

The Friendship Bench Project

Friendship Bench Training Manual
for Health Promoters



SHONA TRAINING MATERIAL



Zvinotarisirwa pamubatsiri akanaka (Characteristics of a good counsellor)

1. Anonzwira vamwe – empathy
2. Anochengetedza tsindidzo - confidentiality
3. Anogamuchira munhu sezvaari – non judgmental
4. Anoterera – looking & listening
5. Akagadzikana – calm and patient
6. Anozvinzwisa – self aware



Gadziriro yehurukuro

Mupiwezano anorongedza zvaachashandisa muhurukuro zvakaita sezvinotevera:

- » Magwaro ebasa aanozoshandisa muhurukuro (semuenzaniso, FB card, pa clip board)
- » Chinyoreso
- » Matishu (muzukuru anogona kuzochema muhurukuro)



Psychoeducation

- » Tiri kusangana pano kuti tikurukure maerano nechirwere chekufungisisa. Tiri kuona kuti vanhu vakawanda vari kurarama nechirwere chekufungisisa asi vasingazvizive. Chirwere ichi chinogona kukonzereswa nematambudziko akafanana nekushaya mari, kufirwa, kurwara nezvimwewo.
- » Mutsvakiridzo dzakaitwa, zvinoratidza kuti kana munhu aine dambudziko rekufungisisa, anogona kubatwa nemamwe matambudziko akafanana nekusuruvara, kutemwa nemusoro, kutadza kurarta, kana kukanganwa kunwa mapiritsi eHIV. Munhu kana achirwara nechirwere che BP, Shuga kana HIV, akazove zvekare nedambudziko rekufungisisa, zvirwere izvi zvinowedzera.
- » Tinoda kudzidzisana nzira yatinogona kushandisa kubatsirana kana kubatsira vanenge vachida kubatsirwa/kupangwa mazano. Iyi inzira ye Problem Solving Therapy, zvichireva kubatsirana nevanhu kuti vakwanise kugona kugadzirisa matambudziko avo kuburikidza nehurukuro.
- » Hurukuro iyi inotwa muzvikamu zvinotevera: Kuvhura pfungwa, Kusimudzira, Kusimbisa, Kusimbisisa neCircle Kubatana Tose.
- » Zvese izvi zvinoitirwa pa Friendship bench muchirongwa chino.

The Friendship Bench intervention

Components (Zvikamu zvekushanda nazvo)

1. Kudoma kuti dambudziko nderipi (problem identification - **KUVHURA PFUNGWA**)
2. Kudoma chinangwa chekuti dambudziko rigadzirisike (clearly defining the selected problem & goals - **KUVHURA PFUNGWA**)
3. Kuzeya zvingaitwe kuti dambudziko rigadzirisike (brain storming for solutions - **KUSIMUDZIRA**)
4. Kusarudza zvatingatange kuita pakugadzirisa dambudziko (decision on what can be done and how a selected solution can be realized - **KUSIMUDZIRA**)
5. Kuzeya hurongwa hwekugadzirisa dambudziko (SMART implementation plan - **KUSIMBISA**)
6. Kupenengura hurongwa hwekugadzirisa dambudziko (evaluation - **KUSIMBISISA**)
7. Kusimbisisa (**CIRCLE KUBATANA TOSE – CKT**)

The Friendship Bench Questionnaires

The Shona Symptom Questionnaire SSQ -14



14 questions YES/NO

Cut-off score 8 and above

Question 11. Suicide intent

Scores over 12 = red flag

GO THROUGH THE SSQ-14 AND READ EACH QUESTION WITH HP. GO THROUGH THIS SEVERAL TIMES. DISCUSS

The Patient Health Questionnaire PHQ-9



9 questions YES/NO - Likert scale



Maximum score 27

Cut-off for referral 20 and above

Refer to the clinic nurse to start antidepressants

Introduction (how to start a session)

- » Taura zita rako kune muzukuru: Ndinonzi nhingi.
- » Muudze zvauri: Ndinoshanda saHP pano pa clinic.
- » Muchingamidzei: Ndiri kukuchingamidzai pano paFriendship Bench.
- » Munoitei: Basa redu ndere kubatsirana nevanhu tichipangana mazano tichionesana kuti tingakwanise sei kukurukura uye kukurira zvingangova zviri kunetsa zvingakonzera kufungisisa. Kazhinji kana munhu achifungisisa anokwanisa kusarara, kutadza kudya kana kurukutika. Munhu kana achirwara necherwere cheBP, Shuga, HIV/AIDS, nezvimwe zvirwere, akazove zvakare nedambudziko rekufungisisa zvirwere izvi zvinowedzera. Kuti tizive kana munhu aine chirwere chekufungisisa tinomubvunza mibvunzo ye SSQ. Imi mabvunzwa mibvunzo iyi.

Reason for referral

(always explain why client has been referred to you)

- » Reason for referral: Refer to SSQ. Chikonzero chaatumirwa kwamuri: Dzokerai kuSSQ.
- » Matumirwa kuno nekuti pamibvunzo yamabvunzwa ye SSQ zvaratidza kuti munogona kunge muine chirewere chekufungisisa zvichireva kuti pangangova nezviri kunetsa zvatingangoda kukurukura nezvazvo kuti tigadzirise kufungisisa kwenyu.

Mashandiro atichaita

(explain how you will work with client)

- » Tinofanira kudzima mafoni edu (sezvandave kuitawo) kuti tisawane zvinokanganisa muhurukuro yatichaita.
- » Tinofanira kukoshesa hurukuro yatichaita iyi.
- » Nguva: Hurukuro yedu ingangotora awa rimwe chete.
- » Zvakavanzika: Zvese zvatichataura pano zvichasara pano, itsindidzo yedu. Saka wakasununguka kutaura chokwadi chiri pamwoyo pako. Kana zvichikubatsira wakasununguka kutaurira vaunoda. Asi ini ndinosungirwa kuchengetedza tsindidzo. Ndinogona kuzokurukura nevakuru vangu kana taona kuti tingade mamwe mabatsirirwo atingaitwe.

Kuvhura pfungwa

Kuvhura pfungwa (I)

- » Saka chii chingangove chiri kututambudzai? Kana kuti tingabatsirane sei muzuva ranhasi?
- » HP anonyora pasi muchidimbu zvinenge zvichinetsa.
- » Izvi zvinonyorwa pa PST Work Sheet* ne paFriendship Bench Card (rakidza PST Work Sheet ne FB card racho).
- » Mupuwamazano anotaura kwenguva yakareba asingabvunzwe zvakanwanda (empathy, body language from HP). Mupiwezano anorakidza kuteerera nekunzwira muzukuru mudambudziko rake.

* PST worksheet overpage

PROBLEM SOLVING WORK SHEET _____ (SESSION 1)

ZITA: _____ ZUVA: _____ VISIT: # _____

1. Kutaura matambudziko arikushungurudza :

- a) *Mwana haana mari yechikoro (school fees)*
- b) *Baba vari kunetsa kumba*
- c) *Muri kurarama ne HIV*
- d) *Hamuna mari ye rent*

2. Kudoma dambudziko rekutanga naro nekuridzeya:

3. Kudoma chinangwa chekuti dambudziko rigadzirisike:

4. Kudzeya zvingaitwe kuti dambudziko rigadzirisike

Mazano	Zvaakanakira	Zvibingaidzo
A)	a)	a)
b)	b)	b)

C)	c)	c)
D)	d)	d)

5. Kusarudza zano rekutanga naro:

6. Kudzeya hurongwa hwekugadzirisa dambudziko (action plan)

Mawonero Amupanga mazano

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Hurongwa / matanho achatorwa	Zvibingaidzo
a)	
b)	
c)	
d)	

Nature of main problem	Shona terms	Tick what applies to client
relationship	ukama	
marital	nyaya dzemagariro mumba	
work related	nyaya dzekubasa	
bereavement	kuchema mufi	
school	zvechikoro	
family	nyaya dzemumhuri	
interpersonal deficits (self-esteem, loneliness)		
health related	zveutano	
money problem	nyaya dzemari	
accommodation problem	nyaya dzepekugara	
legal problem	mhosva	
sexual problem	nyaya dzepabonde	
alcohol/drugs	nyayadzekudhakwa	
other, what??	zvimwe	



Kuvhura pfungwa (II)

» **HP:** Saka kana ndanzwa zvakanaka muri kuti imi zviri kunetsa nde izvi - (ipai mienzaniso)

1. Mwana haana mari yechikoro (school fees)
2. Baba vari kunetsa kumba
3. Muri kurarama ne HIV
4. Hamuna mari ye rent

» **PANE ZVANDASIYA HERE? (VERY IMPORTANT TO ASK IF ANYTHING HAS BEEN LEFT OUT)**

Kuvhura pfungwa (III)

- » Tinoda kusarudza dambudziko rimwechete ratinotanga kugadzirisa.
- » Pamatambudziko aripo aya nderipi ramunofungidzira kuti munoda kutanga naro?
- » Chinangwa chenyu?
- » Discuss pros and cons. (Ongororai zvakanaka kana kuipa pazviri)
- » Dambudziko ramarudza

Kuvhura pfungwa (IV)

- » Nzira dzamunofunga kuti dzingashandiswe kupedza dambudziko ramarudza
- » Chii chamakamboita?
- » Kare maimoboita sei?
- » Zvakambotanga sei?

Kusimudzira

Kusimudzira (I) problem definition

- » Tarisai nzira dzese dzamapa dzamati dzingapedze dambudziko mudiudze kuti dzinofambidzana/dzakafanana nedzipi tidziise muchikwata chadzo. (remember to group similar problems together)
- » Tarisai muzvikwata zviri kuti zvinoratidza kuti zvinogona kuitwa nyore ndezvipi?

Kusimudzira (II) brain storming solution 1

- » Ndinoda kuti mukurukure neni zvinenge zvauya mupfungwa dzenyu zvingaite kuti mukwanise kupedza dambudziko renyu.
- » Tichazokurukura kuti zvinokwanisa kuitika muhupenyu ndezvipi mushure meizvi.
- » Panguva ino tiri kuda kungoti tikurukure zvinhu zvese zvatingafunge nekuwanda kwazo.

Kusimudzira (III) brain storming solution 2

Nyorai zvese zvichataurwa paFB card.

Mibvunzo ingatibatsire;

- » Ndiani angtakubatsire?
- » Unoziva mumwe munhu akambosangana nedambudziko rakafanana nerako here?
- » Akaita sei kuti ripere?

Kusimudzira (IV) helper questions

- » Ndezvipi zvingagone kuitwa ne shamwari yako yepamwsoyo / amai / sisi/ hanzvadzi / kana munhu akakosha kwauri? (What would your best friend / mother / sister / brother / important person.... do?)

DATE	PID NUMBER	COUNSELLOR	CLINIC
ZUVA	NHAMBWA YEMUPANGWI WEZANO	ZITA RACHIPANGAMAZANO	NZVIMBO
Problem that is worked on:		Goals:	
Smart action plan:		Next appointment:	

Kusimudzira (V) selecting a solution

- » Zvingashandure hupenyu hwenyu sei?
- » Zvingashandure hupenyu hwevamwe sei?
- » Zvingatore nguva yakareba sei?
- » Zvingade chii kubva kwamuri?
- » Ndezvipi zvakanaka zvingabude kwamuri kana mazviita?

Role play SELECTING SOLUTIONS

Ngativei nemunhu ari kuda rubatsiro nemubatsiri tiwone kuti zvinofamba sei.

Role Play:

Tsanangura chiitiko nedambudziko (eg. Funga kuti pane munhu ane chirwere cheshuramatongo uye asina mari yechikafu.)

Feedback from role play:

Discussion about Role play:

- » Ndezvipi zvipingidzo zvasangana nazvo?
- » Ngatikurukurei muzvikwata tozotaura zvakubuda muhurukuro.

S.M.A.R.T. action plan

S.M.A.R.T. action plan (I)

- » Mungazviite sei?
- » Munganyatsozviita rinhi? (musi, nguva)
- » Munganyatsozviitira kupi?
- » Munosvika sei ikoko?
- » Ndiani anga kubatsirei?
- » Ndiani wamungaite naye?
- » Chii chamungade kuti muzviite?
- » Ndezvipi zvingakanganise hurongwa hwenyu?
- » Uye zvii zvamungaite kana masangana nezvibingamupinyi zvacho?

S.M.A.R.T. action plan (II)

- » Saka, tasarudza dambudziko, tawirirana kuti.
- » Mungazviite sei:...
- » Mungazviita rinhi? (musi, nguva)...
- » Mungazviitira kupi? Munozvika sei ikoko...?
- » Ndiani anga kubatsirei...?
- » Chii chamungade kuti muzviite...?
- » Ndezvipi zvingakanganise hurongwa hwenyu. Uye zvii zvamungaite kana masangana nazvo?

Session evaluation

Summarize key take home message:

Zvii zvamadziidza muzuva ranhasi?

Ndezvipi zvamuchatakura kumba (mashoko kana shoko guru)?

Role play SELECTING SOLUTIONS

Ngativei nemunhu ari kuda rubatsiro nemubatsiri tiwone kuti zvinofamba sei.

Role Play:

Tsanangura chiitiko chine dambudziko (eg. Funga kuti pane munhu ane chirwere cheshuramatongo uye asina mari yechikafu.)

Feedback from role play**Discussion about Role play:**

- » Ndezvipi zvipingidzo zvasangana nazvo?
- » Ngatikurukurei muzvikwata tozotaura zvabuda muhurukuro.

Next appointment

- » Ungadzoke zvakare here mushure memazuva maviri?
- » Ndinogona kukufonera ndichikuyeuchidza nezve kusangana kwedu tichiita hurukuro zvakare here?
- » Ndinogona kukushanyira kumba kana kune imwe nzvimbo here?

Sessions 2-6

- » *How did it go?* Zvafamba sei?
- » *Problem solved?* Dambudziko ragadziriswa?
- » *Encourage/ support.* Kurudzira/ tsigira.
- » *Problem not solved?* Dambudziko harina kugadziriswa?
- » *Go through PST again or consult DHP.* Dzokorora zvekugadzirisa dambudziko kana kuti tsvaga rubatsiro kuna DHP.
- » *After 3 sessions refer to CKT but still continue with PST.* Mushure mezvikanu zvitatu endesai muzukuru kuCKT asi fambirai mberi nePST.

Circle Kubatana Tose

Aims of Circle Kubatana Tose

- » Tiripanokuti tizarure moyo yedu tisununguke kutitikurukure, tivakane, tibatane, titeererane, tiremekedzane.

Principles of Circle Kubatana Tose

- » 1. What is said in the group, stays in the group.
- » 2. Only who holds the talking piece, can speak.
- » 3. Respect the bells. They signal silence.
- » 4. Singing, praying, drumming, dancing are allowed at any time.

What we do Circle Kubatana Tose

- » **Kuvakana** - to build each other
- » **Kubatana** - to hold each other
- » **Kudzidzisana** - to listen to each other with respect
- » **Kuremekedzana** - to respect each other
- » **Chitsidzo** - to keep secret



Notes...

[illegible]

Notes...

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Notes...

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