

Perinatal Mental Health Project: Theory of Change



Focus Areas

Advocacy for Action

- PMHP staff with multimedia skills
- PMHP staff with strategic relationships
- Advocacy content and materials
- Knowledge Translation

Health and Social Systems Strengthening

- Health service relationships
- Health management and policy maker relationships
- Clinical service providers, supervisors, evaluators

Knowledge Generation

- Research funding
- Researcher partnerships and coalitions
- Knowledge translation

Capacity Building

- Training materials
- Working partnerships with training institutions
- Training participants
- Open access training resources
- Quality trainers

Sustaining the organisation

- Salesforce database
- Director and staff develop and maintain relationships with funders
- Active procurement of consultancies and contracts
- PMHP staff capacity development

Activities

1. Raise awareness and reduce stigma for many target audiences through multi-media channels
2. Membership and contribution to national and global networks and campaigns
3. Lead strategic advocacy campaigns
4. Support and design health policy, guidelines and programmes
5. Provide and refine mental health service at demonstration site
6. Develop national prescribing guidelines
7. Develop WHO Implementation manual
8. Collaborate with NGOs and organisations working in MCH to embed maternal mental health in their work
9. Evaluate N4C in several service contexts
10. Design and evaluate mental health and domestic violence intervention
11. Design and evaluate food insecurity and maternal mental health intervention
12. Support emerging researchers
13. Train service providers at higher education institutions
14. Train service providers in-service
15. Develop multi-media resources to support training and other trainers
16. Fundraising and procurement of consultancy and governmental contracts
17. Capacity building of PMHP team

Outputs*

Regular traditional and social media outputs on maternal mental health

Multicomponent advocacy campaigns held

Provincial and national policy documents, guidelines and procedures written and ratified

Service site:
Educational materials distributed
Mothers received screening
Mothers received counselling
Number of counselling sessions
Referrals made appropriately
Supervision conducted
Liaison

High quality, new evidence generated for prevention, detection and management of maternal distress in low resource settings and for capacity building of workforce

Knowledge generated, translated and disseminated for wide range of stakeholders

Critical mass of service providers have received or have online access to ongoing training and supportive supervision

Outcomes

Increased demand for maternal mental health services by users

Increased demand for maternal mental health services by health managers

Evidence-based policies, guidelines and standard operating procedures in place for mental health service embedding

Routinely available mental health promotion, prevention, detection, referral, counselling and social support services in all public service platforms

General and dedicated staff available, skilled, motivated and supported to provide mental health service elements with quality and empathic care

Ultimate goal

Mental wellness** for antenatal and postnatal women and their children in low-middle-income settings, optimizing their health, development and access to social justice***

**Resilience, agency, self-esteem, problem-solving skills, social connectedness, sense of purpose
***Equitable access to quality maternal mental health and support services

* Indicators set for each output, disaggregated into component outputs

Ceiling of accountability