



**“A Call for Action
to Strengthen
Collaboration
Between **Mental
Health** and
HIV/AIDS
Programs in
Africa”**

**The WFMH
Africa
Initiative
WPA
Regional
Meeting,
Abuja 2009**





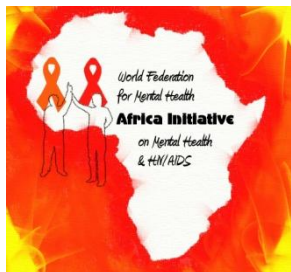
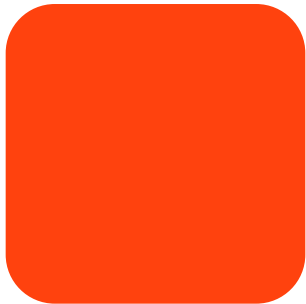
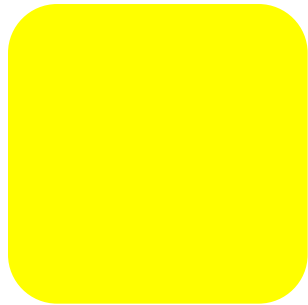
‘I don’t know how to put this, but, the impact that AIDS is making in a lot of people’s lives is it’s destroying them, like mentally more than physically”

Asanda
20-year-old male
Khayelitsha Township,
Cape Town
(Lane, CSSR
Working Paper, 2009)

WFMH Africa Initiative

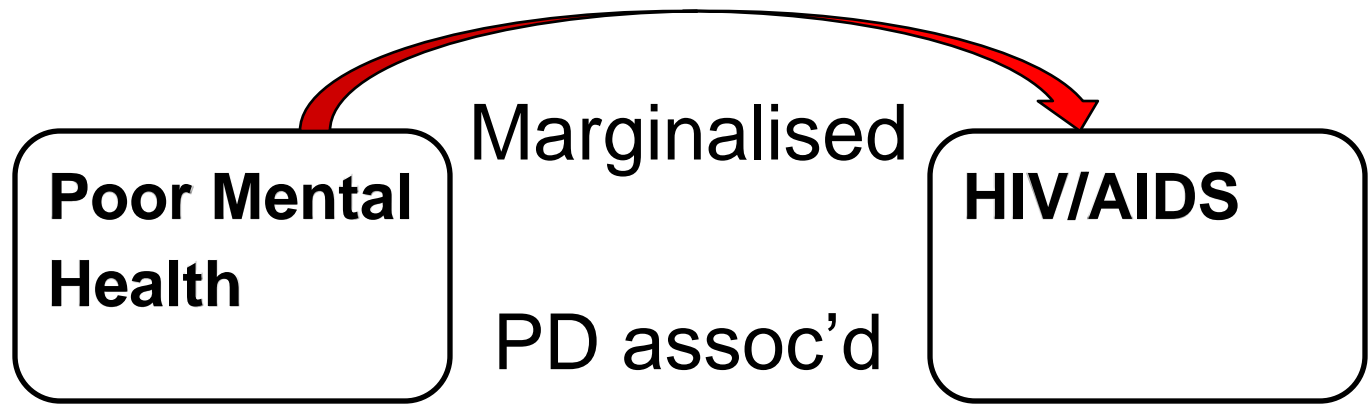


- Project of the World Federation for Mental Health
- Secretariat established in **Cape Town**, South Africa, July 2009
- Work based on available literature and a WFMH **International Expert Forum**
- Aims to raise awareness, build networks, increase collaboration & capacity



Why Mental Health & HIV/AIDS?

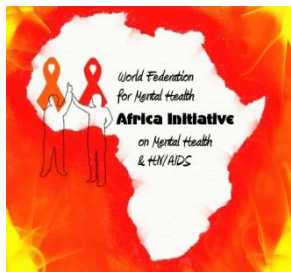
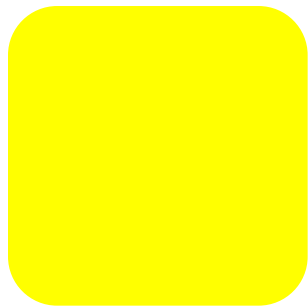
- **Bi-directional relationship** between HIV/AIDS and poor mental health



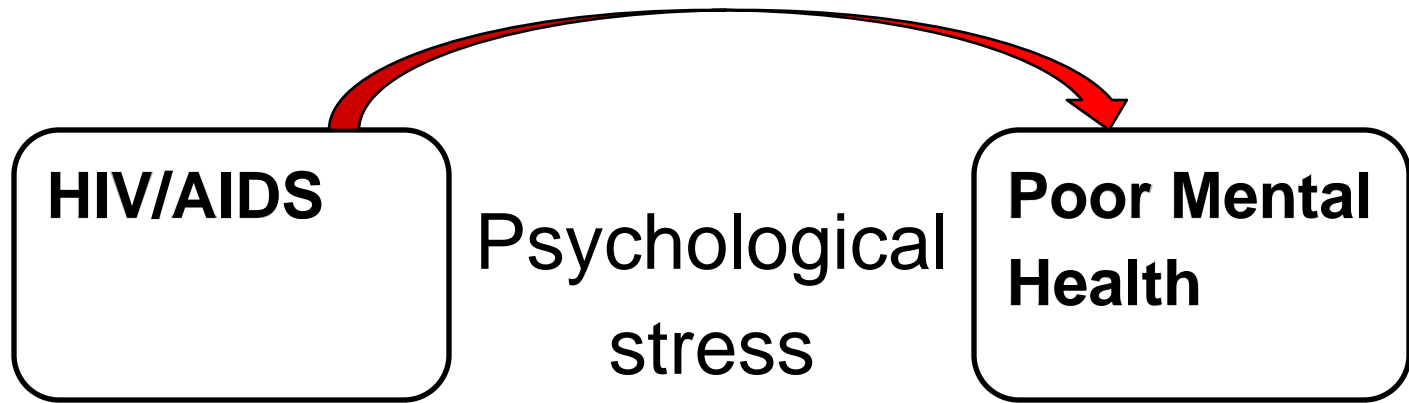
risky behaviours →

+ vulnerability to HIV

Adherence / outcomes

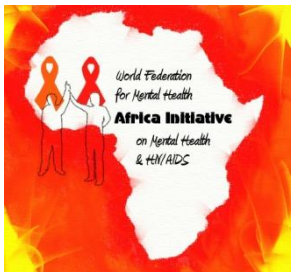


Why Mental Health & HIV/AIDS?



Neuropsychiatric impact

Psychiatric side-effects of ARVs

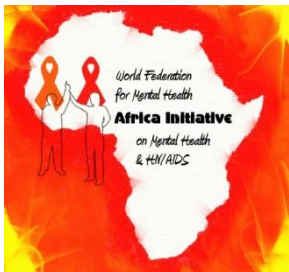
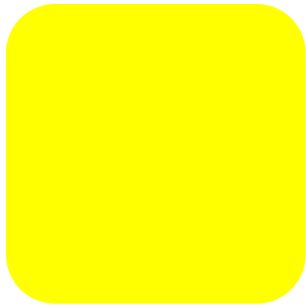


Why Mental Health & HIV/AIDS?

- **Increased prevalence**
 - Depression, PTSD, Anxiety, Psychosis, Alcohol Abuse (O'Keefe & Wood 1996; Els *et al.* 1999; Sebit *et al.* 2003; Jelsma *et al.* 2005; Shisana *et al.* 2005; Adewuya *et al.* 2007)

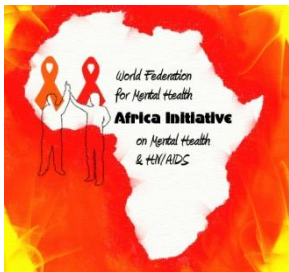
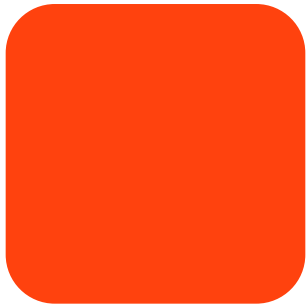
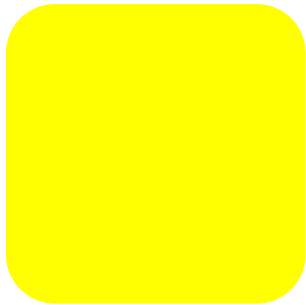
- **Poor access to services for many**

- **Service gaps** → suffering, loss of quality of life, lower ART adherence



Why Mental Health & HIV/AIDS?

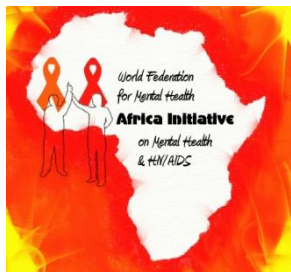
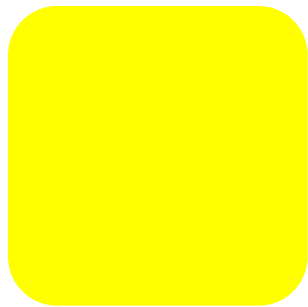
- Significant **disability**
- Impact on **family/caregivers & community**
 - “In order for the emotional needs of PLWHA to be met, the needs of their caregivers must first be addressed.” (Baingana, 2005)
 - Magnitude & pervasiveness of HIV means ‘mental health whole’ will be far greater than sum of it’s parts” (Freeman, 2004)



Highlighted Literature



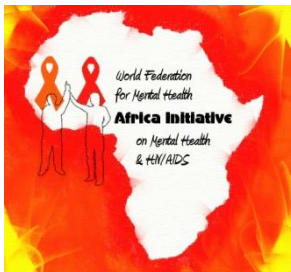
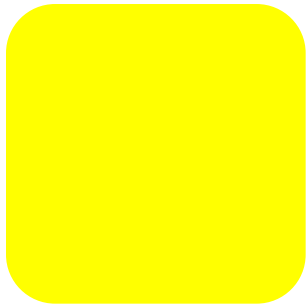
- **Petrushkin et al., Uganda**
 - Prevalence of PDs in PLWHA at AIDS Support Organisation (TASO) clinic, Mulago Hospital, Kampala
 - Mini International Psychiatric Interview
 - Total prevalence of PD 82.6 (38/42 patients)
 - Authors called for public MH education & collaboration to address MH needs for PLWHA



Highlighted Literature



- **Brandt (2008), Systematic Review on MH & HIV/AIDS in Africa**
 - “Available evidence from PLWHA in Africa indicates high levels of mental health problems”
 - PLWHA tended to have more mental health problems than non-infected individuals. Depression is most common PD
 - Range and quality of methodology varies greatly; limits conclusions



Highlighted Literature



□ Depression and HIV/AIDS

□ Zambia

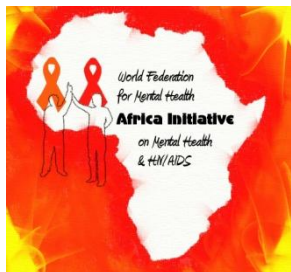
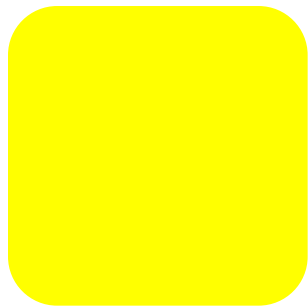
85% of HIV+ pregnant women had major depression

□ Uganda (Kampala)

54.3% of attendees were judged as meeting the criteria of major depression

South Africa (Cape Town)

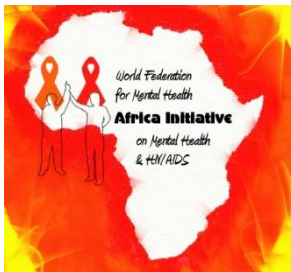
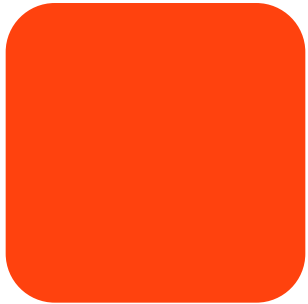
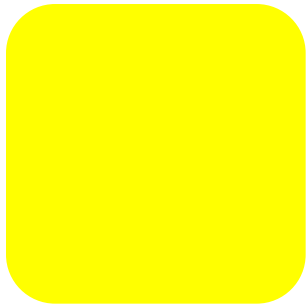
38.1% female HIV+ outpatients met criteria for depression



Expert Forum



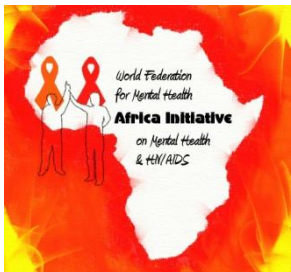
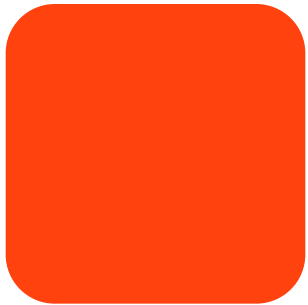
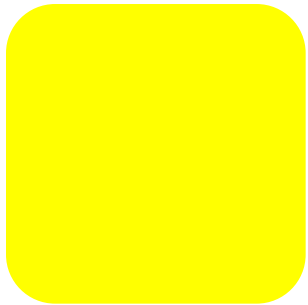
- Held in Cape Town, 2008
- Leaders from HIV and MH across Africa
- **Themes, needs and guiding principles** were considered



Needs



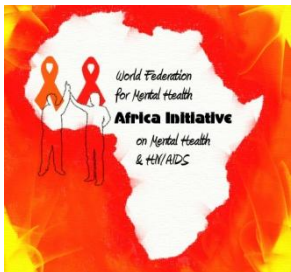
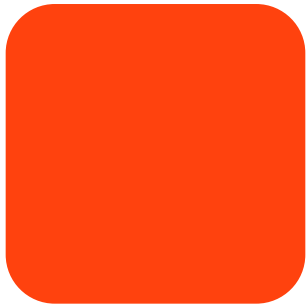
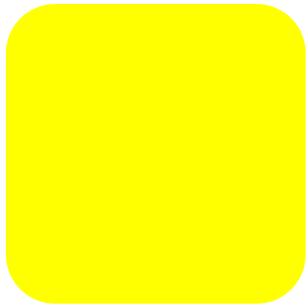
- People living with HIV/AIDS, their families, and their caregivers need:
 - additional mental health support
 - psycho-education
 - psychosocial support
 - safe opportunities to talk



Guiding Principles



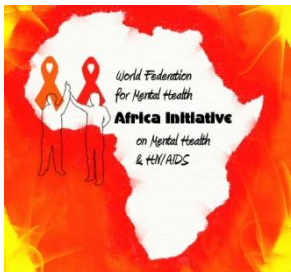
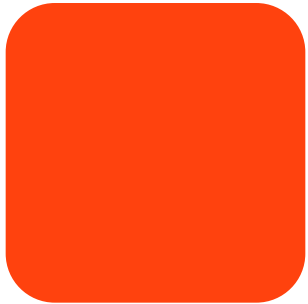
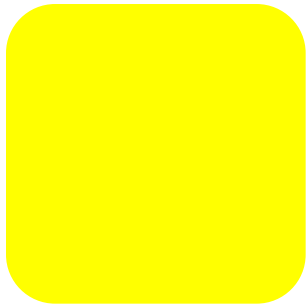
- ❑ Choose interventions with **maximum potential impact**
- ❑ Access and utilize effective **existing resources**
- ❑ Strengthen WFMH's **existing network**
- ❑ Collect & **disseminate information** to those who need it most
- ❑ Stress the **inescapable link** between mental health & HIV



Guiding Principles



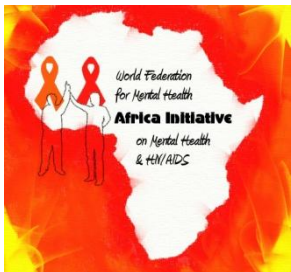
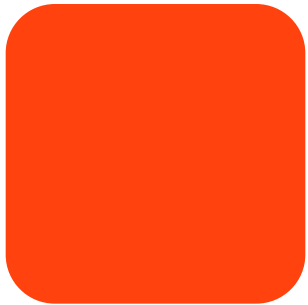
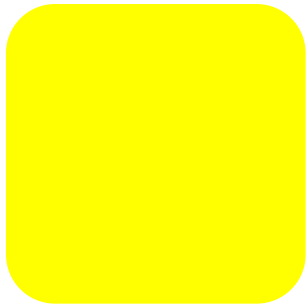
- Promote **increased support** for health workers
- Advocate for **greater integration** of HIV & mental health care



Initiative Goals



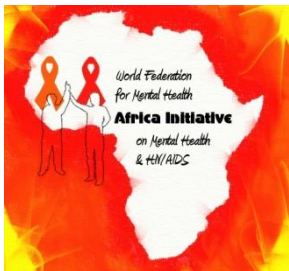
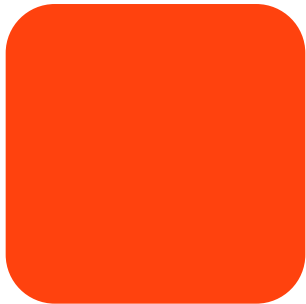
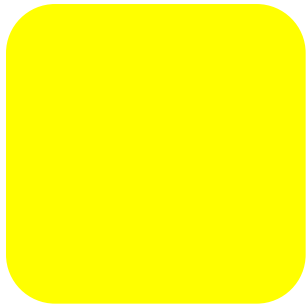
- **Raise awareness** of the unmet mental health need
- Promote and facilitate greater **collaboration and communication** among relevant organizations
- Build the **capacity** of organisations to carry out effective education, advocacy and training
- Develop and promote a **formal network** on MH and HIV/AIDS



Initiative Activities



- Establishment of the **Cape Town Secretariat**
- As supplemental funding becomes available, a series of demonstration **training and technical assistance** programs



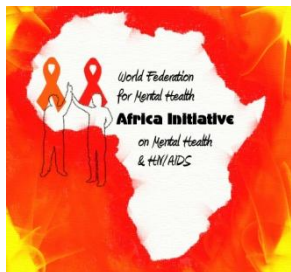
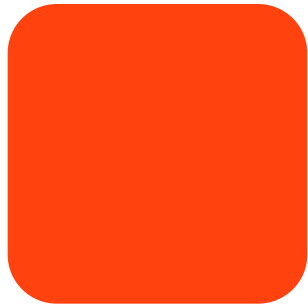
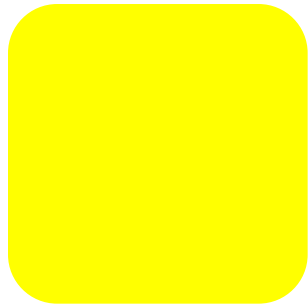
Focus on Collaboration



Mental Health & Poverty Project, Ghana Country Report (2008)

.....what is the extent to which mental health is related to policies from other sectors like HIV, malaria, TB, do we have those intersectoral links?’

- *Respondent: ‘That is one thing that I think cries for help. Many of the people who are going to have these illnesses will have psychological problems alongside. Yet the collaboration, the liaison between us is minimal. So there is not that collaboration, intersectoral means or links at all.’*

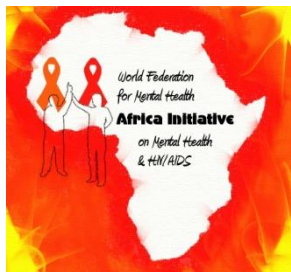
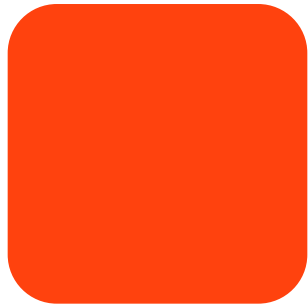
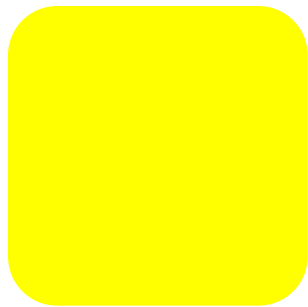


Focus on Collaboration



Despite the emphasis on HIV counseling, such counseling is usually around testing and diagnosis, and most HIV centres do not aim to recognize and treat depression, do not contain antidepressants and do not liaise with mental health services. Thus a key opportunity is being missed to address mental health.

(Rachel Jenkins)



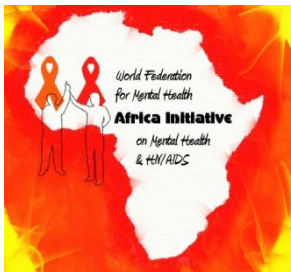
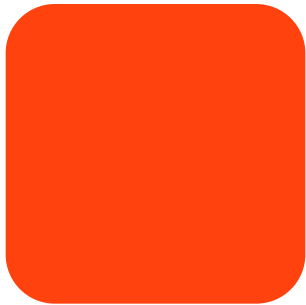
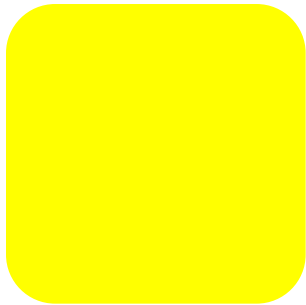
Initiative Activities



- **Network-building** – NGO directory research, planning of a Network Development meeting in 2010, social networking

- **Twitter** – 1300+ followers

International reach, including: Zambia, Cameroon, Rwanda, Sudan, Cote d'Ivoire, Kenya, South Africa, Zimbabwe, Ghana, Tanzania, Sierra Leone, Malawi & Namibia.



Initiative Activities



□ www.twitter.com/wfmhafrica

Africa Initiative (wfmhafrica) on Twitter - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Refresh Home Search Favorites

Address <http://twitter.com/wfmhafrica> Go Links


twitter Login Join Twitter!

Hey there! wfmhafrica is using Twitter.

Join today!

Already using Twitter from your phone? Click here.

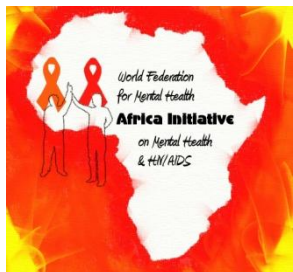
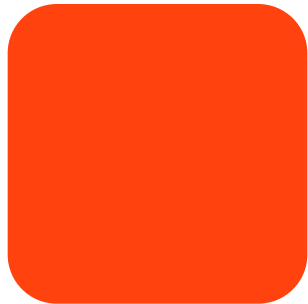
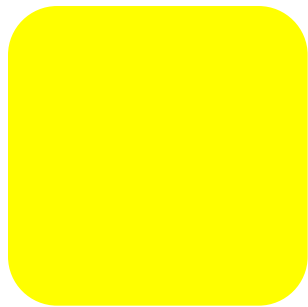
Twitter is a free service that lets you keep in touch with people through the exchange of quick, frequent answers to one simple question: What are you doing? **Join today** to start receiving **wfmhafrica's** tweets.

 **wfmhafrica**

Name Africa Initiative
Location Cape Town, South Africa
Web <http://www.wfmh.o...>
Bio The World Federation for Mental Health Africa Initiative on the Mental Health Consequences of HIV/AIDS

Done Internet

start 21 H... H... 2 f 3 f M... 10:59 AM



Initiative Activities



□ www.wfmhafricainitiative.org

The World Federation for Mental Health's Africa Initiative - Mozilla Firefox

file:///C:/Users/Gemma/Documents/Website Development/WFMHAfrica/webstetemplate/index.html

Home Donate Accessibility

World Federation for Mental Health Africa Initiative on Mental Health & HIV/AIDS

ABOUT US
THE ISSUES
COUNTRY PROFILES
NGO DIRECTORY
RESOURCE LIBRARY
EXPERT FORUM
CONNECT WITH US

The WFMH Africa Initiative on Mental Health & HIV/AIDS

Raising awareness and working to address the mental health consequences for people living with HIV/AIDS, their families and caregivers.

What is NEW

Text re setting up secretariat

Join us on [Twitter](#).

Come and hear more at the plenary session at the [World Congress of the World Federation for Mental Health](#).

Text about the plenary lecture at the WMHC here

SIGN UP NOW to receive news from our Cape Town Secretariat

Name :

E-mail :

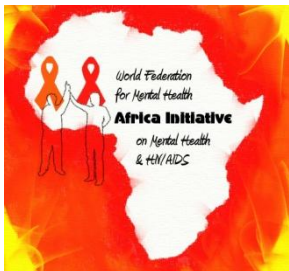
submit

Mental illness is largely ignored in HIV positive individuals...

text here, Objectives of the Initiative Cape Town Secretariat Intro to website and available resources

More...

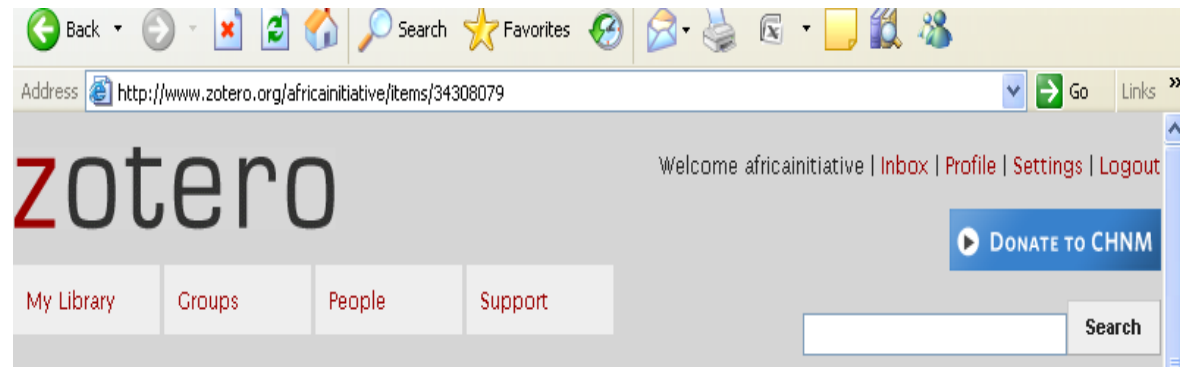
Initiative Events



Initiative Activities



□ Zotero Research Library



[Home](#) > [People](#) > [africaninitiative](#) > [Library](#) > Mental Health and HIV/AIDS - Report on a Roundtable Discussion, March 2003

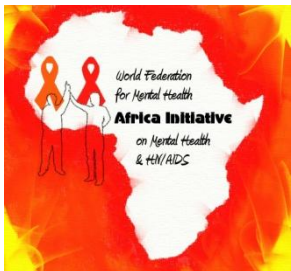
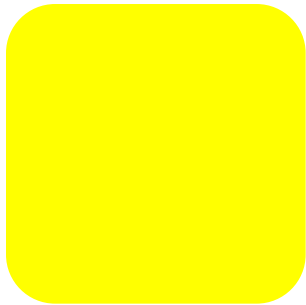
Mental Health and HIV/AIDS - Report on a Roundtable Discussion, March 2003

Item Type Report

Author Melvyn Freeman

URL <http://www.sahara.org.za/index.php/View-document-details/68-Mental-Health-and-HIV/AIDS.html>

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