Adolescent mental health in Mongolia

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Population 3.3 million
Territory 1.6 million sq.km
Population density 1.7 people per sq. km
Concern

Highest rate of adolescent suicide in region.
Concern

**Suicide** as cause of death among 10-14 years old

2003 - 3%

2019 - 11%
Empowered and skilled ADOLESCENTS

- Enabling policy in health and education sectors
  - School-based interventions for building transferrable skills
  - Adolescent friendly health services in schools and primary health facilities
  - Spaces for social activities (summer camps, clubs, social media, volunteering)
- Adequate M&E system
  - Peer support, peer education
  - Family support and good parenting skills
Policy advocacy

- Law on Mental Health
- Law on Child Rights
- National Program on Non-Communicable Diseases, 2017
- National Program on Child Development and Protection, 2017
- Policy document on school extracurricular activities
- Policy document on promoting mental health in schools (ongoing)
System strengthening

- Health education in schools - core component on mental health
- Training for health and education service providers
- Training for class teachers
- Adolescent doctors as new profession
- Introduction of school psychologists
Testing of multi-sectoral, multi-layer approach in addressing adolescent mental health in one selected province

Study on prevalence of adolescent mental health problems (SDQ), 2018 and 2022.

- Provincial plan of action on improving mental health of adolescents
- Improved secondary level mental health services for adolescents
- Trained primary level health professionals
- Trained school social workers and doctors
- Parents education through class teachers
- School based programs for building adolescents skills
- Improved quality of school extracurricular activities
Adolescent engagement

‘My Family’ (for 10-14) and ‘My World’ (for 15-18) programs for adolescents’ empowerment and skills building

Reached 57,000 boys and girls in 7 geographical locations
Adolescent engagement

Extracurricular activities – debate and young journalist clubs, health clubs, eco-clubs, self-defense clubs
Adolescent engagement

‘Bankhar art therapy’ project on Peer education and involvement of teachers and parents in prevention of bullying in school
Innovation

- Youth Innovation Challenge (2017) resulted in 19 types of IT based solutions
- Clear need to support solutions on adolescent mental health up to the final product (Lifehack game, online counselling)
COVID-19 response

- Training on social and psychological issues faced by students and ways to overcome
- “You are not alone” campaign reached over 1 million people
- World Mental Health Action Day campaign engaged 130 youth volunteers (117 female +13 male) and reached 3488 people with mental health promotion messages and activities
What’s next

- Qualitative study
- Innovative solutions
- Sustainability of extracurricular activities and life skills programs
- Monitoring system
- Advocacy to increase resources
Thank you