



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

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

### **JUNE 2022 REPORT**

#### **Summary**

The Society for Pre and Post Natal Services (SPANS) is writing this report to provide an overview of what activities has been carried out with a donation that we had received from the Bank of America Charitable Gift Fund and what is required to adequately make mental health care services to mothers, parents and their babies and families available in Goromonzi district and beyond through our Global Giving Covid-19 Community Family Mental health fundraising drive.

#### **Purpose**

This report is being generated by the SPANS team to inform donations and the general community who had committed their precious financial resource towards our fundraising drive about what we used their funds and what is required to adequately make mental health care services available, accessible to the mothers', fathers' and their babies and families.

We have impacted nearly 50,000 mothers and fathers through the 4 Primary Health Care (PHC) clinics with mental health literacy and more than 2,050 families through family therapy sessions coupled with subsequent sessions. Working directly in the communities, SPANS has provided more than 8,000 mothers and fathers mental health literacy, we had so recruited and trained 350 family mental health therapists and provided 150 family therapy sessions.

With this funding from the Bank of America Charitable Gift Fund, SPANS is invested in the prevention of mental health conditions so that the education system, life expectancy of the population, mentally sound generation, good parenting and all sectors of the economy will benefit. Our programme includes activities that address ‘upstream’ social determinants of mental health, such as increased mental health literacy/education, early identification of risk of common perinatal mental health conditions in women followed by provision of specialized support (family therapy) coupled with appropriate ongoing mental health support, parenting programmes, referral, home visits and alleviation of poverty. We also focus on ‘downstream’ measures, such as those to support coping strategies of families or family based interventions for the whole family and individuals already at risk of poor mental health to promote and protect sound mental health.



Our current target populations are perinatal women, fathers, and babies in Goromonzi District (Peri-Uban and Rural) who come for their routine antenatal and post-natal care visits at the clinic. SPANS also works with pregnant mothers and their partners by increasing mental health literacy/education, early identification, supporting, referral, and home visits.

As SPANS we want to move from a volunteer-based organisation to a professionalized one and we took on these challenges to dramatically accelerate mental health care in Zimbabwe.

In 2020, we developed the “Covid-19 Community Family Mental Health Awareness Response” that entails awareness campaigns on mental health and Covid and provides mental health education and support to the community and front-line workers by using a van, loudspeakers and open-air discussions. Since the start of the Covid-19 pandemic we have reached more than 10k people in Goromonzi District, Harare, Zimbabwe.

Despite being an early-stage initiative, we have built on the support and commitment of the Zimbabwe Ministry of Health and Child Care (MOHCC), one of the most significant elements of SPANS’ success. SPANS has a strong buy-in from the Zimbabwean Government through a signed Memorandum of Understanding (MOU) with the Republic of Zimbabwe’s Ministry of Health and Child Care (MOHCC) on the 9th of February 2021 to support the Zimbabwe National Health Strategy.

## **Funding**

Funding remains a challenge for SPANS to successfully transit from a volunteer-based organisation to a professionalized one and we require strong financial support funding from well-wishers and donor to fully implement mental health care in Zimbabwe.