

Position: Mental Health Coach - Teletherapy (1)

Location: Kampala (Must be able to speak Lugisu and preferably two other local languages)

Reporting to: Mental Health Supervisor

StrongMinds (www.strongminds.org) is a dynamic and fast growing 501(c)(3) social enterprise based in Maplewood, N.J., that focuses on one of the most underserved populations and one of the most pervasive mental illnesses in the world. We treat depression among women of all ages in Africa, where access to mental health treatment is extremely limited, and will be launching our services in Newark, New Jersey beginning in 2023.

Since its start in 2014, StrongMinds has treated over 170,000 women with depression in Uganda and Zambia. *We are the only organization scaling a solution to depression with the potential to serve millions in the next ten years.*

StrongMinds has earned an impressive reputation in the global mental health space. In addition to media coverage in the New York Times, Forbes, BBC World Service, and the Stanford Social Innovation Review, we are described by the U.K. organization, Founders Pledge, as the most cost-effective mental health organization working in the developing world.

About StrongMinds Uganda

StrongMinds Uganda (SMU), is a non-profit, non-governmental organization (Registration No.S.5914/11746) situated at Plot 30, Luthuli Rise Bugolobi, PO Box 35874, Kampala, Uganda. SMU's mandate is to improve the mental health of women in Uganda by implementing a simple, evidence-based, and cost-efficient model of group talk therapy, based on group interpersonal psychotherapy (IPT-G). SMU has field presence in Lamwo, Kotido, Mbale, Wakiso, Mayuge, Mbarara, Mukono, Kampala, and Iganga. SMU services can also be accessed virtually via *252# and select option 10 for free counseling over the phone.

Position Description: Mental Health Coach- Health

To coach and mentor Village Health Teams (VHTs), Expert Clients and Community Facilitators (CFs) to deliver depression treatment using IPT-G in the government health and education system.

Responsibilities:

Volunteer Coaching and Skills Building

- Collaborate with the supervisor to identify, recruit and train volunteers to lead and facilitate adolescent / adult IPT-G groups in their communities/schools.
- Coach volunteers in conducting awareness sessions on mental health issues particularly depression in schools/wider communities.
- Coach volunteers to identify, screen, and enroll depressed adolescents and adults in therapy.
- Coach volunteers in teaching and demonstrating counseling techniques and the application of IPT-G.
- Coach cluster leaders to hold periodic debriefing sessions to promote team cohesion and allow for inward looking examination of skills and therapy quality by each volunteer.
- Coach VHTs, SFs and Expert Clients to enter data into supersat system.
- Coach volunteers to pursue patient attendance, participation, and documentation of patient's progress.

Volunteer Support Supervision

- Review weekly work plans for the volunteer teams.
- Liaise with the MHS to follow up SFs/ Expert Clients/CFs and their team leaders to ensure work plans are implemented.

- Conduct support supervision visits to ascertain compliance to standards for IPT-G. •
- Organize debrief meetings and session rollouts for volunteers to affirm IPT-G skills.
- Ensure SFs/VHTs/Expert Clients/ CFs have all the required tools for the session and adequate preparation is done prior to sessions for quality delivery of IPT-G.
- Liaise with the health workers/education system supervisors in organizing support supervision and debrief sessions for their assigned volunteers.
- Ensure volunteers are well motivated and retained and ensure timely provision of logistical support.

Data Entry and Reporting

- Ensure volunteers enter and send accurate client data as per the smart system in the timely manner for pregroup and termination data.
- Ensure file completeness and accuracy of client files for each volunteer groups using the standard filing system and submit all client files to M&E by end of cycle.
- Ensure clients in volunteer groups are retained in therapy (75% complete).
- Prepare weekly reports and updates about the status of the treatment cycle. • It should also include rolling out therapy for children which will be done next year.

Networking and Partnerships

- Work closely with the supervisor to map out service providers and other areas of operation within the district.
- Work closely with the DPO and MHS to engage relevant stakeholders to ensure their buy-in and ownership of the mental health program within the district of operation.
- Work closely with the MHS to ensure district and sub-county officials in the health and education system monitor overall impact of IPT-G sessions in schools and communities.
- Identify barriers to success and report them to SMU management, supporting to find innovative solutions to these barriers.

Child safeguarding:

- Ensure adherence of child protection and safeguarding policy.
 - Create awareness on child protection and safeguarding issues within the communities. •
- Respond to and manage concerns/complaints in the area of operation regarding any form of abuse.

Education

- Undergraduate degree or diploma in a relevant field.
- Specific training in counseling psychology.
- Trained in delivering IPT-G.
- Diploma holders with the above qualifications with more than one year experience in IPT-G will be considered.

Essential Experience

- 2 years' experience in a related field.
- Experience working with volunteers delivering IPT-G is an added advantage. • Proven experience of working with adolescents, women, and vulnerable Communities. • Proven experience in community outreach and mobilization specifically for vulnerable groups like children and women.

Essential Character:

- Computer skills
- Counseling skills
- Excellent verbal and non-verbal communication skills
- Conflict management
- Teamwork
- Ability maintain confidentiality
- Ability to adapt to a changing environment
- Should be able to speak Lugisu
- Self-driven and minimum supervision required

The successful Mental Health Coach- Health will also be expected to embrace and role model the core values of StrongMinds:

- We are people focused.
- We think big and act fast.
- We are data driven.
- We do what we say and say what we do.
- We believe in collaboration, not competition.

As part of a rapidly growing NGO, this role has the potential for advancement. Smart, aggressive, and ambitious candidates are encouraged to apply.

Salary: Competitive salary commensurate with experience.

Start Date: Immediate

COVID-19 considerations:

StrongMinds strictly adheres to all CDC guidelines for Covid-19 protection.

To Apply:

Send résumé to careersug@strongminds.org mentioning “**Mental Health Coach - Teletherapy**” in the subject line. **Deadline:** 3rd March 2023.