



FINEMIND

**ANNUAL
REPORT
2020**



FINEMIND

Letter from the Executive Director

In a year marred by uncertainty and instability, I'm bursting with gratitude. This was our best year to date - a deepening of existing programs, clarity around systems and processes, improved quality of mental health care, and increased mental health awareness via radio. We found our home in Agago District and in reciprocal fashion, were welcomed with open arms and granted essential status to offer mental health services even in the face of the COVID-19 pandemic.

Our team of 18 community mental health workers led the push towards mental health equity. Their contribution was nothing short of astonishing - over 2,400 counseling sessions administered and 35,000 individuals informed about mental health via radio! They are the true front-line warriors of Finemind.

Above all, Finemind is now known in the community. Our team often gets stopped and told, "Hey, you're with Finemind. We appreciate your good work." I've overlooked this unassumingly important accolade, but it serves as one of greatest milestones of this year. What it means at its heart is that we're accepted and the community trusts us to hedge forward in offering mental health services.

We're excited to build on our bright spots and to continue co-creating with the community. Our work doesn't stop with the individual, the effect is seen and felt when the community is lifted, too.

To your mental health,

Pavel Reppo



Overview

Finemind supports community mental health through a peer-to-peer support system that recruits, trains, and empowers community members, including clinical and non-clinical, to provide people with what they need to recover from common mental health disorders. We utilize an approach called task sharing, whereby specific tasks are moved from certified healthcare workers to lay workers to make more efficient use of the available human resources involved.

Our Services

Collaborative Stepped Care Intervention

Community mental health workers offer case management and all non-drug psychosocial interventions with the aid of primary care physicians and a mental health specialist (MHS). Primary care physicians administer antidepressant drug therapy (ADT) as needed while the MHS offers supervision and quality assurance. Stepped care includes psychoeducation, antidepressant therapy, Interpersonal Counseling (IPC), and if necessary, referral to a MHS.

Mental Health Awareness via Radio

Finemind hosts a weekly radio talk show to educate, sensitize, and increase mental health awareness by offering advice about stress, how to find crisis services and a panel of counselors to answer caller questions.



Our Accomplishments

Rotary District Grant

In partnership with Denver Mile High Rotary Club and Denver Southeast Rotary Club, we administered 1,333 counseling sessions and increased mental health awareness for 18,000 people in Agago District.

Essential Status

Finemind partnered with the District Health Office and was granted essential status.

Year-end Impact

We provided 2,400 counseling sessions for nearly 2,000 patients and increased awareness for 35,000 people. Our work has shown a nearly 5-point decrease in depression symptom severity scores as evidenced by the PHQ-9 Depression Screening Tool (-4 points considered clinically significant reduction in depression score in US).

Monitoring & Evaluation Officer

We hired Samuel Olara full-time to assume accountability and data collection/evaluation protocol to ensure that our work was of highest fidelity and acceptability.

501c3 Non-profit

We assembled a stellar board of directors who assisted Finemind's official 501c3 non-profit designation.

Organizational restructuring

We redesigned our website and focused our efforts on Agago District, northern Uganda.



Where We're Headed

Growing Operations and Impact

We're looking to grow our fleet of community health workers from 18 to 28 Finemind warriors. We'll surround them with exceptional core staff, lead trainers, and programmatic support in order to unlock even more impact. We endeavor to offer over 5,000 counseling sessions and deliver radio messaging for over 36,000 people in 2021.

Tackling Social Determinants of Mental Health

It's not enough to treat depression. We need to tackle social conditions that impede mental wellness like employment. We're partnering with Whitaker Peace & Development Initiative (WPDI) to facilitate an economic empowerment training for 100 vulnerable women. WPDI will conduct a pre/post test to assess the level of business skills. They will then offer a two-month intensive training program that includes financial management skills, marketing skills, business idea generation, etc. The women will then create partnerships among their fellow students and will have one month to conduct a survey within the community to determine if their business ideas are viable and modify them if necessary. They will then present their ideas to WPDI for review and advice. For those proposals that are considered most viable, the grant funds will be used to help purchase needed equipment for the businesses.

Primary Care Integration

The District Health Office has agreed to advocate for mental health integration within primary care at each of the health centers in the District. Next steps will require the support of the Ugandan Parliament to petition the Ministry of Health for funds. If achieved, each of the health centers will be responsible for providing mental health services and will be financially supported by the Ugandan government.





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