



STRONGMINDS®

Q4 REPORT

**STRONGMINDS GLOBAL
PARTNERSHIPS**

2024

INTRODUCTION

StrongMinds' Global Partnerships program advances StrongMinds' mission to democratize access to mental health care by working with NGOs and governments outside Uganda and Zambia to integrate and scale our depression treatment model within their programs.

Since July 2022, the Global Partnerships program has signed 11 collaborative agreements across five countries—Kenya, Ethiopia, South Africa, Nigeria, and Malawi—treating more than 41,000 people with depression. This approach enables StrongMinds to expand into new geographies and establish strategic partnerships quickly and cost-effectively.

35,796

PEOPLE TREATED

2024 TARGET

20,000

GLOBAL PARTNERSHIPS

By Q4 of 2024, StrongMinds had established active partnerships in five countries—Kenya, Ethiopia, Nigeria, and Malawi—expanding mental health services and depression treatment to underserved communities. Our partnerships include:

KENYA

- **Association of Women in Agriculture in Kenya** – Implementation in Mombasa County (now concluded).
- **HOPE Worldwide Kenya** – Implementation in Nairobi County.
- **Tiko (formerly Triggerise)** – Active in Siaya, Machakos, Kilifi, Mombasa, Kakamega, and Homabay counties, with plans to expand to 11 additional counties by the end of 2024.
- **LVCT Health Kenya** – Implemented in Kiambu and Homabay under the Dhibiti and Vukisha projects; this collaboration concluded on September 30, 2024.
- **Mombasa County Government** – Ongoing partnership expanding services to schools, vocational institutions, and remand homes
- **Nairobi County Government** – Recently formalized support through a Letter of Support to implement depression treatment services in Embakasi East sub-county

Therefore, to strengthen our capacity and expand our influence in Kenya, we will collaborate with Nairobi County, HOPE Worldwide Kenya, and Tiko to train additional IPT-G volunteers. This strategic partnership aims to enhance service delivery and significantly increase our outreach.



StrongMinds CEO and GP Director alongside Embedded Officers and Partner Staff from HWWK

ETHIOPIA

- **Project HOPE Ethiopia** – Active in Addis Ababa, Debre Birhan, Adama, and Bishoftu, with interventions in the Amhara and Tigray regions.

USAID conducted an observational visit to assess the integration of IPT-G treatment in Addis Ababa, implemented through Project HOPE and StrongMinds. The visit provided an opportunity to discuss future resource mobilization, establishing referral pathways, and ensuring quality assurance.

NIGERIA

- **Plan International Canada/Nigeria** – While the formal collaboration with Plan ended in February 2024, the relationship continues with regular updates on the people treated and work progress in the Sokoto and Bauchi states.
- **ZIPLINE International** – In September 2024, SM entered into a collaboration with Zipline in the Cross River state with funding from Elton John AIDS Foundation.

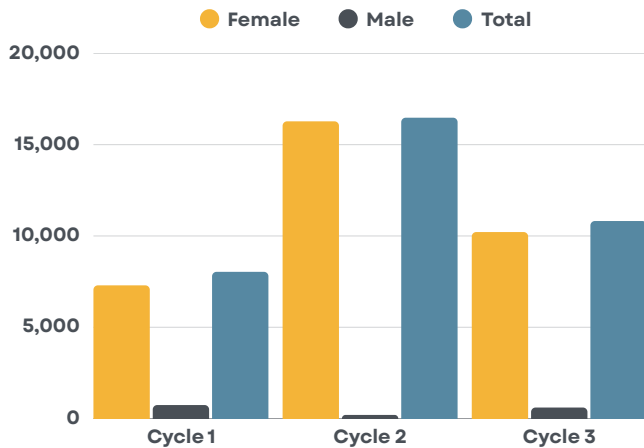
MALAWI

- **Government of Malawi (MoH)**: Collaboration through the Ministry of Health in Mchinji district, with a Memorandum of Understanding (MOU) signed.

IMPACT & REACH

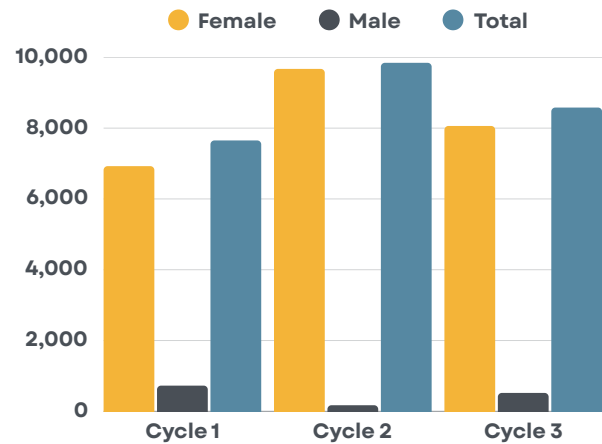
In Q4 2024, We successfully treated 12,760 individuals, bringing the total number of people treated to 35,796. It is worth noting that the integration of mental health interventions into existing partner programs has led to improved accessibility and efficiency.

Total Reached/Psychoeducated



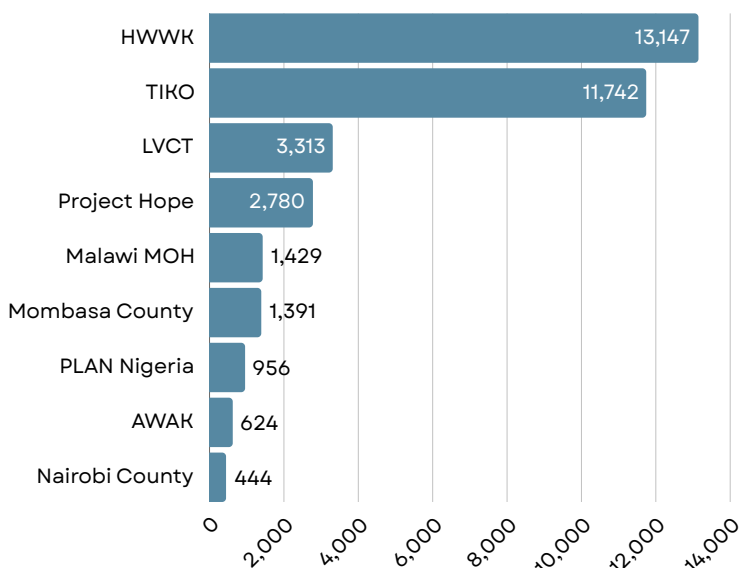
	Female	Male	Total
Cycle 1	7,295	740	8,035
Cycle 2	18,550	637	19,187
Cycle 3	16,931	1,096	18,027
Total	42,776	2,473	45,249

Total Treated

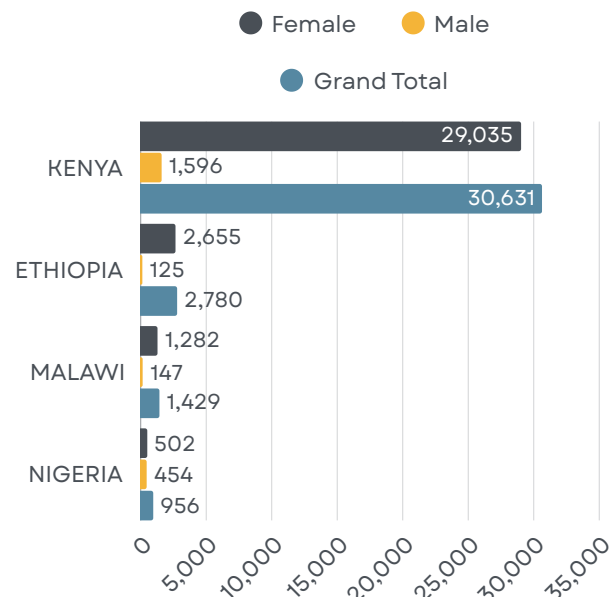


	Female	Male	Total
Cycle 1	6,926	726	7,652
Cycle 2	11,811	596	12,407
Cycle 3	14,737	1,000	15,737
Total	33,474	2,322	35,796

Clients Treated Per Partner



Clients Treated by Country

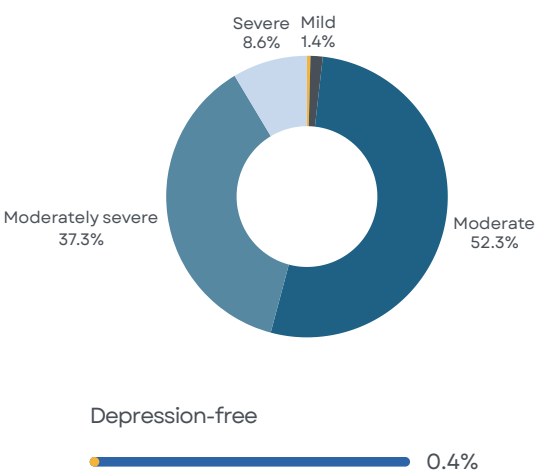


Analysis Report

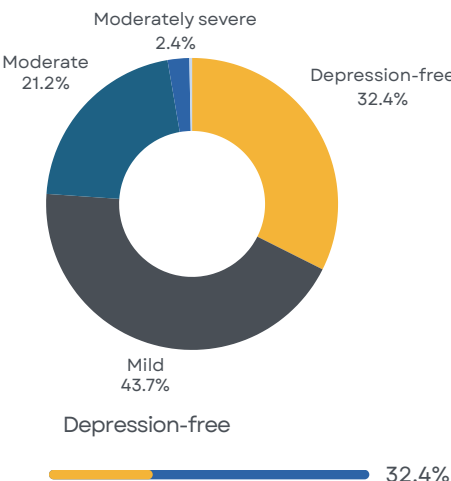


Period Analyzed:
Jan 1, 2024 – Dec 31, 2024

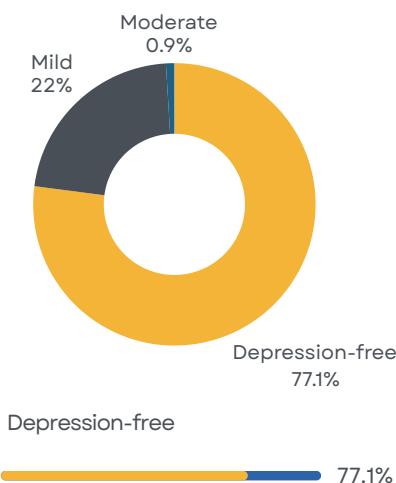
Pre-Group



Midline



Termination



Indicator Reporting Matrix

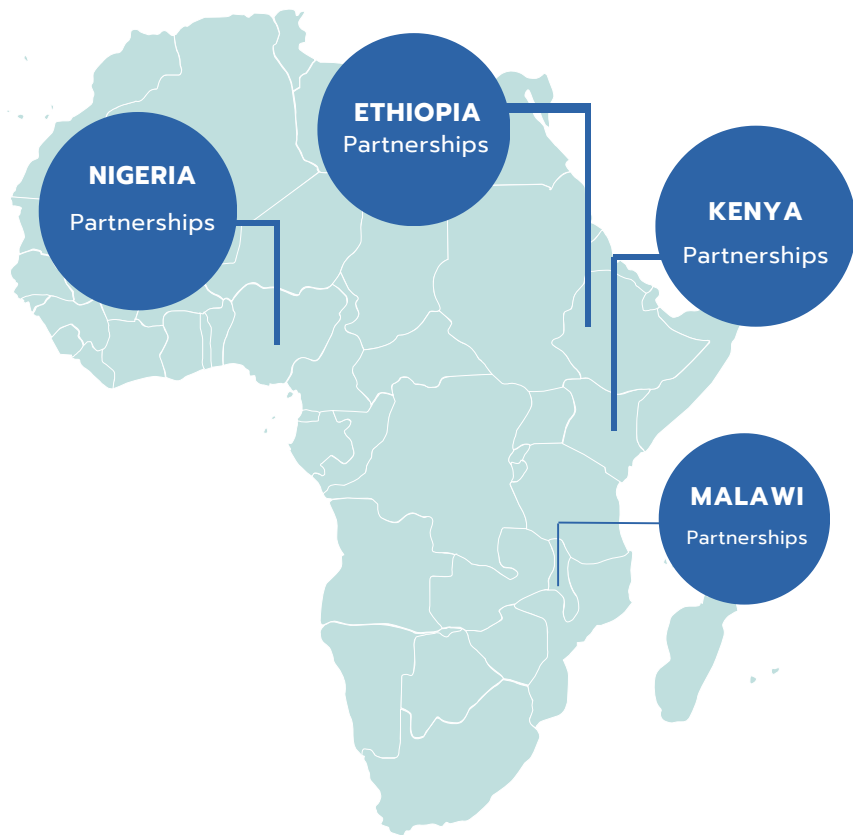
INDICATOR	CYCLE 1 (FEB - APIRL)	CYCLE 2 (MAY - AUGUST)	CYCLE 3 (SEPT - DEC)	TOTAL 2024
NUMBER OF CLIENTS PRE - GROUPED	9,899	12,749	16,865	39,513
NUMBER OF CLIENTS TREATED	7,652	12,407	15,737	35,796
AVERAGE SESSION ATTENDANCE	6	5	5	5
CLIENTS THAT COMPLETED THERAPY	7,435	8,271	14,062	29,768
CONVERSATION RATE	75%	65%	83%	75%
AVERAGE SCORE CHANGE	-12.1	-12.0	-11.4	-11.8
PERCENT 5+ SCORE CHANGE	90.9%	98.5%	96.3%	95.5%
PERCENT 10+ SCORE CHANGE	76.5%	83.2%	71.0%	75.5%
DEPRESSION -FREE AT TERMINATION	76.3%	79.6%	76.0%	77.1%

OUR FOOTPRINT

StrongMinds continues to engage and pitch new collaborations with potential partners in our existing countries of operation. We signed a Memorandum of Understanding with the Government of Malawi through the Ministry of Health, and implementation began in September 2024.

In Nigeria, a new collaboration with ZIPLINE will extend our footprint to Cross River state in January 2025.

We are also advancing the digitization of IPT-G tools in collaboration with HOPE Worldwide Kenya, Mombasa County, and Nairobi County. This initiative aims to reduce paper use, streamline implementation, and lower printing costs.



CLIFE STORY; FROM PAIN TO PURPOSE (CLIENTS A JOURNEY OF HEALING AND HOPE

To maintain confidentiality, StrongMinds did not use the client's given name.

I am a 27-year-old man currently pursuing a laboratory course in Mombasa. I come from a family of four—my mum, two siblings, and me. It has always been us against the world, especially after my biological father left when I was just a baby. My mum later remarried, and for several years, my stepfather took on the role of raising us. While I appreciate his effort, my childhood was far from easy. Looking back, I can only describe it as dysfunctional.

At eight years old, I was sent to boarding school—an experience that was meant to shape me but instead left deep scars. I faced many challenges, the worst being sexual abuse at the hands of older boys. Hoping for a fresh start, I transferred to a school closer to home, but the abuse continued. These experiences left me broken, drowning in hopelessness and self-doubt.

Depression followed me through the years, making every step forward feel like an uphill battle. Despite the emotional turmoil, I managed to complete high school and enroll in university, though financial struggles made the journey even harder. No matter how much I pushed forward, the weight of my past lingered, leaving me exhausted and defeated.

After university, I returned home, feeling lost. But in the midst of my despair, I made a life-changing decision—to enroll in a Medical Laboratory course. Around the same time, I joined an Interpersonal Psychotherapy Group (IPT-G), and that became the turning point in my journey. Through IPT-G, I began to understand my emotions, manage my feelings of heaviness, and rebuild my sense of self. It provided me with the tools to cope and a safe space to share my struggles without fear. Little by little, I started to believe in a future beyond my pain. Today, I am still healing, but I stand in a much better place. I move forward with renewed hope, strength, and purpose proof that even the deepest wounds can mend, and the darkest paths can lead to light.