



# Nepal's First Child and Adolescent Psychiatry Service

In July 2015, soon after the devastating Earthquake of 2015, CWIN-Nepal initiated to establish the first child & adolescent psychiatry out-patient unit at Kanti Children Hospital, Kathmandu. This single child psychiatric out-patient service remains the only team in Nepal to offer this service on a daily base. Every year, a total of 12000 children and adolescents benefit from the services provided by the out-patient unit.

The outpatient clinic is run under the leadership of Dr. Arun Kunwar, who is the only child psychiatrist in Nepal. The other team members include adult psychiatrists and clinical psychologists. The outpatient clinic is currently running as a collaborative project between CWIN Nepal, FORUT Norway, and Kanti Children's Hospital.

Our aim is to develop it as a **National Centre on Child and Adolescent Psychiatry and Mental Health**. We envision this centre to provide the comprehensive treatment needed for children and adolescents with any type of mental health problems; increase outreach to all seven provinces through telemedicine/long distance psychiatric service; and develop this centre as a hub for research and teaching, learning focal point on child and adolescent mental health where we could develop human resource needed to provide services to children with mental health needs. Our goal is to have it permanently and fully owned and run by the Government of Nepal, Ministry of Health / KCH in the years to come as it is high time the GoN becomes serious about child and adolescent mental health and show its commitment to the issue.

## Construction of Child and Adolescent Psychiatry Building at Kanti Children's Hospital

Nepal lacks an inpatient service for the children and adolescents suffering from mental health issues. The need has been felt for a long time as the children and adolescents needing in-patient service has been forced to admit at the adult hospital wards with less attention to the need of the young people.



By March 2017, a planning process began for the construction of a separate building at KCH for in-patient child-and adolescent psychiatry. CWIN-Nepal committed itself to take responsibility for the building project and expansion of services with the financial support from its Norwegian partners FORUT and the Norwegian Psychiatrists' Association. Touch Ireland has also joined to contribute some cost of the construction work.

CWIN has signed an MoU with KCH to build a separate building within KCH premises which was inaugurated by the former Health Minister Gagan Thapa on 4th June 2017.

We hope to see the full operation of the new child and adolescent psychiatric building within the KCH complex by the month of April 2020. This achievement would mark the transition to the National Centre on Child and Adolescent Psychiatry and Mental

Health in Nepal and credible attention to the child and adolescent mental health issues in Nepal.

