

Introducing mothers2mothers

THE CHALLENGE

Africa's health systems are under strain with a shortage of 4.2M health workers.¹

Many women and families struggle to access vital, lifesaving medical care.

Sub-Saharan Africa faces major obstacles to meet the United Nations Sustainable Development Goals (SDGs) by 2030, in particular ending the AIDS epidemic, and ensuring good health and wellbeing for everyone (SDG 3), and achieving gender equality (SDG 5):



Only 67% of the 20.6M people living with HIV in Eastern and Southern Africa are on treatment.²



Nearly 400 children contract HIV each day in sub-Saharan Africa.²



Around 6,000 adolescent girls and young women, aged 15 to 24, contract HIV each week globally, most in sub-Saharan Africa.³



Child and maternal mortality in sub-Saharan Africa is unacceptably high and most often preventable.⁴

OUR APPROACH

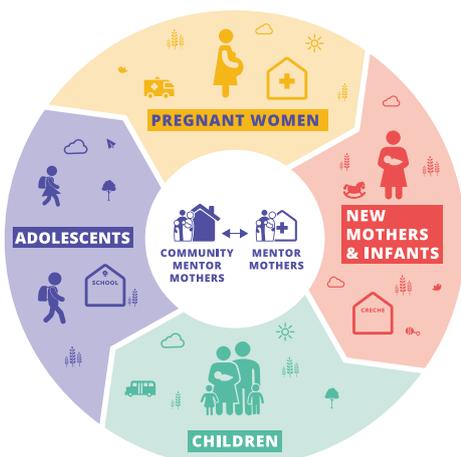
mothers2mothers (m2m) is an African NGO that unlocks the potential of women to create healthy families and eliminate paediatric AIDS.

m2m trains, employs, and helps empower local, HIV-positive mothers as Peer Mentors—community healthcare workers who provide services in understaffed health clinics and communities.

These 'Mentor Mothers' educate and support women and their families to overcome barriers to medical care, and ensure they receive the medication and health services they need and stay in treatment.

From an initial focus on preventing mother-to-child transmission of HIV, today m2m Peer Mentors provide family-centred support from pregnancy and childhood to adolescence. Through our Early Childhood Development programme, we look beyond survival to give children the opportunity to thrive, and then provide them with knowledge and skills in adolescence to protect the next generation from HIV infection.

We also partner with governments and other NGOs to spread the Mentor Mother Model and its benefits, which has dramatically scaled our programme beyond what we would have been able to achieve alone.



OUR IMPACT

Since m2m was founded in 2001...

More than 11M women and children under age two have been reached by our services.

Over 10,000 jobs have been created by m2m for HIV-positive women.

According to our most recent programme evaluation, in 2018...



m2m enrolled **894,837 new clients** directly into our programme, a **22.5% increase** from the year before.



m2m has achieved **virtual elimination** of mother-to-child transmission (MTCT) of HIV for five years in a row, with a transmission rate of just **1.3%**.



Over **1,500 women** living with HIV were employed directly by m2m as Community Health Workers called “Mentor Mothers”—creating economic wellbeing for themselves and their families.



30,775 children and caregivers benefitted from our integrated Early Childhood Development (ECD) services in four countries.



m2m enrolled **289,500 adolescents and young adults** (aged 10-24) in 2018, an **18% rise** over the previous year.



99% of our HIV-positive clients were adherent to their treatment more than 80% of the time—that is sufficient to suppress the virus and keep them healthy.

Relebohile Leatha, a Mentor Mother in Lesotho, runs an m2m site with one other Mentor Mother at a health centre staffed with seven nurses. She provides education and support services to more than 1,000 antenatal and postnatal women and 1,400 children each year.



My life changed at the age of 15 when I fell pregnant and was shocked to test HIV-positive. Although I did not understand everything the nurses told me, I took the treatment to protect my baby from infection and my daughter was born free of HIV. I decided to go back to school and that is when the real hardship started. I became sick with TB and other students did not want to sit near me. I felt isolated and alone. A few months later, my life changed when I met mothers2mothers. The Mentor Mothers shared their life stories, taught me how to adhere to my treatment, and to be confident with my status. Finally, I had found people to talk to, people who really understood what it feels like to be living with a lifelong illness. I started working for mothers2mothers in 2014. I am now the one giving hope to other adolescent girls and women who have tested positive for HIV. The best thing in my job is seeing women and families who are empowered to get the healthcare they need.

¹ Global strategy on human resources for health: Workforce 2030, World Health Organisation (2016): http://www.who.int/hrh/resources/pub_globstrathrh-2030/en/
² aidsinfo.unaids.org
³ UNAIDS Data 2019
⁴ Child Survival: <https://data.unicef.org/topic/child-survival/under-five-mortality/#>
Maternal Health: <https://data.unicef.org/topic/maternal-health/maternal-mortality/#>

HQ: mothers2mothers
office: +27 (0)21 466 9160
contact: info@m2m.org

Europe: mothers2mothers U.K.
office: +44 (0) 203 867 7120
contact: europe@m2m.org

North America: mothers2mothers U.S.
office: +1 646 808 3431
contact: us@m2m.org

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