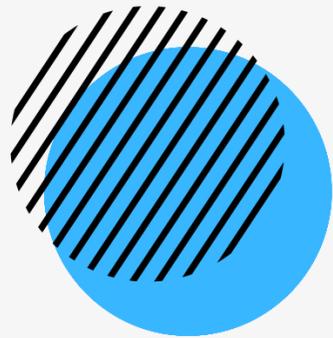


# ORGANIZATIONAL PROFILE

by Tap Elderly Women's Wisdom for Youth





# OUR ORGANIZATION ▶

Tap Elderly Women's Wisdom for Youth (TEWWY) is a nonprofit founded in 2016 and registered July 18th, 2018 under section 12(2) of Act No. 24 of 2002 of the Non-Governmental Organization Act in Dar-es-Salaam, Tanzania.

TEWWY is recognized as a mental health stakeholder by the Tanzania Ministry of Health, Community Development, Gender, Elderly and Children.

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# GREETINGS

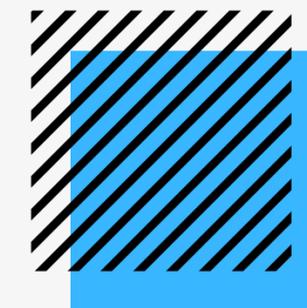
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I remember sitting with my grandmother by the fireside in the southern highlands of Tanzania; listening to her story and watching her face glow as she shared her truth. That is a memory I will always cherish...connections created around the fire. Instead of intergenerational fireside chats, older women are isolated and forced into their homes, while many young people become increasingly disconnected and fall through the cracks.

TEWWY was created to bridge the intergenerational gap and share wisdom from elderly women to serve and support communities' mental health needs.



- 01 Our Organization
- 02 Greetings
- 03 Contents
- 04 Our Story
- 05 Vision & Mission
- 06 Our Milestones
- 07 Our Team
- 08 Our Services
- 09 Our Process
- 10 Problem Statement  
& Value Proposition
- 11 Our Initiatives



# TABLE OF CONTENTS

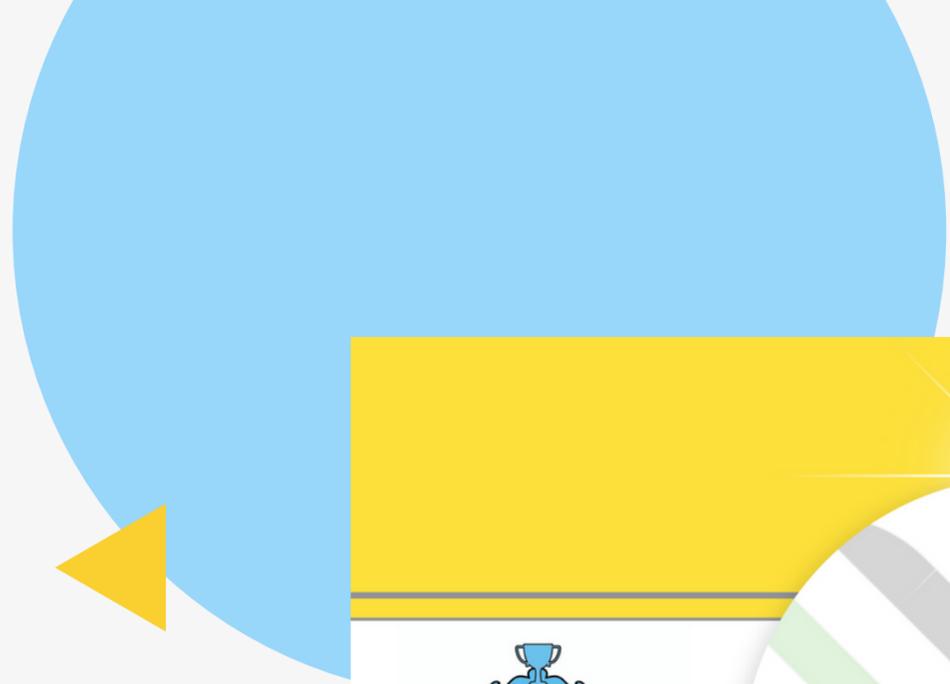
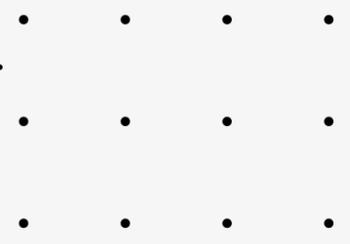


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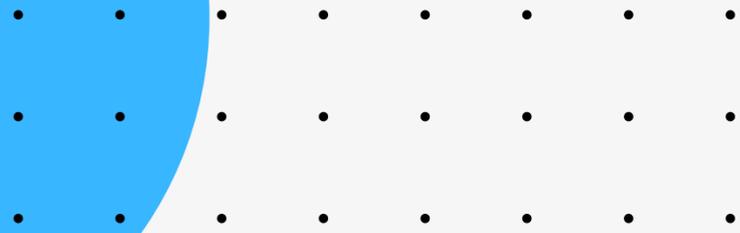
# OUR STORY

My daughter's struggles with her mental health have been devastating for our family. When pharmaceutical interventions failed to help her heal and thrive, it was a blessing she found the support she needed in her community. Together we have made it our mission to raise awareness and promote mental health; supporting communities with evidence-based tools and resources to empower individuals to manage their mental health.



**out of the Darkness & into the Light**





# ▶ OUR VISION

TEWWY envisions a Tanzania where mental health and wellness are integral in building sustainable communities.

# OUR MISSION

Our mission is to bridge the intergenerational and mental health treatment gap. We train retired elderly women in WHO's mental health Gap Action Program (mhGAP). The grandmothers (aka Wisdom&Wellness<sup>SM</sup> Counselors) provide free and accessible mental health services, support, and resources in their underserved communities.



**2019**

TEWWY adapts WHO's mental health Gap Action Program (mhGAP).

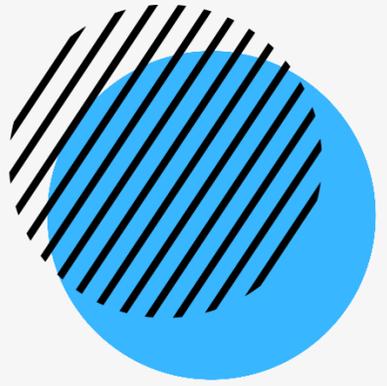
**2021**

TEWWY publishes 15,000 copies of its first Q&A Swahili booklet on mental health, adapted to the Tanzania cultural context.  
ISBN: 978-9976-88-413-5

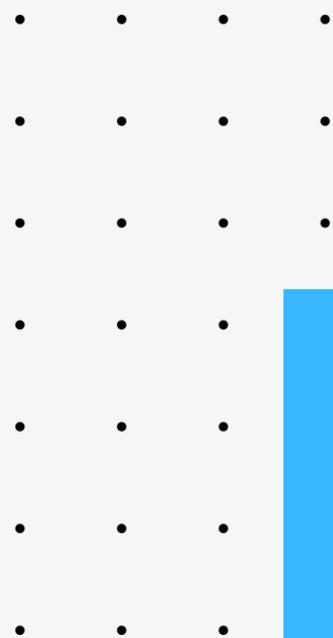
**2020**

13,750 COVID-19 PPE (masks & liquid soap) handcrafted and distributed in underserved communities.

**OUR  
MILESTONES**



# MEET OUR TEAM



**RUSTICA TEMBELE**



**Founder**

Chief Executive  
Officer

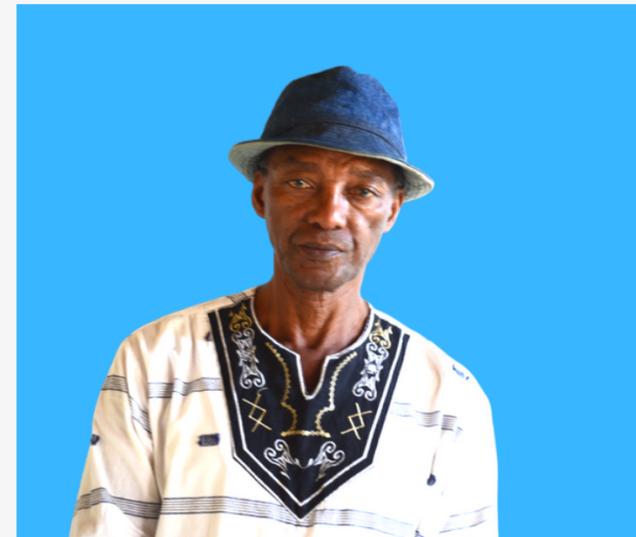


**NEEMA TEMBELE**



**Co-founder**

Chief Operations  
Officer



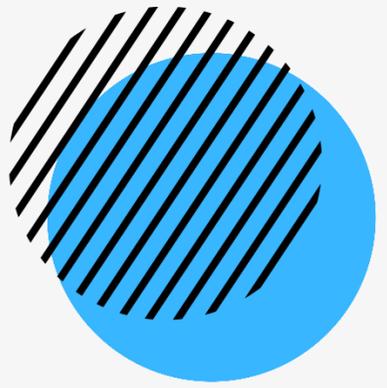
**MORRIS LEKULE**



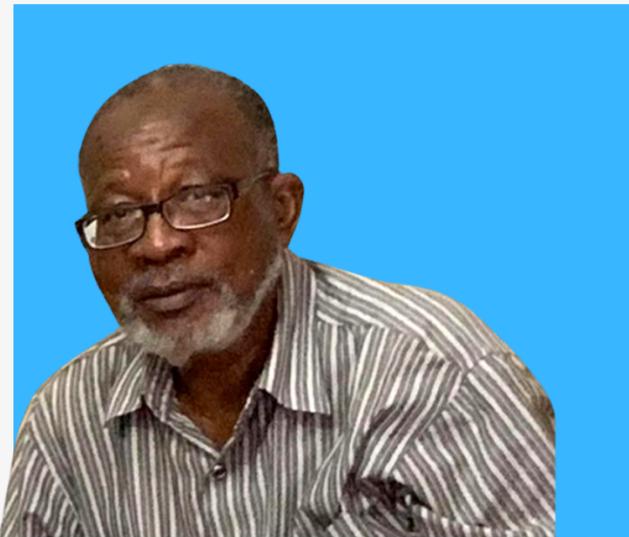
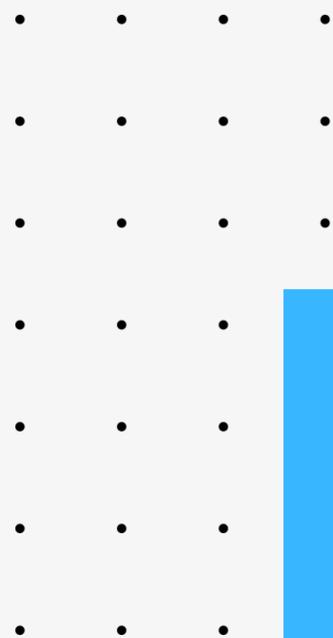
**Director**

Programs &  
Sustainability





# MEET OUR TEAM



**ALMASI SAIDI**



**Director**  
Finance &  
Administration



**SIXTHA KOMBA**



**Officer**  
Monitoring &  
Evaluation



**GLORY MANDI**



**Officer**  
Administrative  
Assistant



# WISDOM & WELLNESS COUNSELORS



**AVELINA HOKORORO**



**ALFREDA GEORGE**



**CAROLINE SWAI**



**CHRISTINA MANDE**



**ESTHER MUJOKAVA**



**GRACE MSHANGA**



**JOYCE MSAI**



**LENNY MAYINGU**



**MARGARET KAYOMBO**



**MARY KINGU**



# WISDOM & WELLNESS COUNSELORS



**PAULINA NGWAWASYA**



**PRISCA MBENNA**



**REHEMA MRUTU**



**SAKINA BUSHIRI**



**SUZANA NJANA**



**VERONICA NYANDA**



**VICTORIA NAKAJUMO**



# DONORS & PARTNERS



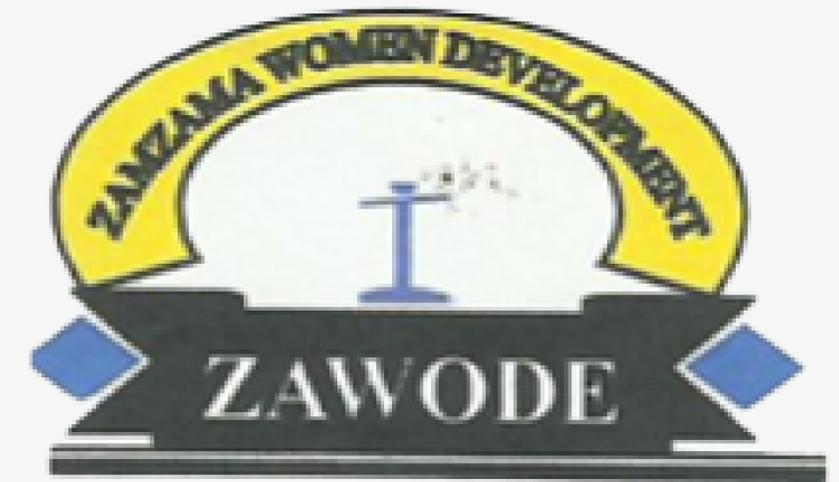
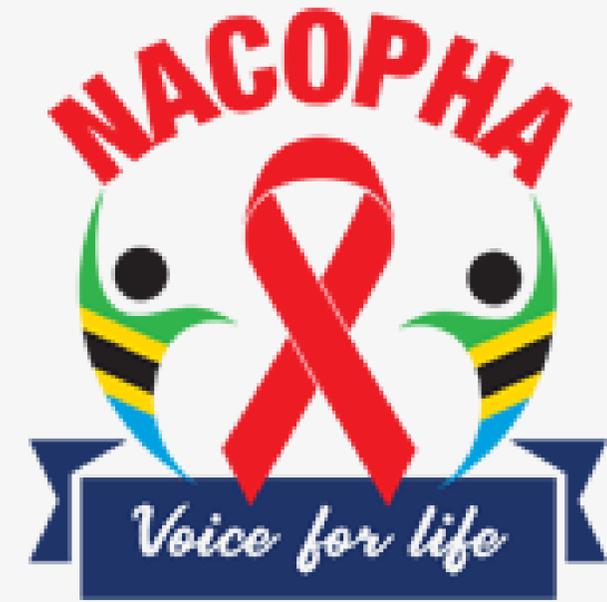
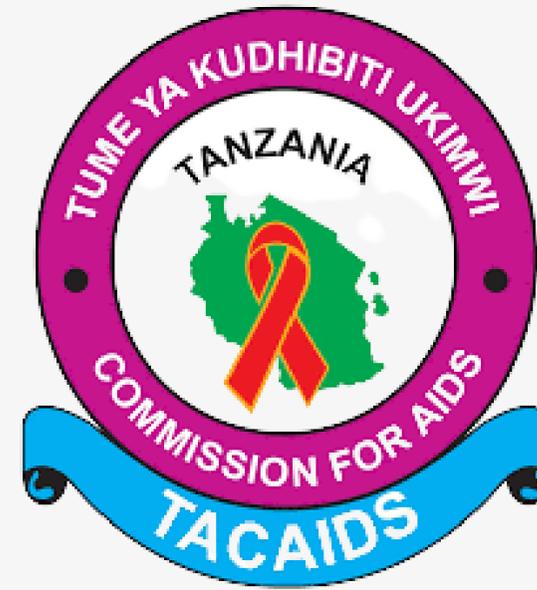
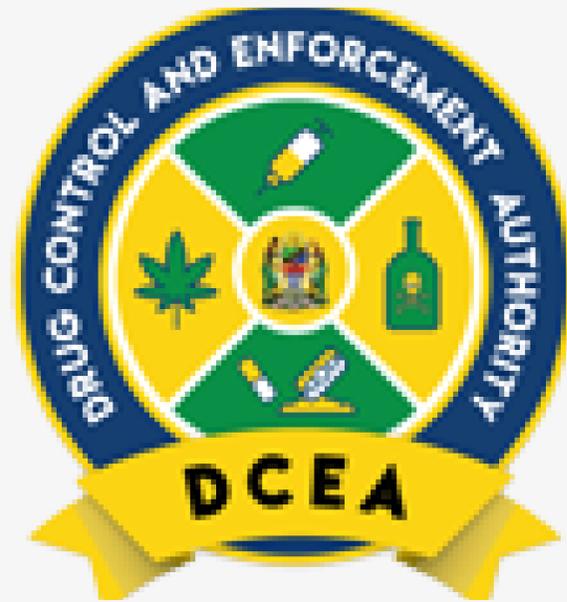
GlobalGiving



benevity

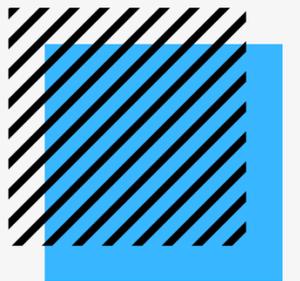


# KEY STAKEHOLDERS





# OUR SERVICES



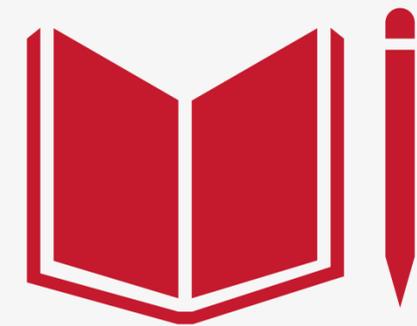
## Interpersonal Counseling (IPC)

Adapted from Interpersonal Psychotherapy, IPC is used to manage manifestations of distress due to common mental health disorders (such as depression, anxiety, somatization, etc.), physical illness (communicable & noncommunicable), chronic pain, or from exposure to adverse events.



## Group Talk Therapy

**aka Wisdom&Wellness Circles**  
Wisdom&Wellness Counselors create safe-spaces where members of a community connect, share wisdom and experiences, and strengthen social supports. Group therapy is a form of psychotherapy that aims to help people manage mental health conditions or cope with negative experiences and behaviors.



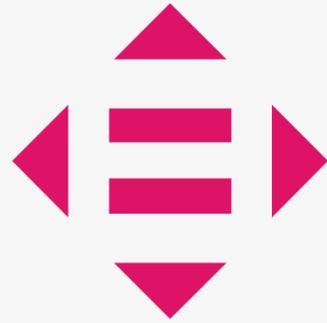
## Psychoeducation Resources (PRs)

Psychoeducation includes:  
\* information given verbally in a counseling session;  
\* written material in the form of psychology tools—information handouts, guides, and booklets;  
\* exercises or homework tasks where individuals are empowered through self-awareness.





# OUR SERVICES



## Life Skills Building

Life skills are positive and adaptive behaviors that empower people to be able to deal with the many challenges of life. Having good life skills promotes mental health and can also help to prevent mental health conditions by reducing a person's stress in response to these challenges.



## Specialist &/or

### Hospital Referral

Referral and back-referral pathways, linked to the expected roles and responsibilities of specialists and non-specialists and also between centralized facilities (e.g. public health institutions) and community services.

## Survey Research

The survey consist of two standardized scales—the Patient Health Questionnaire-9 (PHQ-9) and the 7-item Generalized Anxiety Disorder (GAD-7)—for depression severity and anxiety; and additional multiple-choice and open-ended questions regarding stressors and coping mechanisms.





# OUR PROCESS



## Research

Undertake research and decentralized planning in accordance with national and regional programs and policies.

## Development

Develop activities to enhance collaboration, evaluate outcomes and advocate for the inclusion of people with MNS conditions in all aspects of community life.

## Adaptation

Collaborate to strengthen existing resources and workforce capacity to achieve the greatest possible benefits of integrated Mental, Neurological and Substance Use (MNS) care.

## Launch

Provide effective mental health services in non-specialized health settings to improve overall quality of life.

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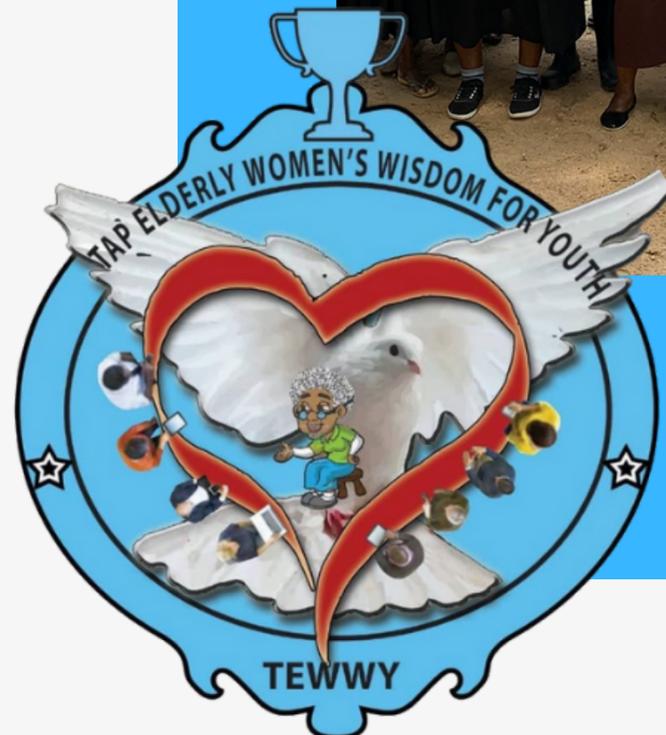
# PROBLEM STATEMENT

Mental, neurological and substance use (MNS) conditions impose an enormous global disease burden that leads to premature mortality and affects functioning and the quality of life. According to WHO Mental Health Atlas 2014, more than 45% of the world population lives in a country where there is less than 1 psychiatrist for every 100,000 people and there are even fewer neurologists.

TEWWY has adapted the mhGAP approach which consists of interventions for prevention and management of priority MNS conditions, identified on the basis of evidence about the effectiveness and feasibility of scaling up these interventions in low- and middle-income countries.

Year 2022

Offering Psychosocial Interventions



- • • • •
- • • • •
- • • • •

# OUR INITIATIVES

## Public Health Institutions

Wisdom&Wellness Counselors implement psychosocial interventions within 15 public health institutions. (2019 - 2020)

2,331  
Clients

## Humanitarian Emergency

Supporting displaced flood victims in Lindi, Tanzania. (April 2020)

250 Mosquito  
Nets

## Local Communities

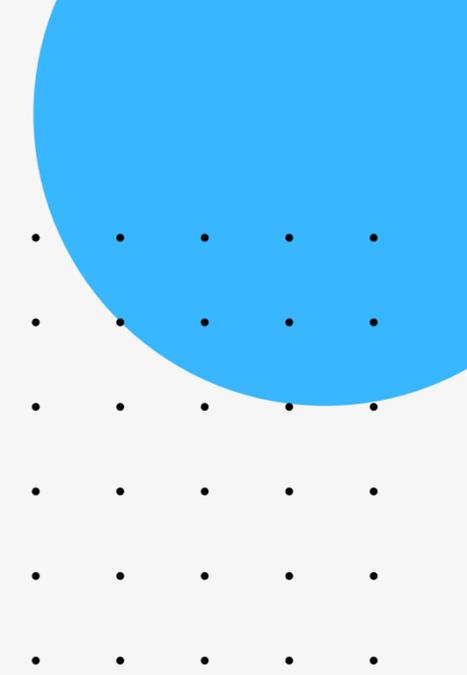
Wisdom&Wellness Counselors implement psychosocial interventions within 15 local government authorities. (June-Oct 2021)

1,644  
Clients





# TESTIMONIALS



If you know a person who's struggling and needs to unburden, let TEWWY know and that person will get help; even if it's you. Don't be shy ... the human brain needs to relax too. This is for all Tanzanians, stress isn't just a western problem.

Victoria Msaki



An amazing organization with really helpful women out there for the mental health movement for the society.

Anonymous

# CONTACT US



22 Jemedali St, Sinza Makaburini

P. O. Box 32705, Dar-es-Salaam, Tanzania



+255 737 773 982 | +255 757 327 878



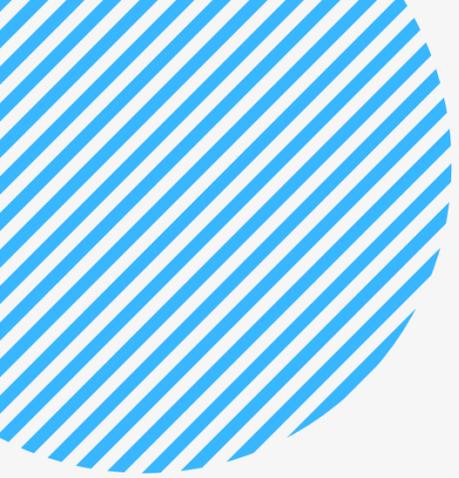
tewwy@tewwy.org



tewwy.org



@tewwywisdom



# SUPPORT OUR CAUSE



- • • • • •
- • • • • •
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**Volunteer**



**3 Ways to Volunteer**



**Design our marketing graphics.**



**Contribute to our blog.**



**Help organize our events.**

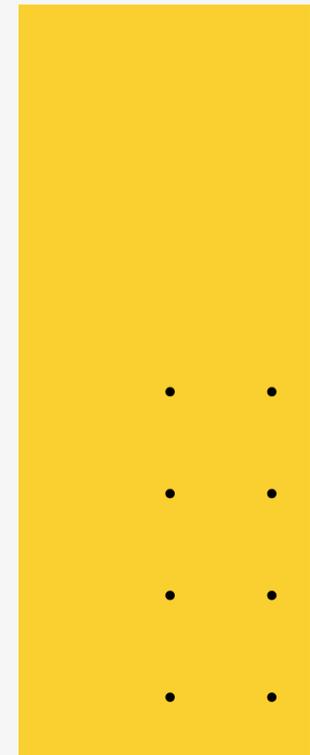
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**Donation Platforms**



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Together We Are Strong,  
To Inspire & To Achieve!

