



CMC:Foundation for Change Collaboration with [Your Ally Foundation](#)

CMC:FFC and Your Ally Foundation are partnering to increase the availability of evidence-based approaches for treating substance use disorders in Uganda, Zambia, and the African Diaspora of New England.

Our Shared Goals:

- Decrease stigma and support families trying to help loved ones struggling with substance use in Uganda, Zambia, and the African Diaspora in New England.
- Develop methodologies for the implementation and dissemination of evidence-based treatment for people with substance use disorders in developing nations.
- Train mental health practitioners and community leaders in Uganda, Zambia, and the African Diaspora in New England in our 15-week Invitation to Change (ITC) Approach and provide ongoing support as they begin to use the curriculum in both clinical settings and community support groups.
- Collaborate with trained practitioners to collect pre-post data measuring the acceptability and impact of the ITC Approach on their programs and communities.
- Build awareness and increase support for the use of progressive, effective, evidence-based strategies for responding to problematic substance use by collaborating with community organizations, treatment providers, and government organizations in Uganda and Zambia.

Current Status of Project after 12-months of Collaboration (unfunded, donated time by both organizations):

- CMC:FFC has trained 72 participants (mental health providers, religious and pastoral counselors, social workers, etc.) located across Uganda and Zambia, and New England in foundational ITC concepts.
- Almost 50% of participants returned for follow-up training to become ITC Group Leaders and obtain Level 1 certification.
- Your Ally Foundation is currently conducting preliminary pilot phase work to assess the acceptability of the ITC approach in these communities
- We are exploring opportunities to add ITC as a credit course in university level institutions in both Uganda and Zambia.
- Your Ally Foundation is connecting with administrative and front-line clinical staff headquartered in Kampala, Uganda and Lusaka, Zambia. There have been initial meetings with government officials (such as the Ministry of Health) seeking financial support.
- CMC:FFC is fund-raising to continue training in these communities through scholarship.

2023 Goals and Associated Funding Needs : \$128,150

\$50,000 - Train 100 participants in the 16 hour fundamental Invitation to Change Training.

\$15,000 - Train approx 50% of the cohort in advanced Level 1 Certification for use in clinical one on one and group settings.

\$30,000 - Conduct a 'Train the Trainer' workshop, in which participants learn to lead their own workshops on the ITC Approach. Includes 20 hours of additional training, plus ongoing supervision.

\$10,000 - Finalize data collection measures, protocol, and software for use by trained community leaders and mental health providers. Consultation on CMC:FFC's materials, to ensure cultural relevance and sensitivity.

\$10,000 - Provide ongoing support of ITC-trained providers.

\$1500 - (\$15/book) - Provide printed materials to group leaders, mental health practitioners, and community members in Uganda, Zambia, and the African Diaspora in New England.

\$11,650 - 10% Administrative Overhead for project

CMC:FFC Tasks:

- Provide the 15-week ITC curriculum, to be used in group or one-on-one settings
- Collaborate with community leaders to ensure the ITC model being used is consistent with their cultural values and norms
- Collaborate with community leaders to support their specific implementation needs
- Train and provide continued support to community ITC facilitators and practitioners.
- Provide data collection measures, analyze the data collected, and train community leaders in using CMC:FFC's data collection measures.
- Dependent on feedback from local practitioners and Your Ally Foundation, adapt the ITC content and materials to increase relevance and usefulness for Ugandan, Zambian and African Diaspora communities, specifically attending to trauma related to race, immigration status, and other aspects of identity.
- Provide training materials including presentation slides, worksheets, and training recordings.

Your Ally Foundation Tasks:

- Outreach/recruit treatment providers, faith-based leaders, parent/family member volunteers in Uganda and Zambia
- Support data collection
- Consultation on adapting training content and materials to address the role of race, immigration, marginalization, and trauma in the experience of substance use and the use of the ITC Approach by treatment professionals and community leaders/volunteers
- Help assess relevance and usefulness of the ITC for nonwhite training participants.
- Provide the infrastructure for group leaders in Ugandan, Zambian and African diaspora in New England.
- Provide on the ground support and supervision to practitioners and volunteers using ITC in their communities