



# Integrating Family Planning and Mental Health Services into Postnatal Care for Migrant, Refugee, and Underserved Jordanian Women

## Project Information

- ◆ Department: Center of Excellence for Applied Epidemiology
- ◆ Unit: Research and Policy

## SCOPE OF WORK

The overall goal of this project is to improve postnatal care by integrating family planning (FP) and mental health (MH) services for vulnerable women in Jordan. This initiative aims to address the gaps in FP and MH services by developing a comprehensive, culturally sensitive intervention package that responds to the unique needs of migrant, refugee, and underserved Jordanian women.

By integrating FP and MH services into postnatal care, this project aims to improve health outcomes for women and promote equitable access to essential services.

## REGIONS OF WORK

This project will be implemented in two governorates in Jordan, Al Mafrq Governorate and Northern Jordan Valley.

## PROJECT DESCRIPTION

The project will introduce a multi-component intervention that integrates FP and MH services into postnatal care. It aims to improve service delivery by equipping healthcare providers with the necessary skills and knowledge to offer combined services efficiently. The intervention will leverage digital health tools, community engagement strategies, and evidence-based policies to address the specific needs of postpartum women.

This initiative is expected to lead to increased uptake of FP methods, improved mental health support, and overall enhanced well-being for women during the postnatal period. A comprehensive monitoring and evaluation framework will be in place to assess progress and refine strategies for greater impact.

## BENEFICIARIES

Underserved Jordanian women, migrants, and refugees seeking postnatal care will be targeted. Healthcare providers and community health workers will be trained in FP & MH service package integration.

## PROJECT PHASES

The project involves five phases:

**Phase 1:** Framework development & formative research

**Phase 2:** Co-design and development of multi-component intervention

**Phase 3:** Training activities for healthcare providers and community health workers to implement the package, along with building capacity in implementation research and leadership.

**Phase 4:** Pilot and implement the integrated FP & MH intervention package, with continuous monitoring, and evaluate outcomes through mixed-method research

**Phase 5:** Dissemination of findings, producing and sharing policy briefs, infographics, and reports, hosting dissemination events, podcasts, and video campaigns, and publishing the findings.

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| <b>Project Start and End Date</b> | <b>November 1, 2024- October 31, 2027</b>                               |
| <b>Partner Organizations</b>      | <b>Jordan Ministry of Health (MoH)</b>                                  |
| <b>Funded by</b>                  | <b>International Development Research Center (IDRC)</b>                 |
| <b>Collaborators</b>              | <b>MoH, RMS, IMC, UNFPA, USAID, WHO, KHCC, RHAS, IFH, HPC, AMR, HAS</b> |

## Currently . . .

In Jordan, postpartum women, including refugees and underserved populations, face limited access to integrated FP and MH services. Existing postnatal care services primarily focus on immunization and child health, with minimal attention to mothers' mental health and family planning needs.

It is crucial to address these gaps by offering comprehensive, culturally sensitive, and sustainable solutions that ensure both FP and MH services into standard postnatal care. EMPHNET, in collaboration with key stakeholders, is working to establish an evidence-based intervention package that can be adapted and scaled across healthcare centers in Jordan.

## What's next . . .

Moving forward, the project will:

- Conduct in-depth formative research to assess existing gaps in FP & MH service delivery
- Develop and refine culturally appropriate intervention strategies through co-design workshops
- Train healthcare providers and community health workers to ensure effective service integration
- Implement the intervention in four selected health centers and evaluate its effectiveness
- Disseminate findings through academic publications, policy briefs, and stakeholder engagement activities
- Advocate for policy changes to integrate FP and MH services into Jordan's national healthcare framework

## EXPECTED OUTCOMES BY NUMBERS

### Beneficiaries Reached:

- Vulnerable Jordanian women, refugees, and migrants attending four health care centers in two governorates in Jordan

### Strengthening Capacity for Integrated FP & MH Service Delivery

- 10 workshops to be conducted on FP & MH integration
- +200 healthcare providers to be trained
- +50 community health workers to be trained

### Digital Health Tools Development

1 website upgraded And 1 Mobile Application developed for information on mental health and mental health messages

### Committees and Research Output

- 1 Scientific Advisory Committee
- 1 Technical Committee
- 3 Policy briefs
- 6 Manuscripts developed

**EMPHNET Information:** Eastern Mediterranean Public Health Network (EMPHNET) works at achieving its mission by responding to public health needs with deliberate efforts that allow for health promotion and disease prevention.

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