



Group Proposal Outline

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Agency Sponsorship

Group name: Maternal Depression Psychoeducational Group

Mission: To empower women and inform them on the topic of maternal depression

Geographic area: Ghana; specifically Kumasi, Cape Coast, and Accra

Population served: Ghanaian adolescents and young adult women

Agency Sponsorship

Description of the agency program which will sponsor the group:

- Brown-Meredith is sponsoring this group, but she is reaching out to friends for support of the school program and is consulting with agencies such as...
 - School - Bridge-To-Africa-Connection, Inc. (<https://bridgetoafricaconnection.org/our-founder/>)
 - Hospital - Dr. Donker (has a clinic in Farmville and in Ghana)

Purpose

Purpose: To educate women in this vulnerable population about positive coping techniques to navigate the difficulties of being pregnant in Ghana

Goals: To empower women through positive coping techniques, be able to identify symptoms and causes of depression, and what postpartum depression looks like.

Summary of activities utilized to achieve goals: Handout of positive self-talk, depression and postpartum depression, journal activity pertaining to challenges and concerns, activity for mental health

Roles of the facilitator (and co-facilitators): Educate members about symptoms and causes of mental health challenges, moderate group dialogue, enforce rules of respect, and ask group questions

Theoretical Framework - Empowerment Theory

Historical origins of the theory:

- Works began in the 1960s-1970s
- Inspirations - Feminism, Freudian psychology, theology, the Black Power movement, Ghandhism
- Early theories were rooted in the idea that perspective should be given to the oppressed that enables them to express themselves, gain power, and overcome objectives
- Freire - Brazilian theorist; one of the main inspirations; developing “critical consciousness”

Major tenets/premises of the theory:

- The ability of others to act to ensure well-being
- Others exercising their right to participate especially in decision-making about topics that concern them
- Social intervention

Theoretical Framework - Empowerment Theory

Intervention skills or techniques associated with the theory:

- Therapy
- Case Management

How the theory is utilized in the chosen group intervention:

- Throughout therapy, facilitators will empower members to make their own decisions and encourage them to navigate through pregnancy and mental health related difficulties

Composition

Specific target population: Pregnant women of Ghana, women planning to get pregnant, and women who just gave birth

Plans for handling homogeneity/heterogeneity of group: Group members will introduce themselves by name, communicate what their present problem at hand is, and what they are expecting to get out of the group.

Relevant demographic characteristics:

- Current Population of Ghana: 32, 512, 240
- Ghana population makes up 0.4% of the world population
- 56.7% of the population is urban
- Life expectancy: 64.94 years
- Fertility rate has gone down since 1955

Rationale for choosing the population above other possible target populations: This population doesn't receive much attention or support and could benefit from this psychoeducational group

Composition

Criteria for inclusion/exclusion with rationale:

Inclusion - Fitting the population in which we aim to assist

Exclusion - Breaking confidentiality, struggling to attend meetings, disrespecting participants and facilitators

Size (ideal vs. expected, rationale for ideal size, upper and lower cutoff points, how excluded clients will be handled): 15-20 people maximum, 6 people minimum

Open vs. closed group and rationale: Closed groups to build rapport within the group and to make sure the group stays cohesive, which includes making sure every member has a clear understanding of our group and the context within our group, which would be hard to do if members were able to come in at any point and time, as some topics discussed within this group in further sessions may be confusing to new members.

Recruitment

Method(s) to be used and rationale:

Dr. Brown-Meredith is working with the Bridge-To-Africa-Connection, Inc., who will further reach out to interested participants.

Documents to be used: Informed consent document

Orientation of Members

Procedures to be used:

- The members' expectations for the group and the group leader
- Discuss goals and what we plan to accomplish by the end of our sessions
- Discuss flight plan of the sessions
- Ask if participants have any concerns
- Discuss what the clients' expect or what is to be expected from these sessions
- Establishing group rules and norms (confidentiality; informed consent; go over what is expected of open-discussion; no judgement zone)

Orientation of Members

Documents to be used:

- Informed consent document
- Document discussing confidentiality to be signed by participants to acknowledge they understand the purpose behind confidentiality and repercussions to breaking confidentiality

Time frame relevant to start date: Summer 2023

Content of orientation:

- Purpose of the groups
- Content to be discussed within sessions
- What is expected of the group and what they can expect from facilitators

Contracts

Written vs. oral agreement. Give rationale: Written contract → members will be able to read and sign the document to show that they understand what they are agreeing to in terms of rules and procedures of the group

Number of sessions required of client: TBD → All but are currently unsure of the number of total sessions

Roles and tasks of participants and leaders:

Leaders - To moderate the groups and guide groups through discussions and activities

Participants - To reflect on overall concerns such as mental health and pregnancy through discussions and activities given & talk during each session

Decision-making processes and rationale; how is the group going to agree or deny any decisions being made:

Majority rules → done on a written ballot with room for additional comments that members want the facilitators to know about

Contracts

Rules re: early leaving and late arrivals, confidentiality and contacts among members outside of group: Group members are not to break confidentiality and converse about other members outside of the group. If they break confidentiality, they are to leave the group. In terms of early leaving and/ or late arrivals, catch members up during break time on information that have missed or will miss → group facilitators must be informed why they are late/need to leave early

Means of monitoring adherence to contract:

Checking-in with group members at the end of every session so that they can voice their concerns if need be

Stipulations (aka requirements) for re-negotiation of contract:

Member must demonstrate that they understand what the current requirements are, and request to have an intentional conversation with group facilitator(s) about why the current contract is not working for them

Environments

Physical arrangements (room, space, materials, equipment, refreshments):

Room/Space - Will take place within a school

Equipment - Desks, journals, writing essentials (such as pencils, highlighters, and markers)

Refreshments - Water and snacks will be provided at each session

Accessibility for persons with disabilities: Contact Dr. Brown-Meredith for accessibility related concerns

Financial arrangements (budget, expenses, income): All financial arrangements such as the budget, expenses, and income will be through Dr. Brown-Meredith, as Dr. Brown-Meredith is sponsoring this group and paying for all financial arrangements at this time.

Special arrangements: All members will be able to attend sessions by taking the bus for transportation, which will pick up clients from the hospital and shelter and transport them to the school to attend sessions.

SMART Goals

GOAL 1:

By the end of services, the group will implement positive coping techniques to navigate pregnancy stressors at least twice a day.

Objectives:

- The group will learn at least 5 positive coping skills
- The group will identify what common pregnancy stressors are

GOAL 2:

By the end of services, the group will demonstrate an adequate understanding of depression and anxiety by engaging in a 5 minute conversation with peers once per session.

Objectives:

- The group will learn about common symptoms of depression and anxiety
- The group will learn about some common causes of depression and anxiety

Resources

Calves, A.-E. (2009). *Empowerment: The History of a Key Concept in Contemporary Development Discourse*. Empowerment: The History of a Key Concept in Contemporary Development Discourse . Retrieved October 10, 2022, from https://www.cairn-int.info/article-E_RTM_200_0735--empowermentthe-history-of-a-key-concept.htm

Virginia Commonwealth University School of Social Work. (n.d.). *Empowerment theory in social work*. VCU Online Social Work. Retrieved October 9, 2022, from <https://onlinesocialwork.vcu.edu/blog/empowerment-theory-in-social-work/>