



Perinatal  
Mental Health  
Project  
Caring for Mothers. Caring for the future.  
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# Maternal Mental Health in Africa - Conversations

Hybrid symposium: final programme **Version 2**

## VENUE CHANGE

St Antony's College  
Nissan Lecture Theater  
62 Woodstock Rd  
Oxford OX2 6JF  
and online via

## ZOOM

Wednesday 19 June 2024  
9:00 – 17:00 (UK time)

[Register for online attendance](#)

The proceedings will be recorded

**9:00-9:30**      **Arrival with tea and coffee**

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**9:30-9:45**      **Welcome**

Nicole Votruba, NDWRH, University of Oxford &  
David Kerr, Africa Oxford Initiative (AfOx), University of Oxford

V = Virtual  
IP = In Person

**9:45-11:25**      **Moving to scale in maternal mental health**

Convenor: Simone Honikman, University of Cape Town, South Africa

- **Keynote by World Health Organization**, Neerja Chowdhary (WHO Geneva) Julius Muron (WHO Africa), Catherine Waweru (Ministry of Health, Kenya), Alicia Carbonell (WHO Mozambique), Erasmus Mndeme (Ministry of Health, Tanzania) **Improving outcomes for women and children: Integrating perinatal mental health into maternal and child health services (V)**
- Bibilola Oladeji (University of Ibadan, Nigeria) **Integrating mental health into routine perinatal service in primary care in Oyo State, Nigeria- moving from research to practice (V)**
- Anteneh Asefa (Institute of Tropical Medicine, Belgium) **Integrating perinatal mental health into maternal and child health services: perspectives from policy and implementation (IP)**
- Musa Krubally and Katie Rose Sanfilippo (City, University of London, UK) **Strategies for spreading and scaling complex perinatal mental health interventions in Low and Middle-Income Countries – A scoping review and thematic synthesis (IP)**

**11:25-11:45**      **Break**

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## 11:45-13:15 Working with social determinants in maternal mental health

Convenor: Prof Carolyn Chisadza, University of Pretoria, South Africa

- Caroline W. Wainaina (African Population and Health Research APHR Center, Kenya, University Medical Center, Netherlands) and Estelle Sidze (APHR, Kenya) **Women's empowerment and maternal mental stress: exploratory study in Rural Kenya** (IP)
- Mona Bormet (MOMENTUM Country and Global Leadership, Kenya) **Engaging faith communities on maternal mental health** (V)
- Sarah Mlambo (Welwitchia Health Training Centre, Namibia) **Indigenous Knowledge Systems as a social determinant for the improvement of maternal mental health outcomes** (V)
- Josephine Akellot (Virjie University, Netherlands) **The evolution of a maternal mental health program for conflict-affected populations in Uganda** (V)
- Victoria Mutiso (Africa Mental Health Training and Research Foundation Kenya) **Intimate Partner Violence: A risk factor for Postnatal Depression in rural Kenya** (V)

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## 13:15-13:30 Organisations to join

Introductions and invitations

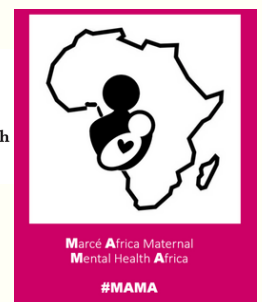
- Alain Gregoire **Global Alliance for Maternal Mental Health** (V)
- Dalitso Ndaferankhande **African Alliance for Maternal Mental Health** (V)
- Lavinia Lumu **Marcé Africa Maternal Mental Health Africa** (V)



GLOBAL ALLIANCE FOR  
MATERNAL MENTAL HEALTH



**AAMMH**  
African Alliance for  
Maternal Mental Health  
*Educate. Advocate. Act.*



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## 13:30-14:15 Informal lunch and networking

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## 14:15-15:30 Sustaining capacity in maternal mental health

Convenor: Tatiana Salisbury, King's College, London, UK

- Fernando Chissale (Centro Internacional para a Saúde Reprodutiva-Moçambique) **Involving Adolescents Girls and their Communities in the Development of a Perinatal Mental Health Intervention In Mozambique** (V)
- Kantoniony (Kanto) Rabemananjara (George Washington University, USA) **Perinatal Mental Health in Madagascar: Collaboration and Research Insights** (V)
- Saara Hatupopi (University of Namibia) **Development of guidelines to manage perinatal depression in Namibia** (V)
- Svetlana Karuskina-Drivdale (PATH Mozambique) **High feasibility, low effectiveness? Lesson from integration of perinatal depression management in routine maternal health services in Mozambique** (V)

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## 15:30-15:45 Break

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## 15:45-16:45 Perinatal mental health clinic - ask the experts

Convenor: Nicole Votruba, University of Oxford

### Panel

- Linos Muvhu (Society for Pre and Post Natal Services, SPANS, Zimbabwe) **Developing and embedding a family therapist cadre into the health system in Zimbabwe** (V)
- Jullita Kenala Malava (Malawi Epidemiology and Intervention Research Unit, Malawi) **Perceived implementation challenges in Malawi for integration of common perinatal mental disorders screening and management into routine maternal and child health services among stakeholders in Northern Malawi: a mixed methods formative study** (V)
- Wendy Janssens (Vrije Universiteit, Netherlands) **Acceptability and feasibility of a group-based mental health intervention for pregnant women in Kenya** (V)
- Simone Honikman (University of Cape Town, South Africa) **The Perinatal Mental Health Project (PMHP): tackling the issue from many angles** (IP)
- Haliq Adam (Catholic Relief Services, Ghana) **Lessons Learned in the Implementation and Validation of the Integrated Mothers and Babies Course to Prevent Perinatal Depression in Sub-Saharan Africa** (V)

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## 16:45-17:00 Closure

Simone Honikman and Nicole Votruba

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