



Perinatal Mental Health Project

Services Training
Training Research Aduocacy
Organizational development
Aduocacy Services Organizational development
Research Training
Organizational development
Research Services Aduocacy

Midyear reflection (Jan – end June 2018)



Service

New strategic approach

- One service site remaining as demonstration site
- Site provides opportunity for ongoing research and development
- Hanover Park screening and counselling continues

Highlights from Hanover Park

- 1 114 women and their partners received information about mental health
- 115 new clients counselled
- 301 counselling sessions attended



Training - achievements

New strategic approach

- Training on demand model
- Trainer provides services on consultancy basis
- Collaboration with other organizations, production and dissemination of video material to amplify training reach

- In-service training and professional development (3-day workshops)
 - 73 Department of Health care providers
- Academic courses
 - 111 fourth year medical students
 - 3 Advanced Midwives
 - 26 Advanced child care nurses
- Empathic engagement skills training workshops
 - 70 Health professionals
- Other
 - 25 UCT students and staff
 - 10 participants at the Movement for Global Mental Health summit
 - 37 South African College of Applied Psychology students

Training - highlights



Production of the “Empathic Engagement Skills” video

- Since published on YouTube:
 - 98 views online and
 - 56 views during workshop sessions

New and improved edition Maternal Mental Health book (Publ: Bettercare)

- new chapter on infant mental health
- expanded sections on alcohol and substance misuse, obstetric violence, empathic engagement skills
- working with rape survivors in labour



Two workshops conducted at the African Alliance for Maternal Mental Health launch

- "Intersectoral collaboration for maternal mental health: a practical approach" new workshop attended by 34 stakeholders

Research

New strategic approach

- Research officer position will not be filled
- Future research will be conducted through collaborations with existing researchers or research units



Highlights

- 4 international academic journal publications
 - Adapting a perinatal empathic training method from South Africa to Germany,
 - Factors associated with household food insecurity and depression in pregnant South African women from a low socio-economic setting: a cross-sectional study
 - Postpartum psychiatric disorders
 - Comparison of mental health screening tools for detecting antenatal depression and anxiety disorders in South African women
- 1 book chapter
 - Intercultural Adaptation of the “Secret History” Training: From South Africa to Germany
- 3 academic presentations
 - South African College of Applied Psychology guest lecture on maternal mental health
 - Workshop on PMHP ‘Secret History’ method at Movement for Global Mental Health annual summit
 - Seminar ‘Food Insecurity and Maternal Mental’ health to Division of Child and Adolescent Psychiatry, UCT

Advocacy & Policy Development

New strategic approach

- Advocacy efforts are focusing on systems strengthening
- Communication is a core PMHP operational element

Global collaborations and contributions

Steering group member of

- Global Alliance for Maternal Mental Health
- African Alliance for Maternal Mental Health
- World Maternal Mental Health campaign

Highlights

- Contribution to University of Cape Town's Knowledge Translation Unit's evidence-based primary health care guidelines (PACK) for health and community health workers
- Invited authorship of chapter on maternal mental health for National Maternity Care Guidelines update
- Invited contribution to national Maternal Case Record (standard maternity stationery) amendments
- Keynote lecture at African Alliance for Maternal Mental Health launch in Malawi

Social media

New strategic approach

- Contain social media audience and engagement rates where possible
- Continue engagement in key global campaigns
- Communication officer provides services on part-time basis

Highlights



2.6k followers



818 fans



13k page views



1087 page views

- Engagement rates have slightly decreased, while followership has increased across all platforms compared to same period in previous year
- 30% increase in page views on the PMHP blog compared to same period in previous year
- 8% decrease in page views on the Website compared to same period in previous year

Organisational development

New strategic approach

- Creating a leaner and more effective organisation
- Developing new strategic business models for each programme



- Strategic discussions were held with a range of stakeholders including donor partners, PMHP board, UCT structures and external consultants to refine the way forward.
- UCT office for Research Contract and Innovations is assisting us to develop a business model for future sustainability.
- PMHP offers consultancies to partner organisations as priority income stream.
- Reduced number of salaried staff and moves towards part-time employment, has substantially decreased core costs.