



The “ABCD” for Thinking Healthy

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Contents

- What is ABCD and CBT
- Where and Target
- How ABCD is (Can be) Implemented
- Challenges
- Take Home messages



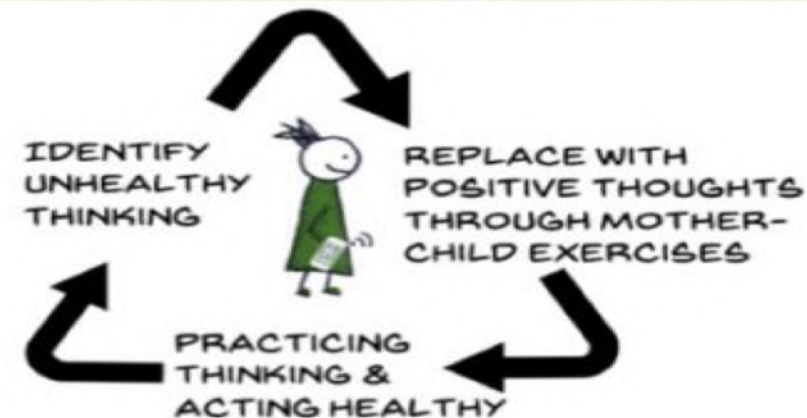
Ask



Connect



Boost



Discuss

PEER
SUPPORTERS
SUPERVISED IN
CHAT FORUMS
WITH
SPECIALISTS








- It is a pilot to test feasibility and usability of a specifically designed ABCD App and curriculum
- Designed for peer supporters and utilised a TOOL to provide a structured support group intervention for young moms over 8 sessions.

Use of Chats in sessions

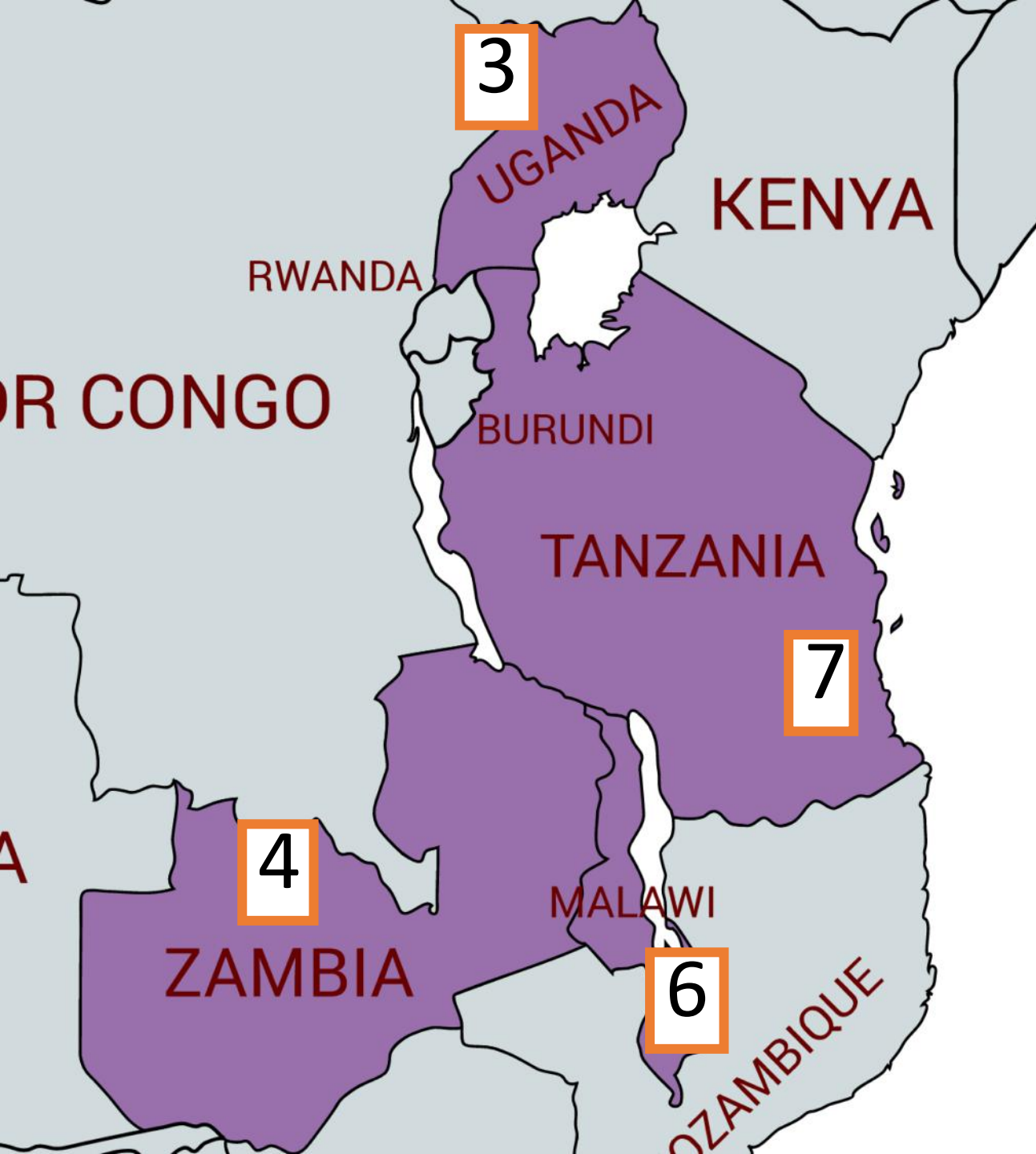
Mood chart

Here is a space to record your mood each day:

		1	2
1 - Very good			
2 - Good			
3 - Not good, not bad			
4 - Bad			
5 - Very bad			

- **Session 0: Introduction to the program**
- **Session 1: There are some things I have control over.**
- **Session 2: Nobody has all the answers.**
- **Session 3: Support can come from different places.**
- **Session 4: Motherhood is a big change, but I also need to focus on my own wellbeing.**
- **Session 5: Each child grows differently.**
- **Session 6: What others think doesn't matter, if I have love for myself and my child.**
- **Session 7: Focusing on healthy behaviors takes little effort, and is very valuable.**
- **Session 8: Even though I have HIV, I can still embrace a bright future for myself, and my baby.**

ABCD is on CBT methodology



PILOT COUNTRIES

Young Moms
18 – 24 Years Old



183



Living with HIV

Pregnant or with a 2
Year old baby

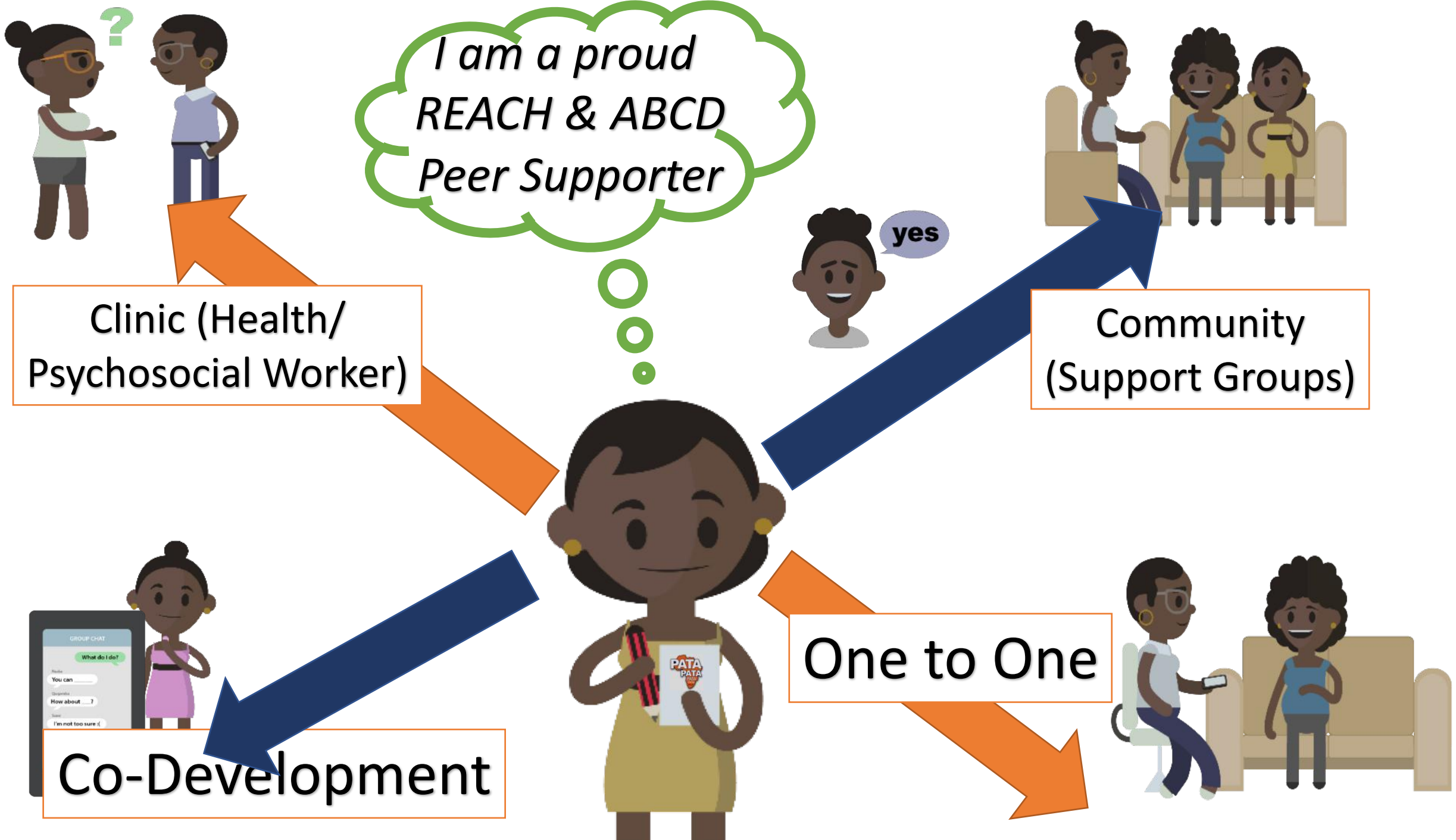
Adaptations based on
consultative process

- Ethical
- Contextual
- Operational
- Technical

STEPS TO A SUCCESSFUL IMPLEMENTATION

- Training of Trainers
- Health Facility Training (ABCD and App Operation)
 - Peer Supporters (20)
 - Health Facility Managers (14)
 - Psychosocial Counsellors (14)
 - On job continuous training
- Registering of Clients for the first session (Session 0 which has consent and client details)
- With the App aid, consistently conducting sessions (About 8 Sessions)
- Data uploading and feedback







MOBILE APP



- So Cool!!!!
(Adolescent Friendly)
- Structured Curricula
- Administered by Non-professionals
- Management Tool

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 friends 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.”

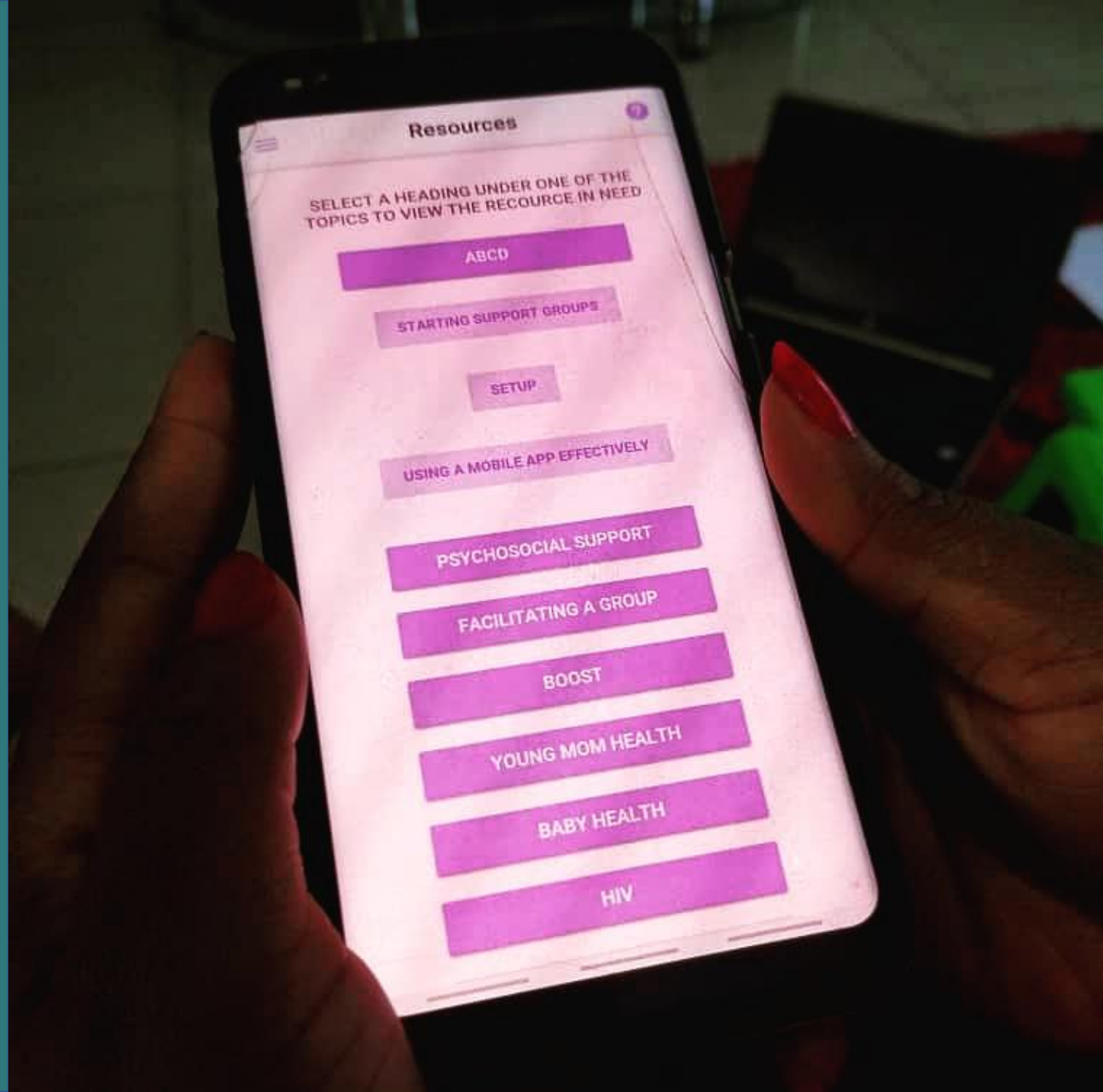
Peer Supporter Feedback:

“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
4. PARTICIPANT
INTERACTION



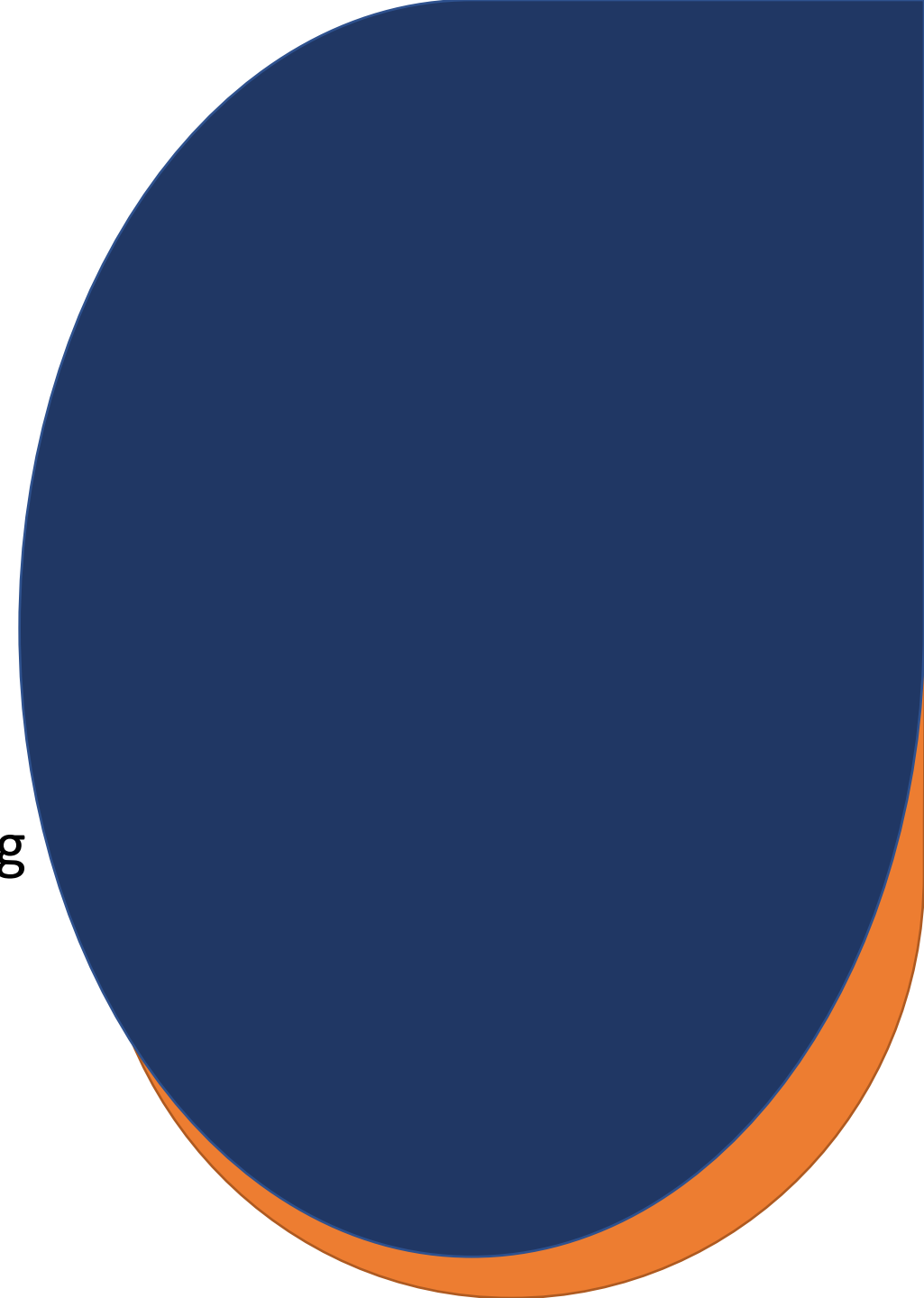


- Feasible
- Acceptable
- Effective

The way forward...

Take Home messages

- ABCD works better when different players work together
- ABCD needs a better understanding of CBT
- There is need for consistency in App use and management
- ABCD can be integrated into an already existing program



Thanks

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



BILL & MELINDA
GATES *foundation*



Health providers at the frontlines of service delivery