



Quarter Highlights

- StrongMinds is grateful to partner with Cartier Philanthropy to expand our program into a second African country. Through an 18-month grant, this new partnership provides essential philanthropic capital to finalize our new country selection and commence operations in early 2019.
- Related to this expansion, StrongMinds hired a new Country Director who will lead the final country selection and launch operations next year. We are thrilled to welcome Frank Harle to the StrongMinds team. Frank brings a wealth of development experience in Africa including in South Africa and Tanzania with international non-government organization (NGO) Restless Development.
- Over 13,000 women and some men have been enrolled in StrongMinds talk therapy groups in 2018 – 62% of our full-year target. That includes 7,367 participants who completed therapy in Cycle 1 of 2018, both through our StrongMinds Therapy Groups and volunteer Peer Therapy Groups.



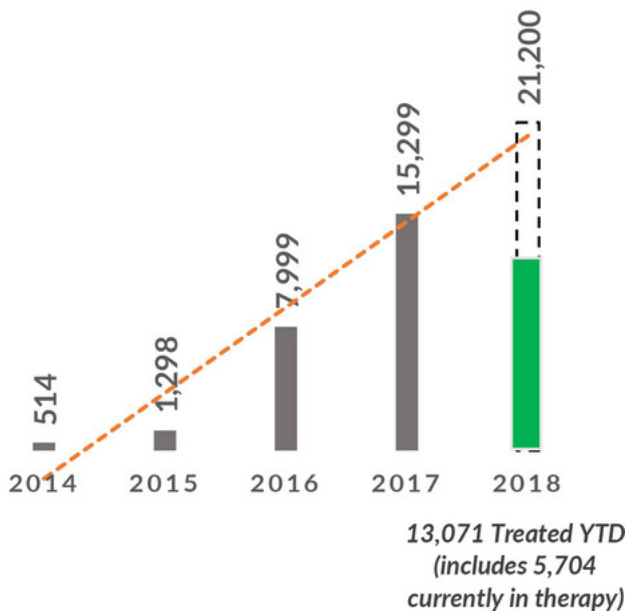
The mission of StrongMinds is to improve the mental health of women in Africa.
We are guided by our goal to treat two million African women with depression by 2025.

Q2 April
May
June
2018

Metrics to Date

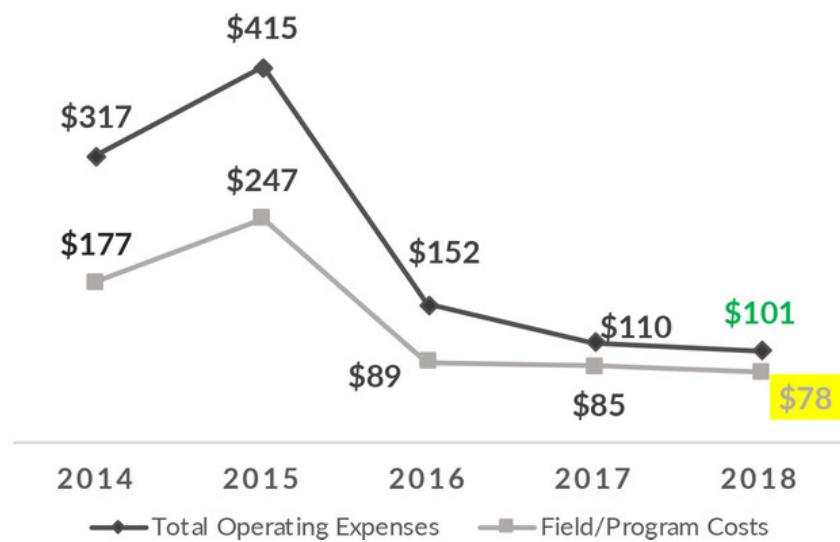
Total Number Treated Per Year

2018 Goal: Treat 21,200



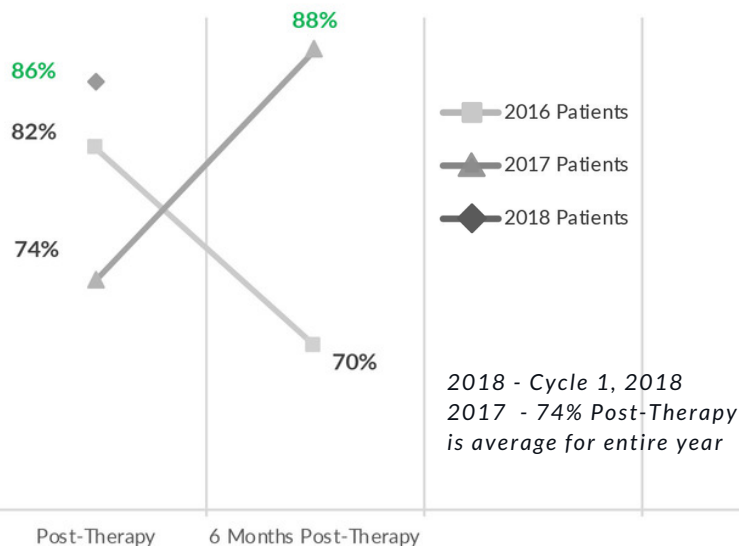
Cost Per Patient

2018 Goal: \$108 Total Operating Costs and \$67 Field/Program Costs



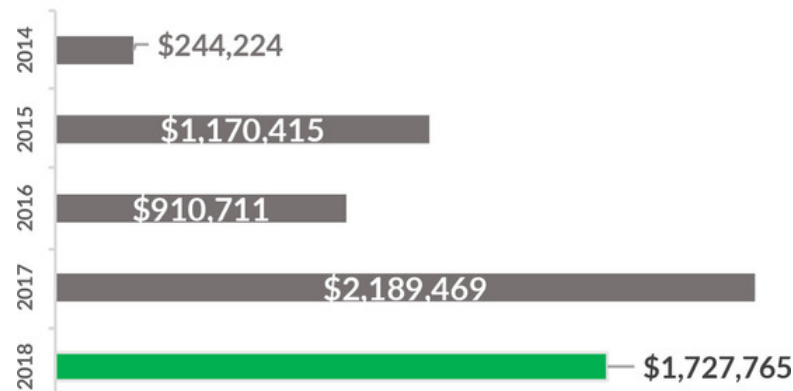
Percentage Depression-Free

2018 Goal: 75% Depression-Free Post-Therapy and 6 Months Post-Therapy



Total Funds Raised

2018 Goal: \$2.6 Million



Color indicates progress towards 2018 goal

On track

In progress

Not on track



Impact & Delivery

- StrongMinds has made significant progress toward our full-year patient target to treat 21,200 women. To date, 7,367 participants have completed therapy through our core StrongMinds Therapy Groups and Peer Therapy Groups. An additional 5,704 women are currently completing StrongMinds therapy groups as part of our second treatment cycle for 2018.
- Our Peer Therapy Group (PTG) model, where groups are run by community-based volunteer Peer Facilitators, has resulted in depression treatment for 3,095 through June 2018 (as part of the 13,000+ women treated year-to-date figure). This exceeds our full-year PTG target of 3,020 women and ensures many thousands more women will have depression treatment as we continue to grow the program in the second half of the year.
- StrongMinds has analyzed our first set of impact data for participants treated in Cycle 1, 2018 (February-April). Endline data encouragingly shows that 86% of women were depression-free at the completion of our group talk therapy. Our average depression-free rate from 2014-2017 has been about 75%, so we believe that recent efforts with our team in Uganda to improve program quality are taking hold.
- The mean reduction in depression score for Cycle 1, 2018 was 13 points. This refers to the Patient Health Questionnaire-9 depression screening tool which provides a score between 0-27 – with a higher score representing more severe depression. A 13-point reduction is an important achievement. By way of comparison, in high-income country settings, a reduction of four points after therapy is considered clinically significant. From 2014-2017, the average mean reduction in depression score was about 12 points. Our current mean reduction score is slightly higher than our average and we are excited to begin reporting the mean reduction in depression scores regularly. Starting in our next quarterly report, this will be included on our main Metrics page.
- StrongMinds has also collected impact data for women treated in Cycle 3, 2017 (September-December). The data reflects the number of women who are depression-free six months after completing our group talk therapy and was collected in early June, 2018. For women who completed therapy at the end of 2017, 88% were depression-free six months later. This is a four percent increase from the 84% depression-free scores of this same cohort immediately after completing therapy. Reductions in depression over the longer term has been observed in other interpersonal psychotherapy models, globally. It is one of the positive benefits of our model at StrongMinds as women put into practice their learnings from therapy and apply skills of resilience to new challenges.



- StrongMinds has recruited Frank Harle as our new Country Director as we finalize our planning to launch operations in a second African country in 2019. He brings over 12 years of international development experience in south and eastern Africa. Frank served as the Deputy Country Director of Restless Development in Tanzania for three years and then as the Country Director of Restless Development in South Africa for four years. In both of those roles he had substantial teams under his guidance, as well as fundraising and program delivery responsibilities that make him an exceptional candidate to lead StrongMinds' new country operations.

StrongMinds is in the final stages of selecting a new country with Frank leading a series of site visits and stakeholder meetings in the second half of this year. Following a detailed landscape analysis with Global Development Incubator in 2017 and early 2018, we have shortlisted prospective locations down to three African countries: Tanzania, Malawi and Zambia.

We will select the expansion country before the end of 2018 following Frank's community engagement work. Key to our success will be the opportunity to better integrate our model into Government healthcare services to ensure more women can access mental healthcare when they need it.



Frank Harle, New Country Director

Key Learning

Measuring the Impact of Therapy

An article titled *“Rethinking therapy: How 45 questions can revolutionize mental health care in Canada”* was published in Canada’s The Global and Mail – one of the country’s most widely read newspapers in April 2018. It described the need for a move towards routine measurement or feedback informed therapy: the process by which validated measurement tools are used to assess the progress of psychotherapy or mental health treatment from session to session. The benefits of such are not only improved care for patients but also early detection of deterioration and more system accountability for care providers.

At StrongMinds, feedback informed therapy has been part of our program since beginning work in 2014. We measure each patient seven times – from the first day we meet them to six months after completing therapy. We frequently and meticulously collect depression scores from all our talk therapy participants using the Patient Health Questionnaire-9 (PHQ-9), a depression screening tool that has been validated in Uganda and translated into local languages for everyday use by our Mental Health Facilitators.

Just as a cardiologist will always do an ECG, we believe that it is essential to monitor the depression levels of our patients so that we can focus on their progress, provide additional support during weekly groups sessions if they are not doing well and, in the most serious of cases where suicide is a risk, refer them to expert mental health services.

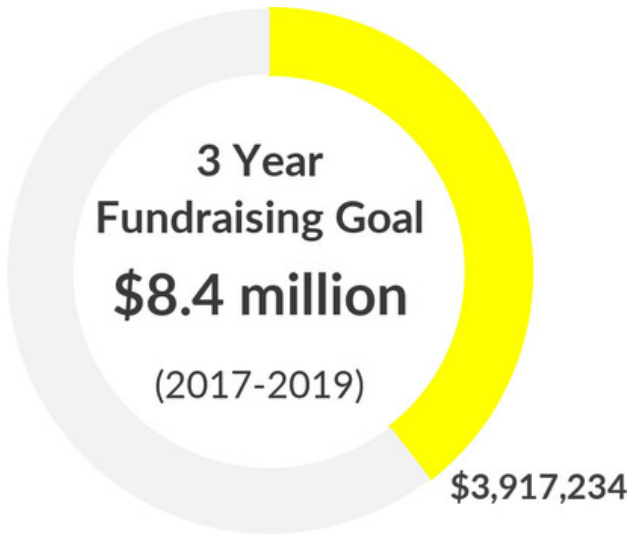
We also use this data to provide support, training and supervision for our group leaders. We know that our Mental Health Facilitators experience their own hardships and have treatment cycles where they need more support to run their groups. By using measurement tools, we can identify when they are experiencing difficulties and ensure our Mental Health Officer and Supervisors are there to provide additional guidance and supervision.

As high-income countries grapple with implementing these measurement tools into public and private practice, even despite the evidence-base to support their use, StrongMinds is heartened to learn that our approach is being endorsed and recommended in the developed world.

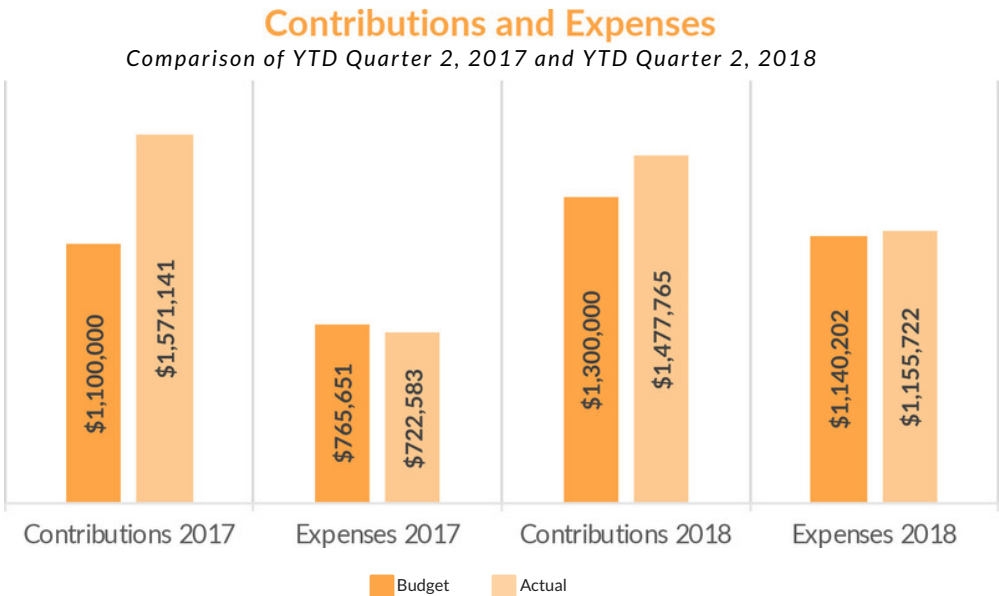


Financials

- StrongMinds continues to build momentum in our fundraising efforts as we raised \$1,727,765 (65% of our 2018 goal) in the first half of the year. This includes \$250,000 in committed funds to be received later in 2018 but not reflected in our financial statements below.
- StrongMinds completed our 2017 audits of StrongMinds Uganda and StrongMinds US. Both audits received unqualified opinions.



Our financial statements can be viewed [here](#).



Color indicates progress towards 2018 goal

■ On track

■ In progress

■ Not on track