The Friendship Bench Zimbabwe
Scale-Up Process

1. NEEDS ASSESSMENT AND SENSITIZATION OF ALL STAKEHOLDERS
   Team members visited all clinics and spoke to clinic staff and patients following an interview guideline.

2. DEVISING & ADJUSTING TRAINING MATERIAL
   The existing FB trainings manual was reviewed and extended considerably to cater for a wider patient load presenting with additional disorders as defined by mental, neurological and substance use disorders. A facilitators’ handbook was written to ensure a structured teaching approach. Parts of the manual were translated into Shona (local language).

3. TRAINING OF FACILITATORS AND FUTURE SUPERVISORS
   The Friendship Bench clinical team consisting of psychologists and social workers was extended and the groups of facilitators and assistants were trained.

4. TRAINING OF LAY HEALTH WORKERS AND EVALUATION
   Groups of 30 LHW were trained in three different venues in the capital: Harare Hospital Psychiatric Unit, Wilkins Hospital for infectious diseases & MRCZ offices.

5. ROLL OUT AND EVALUATION
   In cooperation with Harare’s City Health Department, the intervention was rolled out and evaluated scientifically with full approval of local medical research authorities (MRCZ).