Goal

Build an **African-led** network of Mental, Neurological and Substance use disorders (MNS) researchers in Ethiopia, Malawi, South Africa & Zimbabwe

- 7 PostDocs
- 25 PhD Fellows
- 15 MPhil Fellows

**Prof Dixon Chibanda**
Director, AMARI

www.amari-africa.org
Community & Public Engagement

ARTICULATE

African Researchers Together In Communities - Unlocking Local Arts, Training and Engaging

Articulate Team
Dr Rosemary Musesengwa
Mr Biggy Dziro
<table>
<thead>
<tr>
<th>Writing &amp; Planning</th>
<th>ARTICULATE Objectives</th>
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<tr>
<td>• Consultation &amp; dialogue - as part of initial activities through workshops, a Theory of Change (ToC) map was developed</td>
<td>• Community involvement in mental health: educate and inform</td>
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<td>• Public Engagement identified as needing specific focus inorder for AMARI’s Research Enrichment</td>
<td>• Understanding and supporting local arts initiatives</td>
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<td>• Specific Mental Health projects were identified from research fellow’s projects</td>
<td>• Leveraging relations built with arts industry for dialogue with community</td>
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<td>• Model – adapt art related success stories from ongoing Mental Health programme, Friendship Bench</td>
<td>• Visibility action through the media</td>
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<td>• Creating a Mental Health Exchange Hub – MH public sphere</td>
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Public Engagement Strategy: Implementation

Key Components:

MENTAL HEALTH DOCUMENTARY

MENTAL HEALTH

- TELEVISION MH Show
- DIGITAL MEDIA website, social media, podcasts, Op-eds
- ARTISTS ENGAGEMENT
- RADIO MH Shows
- ACADEMIC KNOWLEDGE EXCHANGE Trainings Workshops
Some notable achievements

AMARI – HERALD PARTNERSHIP

Weekly Radio Shows on MH projects

Mental Health Walkathon + Launch of album +

Musician Engagement
2 Albums from 2 former MH patients

Young People's HUB
Fellows CPE Grants

Social Inclusion on Dual Affected Patients (HIV+ Substance Abuse)

Community Engagement for Social Inclusion (SI) in Substance Abuse and HIV in Mufakose, Harare, Zimbabwe

Creative Arts Competition

ART 
POETRY MUSI

Creative Art for Social Inclusion: Fighting Stigma against Substance Abuse and HIV

There are 2 prizes to be won: 
1st Prize: 50 USD
2nd Prize: 25 USD

The grand final competition event will be hosted in Mufakose

DATE: Friday 7 February 2020
VENUE: Rutendo Community Hall
TIME: 1000hrs

Mental health community engagement for people living with HIV

Awareness and sensitization of Maternal Mental Health issues among Zimbabwean men

https://twitter.com/i/status/1202599938158465026
AMARI through its ARTICULATE community and public engagement (CPE) grant filmed a mental health (MH) documentary between 2017 and 2019 across its four countries – Ethiopia, Malawi, South Africa and Zimbabwe. The documentary captured the work of selected fellows who are working with people affected by Mental, Neurological and Substance misuse disorders (MNS).

The documentary features; capacity building in MH research, maternal MH, adolescent MH, bipolar disorders, common mental disorders (CMDs) amongst adolescents living with HIV, PrEP adherence in young women at risk of contracting HIV and the welfare of lay health workers.
Focus

• One hour four part documentary television series featuring Mental Health stories from the four consortium countries

• To be broadcast across the four consortium countries on free to air broadcast television, in Zimbabwe Kwese TV and ZBC already lined up

Malawi documentary filming (March, 2018)
Participants gave informed consent to be part of the documentary
Pre-filming:

- Contracted professional filming company (Red Herring Productions) to film all countries – knowledge of context is very important
- Held 32 F2F meetings, 12 Skype calls, 5 WhatsApp Groups to manage traffic of issues
- Developed the concept: Academic + Engagement + Advocacy
- Screen and choose fellows stories so they could tell a coherent story and also show academic excellence from different thematic areas
- Developed country scripts with the fellows, then Country Leads, then with the potential participants
- Everything went for regulatory approvals in 4 countries including the Wellcome Trust has special permissions for filming patients – took 18 months in total – Ethiopia missed some approval processes
- All documents had to be translated and piloted using fellows
- Fellows received training on CPE + Filming
- Sub-contracts were a nightmare!
Ethical Concerns raised during the review process

1. Consent Process – Participants + Families + Healthcare Workers + Institutional + Community

2. Participants documentary preview and sign off

3. Paternalistic Requests by the ECs- Obscuring of participants identities vs participants wishes

4. Participants Reimbursements and payments for filming

5. Distribution of documentary on various platforms – protections had to be guaranteed
Critical learning points

• Public Engagement Grant not easy to write!
• Developing country specific CPE strategies – multicentre is always a challenge
• Academics find CPE as an added burden to their schedules – buy in??
• Did not conceptualise it as needing global, national, local & Individual components
• M&E came in at month 28! Plan for it carefully
• Networks = Relationships = Engagement- will help
Critical learning points

• Training needs to be for staff, researchers & students, communities & patients

• Ethics – fellows are reluctant to amend to add things like workshops, dialogues, videos, photos – interactive activities

• Geography is important – know where you want to film – crew was arrested, equipment confiscated in one country

• Gathering precise research data during engagement processes is critical

• Publish your work !!!

• 1 hour film a bit heavy on people
Future Work

Kombi Substance use Intervention Pilot project

Key objectives:

• Fighting substance abuse (bronclear, cannabis, musombodhiya)
• Raising Mental Health awareness

• Develop hashtags, posters for Kombis to stick on their doors, sides and insides
• Train Conductors and drivers in Peer Counselling with the Friendship Bench Project + Ministry of Transport + MOH +
Acknowledgements

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• Ms Mekdes Demisse: AMARI PhD Fellow – Ethiopia
• Mr Yuche Jacobs: AMARI MPhil Fellow – South Africa
• Mr Clement Nhunzvi: AMARI PhD Fellow – Zimbabwe
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