



Featured program for September 2015

Peter C Alderman Foundation

Community-based Maternal Mental Healthcare



Dining for Women



Changing the world one dinner at a time

Introducing PCAF

This program will — for the first time — address maternal depression and anxiety in post-conflict northern Uganda, a region where previous war trauma combines with ongoing poverty, stigma and gender-based violence to form a toxic environment for maternal mental health.

The main goal of this project is to introduce community-based screening, referral and treatment of maternal mental health in northern Uganda, and eventually begin to integrate maternal mental health into Uganda's existing perinatal health system.



Where in the world?

The PCAF project is based in Kampala, the capital of Uganda.



What are we supporting?

The DFW grant of \$49,000 over 2 years will be used to pay for social workers and healthcare providers such as midwives and Community Healthcare Workers:

- Salaries for the Community Outreach Social Workers (CSWs), midwives and community health workers
- Training expenses
- Adherence Tracing: The community health workers and community social workers will be using cell phones to the extent possible (a certain number of patients do not have access to cell phones) to follow-up with patients and to communicate with each other, the project manager and the clinic staff.
- Program Supervision: Quarterly supervision visit costs include travel from Kampala to each clinic as well as lodging for the Director of Research.
- Equipment and Supplies: Cell phones will be purchased for the CSWs and paper for data collection.

Life Challenges of Ugandan Women

It is estimated that as many as 25 percent of new mothers in the post-conflict setting suffer from postpartum depression. They have increased risk of obstetric complications, preterm labor and suicide.

Perinatal depression and anxiety, which are under-recognized and under-treated in the developed world, receive virtually no attention in northern Uganda.

The consequences of perinatal depression for their babies are dire:

- pre-term birth
- low birth weight
- increased prevalence of diarrhea, malnutrition, and childhood disease
- incomplete immunization schedules

While psychoeducation and psychotherapy can restore these women to normal function, the mental health treatment gap in conflict-affected African countries exceeds 90 percent.



The Budget

How Dining for Women's grant of \$49,665 (over two years) will be used:

	Summary of costs	Year 1	Year 2	Combined
1	Salaries for CSWs, midwives, CHWs and director of research	\$15,400.00	\$15,400.00	\$30,800.00
2	Training for CSWs, midwives and CHWs	5,250.00		5,250.00
3	Adherence tracing and patient appointments	1,200.00	1,200.00	2,400.00
4	Travel for Supervision (4x/year)	2,500.00	2,500.00	5,000.00
5	Equipment and Supplies	850.00	850.00	1,700.00
6	PCAF Operating Expenses	2,520.00	1,995.00	4,515.00
7				
8	TOTAL	\$27,720.00	\$21,945.00	\$49,665.00

About the Organization



PCAF's mission is to heal the emotional wounds of survivors of terrorism, torture and mass violence by training indigenous health workers and establishing trauma treatment systems in post-conflict countries around the globe.

PCAF was founded in 2003 to honor the life of Peter Alderman, who was 25 when he was killed in the attacks on the World Trade Center. Peter's family wanted to help those who had survived terrorism but had no access to care.

Share Your Thoughts



- How do you think sensitizing communities to perinatal depression will increase treatment?
- Why do think it is important to include mental health screening in routine care?
- How do you think this project will impact future generations in Uganda?