



**SPANS**

**Society for Pre and Post Natal services  
PVO 12/15**

## **COVID-19 AND COMMUNITY FAMILY MENTAL HEALTH**

### **June 2021 REPORT**

#### **Context**

- Goromonzi district covers a total area of 254 072 square kilometers (25 407 200 hectares);
- The district is divided into 25 wards of which 13 (6;7;8;9;13;14;17;20;21;22;23;24;25); are commercial agricultural areas; 11(1;2;3;4;5;10;11;12;15;16;18) are communal areas; and 1(ward19) is small scale farming area;
- In the district during the COVID-19 pandemic, increased concerns about social problems, psychological and emotional mental health issues have grown, including increased concerns about acute stress, depression, grief, substance abuse, early child marriages, Infidelity, Family Based Violence some result in suicidal cases;
- The team from the SPANS, with funding from generous donors around the world supported our Covid-19 community family mental health on Global Giving page made our continued efforts to provide mental health care services within the Goromonzi District of Mashonaland East Province, Zimbabwe easy;
- From the onset of the Covid-19 pandemic, the organisation was granted a supporting letter by the Ministry of Health and Child Care to operate during the Lockdown times prompted by the prevalence of Covid-19 infections which allowed the organisation to intensify their mobile Covid-19 community family mental health activities around Goromonzi District and

- SPANS came into existence having realized the gap in the non-prioritization of mental health care and emotional wellbeing in relation to the physical;

## **Introduction**

There is no denying that Covid-19 pandemic brought several mental health problems for the population of Goromonzi District. We are gratefully acknowledging Global Giving for approving our Covid-19 Community Family Mental Health project as one of the project to fundraising for the very previous resources (funding) that will help SPANS team to promote sound mental health in Goromonzi District. Considering that funding for mental health care before, during and after Covid-19 is very limited from the International community. This platform helps us to crowdfund from different generous donors across the global which facilitate the implementation of this project to continuously conduct mental health education and awareness in Goromonzi District. There is still need for more funding to make sure that we reach many communities in Zimbabwe which are in great needy of our mental health care services.

We owe much gratitude to our strong, dedicated group of generous donors Sara Isner, Chrisitne Brow, Riyan Visram, Rupinder Sachdev, Kavya Sanghavi, Jerry Thomas, Ivy Shih Leung, Dörte Jenett, Barbara Decker, Sherry Duson, Birdie G Meyer, Heidi Koss, Andrzej Bilmon, Tzu-Ming Huang, Anna Cherian, Bette Indman, Joel Glenn Wixson, Zona Dallas, Evelyn Jones, Hiroko Kosuge, Danielle Geiger, Robin Balbernie, Lynne McIntyre, Njoki Wamae, Susan Smith, Jane Fisher, Peter Horrill, Sarah Sutton, Pec Indman, Katayune Kaeni, Natasha Adomako, Julie Anne Mauno, Brianna A Schiavoni, Bret Schermerhorn, Michele Bills, Deborah J Sims, June Pastor Larrieta, Anna Kydd, Iona Gaskell, Joanne Thompson, Amy Beal, Margaree Menegaz, Theresa Sims, Nahomie Guillaume, Melissa Hoffman, Amy Loree, Vivette Glover, Marlaine Cover, Gail Ecob, Laurel Hicks, Melissa Millinger, Frances Hughes, David Lankford, Troy Hester, Sonia Hoffmann, Laura Miller, Tiffany Sostar, Fiona Lang-Sharpe, Angela D. Yoder, Melita Walker, Jacob williams and 14 Anonymous, we of SPANS are humbled by their dedication to this important cause of promoting mental health during this very difficult times we wish to thank all.

## **Covid-19 Community Family Mental Health Awareness Response**

SPANS initiated the first-of-its-own-kind Covid-19 Community Family mental health education and awareness in Goromonzi District with a goal to educate, identify gaps, raise awareness and provide family based interventions like family therapy to the whole family particularly for those who failed to managed mental health manifested before, during and after Covid-19 pandemic. SPANS gained the international acclaim and much recognition within the Mental Health fraternity and among philanthropist organisations, as evidenced by the attached reports;

- [https://embermentalhealth.org/uploads/Ember-Insights-Covid\\_July2020.pdf](https://embermentalhealth.org/uploads/Ember-Insights-Covid_July2020.pdf)
- <https://www.globalgiving.org/learn/covid-19-mental-health>: *Coping With COVID-19: Shining Light On A Hidden Crisis*

- <http://www.interventionjournal.org> on Tuesday, January 12, 2021, IP: 10.232.74.26]: *Stories from the Field: Mapping Innovation in Mental Health During the COVID-19 Pandemic*, Intervention182159-5004634\_135406.pdf
- <https://www.interventionjournal.org/downloadpdf.asp?issn=15718883;year=2020;volume=18;issue=2;spage=159;epage=165;aulast=Hamilton;type=2>

The SPANS team is persisting with our efforts to educate and raise awareness for sound mental health care in Goromonzi District with funding from all the above generous donors and we are still appealing for more support so that we will continued promoting sound mental health. This is not a secret that mental health care global is receiving very little attention from donors hence this crowdfunding opportunity is helping SPANS to continue providing its much needed services across Goromonzi District.



Top findings and the voices of those whom SPANS team reached are included throughout this report. Critical findings include:

- 87% of the people reached in believe that mental health services are insufficient in Goromonzi District;
- 90% of the general public and even among healthcare professionals reached misunderstanding the difference between “Mental Health” and “Mental illness,” which the outreach team sought to clarify and provide accurate information in all the communities reached. The Team was therefore disseminating Mental Health Awareness promotion messages to the communities and the response was overwhelming;
- Increased reported cases of acute stress, depression, family violence, grief, poor communication, family conflicts, dysfunction families, disputes, alcohol abuse among mother other mental health problems;
- 97% of the general public reached showed increased needy of our mental health care services;

The SPANS is requesting for more funding to be able to address the above mentioned finding and we continued to appeal to our international donors to donate through our global giving page. **It’s time for Investing and Action! There is No Health without Mental Health.**

SPANS team conducts sessions both act clinics and also home visits.

