

Theory of Change and Narrative



Tap Elderly Women's Wisdom for Youth - Theory of Change

Vision: Ultimately, our goal is to reduce and prevent suicides by providing evidence-based psychosocial interventions. We achieve this by training social support systems and strengthening community linkages with public health care pathways. Collaboratively, we create safe spaces so that all under-resourced and marginalized communities have accessible mental health care. We also advocate for policy change and budget to integrate mental health interventions into the community and social services.

Three Pathways to Success: Program participants learn, grow, and heal along three pathways, representing the journey they take in our program. TEWWY believes that all three pathways, Civic Mindedness, Integrated Mental Health Care, and Wellness and Economic Empowerment, are necessary for good mental health. Elderly women, youth, and marginalized communities need to develop as change-makers of communities—as nonspecialist health care providers, as residents of a community, and as citizens of the world.

Building a Strong Foundation: The foundation of all three pathways involves establishing a sense of self-worth. Once elderly women, youth, and marginalized communities believe that they are important people and deserving of quality mental health care, we delve into skills-building and the development of culturally relevant psychoeducation resources. Wisdom&Wellness® Communities are continuously encouraged to raise awareness and promote mental health. They become familiar with the language and norms that make up TEWWY's diversity, equity, and inclusion culture and begin to visualize a path to the successful integration of mental health services among their communities.

<p>Civic Mindedness Pathway: TEWWY works to build positive concepts of civic-mindedness and citizenship to counteract the elements that make the elderly, youth, and marginalized communities vulnerable. Mental health intervention programs are aimed at teaching them to support the community, to develop leadership skills, and to demonstrate empathy and become positive agents of change.</p> <p>Wisdom&Wellness Communities graduate with an understanding that they have a responsibility to provide evidence-based mental health care in their communities.</p>	<p>Integrated Mental Health Care Pathway: Equally important, TEWWY provides mental health services in collaboration with government and nongovernment institutions (i.e., schools, grassroots nonprofits, local government authorities, healthcare, Community Development, Gender Desk, Social Welfare, etc). We support them in integrating evidence-based psychosocial interventions into their existing services as well as raising awareness of mental and substance use conditions. TEWWY develops capacity-building relationships that offer training, coaching, and supervision. We strengthen social support systems among marginalized communities and linkages to public healthcare pathways to counteract stigma and discrimination. In school mental health literacy programs, we train teachers and support students in forming peer-led mental health clubs that discuss social issues and learn a framework for mental health promotion.</p>	<p>Wellness and Economic Empowerment Pathway: To the first two pathways we add a wellness and economic empowerment pathway, which is critical to preventing drivers of ill mental health. Programs focus on empowering people to achieve financial autonomy and alleviate poverty by building entrepreneurial skills and embedding skills transfer in the community. In addition to preparing Wisdom&Wellness Communities for economic challenges, the program also promotes physical exercise (e.g., hiking, cycling, cardio) mind-body training (e.g., yoga, meditation), and nutrition to manage and prevent poor mental health.</p> <p>The foundational building block of this pathway involves vocational skills training using hands as tools for healing.</p>
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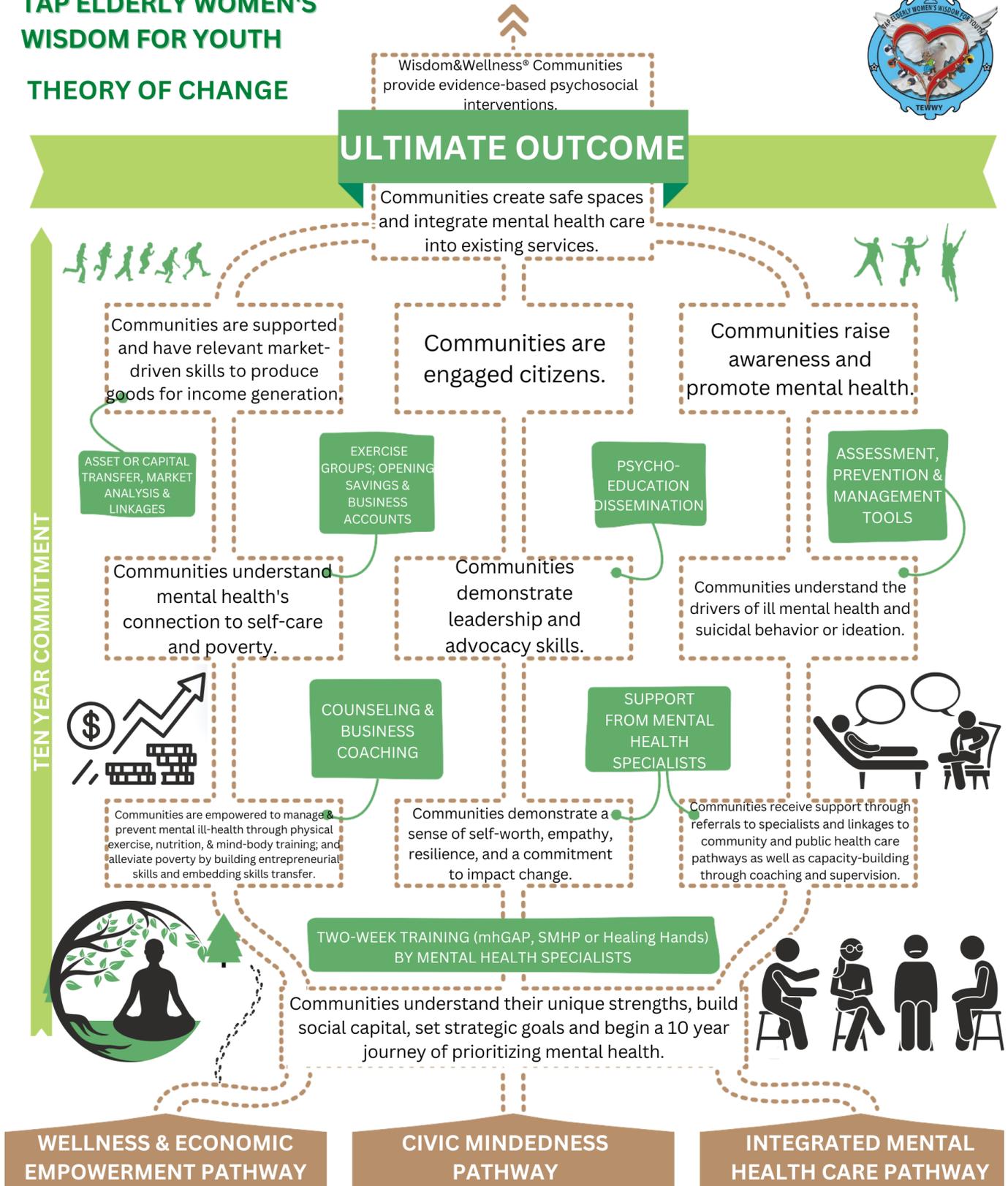
Long-Term Outcomes: The pathways culminate in three long-term outcomes: Wisdom&Wellness Communities are trained in providing evidence-based psychosocial interventions, are empowered with marketable skills, and are engaged citizens. If these long-term outcomes are achieved, we will have made an important contribution to achieving our ultimate vision of reducing and preventing suicides in Tanzanian communities. TEWWY's 10-year commitment and comprehensive approach outlined on the next page is designed to prepare the communities we partner with for success.

✓ Evidence-Based Psychosocial Interventions

- * WHO's [mental health Gap Action Program \(mhGAP\)](#) - provides interpersonal counseling, group talk therapy, life-skills building, psychoeducation resources, referrals, advocacy, and awareness raising
- * WHO's [School Mental Health Program \(SMHP\)](#) - offers school-based mental health interventions, mental health literacy curriculum, and empowers student mental health ambassadors
- * TEWWY's [Healing Hands](#) - offers vocational skills training, business coaching, and mentoring; and promotes self-care and wellness through exercise, nutrition, mind-body training, and connecting with nature

TOGETHER WE ARE STRONG, TO INSPIRE & TO ACHIEVE!

TAP ELDERLY WOMEN'S WISDOM FOR YOUTH
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✓ **Strategic Partners & Target Populations**

schools, grassroots communities, people who use drugs, adolescent girls and young women, orphans and vulnerable children, sexual and gender minorities (LGBTQIA+, sex workers), special groups (elderly, persons with disabilities, refugees), and faith-based organizations