from 100 to 1 million

scaling mental health treatment with boring technology

Eric Green, PhD, Assistant Professor of the Practice, Duke Global Health Institute
the goal
the reality

[ what it sometimes feels like ]
the reality
[what it sometimes is]
the reality

[ maternal and child mental health ]
About **four out of five** people in low- and middle-income countries who need services for mental, neurological and substance use conditions **do not receive them**. Even when available, the interventions often are **neither evidence-based nor of high quality**.

—mhGAP Intervention Guide
the challenges
high need
low resources
depression

vaccine

high touch

time
the solutions?
task shifting

availability, proximity

training, skills, cost
Cognitive behaviour therapy-based intervention by community health workers for mothers with depression and their infants in rural Pakistan: a cluster-randomised controlled trial

Atif Rahman, Abid Malik, Siham Sikander, Christopher Roberts, Francis Creed
"works"

100s

1,000s

?
training

case finding

supervision

response to Tx

other

millions
boring technology

dumb phones* + smart servers + _____ people

* in the medium term to reach the poorest in the most cost-effective way
ingredients

speed + user centered + teams

* in the medium term to reach the poorest in the most cost-effective way