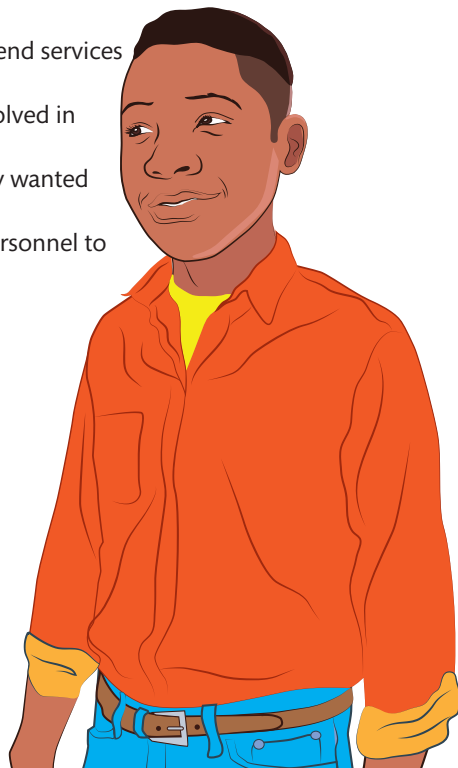


SUPPORTING THE MENTAL HEALTH OF YOUR PEERS

Your Role as a CATS in supporting your client:

- Identify mental health challenges
 - Monthly using the **Mental Health Check-In**
 - Quarterly, using the **Zvandiri Mental Health Screening Tool**
- Be willing to ask questions about difficult thoughts and feelings and listen to the answers
- Be willing to offer a non-judgemental, listening ear
- Refer those who are showing signs of mental health conditions
- Give information on the signs of mental health conditions and services available
- Support caregivers to understand mental health conditions and the benefits of getting help
- Share your experience of supporting other CAYPLHIV and mental health conditions
- Accompany those who need extra support to attend services whenever possible
- Advocate for their right to services and to be involved in their health care decisions
- Follow up to make sure they got the services they wanted and were referred to
- Work with clinic staff and other mental health personnel to plan and help with enhanced support



Information And Counselling To Support Mental Health



Where:

Clinic
Home
Support Group
SMS / WhatsApp



When:

Monthly Check



What topics to cover

- Introduce mental health, for example:
 - *"We know your emotional health is as important as your physical health. I have questions for us to go through that will help us identify challenging feelings and thoughts."*
 - *"There are many emotional challenges that many of us living with HIV face. It is important that we talk about them. I have some questions to ask"*

Mental Health Check-In

- Their strengths, interests and hopes for the future
- How they cope with hard situations
- Strategies for coping
- How they take care of themselves emotionally
- Ideas for maintaining emotional well being
- Experiences of supporting other CAYP with HIV
- Importance of using support services – e.g. CATS, support groups, community health workers, case care workers
- Any problems accessing services
- Any questions

Identifying And Supporting Mental Health Problems



Where:

Clinic
Home
Support Group
SMS / WhatsApp



When:

Quarterly Screening and more often for clients who answer yes to 1 or more questions in the **Mental Health Check-In**



What topics to cover

- The Zvandiri Mental Health Screening Tool
 - *'As we talked about, your mental health matters. It is important that we have a deeper understanding of who you are and how you are feeling'*
- Mental health problems are as real as physical ones
- Like with physical problems, the client is not to blame
- It is normal to have emotional reaction to difficult situations
- Common misunderstandings about mental health conditions
- Importance of talking to others and getting support
- Use the instructions on the mental health screening tool to decide who and when to refer for further support
- See below for 'urgent' box

Additional points to cover with caregivers

- Ways to communicate with the child about HIV, depression and/or other mental health problems
- Caregivers play a major role in supporting their child and helping them cope with their problems
- Benefits of peer support services
- Available services for the caregiver

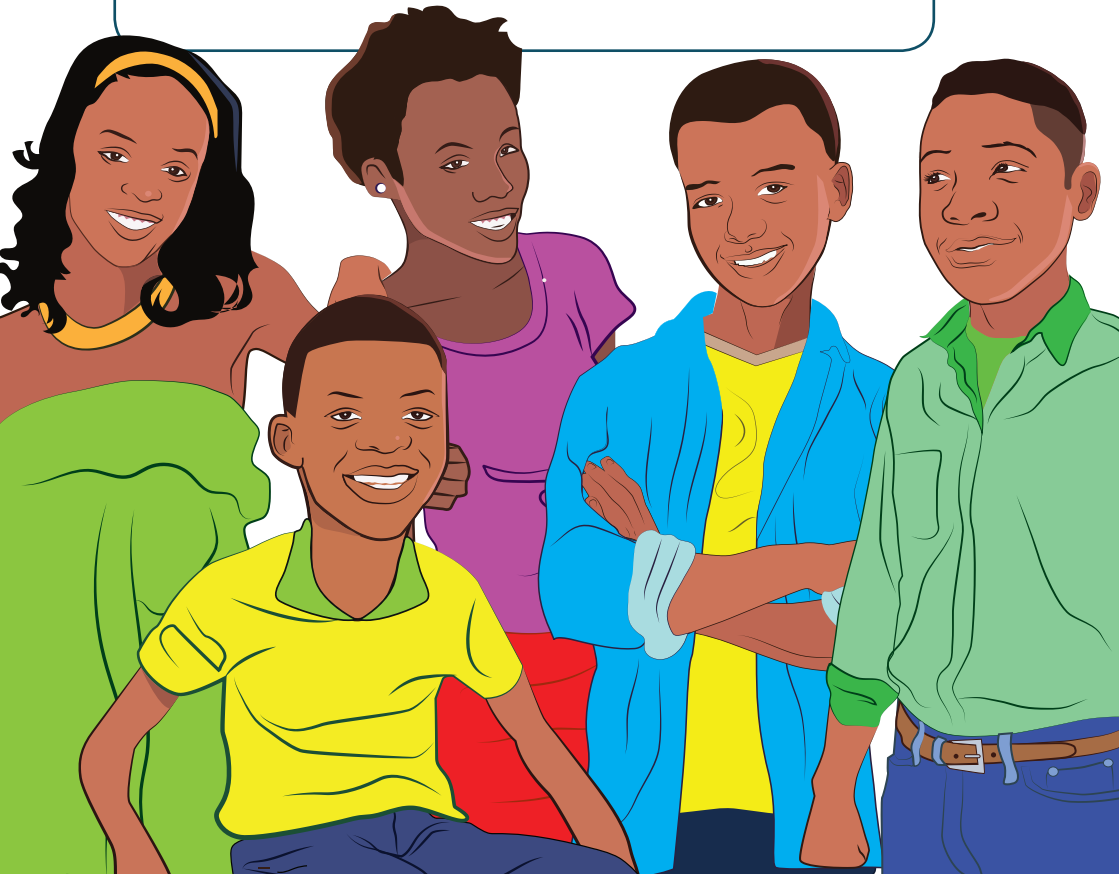
Mental Health Check In



Ask your client, in the **last week have you:**

- Been worried, fearful or so sad that it is hard to concentrate on other things?
- Had trouble eating, sleeping or nightmares?
- Felt like you are not behaving like your usual self, e.g. getting angry easily, not wanting to be around people you usually want to spend time with, not enjoying things you usually like doing?
- Been harmed or feared that you'd be harmed?
- Felt bad enough at any point that you had thoughts of harming yourself?

If your client answers yes to 1 or more questions, do the Zvandiri Mental Health Screening Tool



Mental Health Screening Tool



Date	Name	Age	Sex
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(TICK THE BEST BOX)

In the past 2 weeks, have you.....	Never	Rarely	Sometimes	A Lot	Refer If...
felt confident and proud of yourself					Discuss with Clinic Supervisor or ZM if 4 Shaded Boxes are Checked
felt that your peers like you and want to spend time with you					
had arguments with caregivers or other family members					
spent time doing things you enjoy doing					
managed difficult situations in ways you felt good about					
felt like you're worthless or not as good as other people					Refer to ZM or clinic Supervisor If 4 shaded Boxes are Ticked
felt unwanted at home					
had trouble sleeping, eating or felt like you had no energy					
felt like you get angry or irritable very easily					
felt hopeless and like the future looks bad					
had trouble concentrating, even when doing things you usually like to do					
felt like your mind is going too fast					
worried too much about everyday things					
worried about something bad happening to you or someone you care about					
Had bad dreams or nightmares					
felt like you had trouble breathing, heart pounding or tense muscles					Refer to ZM or Clinic Supervisor If 3 shaded Boxes are Ticked
Felt upset when you think about a bad thing that happened to you (i.e. scared, angry, sad, guilty, etc)					
Tried not to think, talk or have feelings about the bad thing, but the thoughts/ memories come anyway					
felt like the bad event was happening again					
drunk any alcohol or kachasu					
smoked mbanje					
Used anything else to get high (e.g. illegal, prescription drugs, bronco, or things you sniff)					
have you used substances to help yourself feel better					
thought about harming yourself in any way or felt like you'd be better off dead					Refer Immediately
heard or seen things that other people don't					



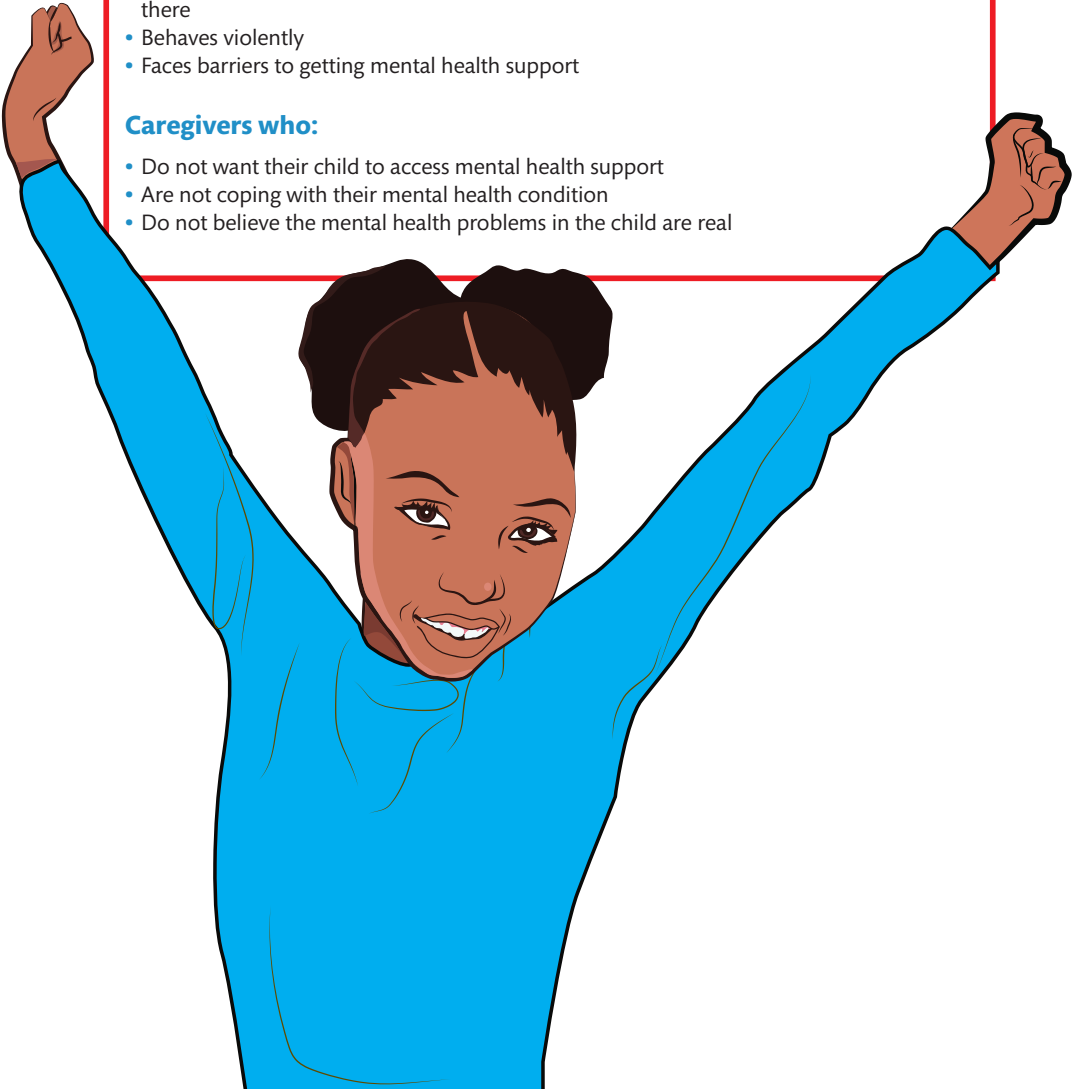
RED FLAG

Any client who:

- Has reported –
 - Thoughts about harming himself or herself in any way or feelings of being better off dead
 - Hearing or seeing things that other people don't
- Expresses thoughts or a plan to harm themselves or others
- Shows concerning signs and symptoms, such as hearing or seeing things that are not there
- Behaves violently
- Faces barriers to getting mental health support

Caregivers who:

- Do not want their child to access mental health support
- Are not coping with their mental health condition
- Do not believe the mental health problems in the child are real



What To Do When A Client Mentions Suicide Or Talks About Harming Themselves

If a client mentions suicide or thinking about **harming themselves**, take them seriously.

Follow these steps **(CART)**:

- **Contact your ZM, the clinic and the caregiver by phone**
 - Do not keep it to yourself even if they ask you to. Discuss shared confidentiality. (see communication section)
 - Be very clear that you need to assist them in getting help
- **Accompany the client to a hospital or clinic and stay with them until someone else arrives**
- **Remember to support by:**
 - Listening non-judgementally
 - Saying that mental health problems are treatable and most thoughts of suicide are changeable
 - Not trying to talk them out of their feelings (it won't work), but letting them know you believe that they will not always feel like this
 - Stressing that talking with a trained professional really can help
- **Talk through your experience after supporting a client in crisis with your ZM**

If a client mentions thoughts about **harming others**, take them seriously. This includes if they are hearing voices or seeing things that others don't.

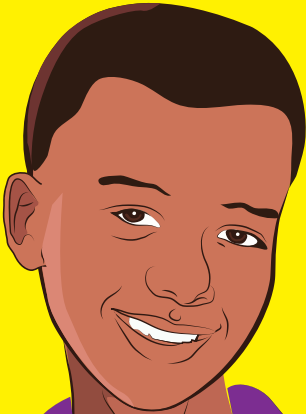
- Remove yourself from the situation and contact your ZM and clinic by phone
- Talk through your experience after supporting a client in crisis with your ZM

Enhanced Support For Mental Health

- Work with your client, the caregiver, the clinic and your ZM to make an enhanced support plan.
 - The clinic and your ZM are responsible for this plan
 - As part of this plan, CATS provide a supportive role to the client
- You will be able to help by:
 - Sharing stories, yours and others, when helpful and safe
 - Offer a listening ear
 - Let them know you understand that things can be hard
 - Reminding them that with support things can improve
 - Encouraging support group attendance
 - Exploring problems and solutions
 - Tell me more about what is happening and what this is like for you.
 - Have you experienced anything like this before?
 - How did you cope with it then? What was helpful?
 - What are all the ways you might cope now?
 - What are the positives and negatives to each of those solutions?
 - What seems like the best choice?
 - How can all of us involved help you with this?



Mental Health Conditions



There are many different mental health conditions. They all affect people's thoughts, feelings and behaviour in different ways, can look different in different people and need different types of support. It is important to recognise mental health conditions when we see them.



Everyone may experience these thoughts, feelings and behaviours sometimes and these are normal emotional reactions to life circumstances. It becomes a mental health condition when these thoughts, feelings and behaviours get in the way of your daily life activities.