



Society for Pre and Post Natal Services

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***Working in working in collaboration with the Ministry of Health and
Child Care supporting the National Health Strategy (NHS).***

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PROJECT REPORT :Covid-19 and community Family Mental Health
PROJECT NAME: Covid-19 and community Family Mental Health
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Training the next generation of family therapists

According to the WHO Special Initiative for Mental Health (2020), “Zimbabwe has a severe shortage of human resources for mental health, with an estimated 18 psychiatrists (17 of them in Harare) or approximately 0.1 per 100000 people. There are 917 psychiatric nurses (6.5 per 100000) and 6 clinical psychologists (0.4 per 100000).” To close this gap the Society for Pre and Post Natal Services (SPANS) has initiated **Training the next generation of family therapists:** SPANS initiated a diploma in Systematic Family Therapy and Developmental Counseling in Maternal, Paternal and Child Mental Health course to close Zimbabwe’s human resource gap and to make sure that mental health care services are accessible at primary health care facilities. Currently we have 500 students who are being trained to be family mental health therapists. Our

request for the creation of Family Therapists' post being on the Mental Health Organograms of October 2024 has been acknowledged by The Ministry of Health and Child Care. The Family Therapists are there to provide ongoing family therapy sessions coupled with subsequent sessions, screening, early referral, continued support and home visits to clients with self-assured and well-versed theory and practices to facilitate mutual understanding and support for family members that find it difficult to safely express challenges throughout the life course. The Family Therapists' post if created will help ease the work load as there is shortage of Mental Health Practitioners.

Community Awareness Raising:

We are the organisers of the “International Conference on Maternal Mental Health in Africa” (ICAMMHA) the biggest Afro-centric conference focused on promoting maternal, paternal, and child mental health which is an important day to the African continent. Attending the 3rd International Conference on Maternal Mental Health in Africa (ICAMMHA) held in Victoria Falls from the 3rd-5th of December 2024. This was enriching as Mental Health is undervalued in our communities. ICAMMHA is a catalyst for change in Maternal Mental Health, bringing together experts, stakeholders, and advocates driving innovation and foster collaboration. Our mission is to improve the well-being of mothers and families across Africa through cutting-edge research and strategic initiatives. The conference portrayed extraordinary dedication, kindness and compassion to the community at large. Thus was a very unique gathering in Africa that attracted many stakeholders including S. A. L. T Africa, Green Ribbon Health and Community Development Association (GriCoDa), Mental Health Innovation Network Africa, Jhpiego, Mother & Child Health, Global Alliance for Maternal Mental Health, HIFA, Society for Pre and Post Natal Services (SPANS) and USAID MOMENTUM which was a huge funder for this extraordinary conference





