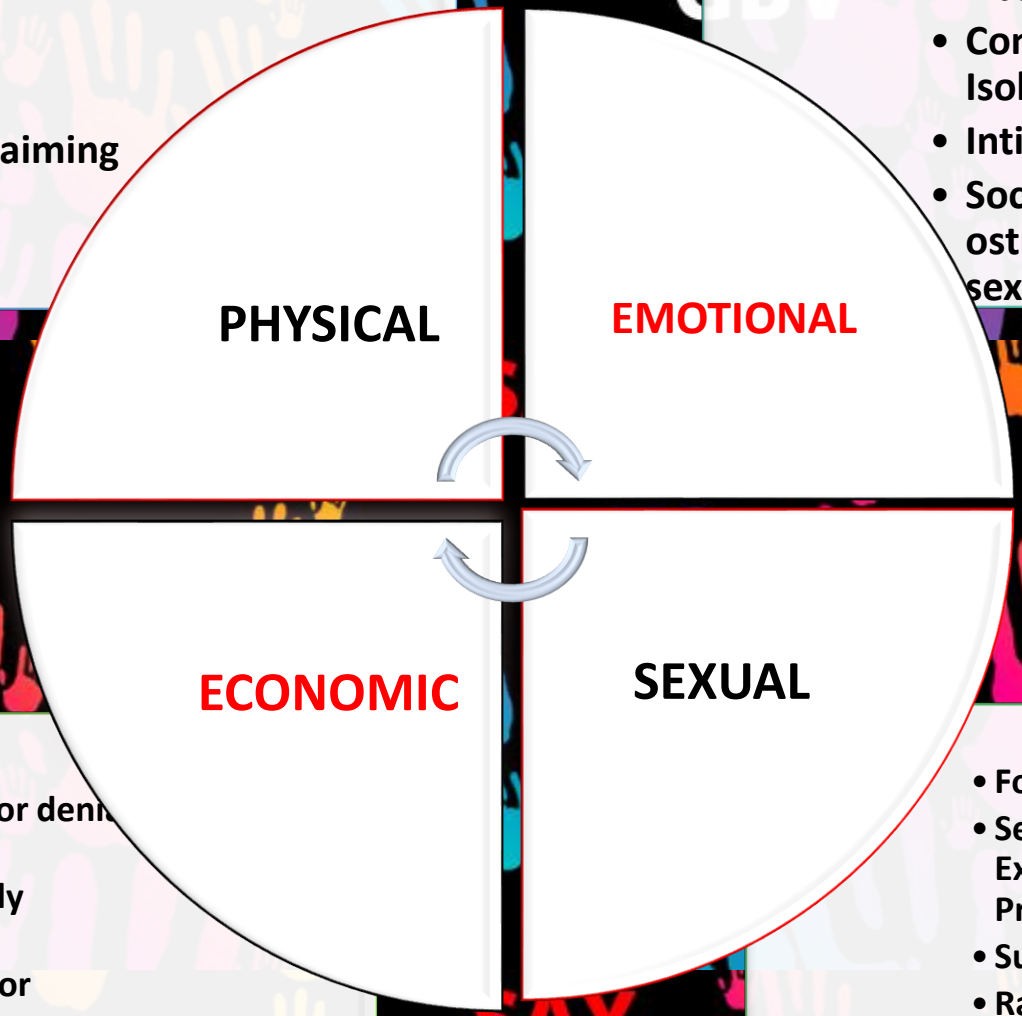

- Physical Assault
- Trafficking, Slavery
- Infanticide
- Honor Killing and Maiming

- Abuse, Humiliation
- Confinement/ Isolation
- Intimidation/Threats
- Social Exclusion, ostracism based on sexual orientation

- Discrimination, and/or deni of opportunities
- Forced Marriage/Early Marriage
- Denial of Education for Women and Children

- Forced Marriage
- Sexual Exploitation/Forced Prostitution
- Survival Sex
- Rape and Marital Rape
- Child Sexual Abuse

Which barriers do PWDs face

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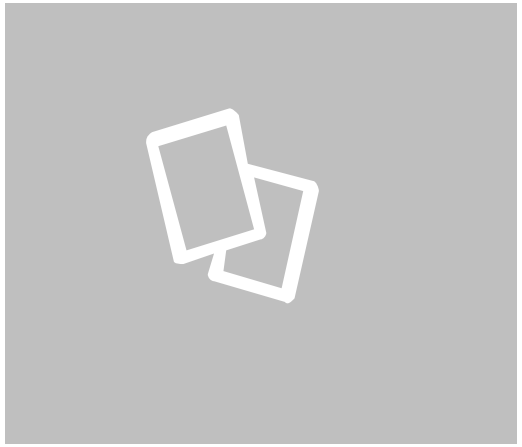
- Inaccessible information
- Negative attitude
- Infection risk
- Environmental barriers
- Disrupted social services & assistance
- Digital access & literacy gaps
- Lack of transport
- Reduced financial resources

COVID-19 and PWDs

Containment strategies- Static, face-to-face case management with appropriate infection prevention and control measures

Delay strategies-Physical distancing, limit engagement with survivors, some adapted and remote case management, train staff on changes in service delivery



Mitigation-movement markedly restricted, significantly curtailing face-to-face case management outside health facilities and requiring implementation of adapted and remote case management

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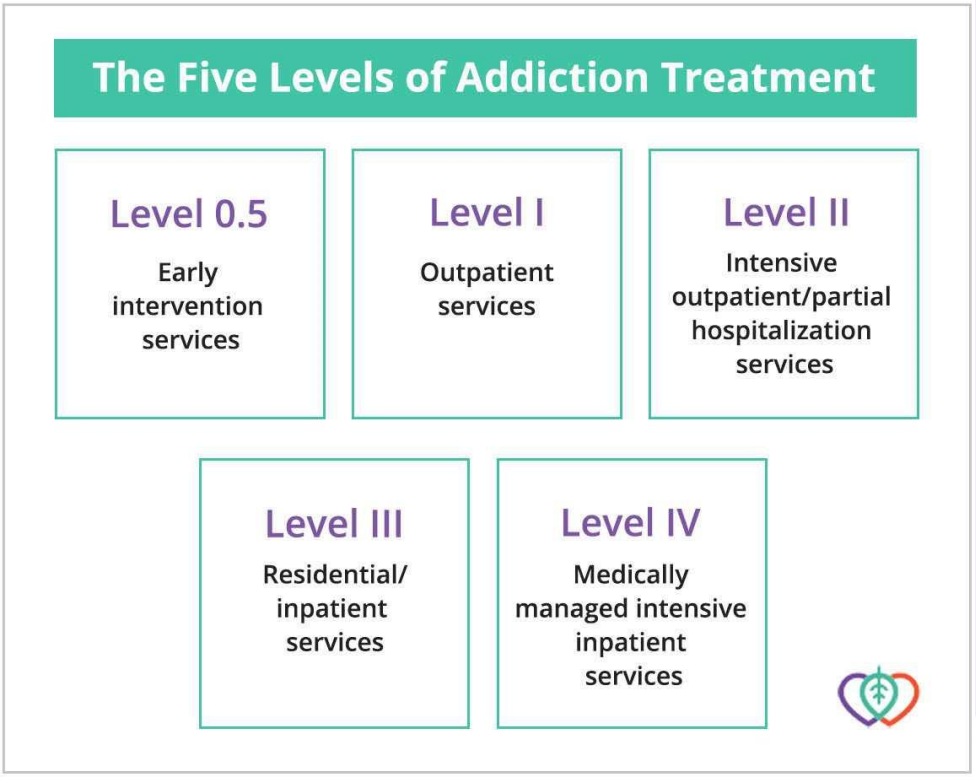
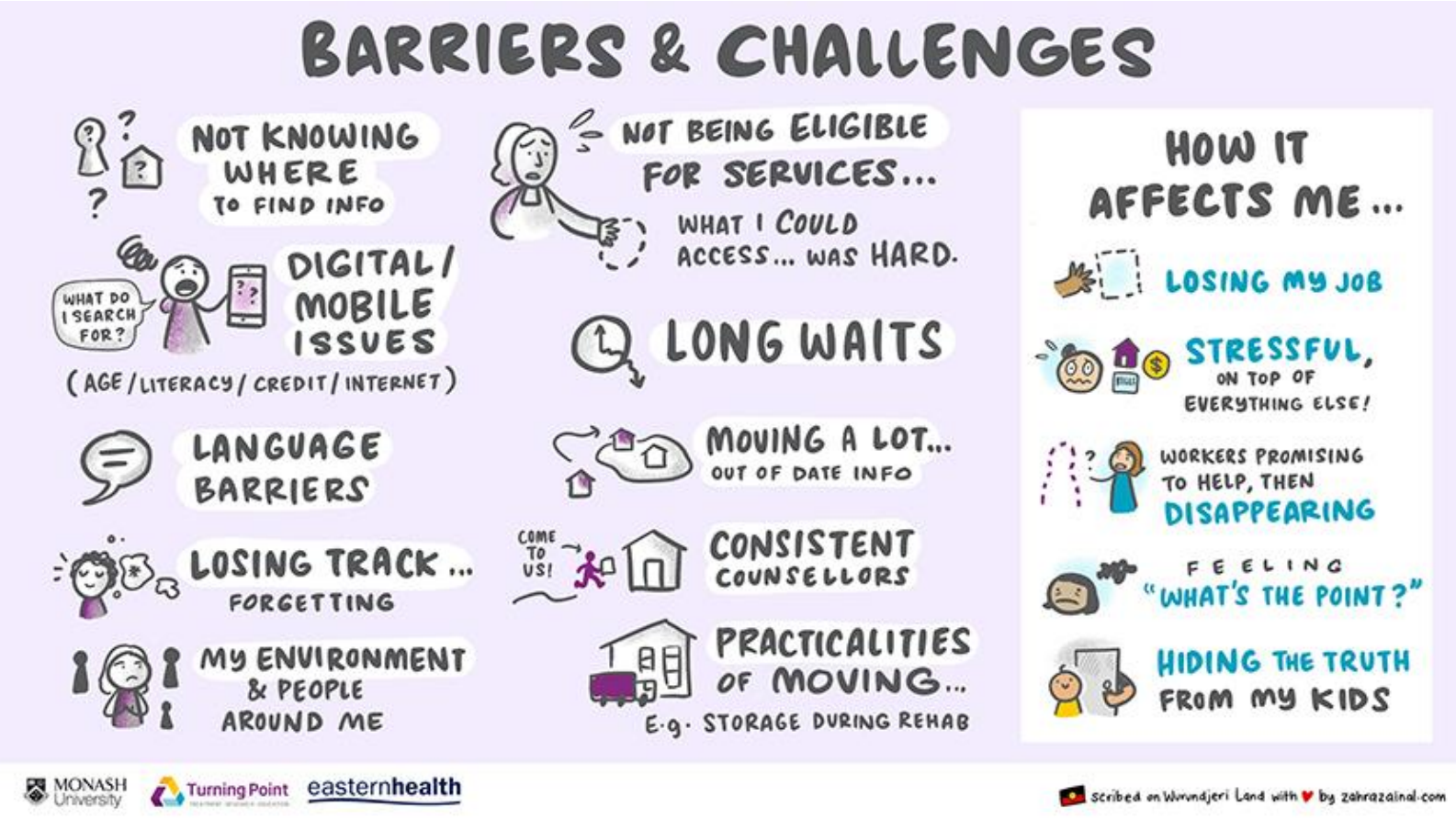
Access Barriers to MH & SUD Treatment

Photo credits: https://images.app.goo.gl/oHuUZoMTv61c95fV8 and https://images.app.goo.gl/1XfTVCQyvMoiyCRq5





What is the problem?

Photo credits: https://images.app.goo.gl/RArBCcYwiYLMcsGdA

Disabled people as passive receivers of services aimed at cure or management

Disabled people as active fighters for equality working in partnership with allies.

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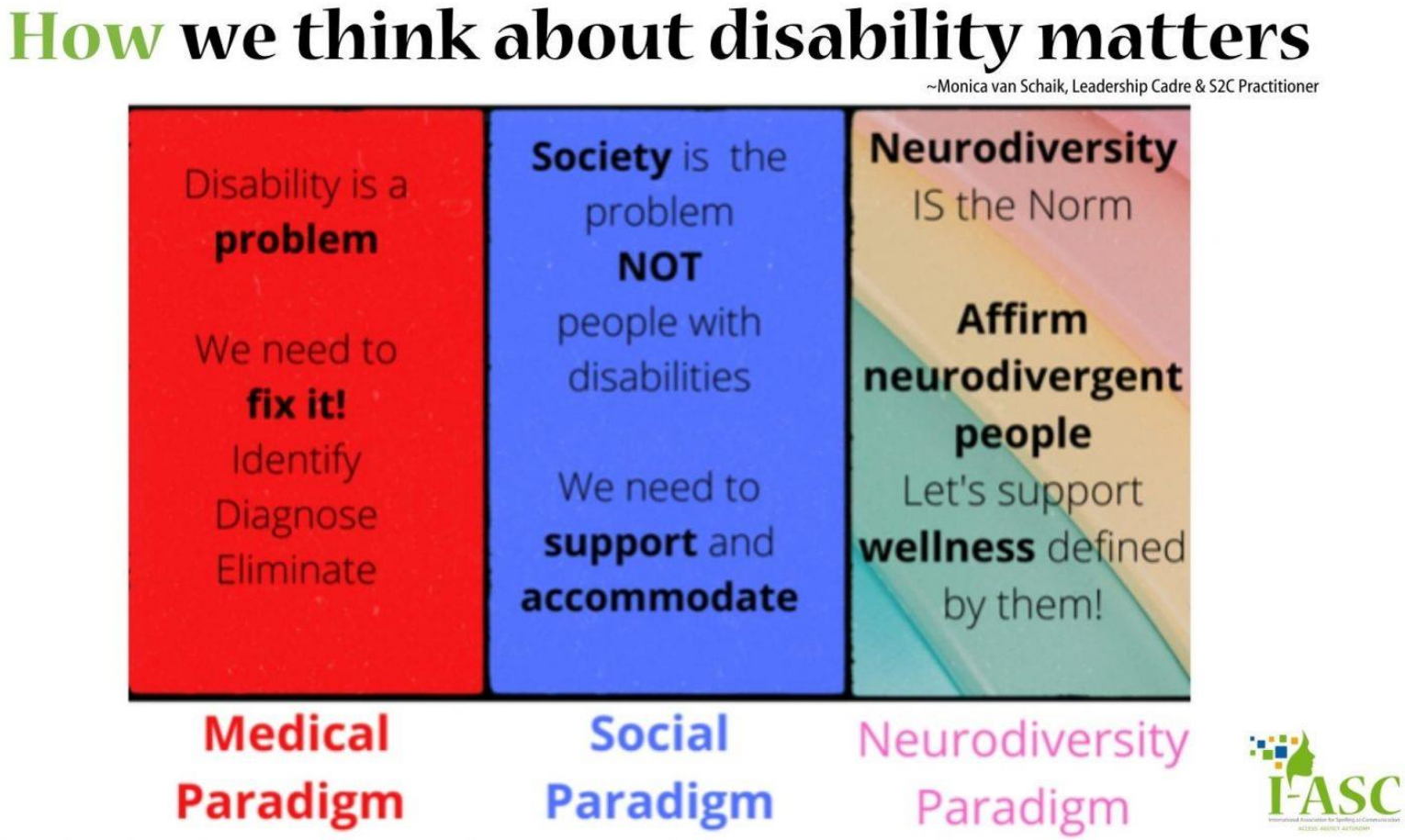
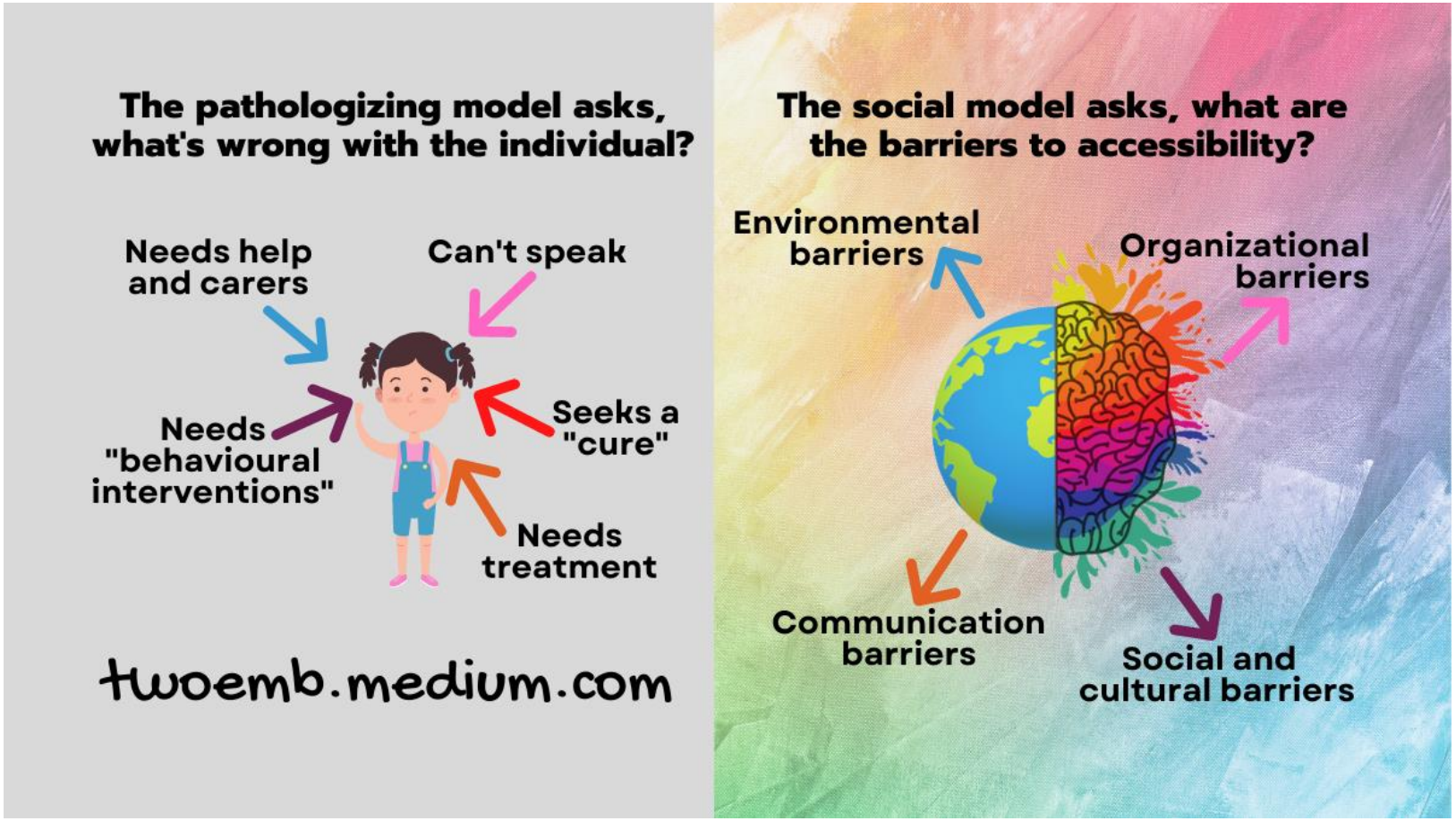
Paradigms inform disability definitions

Photo credits: https://images.app.goo.gl/MYyHG6sStijHkR2n6



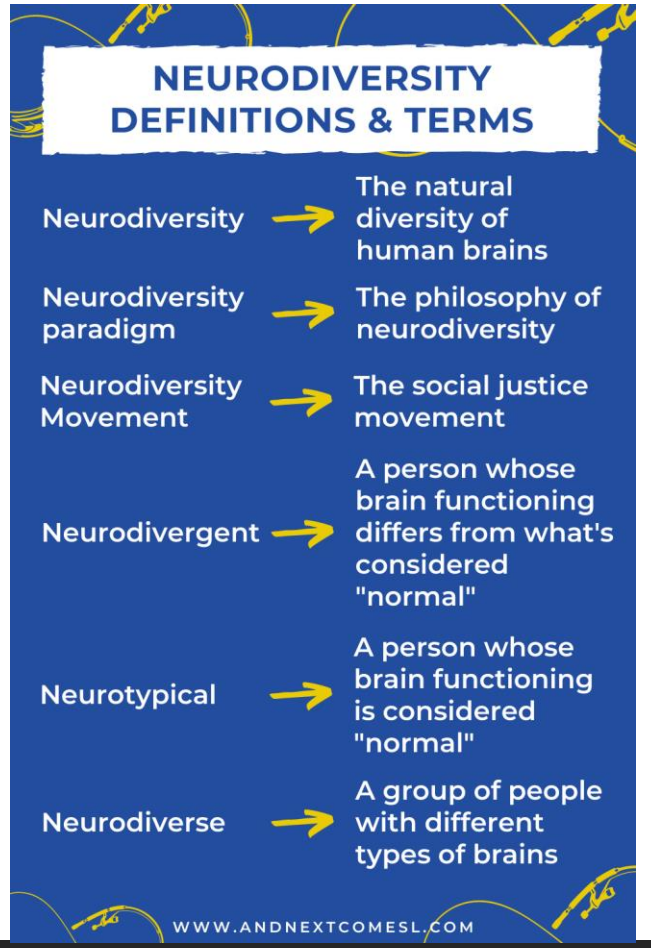
Medical versus Social models of disability

Photo credits: https://images.app.goo.gl/vXWyovXYEQegXFGJ8



Shifting Disability Paradigms

Photo credits: https://images.app.goo.gl/gZ84xHsEi5NPpCcN6 and https://images.app.goo.gl/ktDiZ2pY14Tc43GGA



Disability inequality

Photo credits: https://images.app.goo.gl/j265pPYtvinJi4b26

Source: Disability, Poverty and Development, U.K. Department for International Development, London, United Kingdom, February 2000.
http://hpod.org/pdf/Disability-poverty-and-development.pdf

Social protection gaps and disability inequality exists in vicious cycles of intersectionality factors:

- **Social and cultural exclusion and stigma**
- **Denial of development opportunities**
- **Deficits in economic, social and cultural rights**
- **Reduced participation in decision making and denial of rights**

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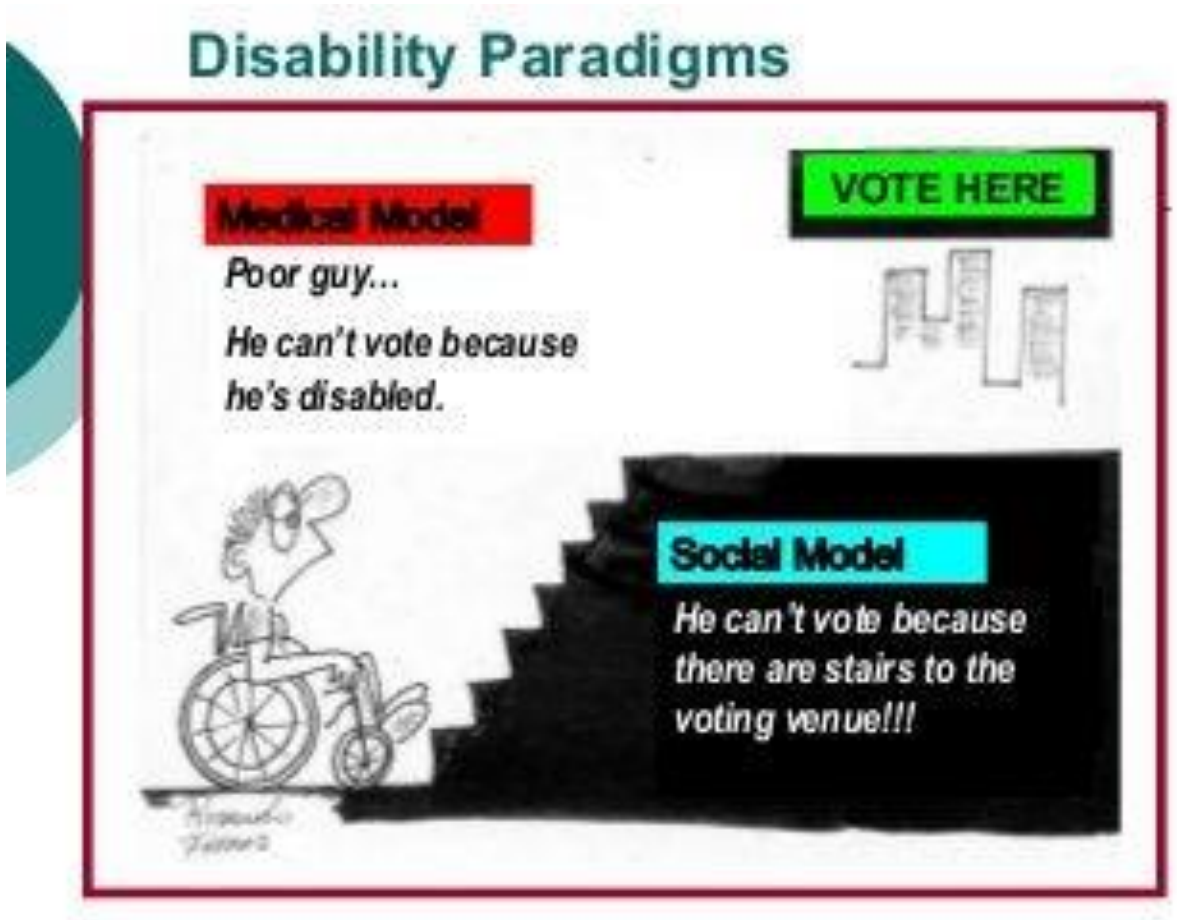
Disability discrimination

Photo credits: https://images.app.goo.gl/b79gpFM8gDLtYPAt6 and https://images.app.goo.gl/DhuSvTHUHBzhzvBTA



Direct versus indirect discrimination

Photo credits: https://images.app.goo.gl/DJp2a8546uVHdJQn9

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Disability inclusion is about culture change

Photo credits: https://images.app.goo.gl/3Yq9oWi92acZ2G2j9 and https://images.app.goo.gl/vq74h1od4RTJoR458

Disability Paradigms and Models and Rehabilitation Practice

Individual and Social Models of Disability

	Individual model	Social model
Explanations	•Personal tragedy •Individual impairment •'Special needs'	•Social oppression/barriers •Society's failure to meet needs of all •Intolerance of difference
Focus	•Inabilities •'Lives not worth living' •Professional control	•Abilities •Valued contribution •People power

University of Lancaster 27-July-2004 Slide 3

Disability Inclusion is About Culture Change

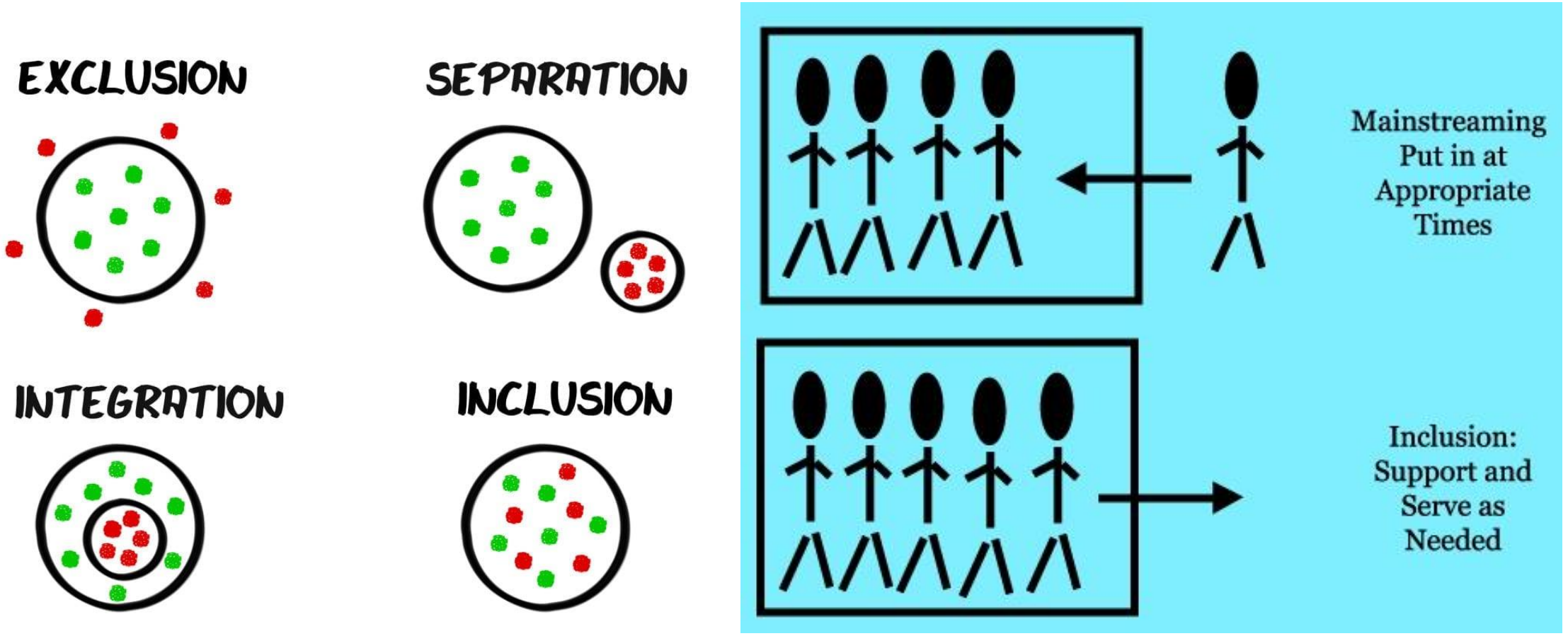
Paradigm shift:

Helping others	Strengthening the collective
Particular program	Making all accessible
Kindness	Social justice

The Jewish Federation OF GREATER WASHINGTON

Inclusion vs. mainstreaming

Photo credits: https://images.app.goo.gl/a5qyZStdejLvaftz7 and https://images.app.goo.gl/1D2TMtni2CF3VCjt9



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Design thinking and Disability accessibility

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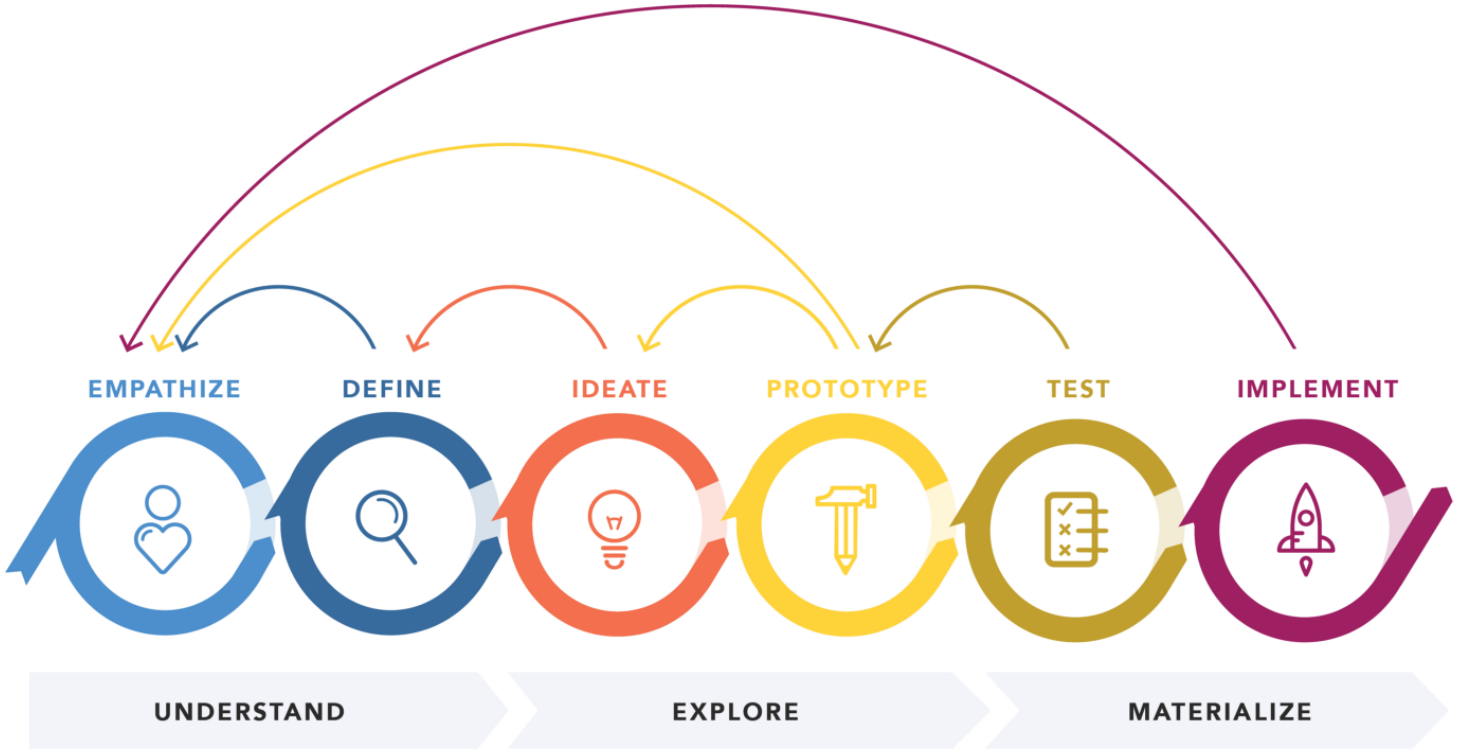

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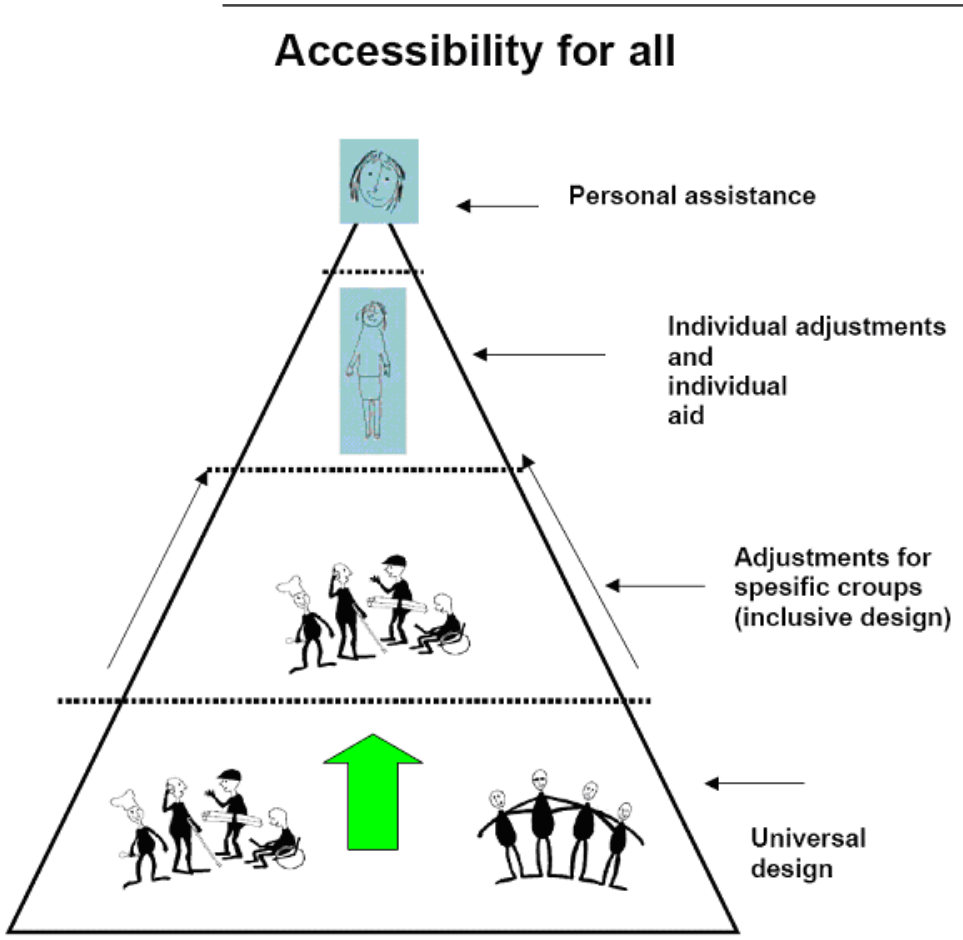
Adaptive equipment & Assistive tech

Photo credits: https://images.app.goo.gl/qB2NYaKf9qk7fEZu9 and https://images.app.goo.gl/chwQozbui9pBjKS16



Some Examples of Adaptive Equipment:

DDA DEVELOPMENTAL DISABILITIES ADMINISTRATION
DISTRICT OF COLUMBIA DEPARTMENT ON DISABILITY SERVICES

Durable Medical Equipment

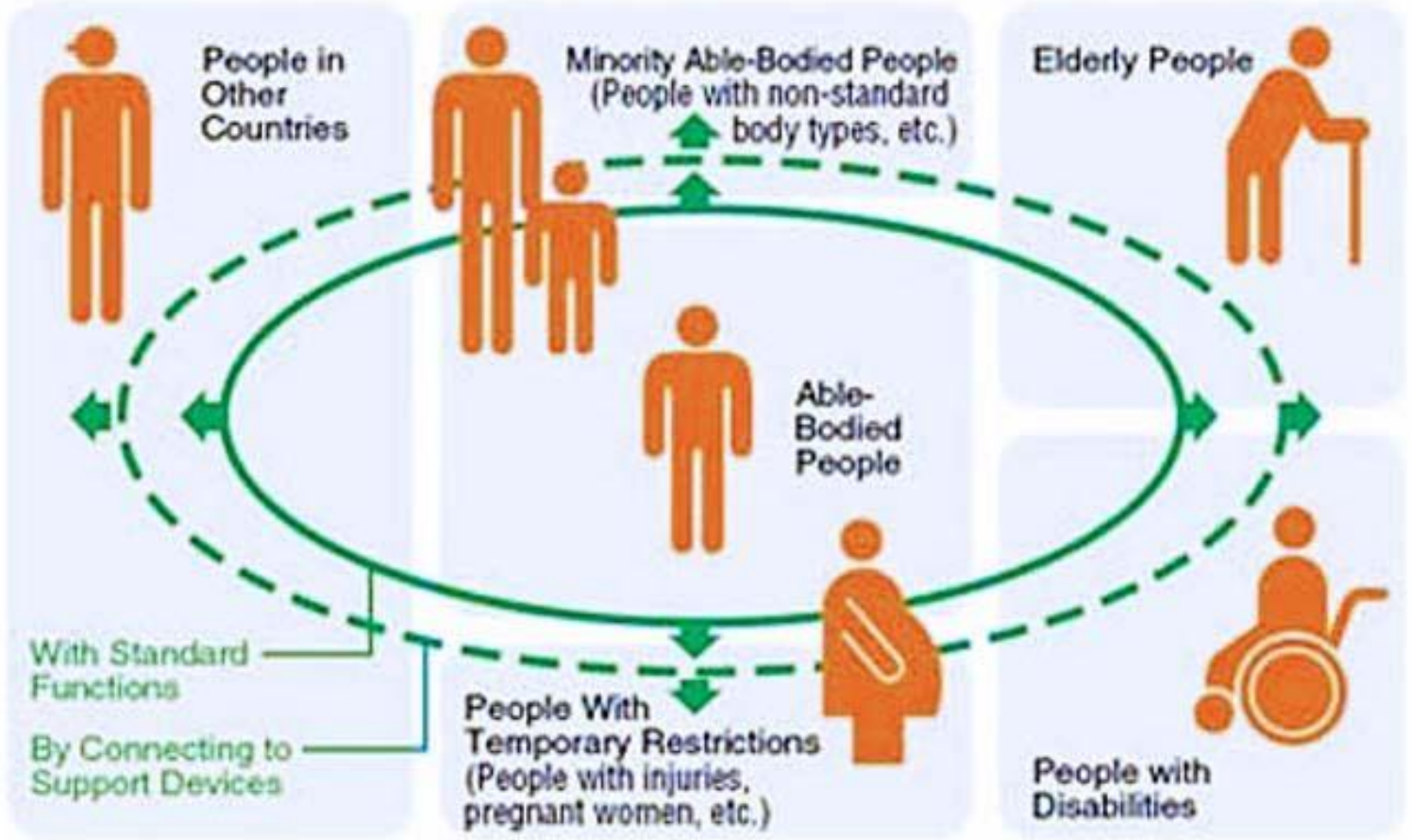
- Bath Safety – Rails and chairs
- Diabetic Supplies – Testing supplies
- Homecare Beds – adjustable, mattresses
- Power Chairs
- Scooters/Walking Aids
- Standing Aids
- Wheelchairs
- Mealtime utensils/dinnerware

Assistive Technology

- Eyeglasses or magnifiers
- Talking Dictionary, screen readers
- Switches, joysticks, foot pedals
- Eye controlled computers
- Communication Boards
- Hearing Aids
- Signaling devices, headphones
- Electronic Books, Closed Captioning

Universal design and reasonable accommodations

Photo credits: https://images.app.goo.gl/mCv7JnSzuWXHZFsb6



Disability-inclusive COVID-19 response in Kenya

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Photo credits: https://images.app.goo.gl/z4Kf42fVVtjLSaHm7

- Information and communication
- Health care
- Support services
- Protection strategies
- Vulnerability

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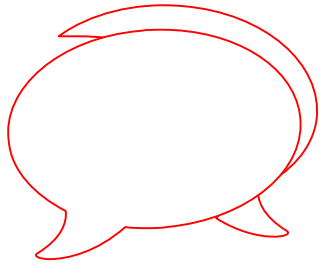

Key messages (UNFPA, 2020)

- The COVID-19 response must engage Organizations of People with Disabilities (OPDs) and networks in decision making.
- During COVID-19, discrimination against women and girls with disabilities increases due to social isolation, disrupted routines and if caregivers can't reach them.
- PWDs are 3 times more likely to receive different forms of violence than people without disabilities.
- To prevent GBV, PWDs should be able to use accessible hotlines, reach trusted family and caregivers, and have people who check on them to ensure their safety.
- During COVID-19, PWDs face discrimination and barriers to access information, education and services.

What Can We Do?

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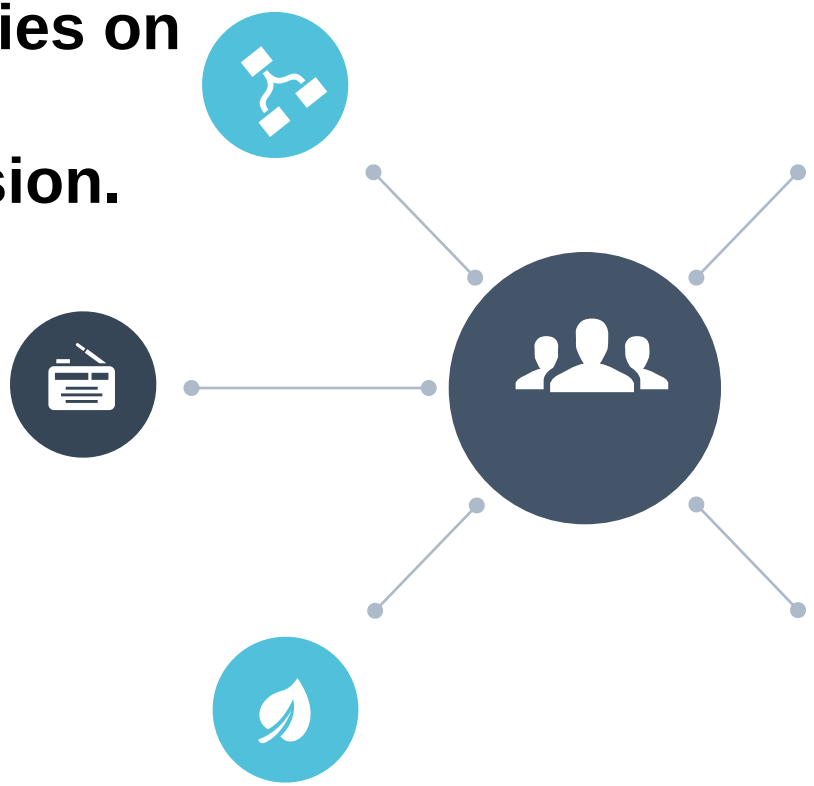
1. Educate your entities on intersectionality/ crossroads of exclusion.

2. Become a more mindful, disability-inclusive person.

3. Make your communications more disability-accessible.



4. Identify opportunities for collaboration with the disability movement.

5. Rethink your definition of "justice".

Disability etiquette

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Photo credits: https://images.app.goo.gl/JXEJpPrKBQ3bze6x6 and https://images.app.goo.gl/LDMPvMeeKEjCESkE7

You are in a unique position to shape the public image of people with disabilities. By putting the person first and using these suggested words, you can convey a positive, objective view of an individual instead of a negative, insensitive image.

Do say	Don't say
Disability	Differently abled, challenged
People with disabilities	The disabled, handicapped
Person with spinal cord injury	Cripple
Person with autism, on the autism spectrum	Autistic
Person with Down syndrome	Mongoloid
Person of short stature	Midget, dwarf
Uses a wheelchair, wheelchair user	Confined to a wheelchair, wheelchair-bound
Has a learning disability	Slow learner
Has chemical or environmental sensitivities	Chemophobic
Has a brain injury	Brain damaged
Blind, low vision	Visually handicapped, blind as a bat
Deaf, hard of hearing	Deaf-mute, deaf and dumb
Intellectual disability	Retarded, mental retardation
Amputee, has limb loss	Gimp, lame
Congenital disability	Birth defect
Burn survivor	Burn victim
Post-polio syndrome	Suffers from polio
Service animal or dog	Seeing eye dog
Psychiatric disability, mental illness	Crazy, psycho, schizo
How should I describe you or your disability?	What happened to you?
Accessible parking or restroom	Handicapped parking, disabled restroom

HOW TO TALK TO AND ACT AROUND A PERSON WITH A DISABILITY

TIPS FROM PARENTS, CAREGIVERS AND INDIVIDUALS WITH DISABILITIES

1. Treat them like you would anyone else. Say hi. Introduce yourself.
2. Don't assume you know what they want or need. Ask them!
3. No two people with a diagnosis are the same. They are all different, with unique likes, hopes and dreams!
4. Never use the "r-word!" Not as a joke, an insult or to describe a medical condition. That term is hurtful and outdated!
5. Ask before offering to help. They may want to do things themselves, even if it takes longer!
6. Staring makes people with disabilities and their caregivers feel really uncomfortable. If you're curious, come over and say hi!
7. Empathize with them (but don't feel sorry for them). Your compassion and understanding goes a long way!
8. Teach your children from a very young age that differences are OK. If they point or stare, don't shush or shame them. Encourage them to say hi and get to know the person!
9. Speak directly to a person with a disability–not their caregiver.
10. A wheelchair is an extension of a person's body. Don't lean on it or push it without asking.

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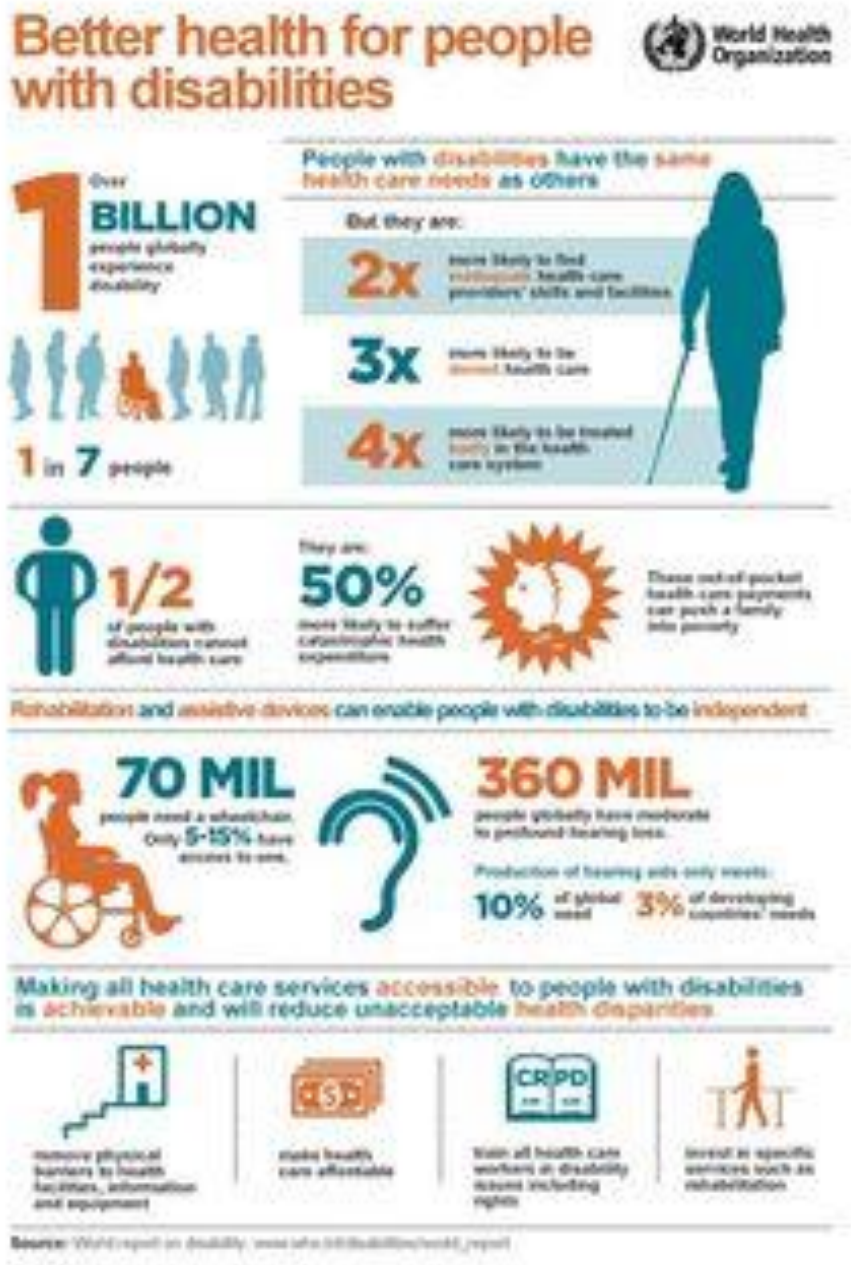

What practitioners can do

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- Make all health care services all-inclusive and accessible to PWDs
- Get ongoing disability training and sensitization to reduce unacceptable health disparities
- Institutionalize, lobby and advocate for needs of PWDs
- Employ PWDs in the SUD and MH treatment and care: “Nothing for us without us”

What Ministries, Departments & Agencies (MDAs) can do (NCPWD, 2022)

- **Establish and operationalize Disability Mainstreaming Committee (DMC) with 30% representation of PWDs.**

- **Formulate Disability Mainstreaming Action Plan to ensure that staffs are informed on disability-related aspects and to empower PWDs.**

- **Sensitization and training of staff on service provision to PWDs**

What Ministries, Departments & Agencies (MDAs) can do (Continued) (NCPWD, 2022)

- **Establish structures and systems that ensure PWDs access information and services, such as;**
  - **Train staff on sign language, avail materials in Braille, ramps, signage, guides, accessible toilets, lifts with visual, audio and ductile features, non-slippery floor surface, disability friendly vehicles & walkways, accessible parking**
- **Ensure progressive realization of attaining the 5% on elective, appointive, contractual of all recruited personnel in appointments, employment/promotion for persons with disabilities.**
- **Ensure no discrimination in advertising, interviewing, recruitment, volunteerism, internships, training & promotions of PWDs.**

Summary

- **Numerous access barriers exist for MH & SUDs treatment and care for PWDs; full realization of disability access needs to factor measures that are:**
  - **Adequate**
  - **Available**
  - **Affordable**
  - **Disability accessible**
  - **Quality**
- **Disability mainstreaming and inclusion can resolve disability inequality and discrimination as related to MH & SUD treatment and care.**
  - **Individual paradigm shift; families and communities stigma eradication**
  - **Practitioner and institutional action**
  - **Disability mainstreaming indicators for all MDAs**

https://youtu.be/bCRy0o_FohQ

Hotline	Services	Partner
0800 724 333 (Toll free)	Support team	NCPWD
1517 (Toll free)	helpline.kenya@unhcr.org or Kakuma: kenkaprt@unhcr.org	UNHCR
0800-000-300 (Toll free service for women with disabilities)	A PWD can register by dialing *548#USDD line https://allafrica.com/stories/202112100055.html	Mama Siri by UNFPA and This-Ability Trust (1-Nairobi, 2-Mombasa, Kisumu, Uasin-Gishu, Kilifi, Kakamega, Kwale, Kajiado)
1195 (Toll free)	GBV services	Health Care Assistance –Kenya
0800-720-565	GBV Response	Gender Violence Recovery Center
0800-730-999	Directorate of community policing, Gender and Child Protection	National Police Service
1190 (Toll Free)	GBV, HIV, SRH	LVCT Health

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Hotline	Services	Partner
020 2426606	An inclusive society where basic needs and rights of all people with mental health disorders are recognized and respected.	Basic Needs Basic Rights (BNBR) Kenya
0800-720-186	Psychosocial support, legal representation, dignity packs, referrals to safe houses and health services	Center for Rights Education and Awareness (CREAW)
1199(Toll Free) or SMS “Support” to 20767	Counselling, referral, linkage	Kenya Red Cross
SMS 21094	GBV reporting	Nairobi County
0711400506	GBV Response	MSF(Nairobi)
Mobile Complaints lines: 0757-292932, 0769-710434. Landline: 041 2220468.	Watchdog on human rights violations	Kenya National Commission on Human Rights (KNCHR)

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SOME DISABILITY RESOURCES

Riziki Source, Jobs for People with Disabilities

- www.rizikisource.org, SMS the word ‘kazi’ to 21499 at a cost of Sh1.

Uber Assist

- https://www.uber.com/en-KE/blog/uberassist-making-nairobi-more-accessible/

assistALL

- A Sign Language app innovation by Signs Media Kenya Limited

Apps for People with Disabilities

- https://www.capitalfm.co.ke/lifestyle/2019/05/15/apps-for-persons-with-disabilities/

Assistive Tech for mobile phone users

- https://www.businessdailyafrica.com/bd/data-hub/assistive-tech-pushes-up-number-of-disabled-mobile-phone-users-3832680

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THANK YOU

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