

Mental Health Intervention Program in Communities (MHIPiC)



Headlines

Tap Elderly Women's Wisdom for Youth (TEWWY) is a mental health stakeholder in Tanzania bridging the intergenerational- and mental health treatment-gap by training retired elderly women in adapting WHO's mental health Gap Action Program (mhGAP). The grandmotherly figures called Wisdom&Wellness Counselors provide accessible mental health services, support and resources in their underserved communities.

Highlights

- Mental Health Q&A Series Swahili Booklet Published [ISBN: 978-9976-88-413-5]

Lowlights

- Implementation allowance (transportation & snacks) currently too low/insufficient for WWCs traveling to remote communities

Risks

- Project funding beyond (15) weeks

Other updates

- MHIP in Schools Planning & Development

Psychosocial Interventions














Metric	Value	Change	Status
Wisdom&Wellness Counselors	19	+8	(19) retired elderly women trained in adapting WHO's mhGAP
Wisdom&Wellness Supervisors	3	+ 3	(3) retired elderly women trained in supervising mhGAP implementation
Wisdom&Wellness ARMY	0	+12*	(12) BTS ARMY Tanzania to train in adapting the mhGAP
Mental, Neurological & Substance Use (MNS) Conditions Assessments	375	TBD	(375) PHQ-9 Assessments in Public Health Institutions (PHIs) (#) PHQ-9 Pre-Assessments in Communities (#) PHQ-9 Post-Assessments in Communities
Wisdom&Wellness Corners	750	TBD	(750) IPC in Public Health Institutions (#) 1-on-1 Interpersonal Counseling (IPC) in Communities
Wisdom&Wellness Circles	32	TBD*	(30) Projected* in communities by (15) weeks (32) in Public Health Institutions (2) Municipalities have received tables and chairs for WWCs and Clients
Psychoeducation Resources	16,140	TBD	Mental Health Awareness & Promotion Resources
Specialist &/or Hospital Referral	0	TBD	(0) Specialist/Hospital Referrals in PHIs (#) Specialist/Hospital Referrals in MHIPiC
Community Yoga	23	TBD	(#) MHIPiC clients attending community yoga

Wisdom&Wellness Counselors (WWCs)

WWCs stationed inside local government offices strengthen social supports by creating safe-spaces for people to connect, share wisdom & experiences, gain life-skills and build community.

Empowerment and inclusion of the vulnerable elderly population satisfies a life-course approach reflecting the United Nations SDG of ensuring healthy lives and promoting well-being for all at all ages. A multisectoral approach at the point of service delivery is vital for the assessment, diagnosis and management of MNS conditions.

ON TRACK / **AT RISK** / **OFF TRACK**





Key results
<p> WHO's mental health Gap Action Program (mhGAP) Adaptation *(19) Retired Elderly Women Trained (3) Wisdom&Wellness Supervisors (15) Wisdom&Wellness Counselors (1) Wisdom&Wellness Counselor & M&E Officer *(6) TEWWY Team Trained</p>
<p> BTS ARMY Tanzania mhGAP Adaptation Training Planning & Development for (12) ARMY</p>
<p> BTS ARMY TZ Training: Conflicting school schedule</p>
<p> mhGAP Training & Facilitation Cost: \$9,550 (1) Trainee @ \$35/day (1) Trainer @ \$80/day *(25) Trainees (10) days</p>
<p>MHIPiC Implementation Cost: \$6,390 (15) WWCs @ \$23/day each (3) WWC-Supervisor @ \$27/day each *(15) Communities (15) weeks</p>
<p>Monthly Administrative Overhead Costs: \$3,089</p>
<p> Salaries @ \$2,500</p>
<p> Office Rent @ \$400</p>
<p> Water & Electricity @ \$20</p>
<p> Internet Connectivity @ \$80</p>
<p> Telecommunications (Web & E-mail + News Media) \$1066 (Yearly)</p>
<p>(1) Website @ \$210 (4)  Accounts @ \$24</p>
<p>(2)  Blogs @ \$120 (1)  Podcast @ \$120 (6) Social Accounts</p>
<p>(2)  Newspapers @ \$25 (2) Television @ \$25 (Quarterly)</p>

Psychoeducation Resources (PRs)

Raising awareness minimizes stigmatization and discrimination and removes the risk of human rights violations towards people with Mental, Neurological & Substance Use (MNS) conditions.

Accurate and accessible information to the public creates demand for integrated services into non-specialized health settings thus encouraging policy-change. Evidence-based interventions for MNS conditions are crucial for sustainable communities.

ON TRACK / **AT RISK** / **OFF TRACK**





Key results
<p> Mental Health Q&A Series & Other Printed Material *(15,000) Swahili Booklet Published [ISBN: 978-9976-88-413-5] *(800) Flyers (120) Posters (115) T-Shirts (19) MEL Binders *(77) Blog Posts () Podcast Episodes (9) YouTube Videos</p>
<p> Mental Health Q&A Series Booklet English Translation</p>
<p> Identify collaborating stakeholders & community members Planning & Development of New Resources</p>
<p> KPI Metric & Cost: (100) T-Shirts @ \$500 (100) Posters @ \$130 (1,000) Flyers @ \$100 (20,000) Booklets @ \$5,000 (20) Monitoring, Evaluation & Learning (MEL) Binders @ \$100/month</p>
<p>Monthly Marketing Strategy: (60) Blogs Posts @ \$** (re-structuring) (2) Podcast Episodes @ \$** (in production) (4) YouTube Videos (4) Google Ads (4) Social Media Ads \$**</p>

Wisdom&Wellness Communities

Wisdom&Wellness Counselors providing weekly psychosocial interventions in their underserved communities based inside local government offices:

*Specialist &/or Hospital Referral
 *Wisdom&Wellness Corners Interpersonal Counseling
 * Wisdom&Wellness Circles Safe-spaces for people to connect, share wisdom and gain life-skills as they build community.

ON TRACK / **AT RISK** / **OFF TRACK**

Key results
<p> TEWWY's Mental Health Intervention Program (MHIP) integrated in Local Government Authorities (LGAs) non-specialized health setting</p>
<p> Fundraising</p>
<p> Project funding beyond (15) weeks</p>
<p> KPI Metric: (#) PHQ-9 Pre-Assessments (#) PHQ-9 Post-Assessments (#) Wisdom&Wellness Corners (#) Psychoeducation Resources (#) Specialist &/or Hospital Referrals (#) Supervised Wisdom&Wellness Circles (#) Unsupervised Wisdom&Wellness Circles (#) Clients attending Wisdom&Wellness Circles (#) Clients attending Community Yoga classes</p>

Other updates

Organization Health

- (19) Wisdom&Wellness Counselors
- Leadership Team
 - Chief Executive Officer
 - Chief Operations Officer
 - Director of Programs & Sustainability
 - Director of Finance & Administration
- Operations Team
 - Monitoring & Evaluation Officer
 - Administrative Assistant
- Volunteers
 - Media & Communications Associate
 - Youth Disseminator
- Needed
 - Financial Assistant
 - Programs Officer

Stakeholder Insights

- Vulnerable Elderly & Youth
- Local Government Authority (LGAs)
 - (5) Municipalities
 - (6) Wards
 - (15) Communities
- Ministry of Health
 - (15) Public Health Institutions
 - (5) Mental Health Coordinators
 - Regional Mental Health Coordinator

Marketing Highlights

- Web: TEWWY.org
- English Blog: [Wisdom&Wellness Talks](#)
- Swahili Blog: [Mazungumzo ya Busara](#)
- YouTube Channel: [TEWWY Wisdom](#)
- Google: [Tap Elderly Women's Wisdom for Youth](#)
- LinkedIn: [TEWWY](#)
- Facebook: [TEWWYWisdom](#)
- Instagram: [TEWWYWisdom](#)
- Twitter: [TEWWYWisdom](#)
- Crowdfunding: [GlobalGiving](#)
- Crowdfunding: [GivenGain](#)
- Corporate Donors: [Benevity](#)
- Video Fundraising: [DonorSee](#)

Community Insights

- Ilala
 - Tabata
 - Tabata Msimbazi
 - Tabata Magharibi
- Kigamboni
 - Kizani
 - Mwera
 - Tuamoyo
- Kinondoni
 - Mbezi Beach "A"
 - Mzimuni
 - Mkwamani
- Temeke
 - Kizinga
 - Mangaya
 - Mbagala
- Ubungo
 - Kibo
 - Kisiwani
 - NHC