

The PMHP in 2017 (January – June)

 Services

 Training

 Research

 Advocacy

 Organisational
development

Key measures of success

Service delivery

- 1,926 pregnant/ postnatal women received printed information about mental health across 3 sites
- 405 clients counselled across 3 sites
- 89% of those attending their first antenatal visit were screened for mental health problems (average across all 3 sites)
- 63% of all counselled clients receive postnatal follow up care (average across all 3 sites)



Annual target

- 4,000 women receive information about mental health across 3 service sites
- 200 clients counselled per year per site
- 80% are screened for mental health problems at each site
- 60% of all counselled clients receive postnatal follow up care

Training and Development



- 472 health and social care providers reached
- 22 training packages
 - 9 in-service training sessions (midwives, nurses & NGO staff)
 - 7 empathic engagement skills workshops (social workers, child care nurses)
 - 6 academic course work sessions (post-graduate nurses, medical students, Masters students)
- 3 NGO training & support workshops (Philani, MSF* & Ithemba Lobomi) *MSF = Doctors without borders
- ESMOE# Secret history DVD filmed and produced
ESMOE = Essential Steps in the Management of Obstetric Emergencies – National Department of Health programme

Annual target

- 500 health and social care providers participate in training
 - 250 in-service training on aspects of maternal mental health for midwives and NGO staff
 - 100 empathic skills training workshops for social and health care workers
 - 150 students receive training as part of academic course work

Research

- 2 Academic Journal Publications
 - Antenatal depressive symptoms and utilization of delivery and postnatal care
 - Synthesizing Global and Local Knowledge for the Development of Maternal Mental Health Care (book chapter)
- 1 Academic Presentations
 - Health Impact Assessment Directorate of DoH (Hanover Park study outputs)
- 3 Research Funding Applications
 - 1 successful; 2 pending
- PMHP's 4-Question screening tool
 - Construct validity testing protocol developed
- Food insecurity and mental health intervention protocol
 - Advisory panel configured
 - Protocol drafted
 - Funding applied for
- Programme for Improving Mental Health Care (PRIME)
 - Ongoing support for Ethiopian and Nepali teams



Annual targets

- 2 x Academic Journal Publications
- 2 x Academic Presentations
- 2 x Research Funding Applications
- 1 x New Application for Ethical Approval

Advocacy / social media



2.3k followers



510 likes



834 page views



14k page views

- 24% increase in Twitter followers since beginning of the year
- 53% increase in Twitter engagement compared to same period in previous year
- 12% increase in Facebook likes since beginning of the year
- 4% increase in Facebook engagement compared to same period in previous year
- 1% increase in page views on the PMHP blog compared to same period in previous year
- 6% decrease in page views on the Website compared to same period in previous year

Annual target

- Evidence of increased organisational visibility and credibility via social and traditional media, and campaigns

Advocacy and policy

- Successfully advocated for Increased access for colleagues in low and middle income countries to The International Marcé Society for Perinatal Mental Health – lower membership fees
- Co-authored World Psychiatric Association (WPA) position statement on perinatal mental health
- Department of Health Midwifery Indaba - presentation and workshop on MMH
- Member of the Parent Infant and Child Health (PICH) Wellness Workgroup
- Strategic and development support for “Maternal and Child Mental Health Screening and Management Pilot Project” in Khayelitsha
- Task Force Member of World Maternal Mental Health Day campaign
- Member of the newly found Global Alliance of Maternal Mental Health
- Costing of Maternal Mental Health Policy Brief is under development

Annual target

- Evidence of strategic collaborations, Government Department / Civil society participation or consultations towards integrating PMHP model components into public health care programmes and implementation of policy changes.

Organisational development



- Four new donations secured and a further 9 applications pending
- Strategic planning workshop held
- Board meeting held
- Research officer took up post in January
- Most staff took up professional development and capacity building opportunity
- All previous staff contracts renewed and current staff retained
- Regular staff support to prevent burnout

Annual target

- Strategic plan is on track
- Streamlined monitoring and evaluation of all programmes developed
- Staff trained and supported