THE “ABCD” FOR THINKING HEALTHY

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REPSSI PSYCHOSOCIAL SUPPORT FORUM
MENTAL HEALTH IN SUB-SAHARAN AFRICA
The “ABCD” for Thinking Healthy
PSYCHOSOCIAL SUPPORT PACKAGE OF CARE
COGNITIVE BEHAVIOURAL THERAPY

Identify unhealthy thinking.

Replace unhealthy thinking with positive & healthy thinking through exercises & activities for child or for mother alone.

Practicing thinking & acting healthy.

[Diagram showing a cycle of thinking and actions leading to a positive outcome]
PILOT COUNTRIES
MOBILE APP

• ADOLESCENT-FRIENDLY
• STRUCTURED CURRICULAE
• ADMINISTERED BY NON-PROFESSIONALS
• MANAGEMENT TOOL
• RELIABLE DATA COLLECTION
• DIGITAL CONTENT ADAPTATION
RESULTS

Feedback from young moms:
“Am not feeling bad, I feel relieved these days. I don’t concentrate on my man and I care about my health more now.”

“Ever since ABCD guided me I left my beating husband and moved to a friend’s place and am happy, my friend is good, I feel great, I can now think clearly for my child and she has been crying less too.”

Peer Supporter Feedback:
“The client is happy about the programme and feel it will benefit her with the emotional stress because she has just lost her baby and it is affecting her emotionally so she needs a safe space where she can pour her feelings and free to talk safely.”
MOBILE APP CHALLENGES

1. MOBILE APP TECHNICAL ISSUES
2. CONNECTIVITY IN RURAL SETTINGS
3. INCONSISTENT UPLOAD OF DATA
4. MAINTAINING HUMAN ELEMENT AND INTERPERSONAL CONNECTION
INTERVENTION
CHALLENGES

1. YOUNG MOMS ACCESS TO FACILITIES
2. PEER SUPPORTER CAPACITY TO DEAL WITH SENSITIVE MENTAL HEALTH ISSUES
3. STIGMA ASSOCIATED WITH MENTAL HEALTH
4. YOUNG MOMS CONCEPTUALISING CBT
WHAT MAKES ABCD DIFFERENT?

1. CO-DEVELOPMENT
2. FACILITY INTEGRATION
3. CONTEXT-SPECIFIC
Feasible
Acceptable
Effective

The way forward…
Thanks

• Team PATA
• REACH health facilities and peer supporters
• Donors and other partners

Health providers at the frontlines of service delivery