

Q3 JUL
AUG
SEP

2021 REPORT

STRONGMINDS[®]

Ending the depression epidemic in Africa

Partnerships in Zambia are enabling us to provide depression treatment to adolescent girls in schools.

@Karin Schermbrucker/Cartier Philanthropy



QUARTER HIGHLIGHTS

- StrongMinds has changed half a million lives! This fall, we reached the important milestone of treating 100,000 women with depression in sub-Saharan Africa since 2014, positively transforming their lives and those of their 400,000 household members.
- We are filling the adolescent mental health treatment gap by expanding in-school therapy through new partnerships in Zambia and pilot initiatives in Uganda.
- Our first cohort of Peer Facilitators began treating clients in Zambia, providing much-needed mental health support to others in their communities.
- For the first time, StrongMinds is turning an eye to the mental health need in the United States, with plans to launch our depression treatment program in New Jersey in 2022!

StrongMinds treats depression using Group Interpersonal Psychotherapy (IPT-G), a simple, proven and cost-efficient community-based model that focuses on interpersonal communication as the root of--and source of recovery from--depression. IPT-G was first tested in Uganda by Johns Hopkins University in a randomized controlled trial in 2002 using lay community workers with only a high school education; it was found to be successful.

METRICS TO DATE



Met target



In progress



Did not meet target

TOTAL CLIENTS TREATED PER YEAR

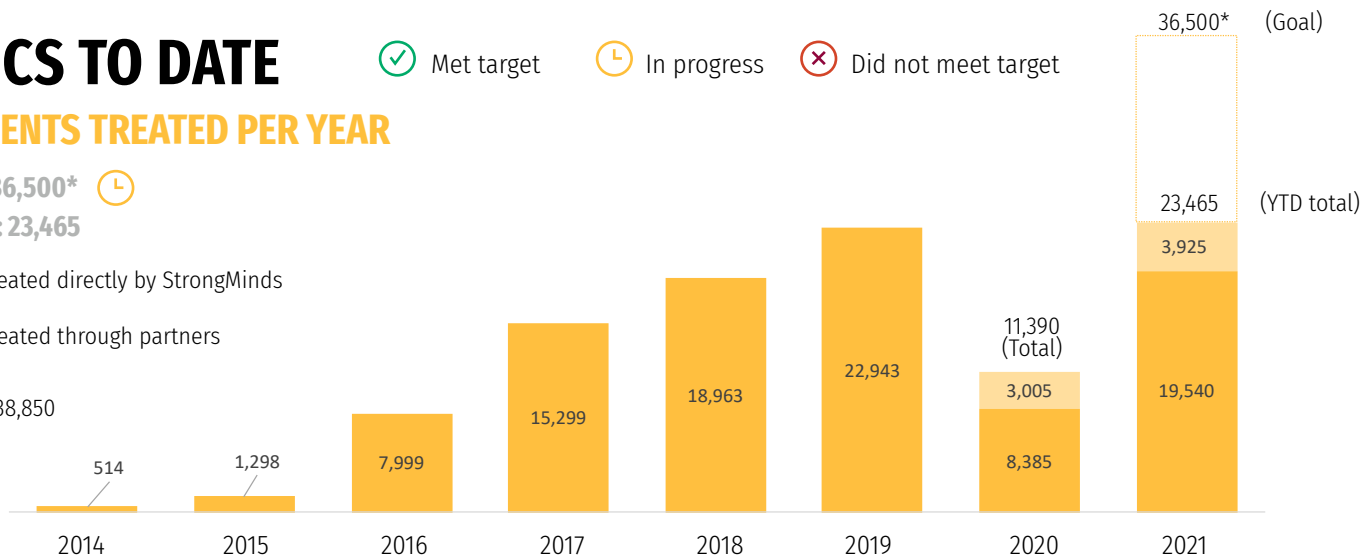
2021 GOAL: 36,500*

2021 ACTUAL: 23,465

Clients treated directly by StrongMinds

Clients treated through partners

*Revised from 38,850

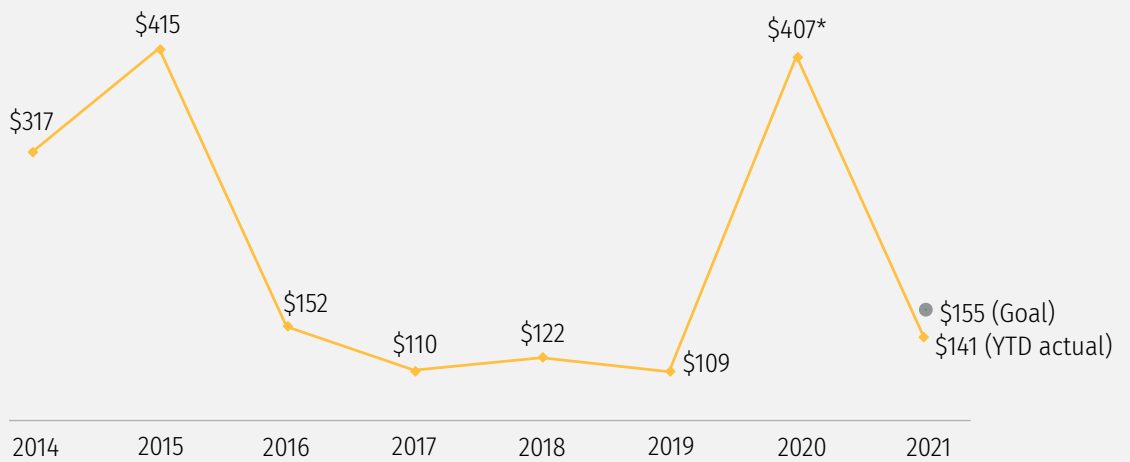


COST-PER-PATIENT

2021 GOAL: \$155

2021 ACTUAL: \$141

*Our pivot to teletherapy in response to COVID-19 resulted in start-up expenses that increased our per-patient delivery costs.

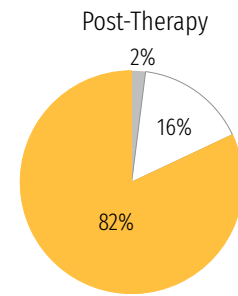
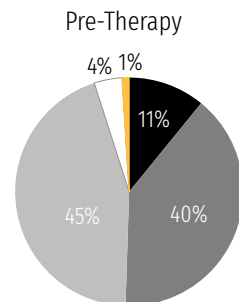


REDUCTION IN DEPRESSION SYMPTOMS*

PHQ-9 SCALE



Depression Score



(Average across all programs)

■ Severe ■ Moderate-Severe ■ Moderate □ Mild ■ Depression-Free


Therapy delivery method**	Goal***	Actual	% Depression-Free****
StrongMinds-led	-8 points	-13 points	87%
Peer-led	-8 points	-12 points	81%
Partner-led	-8 points	-13 points	71%

*Results based on most recent therapy cycle

**Teletherapy is incorporated into our StrongMinds-led and partner-led results.

***A 4-point drop on the PHQ-9 is considered a clinically significant reduction in depression score in US

****Depression-free is defined as achieving minimal depression on the PHQ-9



Elizabeth is a Peer Facilitator who spreads her newfound knowledge and skills to others who are suffering from depression.

IMPACT & DELIVERY

@Karin Scherbrucker/Cartier Philanthropy

PEER THERAPY KICKS OFF IN ZAMBIA

We recently launched our first Peer Therapy Groups (PTG) in Zambia, creating a pathway for our former clients to become mental health leaders in their communities.

Our PTG model recognizes that when a woman recovers from depression, she has the potential to become a powerful change agent. With her new tools and knowledge, she can offer empathy and support to others, spreading the seeds of good mental health. Through our PTG program, we identify former clients who have experienced a remarkable recovery from depression through our programs and offer training in a modified IPT-G curriculum. With our continuous support and supervision, they go on to lead their own therapy groups as volunteer Peer Facilitators. To date, our Peer Facilitators have treated depression in over 10,000 women in Uganda and Zambia.

Elizabeth (47) lives in Lusaka and is among our first cohort of Peer Facilitators in Zambia. When she joined a StrongMinds therapy group in 2019, grief over the loss of her children had spiraled into depression. “I just wanted to sit all alone. My hands would feel numb. My body would be tired, but I couldn’t sleep.”

Group therapy transformed Elizabeth’s life, helping her to recover from depression. “I now feel better. My hands are okay – I am able to wash, I am able to cook, I am able to do a lot of things that I never used to do. My body

feels okay. I am okay.” Her recovery inspired her to serve others who are struggling with depression.

As a Peer Facilitator, Elizabeth now leads therapy groups in her Lusaka compound. She works to create a safe space for women to open up about their struggles. “The first thing we do when we meet is come together to sing. Then we talk about confidentiality. After that, everyone feels free to share their burdens. We encourage each other through the challenges that we face on a day-to-day basis.”

The wider community now regards Elizabeth and her therapy group peers as trustworthy sources of compassion and advice. “The community is actually benefitting a lot,” she explains, “We’ve seen that, when people have challenges in their homes concerning different issues, they run to us for help.”

By the end of 2021, StrongMinds Zambia will have treated over 1,000 (approximately 20%) of its clients through the Peer Therapy Program. In 2022, we will have over 60 active Peer Facilitators treating 3,000 clients with depression.



ORGANIZATIONAL DEVELOPMENT

Newark

Despite advances in mental healthcare access in the United States, many communities remain underserved.

PILOTING OUR MODEL IN THE UNITED STATES

StrongMinds has long considered leveraging its expertise in group therapy for depression and launching operations in the United States. StrongMinds is an African organization with strong roots in the United States. The team was founded in the US, and our Group Interpersonal Psychotherapy modality originated there as well. Despite having a more advanced mental health care system than most African countries, the US still has a tremendous need for more accessible and affordable mental health care.

We are heartened by the multitude of individuals and organizations in the US who have contacted us since 2014 to ask us to launch our model domestically. However, until early 2020, StrongMinds had resisted embarking on a US launch to ensure continued focus on Africa. With its ensuing impact on mental health globally, the global pandemic has challenged StrongMinds to become more ambitious in its strategy and move forward with a US launch.

To that end, with the support of our Board of Trustees and encouragement from our Mental Health Advisory Panel, StrongMinds seeks to launch a pilot depression treatment program in New Jersey in 2022. While funding is still being sought, we intend to target BIPOC (Black, Indigenous, and People of Color) youth, ages 18-25, who suffer disproportionately from depression and the majority lack access to mental health care. We aim to treat 500 BIPOC youth in the 2022 pilot.

The StrongMinds program in the US will be staffed and funded separately from our Africa operations to ensure our continued strong focus on mental health in Africa.



KEY LEARNINGS

By working directly with teachers to run therapy groups for adolescents in schools, we can improve mental health awareness among educators while scaling our reach.

BRIDGING THE MENTAL HEALTH TREATMENT GAP FOR ADOLESCENTS

The first episode of depression often occurs in adolescence. If left untreated, depression can lead to suicide, the second leading cause of death among 15-29 year-olds globally. Depressive symptoms are associated with increased alcohol use and high-risk sexual behavior among young people, as well as poor performance in school. Recently we have launched two initiatives to reach new adolescent populations.

Training Teachers in Uganda

A pilot in Uganda is exploring the concept of training teachers to deliver therapy directly to adolescent students, with StrongMinds providing remote support and supervision. During a break in the lockdowns, we recruited 30 secondary school teachers to receive five days of training on depression, IPT-G, group facilitation, and how to handle suicidality.

After training, each teacher was paired with a StrongMinds Mental Health Facilitator (MHF) to co-lead group therapy sessions for 306 depressed adolescents. During the co-paired sessions, teachers successfully deployed the skills they learned during training, such as active listening, empathy, confidentiality, and being non-judgmental. The MHFs observed the sessions, providing support, mentorship, and quality assurance. Teachers and MHFs also held weekly meetings to address challenges and prepare for upcoming sessions. A key aspect of their lesson was differentiating teaching skills—which are

prescriptive—from counseling skills that empower group members to make their own decisions.

Preliminary results indicate that adolescents felt comfortable sharing their challenges with the teacher facilitators. The teachers learned how outside factors such as conditions at home affect students' learning and behavior at school. Teachers also found that their new skills and understanding translated into improved communication with students after therapy had ended.

Healthy Learners in Zambia

In Zambia, we have launched an exciting new partnership with the Zambian Ministry of Education and Healthy Learners, an NGO that delivers healthcare to children in schools through teacher-led initiatives. Through this partnership, we are integrating depression treatment into Healthy Learners' existing package of school-based health programs in ten schools (grades 7-12) in the Southern Province.

Sessions occur in schools, with teachers providing on-site supervision while StrongMinds counselors facilitate the sessions by phone. To date, we have trained 60 teachers to assist with assessment and therapy facilitation. Nearly 2500 students have been screened, of which almost half demonstrated some symptoms of depression. Of those, 511 students have enrolled in our first therapy cycle. Results are forthcoming.



COMMUNICATIONS, FINANCE & FUNDRAISING

StrongMinds was recently featured in Psychology Today, the Agenda blog of the World Economic Forum, and Devex.

COMMUNICATIONS & MARKETING

Q3 MEDIA COVERAGE

Devex, September 27, 2021

[Time to Talk: How Chat Tech Can Drive Social Change](#)

Psychology Today, September 3, 2021

[They Called Me Lazy: Addressing Depression Stigma in Uganda](#)

World Economic Forum, August 19, 2021

[4 Facts You Didn't Know About Mental Health In Africa](#)

FINANCE

We have completed all 2020 audits without findings.

View our [2020 audited financial statements](#).

View our [latest quarterly financial statements](#).

GLOSSARY OF KEY TERMS

STG: StrongMinds-led Therapy Group

PTG: Peer-led Therapy Group (led by volunteer former clients)

MHF: Mental Health Facilitator

IPT-G: Group Interpersonal Therapy

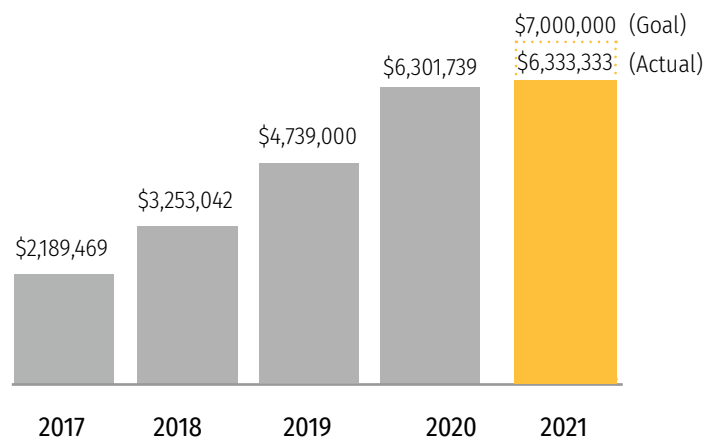
MOH: Ministry of Health

PHQ-9: Patient Health Questionnaire (for depression)

GAD-7: Generalized Anxiety Disorder Scale

TOTAL FUNDS RAISED 🕒

2021 GOAL: \$7 MILLION



*Funds received through Q3 against 2021 goal

CONTRIBUTIONS & EXPENSES 🕒

