

PROJECT BRIEF
JUNE 2024

MENTAL HEALTH THROUGH INCLUSIVITY CREATING AWARENESS RESILIENCE AND EMPOWERMENT

Background

Key and vulnerable populations (KVP) and gender and sexual minorities (GSM) face unique challenges that increase their risk factors for mental health conditions.

These individuals face legal challenges, lack of protection against discrimination, and unequal rights. GSM individuals are at higher risk for physical, emotional as well sexual violence.

Negative societal messages can be internalized, leading to self-hatred, low self-esteem, identity conflicts, isolation and loneliness.

Fear of discrimination at health care facilities and lack of capacity and skills by the health care providers, to offer non-discriminatory and affirming services can prevent KVP and GSM individuals from seeking medical and mental health care.

Our Intervention

MiCARE is a USAID supported initiative that aims to develop a training package for health care workers working at all USAID-supported drop-in centers (DICEs) and health facilities that are currently serving key populations.

MiCARE aims to create affirming, safe, and confidential spaces to enable victims of discrimination; to share their stories link to other survivors, offer each other emotional support, introduce survivors to other GSM individuals/community while providing professional Mental Health and Psychosocial support.

Our Goal

To increase access to mental health care for the Gender and Sexual Minority (GSM) community.

Our Objectives



To prevent the practice of **conversion therapy** through the implementation of guidelines and policies targeting healthcare workers.



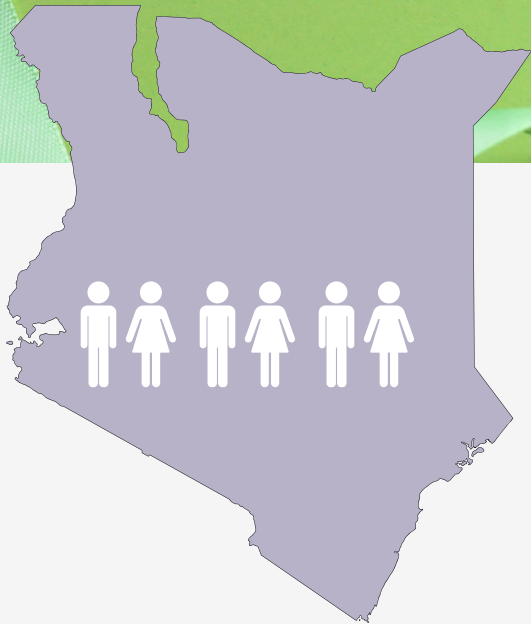
To build the **capacity of health care providers and duty bearers** to provide culturally sensitive and appropriate care to KVP and GSM.



To promote access to **safe and supportive services** for mental health and gender based violence.

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Target Counties

The MiCARE project works in **10** USAID-supported counties in Key and Vulnerable Population programs (**Nairobi, Nakuru, Kisumu, Bungoma, Busia, Kakamega, Meru, Turkana, Mombasa, Kilifi,**) which have a total **18** Local Implementing partners, **27** Drop in Centres and **49** Key Population integrated public Health facilities managed by the Kenyan government Ministry of Health

Key partners

The MiCARE project is working in collaboration with the USAID Prevention Team, NASCOP Prevention Team, 10 County Health Management Teams (CHMT), USAID Fahari ya Jamii, USAID Tujenge Jamii, USAID Jamii Tekelezi, USAID Nuru ya Mtoto, USAID Dumisha Afya, USAID Imaarisha Jamii, USAID AMPATH Uzima, USAID Stawisha Pwani, the Key Population (KP) Consortium, and all USAID KP local implementing partners.

In Need of Free Mental Health Counseling? Call:

- Suicide Prevention and Crisis Helpline: **0800 072 3253** (Toll Free)
- Kenya Red Cross Society Online Therapy: **1199** (Toll Free)
- NACADA Free Counseling Helpline: **1192** (Toll Free)
- LVCT Health One2One: **1190** (Toll Free)
- Hopewell Foundation: **0717 296 275**
- Befrienders Kenya: **0722 178 177**



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