

Acknowledgements

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How to use this manual

The manual is intended to serve as a tool for Church and community leaders that intend to improve caring for the MENTAL HEALTH affected in the community.

You do not need to have education or money to make the first steps. A heart for the caring of the MENTAL HEALTH affected in the community will be enough qualification to make the first step.

Use the feet and go around to offices that might assist you.

The manual will guide about what office to go to and what service to ask for at that particular office. If they for various reasons cannot give you the service you went for, ask them to advice you on alternatives or other places you can go and get that support. The committee shall be aware that quality healthcare is a key focus area for the Government. Therefore the committee have no reason to be shy about demanding care and support for mental health treatment at Government health facilities when need arises. Unfortunately, persons in need of mental health treatment have been neglected for too long , not only in Zambia, but everywhere. Pressure for the right to treatment from your committee can help the Government to reach its goal to improve health so equal right to healthcare can be real for mental health patients too.

Forge partnership with other people in the Church and community who know more than you and can fill in where you come short. For instance, when you need to make contacts to organise support to the MENTAL

Notes

The Universal Declarations of Human Rights was adopted by the United Nations.

Zambia has adopted the declaration. The following is a selection of some of the articles (shortened) of the human rights:

All human beings are born free and equal in dignity and rights. (1)

Everyone has the right to life, liberty and security as a person. (3)

No one shall be held in slavery or servitude. (4)

No one shall be subjected to torture, or inhumane or degrading treatment or punishment. (5)

No one shall be subject to arbitrary arrest, detention or exile. (9)

Marriage shall be entered into only with the free and full consent of the intending spouses. (16.2)

Everyone has the right to freedom of opinion and expression (19)

Everyone has the right to freedom of peaceful assembly and association. (20.1)

Everyone has the right to equal access to public service in his country (21.2)

Everyone has the right to rest and leisure, including reasonable limitations of working hours and periodic holidays with pay. (24)

Everyone has the right to a standard of living adequate for the health and well being of himself and his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability widowhood, old age or lack of livelihood in circumstances beyond his control. (25.1)

Everyone has the right to education. (26.1)

Everyone has duties to the community in which alone the free and full development of his personality is possible. (29.1)

For the full text please go to the Internet: <http://www.un.org/Overview/rights.html>

HEALTH support group, ask the families in the Church and community for small donations to pay for stamps or important phone calls or send e-mails. When you need to write an application for support or funds, ask the teacher or a Church leader to write the letter for you. Request the Internet café staff to help you to send an e-mail if you do not know how to use a computer.

When you need to start the MENTAL HEALTH support group for instance at the local Church, make the point by reminding them that the beneficiaries from the MENTAL HEALTH support group activities are the families in their own Church and community. The MENTAL HEALTH support group is enhancing the Church and community's efforts of including everybody.

Basically, this manual will enlighten you about some of the opportunities that exist in Zambia for assistance to MENTAL HEALTH support groups; both the volunteer members of the support group and the welfare of the MENTAL HEALTH affected that the support group is targeting.

There are offices, institutions and organisations that has among its objectives, an obligation to provide services to MENTAL HEALTH caring initiatives. However, due to insufficient funding and staff training some may not always be effective in their outreach.



You, as a concerned Church or community member will be valuable to these organisations by asking for their assistance so they learn about the real needs of the MENTAL HEALTH affected in the communities.

Those affected by mental health challenges need assistance

There are people affected by mental health challenges in your neighbourhood that are not receiving the assistance they need of empathy, understanding and care

due to lack of information about how to start and find support to a MENTAL HEALTH support group.

You may ask: Is it possible to start a MENTAL HEALTH support group when we have no money? You may reply that it is impossible without money.

In the village in the old days, caring were the responsibility of the extended family. However this system has been eroded by the flight from the villages into the towns. Still the caring traditions are in peoples' minds and may now be carried on by volunteers serving the Church and the community. Furthermore the caring challenges of the HIV pandemic are overburdening the extended family, as the scale of people infected and affected is massive and the people affected by mental health challenges are easily neglected.

It is possible to do a lot provided that you can mobilise both people affected by mental health challenges, their family members and volunteers in the Church and community and build on the good will of volunteers and only depend on local resources for a start.

The First Steps

"God helps those that help themselves"

Some people say when seeing half a glass of water: "The glass is half empty", they look at it from a negative point focussing on what is missing, others say "the glass is half full" and focus on the positive that still there is plenty of water!

We are aware that running a MENTAL HEALTH support group is no easy task, however, we want you to look at the bright side; the glass is half full, - therefore this resources manual will guide you to look for a lot of opportunities for assistance that the MENTAL HEALTH support group might access from various sources locally or internationally.

It is common to find a key person or a small group of people within a local church or community who have a burden about mental health challenges and are interested in initiating a MENTAL HEALTH programme. Such people are often passionate about it but have little knowledge about how to put their ideas into meaningful actions so very little, if any-

16 'The Gender Equality in Governance Club'

The manuals supplement each other so you will benefit from combining the resources from two or more manuals to increase the quality of your education project.

For instance literacy and skills training are like brother and sister because skills training make literacy lessons more meaningful and relevant to the adult learner.

Organic vegetable growing, sports club and mental support group can enhance the work of the nutrition club as they are supplementing each other.

Women's group, organic vegetable growing, literacy, nutrition and skills training have a lot in common and will increase the quality of the women's group.

The manuals can be sourced at no cost from Response Network office on Nkumbi Road, Plot 936, near the ZAWA offices and the Railway museum. Tel (260) 213 32 04 91, Fax: (260) 213 32 36 34, E-mail: mail@responsenetwork.org or frayor@responsenetwork.org

You are free to make copies and share the information with anybody that wishes to know more about education resources. However we appreciate that you tell where you found the information.

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Abbreviations

AIDS	Acquired Immune Deficiency Syndrome
DANIDA	Danish International Development Agency
DHBS	District Health Board Secretary
FINNIDA	Finnish International Development Agency
GRZ	Government of the Republic of Zambia
HIV	Human Immuno Virus
MHAZ	Mental Health Association of Zambia
MHUNZA	Mental Health Users Network of Zambia
NGO	Non Governmental Organisation
STI	Sexual Transmitted Infections
UNICEF	United Nations Children's Fund
USA	United States of America

Community Self-help Education Series *Empowering Communities through information*

The “*Community Self Help Education series*” published by Response Network has 16 self-help education manuals available for use by Church and community leaders

1. “Let’s start our own community school”.
2. “Let’s start our own community sports club”.
3. “Let’s start our own community literacy class”.
4. “Let’s start our own community skills training”.
5. “Let’s start our own women’s group”
6. “Organic Vegetable Growing”
7. “Let’s start our own community HIV/AIDS support group”
8. “Let’s start our own community health and nutrition club”
9. “Let’s start our own know your rights club”
10. “Youth can, will and dare – Together for a community free from alcohol abuse”
11. “Let’s start our own community mental health support group”
12. ‘Let’s start our own community participation (governance) club’
13. ‘All included’ Let’s start our own community support group for special children’.
14. ‘Let’s start our own Community Women’s Rights Club – Stop the Violence’
15. “From team to Inclusive Sports Club.”



thing actually happens. This section offers a few guidelines for getting started.

Step 1: Learn as much as you can about mental health challenges

Acquire some basic information about MENTAL HEALTH and its implications before pursuing the vision further. You may also want to connect with people in other churches who have projects running to learn from them.

Step 2: Share your vision with your church leaders

This could be your minister, the church/ parish council or any other influ-



ential person within the church. Use the information you obtained in Step one to help you argue why you believe it is important for the church to develop an MENTAL HEALTH support group.

Step 3: Recruit interested people

People are your most valuable assets! You will need to bring them in to a planning team that will help drive the process, and you will need them to do the “Frontline” work, doing the actual awareness raising. Usually, these people will be working as volunteers.

To identify suitable people to do the practical work, think of different people who are already actively involved in doing similar work. Community volunteers might be working alone and would appreciate your support. Support might include offering access to appropriate training, resources to improve what they are doing, etc. In exchange, such volunteers would need to report on their work and assist in liaising with other structures in the community. It is important to involve people with experience as group members. But be careful not to ask people who are already very busy, as they might not be able to give as much time as is necessary.

It is important to try and involve individuals who share the same vision. A lot of time and energy is wasted when people of different ideas and views embark on such a programme. It is better to work with a few people who are committed to their work and whose values are similar to yours.

Step 4: Ensure that the support group members receive training in MENTAL HEALTH

Every member should be equipped with basic information about the condition and its social, economic and cultural implications.

Step 5: The Support Group

Many projects have failed because a few people have decided what is needed and gone ahead and done things without consulting with ordinary people.

The group needs to start by spending a lot of time brainstorming how to go about this and who to consult. It is important that everyone in the group feels equally involved in defining what is important otherwise conflict can arise. Enough time should be spent on deciding what aspects to focus on, and then the team should stick to those.

Do you need more coaching?

If you get stuck somewhere in the process of developing the MENTAL HEALTH support group, or you feel that the assistances we have recommended to you, are disappointing you, – you are welcome to contact the writer of this manual: Arnfinn Solli, sarnfinn45@gmail.com, or mail@responsenetwork.org and we will reply to the questions as soon as possible. If you have good experience of getting assistance we would like to hear from you about that as well to commend those partners in the next edition.



STICHTING GERED GEREEDSCHAP, (SAVED TOOLS FOUNDATION),
PO Box 3767, 1001 AN Amsterdam, M.van Bouwdijk Bastiaansestraat 58,
1054 SP Amsterdam, Netherlands, Tel. +31 (0) 614 230 518, E-mail: in-
for@geredgereedschap.nl

Follow up the initiatives!

Note that whenever applying for support somewhere, - make follow up enquiries by personal visit or by telephone to find out if the letter was received, - or may be you omitted some important information so the application is not attended to. If you are not used to writing an application, seek advice from partners you trust, look for one among those we have mentioned earlier on. We wish you good luck in the very noble task of providing support to the MENTAL HEALTH challenged in the community. You will succeed by going step by step, - and this journey will surely take you very far.



It is important not to focus on too many dimensions at a time, as you could become overwhelmed.

One aspect at a time is best (or perhaps two inter-related ones, such as home based care and counseling). This will help establish and develop the planning team's vision and ensure that you have enough resources, both human and financial, to do it well.

Once you have chosen an area of focus, acquire as much information on that particular aspect of MENTAL HEALTH as possible. Then involve Mental Health Association of Zambia if they have a branch and are available in your district.



STEP 6: Decide on structures that will enable you to be most effective:

There are several decisions that need to be made here, especially because of the importance of networking with other players (both in your church and in the community) in order to be effective. Network from the start, but once you get established it becomes even more crucial to share information and resources with other parties so as to offer a holistic response to the mental health challenges. Remember that this is not competitive work but collaborative ministry. Even though you may only have the capacity to deal with one or two aspects, if you network successfully you will be able to refer people to other projects for help in other areas they might need.

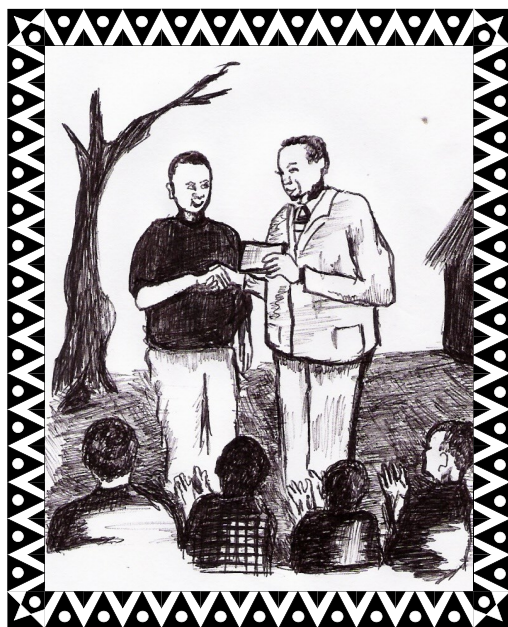
These decisions really go hand in hand with your strategic planning process, and you will need to go back time and again to reflect on how

well things are working.

Things to think about, in the support group when beginning to form partnerships or networks, include:

It is important to appoint a person or small team that will take responsibility for coordinating the process, calling meetings, and making sure things are happening. Normally this is a person or group who is passionate about getting things done and is also a practical thinker and a 'doer'.

This chapter is edited from the book "The Church in an HIV+ World"



Working Successfully with Volunteers

It is important to remember that volunteers are more than just a source of free labour! They are a valuable, in fact a vital, part of your organisation, and need to be treated as such.

When appointing a volunteer, consider the following: It is imperative to screen prospective volunteers carefully. Those applying to be volunteers might have different motivations, one of which might be the hope that they will one day become employed by the organisation for which they are volunteering. Or they might just be bored and looking for some-

thing to do, without being really committed to the vision or values of the work. For these reasons, the best recommendation is probably that the person is already doing similar work to what you would like them to do in your project.

Take into account the needs of your volunteers. Unlike volunteers in Europe and the USA, most volunteers in disadvantaged communities in

Donors Worldwide

Donors are looking for partnership with community projects. The book **"MPS Funding Guide"** has more than 300 entries with description of donor organizations that are looking for community projects for co-operation. The price is \$59 and you can buy from Mission Project Service, Web site: info@missionprojectservice.org. If a few community projects co-operate and share the cost of purchasing the book, all will benefit when making partnership with foreign donors. The book also explains how to present an application for support in a winning manner.

Support in kind

Used and rehabilitated Tools delivered free

Gered Gereedschap can deliver tools for the following vocational trades: carpentry and joinery, metalwork, Auto-mechanics, building and construction, electrical engineering and sewing.

Considered are applications submitted by locally organised projects that focus on income generation, self-sufficiency and/or employment creation. Individuals or large projects can not apply. Extra preference is given to projects that pay attention to the position of women, marginalized groups, ecological awareness and/or environmental protection.

Gered Gereedschap mainly delivers hand-tools and small electrical equipment. The amount of tools that can be provided depends on available stock and has a minimum of one cubic meter (1m³).

Before you apply, make partnership with an organisation or a church in your community or MYSCD that is non profit and exempt from import taxes as the donor will not be able to pay such expenses on the import.

Make sure that the import papers is issued in the name of the partner organisation or MYSCD (Ministry of Youth, Sport and Child Development) that is tax-exempt.

An application can be submitted by answering the general questionnaire of Stichting Gered Gereedschap. This questionnaire is available on request and has to be answered in as much detail as possible.

areas. The land can be used to improve the lives of the mental health victims.

2. Local businessmen can help in funding the project of Mental Health Support Group. They need to be approached in a good manner and later on they should be appreciated.
3. You can get help from the **District Health Board**. This is the immediate source of help from the Government for the mental health found in every District.
4. You can get help from **faith based** organizations. These are run by the churches and **Non-Governmental Organizations**, these work independently.
5. You can get help from the **Mental Health Association of Zambia**, which is a voluntary national body concerned to work for the rights and improvement of mental health situation in the country.
6. You can get help from **Libuyu Skills Training and Activity Centre**. This is an example of a meeting place for people with mental health challenges in Livingstone, that offer training in various skills.

“The Church in an HIV+ World, A Practical Handbook” Edited by Daniela Gennrich, published 2004, is available from Cluster Publications, PO Box 2400/ 200 Pine street, Pietermaritzburg 3201, South Africa, Tel +27 33 345 9897, E-mail: cluster@futurenet.co.za or loul@pacsa.org.za Several chapters of this resources manual has been borrowed from this book. Order the book if you want to find more comprehensive information.

Mental Health Users Network of Zambia (MHUNZA)

The user network has branches around the country. Ask at the District health board office or your nearest clinic when and where they meet and how you can find the leaders.

PRIDE ZAMBIA

PRIDE aims to create sustainable financial and information services network for small-scale enterprises. Email: pride@zamnet.zm.

OXFAM ZAMBIA

Oxfam supports the poor to improve their standard of living in the community. P.O. Box 35624, Lusaka. Fax. 01 29 24 96. Website: www.oxfam.org.uk

Various Donors

Zambia are unemployed people who have decided to use their time profitably rather than wasting their days away. This means that often they do not in fact have any other source of income. Consider some sort of incentive or reward to help them meet their own needs and those of their families.

Even though they might not be officially employed, it is helpful to have volunteers sign a type of contract agreement, which outlines clearly the following:

- Job description
- Expected times or hours of work per week or month.
- Training they will receive and be expected to complete successfully.
- Nature of reporting requirements (usually a specific reporting form is helpful, as it provides a clear framework in advance for the type of information your church / organisation will need).
- And support offered such as reimbursement of taxi fare claims or telephone charges or use of a cell phone.
- Incentives or rewards such as food or periodic cash gifts. If you have no incentives/ rewards to offer, say so clearly in your contract, to avoid a mismatch in expectations.
- Spiritual support offered (indicate if your church / organisation has a minimum number of spiritual or other counselling sessions or retreats in which volunteers might be expected to participate).

Remember to let the volunteers know regularly how much you appreciate them. This might be done in a letter, in which you outline the numbers of hours worked, tasks completed, and numbers of people who have benefited from their faithful service (based on their reports to you, and perhaps comments from some of the people with whom they have worked). Then offer your thanks and perhaps a scripture or other word of affirmation and encouragement. *This chapter is edited from the book “The Church in an HIV+ World”*

SOURCE OF HELP FOR MENTAL HEALTH SUPPORT GROUP

1. Community Leaders such as **Chiefs** and **Headmen** can help to provide land in rural areas while the District councils can help in urban