

WHO SPECIAL INITIATIVE FOR MENTAL HEALTH



ZIMBABWE

- 0.42% of the total healthcare budget is allocated to mental health expenditure, but most funds are used to maintain Zimbabwe's 2 psychiatric hospitals. Aside from these facilities, only 2 other hospitals in Zimbabwe have inpatient psychiatric units and there are only 7 mental health facilities nationally.
- There is estimated to be no more than 18 psychiatrists, 13 psychologists and 13 clinical social workers in Zimbabwe to support a population of 14 million people. Most mental health services are supported by Zimbabwe's 917 psychiatric nurses.
- Zimbabwe's people experience higher rates of depression and suicide among older adults compared with other African countries.
- The co-morbidity of for people living with HIV/AIDS and/or Tuberculosis with mental health conditions is common.

STRENGTHS

- Zimbabwe has high literacy rates following substantial investments in education
- Strong cadre of psychiatric nurses
- Exciting mental health services research has been underway in Zimbabwe over the past 20 years
- Political support for community-based services

CHALLENGES

- Socioeconomic instability
- High reliance on psychiatric hospitals given lack of mental health services being available at primary health care levels
- Zimbabwe's Mental Health Act has not been updated since 1999 and does not reflect Zimbabwe's ratification of the Convention on the Rights of Persons with Disabilities (2006)
- Lack of funding for medication, human resources, and mental health promotion

ZIMBABWE'S DESIGN PROCESS

1

Creation of consultation group to establish priorities and develop a Zimbabwe WHO Special Initiative for Mental Health logical framework

2

Online consultations with over 120 individuals contributing to the logical framework process – creating outcomes, outputs, activities, indicators and timelines

3

Drafting and consultation group validation of final documentation, including a design narrative, monitoring and evaluation framework, final logical framework, timeline and budget

4

Final version approved by Zimbabwe Ministry of Health and Child Care (MOHCC). Documentation graphically designed for an official in-country launch of the Special Initiative for Mental Health by the MOHCC

ZIMBABWE'S LOGICAL FRAMEWORK FOR PLANNED WORK UNDER THE WHO SPECIAL INITIATIVE FOR MENTAL HEALTH

GOAL:

Zimbabwe's mental health system is strengthened to improve access to mental health services and realise the rights of persons living with mental health conditions

OUTCOMES

1 Zimbabwe's mental health leadership and governance is strengthened and mental health laws and policies are developed, updated, implemented and protect the rights of people with mental health conditions

2 Increased mobilisation of financing for mental health care and enhanced allocative efficiency towards community and primary based mental health services in a sustainable manner

3 People across the life course have expanded access to quality, affordable, rights-based mental health and allied services, reducing dependence on institutional-based care

4 Enhanced quantity, quality, registration, regulation, recruitment and distribution of Zimbabwe's mental health workforce and allied human resources based on common standards for pre and in-service training across health cadres

5 Strengthened mental health information management system and research for improved practice

6 Strengthened opportunities for advocacy, integration, employment and social support that increase community mental health awareness and engagement

7 Zimbabwe's mental health system and services are prepared to respond to and support the recovery of people affected by humanitarian crises, including COVID-19

OUTPUTS

- Strengthen mental health leadership and coordination
- Update and implement laws and policies
- Protect the rights of people living with mental health conditions

- Strengthen the mental health financing system
- Promote financial sustainability
- Establish alternative financing mechanisms for mental health

- Reduce institutional care and expand community-based services
- Develop a Package of Essential Mental Health Services
- Integrate mental health into primary care and other sectors
- Create an efficient referral system
- Ensure availability of psychotropic medication

- Strengthen training of mental health professionals
- Expand training of non-specialised professionals
- Ensure deployment and retention of human resources
- Set up an efficient supervision system

- Strengthen routine collection, analysis, use and dissemination of mental health data
- Develop a coordinated Zimbabwe mental health research agenda
- Increase funding for and number of mental health research articles published

- Strengthen community capacity to advocate for people living with mental health conditions and psychosocial disabilities
- Provide access to peer support for people with lived experiences and their carers
- Promote independence and economic sustainability for people living with mental health conditions

- Strengthen coordination of MHPSS in emergencies through the National MHPSS Technical Working Group
- Develop a plan to prepare for future humanitarian crises and promote recovery
- Respond to COVID-19 needs and future humanitarian crises