

METHODIST CHURCH NIGERIA
AMAUDO ITUMBAUZO

2018 ANNUAL REPORT

OVERVIEW

It exciting to announce that in 2019 Amaudo will mark 30 years of consistent rehabilitation of people who are mentally and homeless and provision of affordable and accessible mental health care through a community mental health programme in Nigeria.

On 5th December 2014, Amaudo marked her 25th anniversary. During the anniversary a symposium on **“AMAUDO ITUMBAUZO – Settlement of Peace: Examining Community Based Psychosocial Services in sub-Saharan Africa”** was conducted by Amaudo Itumbauzo. The speaker at the symposium was Adeyinka Akinsulure- Smith PhD of the Department of Psychology City College of New York, USA. Dr Akinsulure -Smith reviewed the performance of Amaudo in providing mental health care to the people of South East Nigeria since 1989 when it was founded by Sister Rosalind Colwill.

Dr Akinsulere revealed that Amaudo which started as a residential rehabilitation center with 2 residents in 1989 had at 2014 developed other programmes to ensure that wider population receive quality mental health care. Such programmes include: -

1. **The Community Mental Health Programme (CMHP)** -which provides affordable and accessible community mental health care to people who have mental health problems through 73 mental health clinics located in local communities across Abia, Imo, Ebonyi and Anambra states in South East Nigeria
2. **The Mental Health Awareness Programme (MHAP)**, launched in 2009, to address issues of neglect, discrimination, stigmatization and human rights abuse for the people with illness and to increase referrals to the community mental health clinics –
3. **The establishment of 9 Self Help Groups (SHG) on Mental Health** to ensure that people who have been treated of mental illness come together to support each other and engage the government on good mental health policy, increase funding in mental health etc.
4. **Project Comfort; a Community Based Rehabilitation (CBR) for Children with physical and learning disabilities.** The Project works in remote rural communities to provide rehabilitation for children with various forms of physical and learning disabilities as well as provided training and support for their parents and caregivers on skills in managing children with disabilities.
5. **Community Mental Health Care Experience** for Student Nurses of Universities and Schools of Nursing in South East and South Nigeria
6. **As well as Infrastructural developments**

However, Akinsulure -Smith in the presentation also stated that despite the progress made in developing services to provide mental health care for the people, **Amaudo recognizes that there are more needs like mental health for older adults, children & youth mental health and mental health for pregnant women and components of prevention.**

Subsequently, Amaudo’s plan after the 25th anniversary was to integrate her programmes into a “Comprehensive Community Mental Health Programme” (CCMHP) that will strengthen the Community Mental Health Programme and the Residential Rehabilitation Centre to meet the mental health needs of a wider population.

This report will examine remarkable progress the Project has made to strengthen her services to meet the mental health needs of the population after the 25th anniversary and the focus of the project in the years ahead.

MENTAL HEALTH ACTIVITIES

1. SCALE UP OF REFERRAL TO COMMUNITY MENTAL HEALTH CLINICS THROUGH THE FREE MOBILE MENTAL HEALTH CARE FOR PEOPLE IN RURAL COMMUNITIES IN ABIA STATE

Amaudo provides affordable and accessible mental health care to people in their communities through the community mental health programme. A review of the community mental health programme activities (especially the referrals of people with mental illness to the community mental health clinics) in 2016 showed that though the programme was actively providing mental health care for people with mental health problems in communities, referrals of people with mental health problems to the community mental health clinics within their local government areas was poor, there were still many hidden cases of people with mental health problems who were isolated in their homes in rural communities because of poor mental health knowledge, poverty, poor access to mental health care, and sometimes identified mentally ill patients do not adequately engage by attending clinic regularly. As a result of these the burden of disease is not well determined; Stigma is perpetuated; communities remain ill-informed about mental illness; over time, nurses lose their skills and are not well informed/updated about new developments in community mental health care.

Amaudo therefore developed the “Free Mobile Community Mental Health Care and Awareness Programme” to provide free mental health care to the rural population, improve mental health knowledge in communities, engage the community leaders in mental health care to improve care and provide a platform for nurses to interact and support each other. **The result of this programme is to improve access to mental health care and increase referrals to the community mental health clinics.** The Free Mobile Community Mental Health Care and Awareness Programme was flagged off in 2017 at Ibere Community, Ikwuano Local Government Area of Abia State and was successfully conducted in the three Senatorial Districts of Abia State namely Abia North, Abia Central and Abia a South Senatorial Districts in 2018

Over 220 people with various mental health problems were treated and referred to the Community Mental Health clinics or psychiatric hospitals nearest to them for continues care. Psychiatric doctors, Psychiatric nurses, general nurses, social worker, care givers worked together to provided mental health care for the people.

2. REHABILITATION OF PEOPLE WHO ARE MENTALLY ILL AND HOMELESS

HIS EMINENCE DR SAMUEL CHUKWUEKA KANU UCHE, PRELATE METHODIST CHURCH NIGERIA OFFICIATED IN THE DISCHARGE SERVICE FOR 29 PEOPLE WHO WERE MENTALLY ILL AND HOMELESS REHABILITATED BY AMAUDO

The rehabilitation of people who are mentally ill and homeless continued in 2018. 45 people who were mentally ill and homeless were picked off the street for rehabilitation at Amaudo in 2018. Out of the number 29 were completely rehabilitated and certified mentally stable to live with their families. The 29 rehabilitated people were discharged and reunited with their families on 1st December 2018 at a divine service which was officiated by His Eminence Dr Chukwuemeka Kanu Uche- Prelate Methodist Church Nigeria. The prelate was assisted by Most Rev C. R. Opoko the Archbishop of Umuahia, Rt. Rev O.C Chiemeka the bishop of Uzuakoli, Rt Rev Best E. Okike the bishop of Uturu and a host of other ministers dignitaries like Kate Lumley the CEO of Amaudo UK, Sir Emmanuel Ndukwe Chairman of Amaudo Management, Government officials and guests. Since after the 25th Anniversary in 2014 Amaudo has rehabilitated 119 people who were mentally ill and homeless and reunited them with their families.



Figure 1. His Eminence Dr S.C.K Uche handed over certificate of discharge to the discharged residents.



Figure 2. His Eminence Dr S.C.K Uche prayed for the discharged residents

3. THE MENTAL HEALTH TRAINING FOR FAMILY MEMBERS OF DISCHARGED RESIDENTS

The rehabilitation of people who are mentally ill and homeless at Amaudo centre culminates with the reunion of residents with their families. It is important to state that discharge service would have little impact if there is no effective plan to reunite residents with their families. Amaudo has strengthened and sustained the reunion of residents with their families through a training on mental health organized for the families of the discharged residents. The training for the families of the 2018 discharged residents was conducted on 30th November 2018. It was also time for the families to off load their thought about mental illness and their anxieties and doubts on their relative who is coming to join them after rehabilitation at Amaudo. We carefully ensure that each question is answered to the best satisfaction of our guests. You can imagine the joy and embrace by families and the discharged residents. This activity has greatly reduced relapse, discrimination at home and poor care.

4. PROVISION OF AFFORDABLE AND ACCESSIBLE MENTAL HEALTH CARE THROUGH THE COMMUNITY MENTAL HEALTH PROGRAMME: OVER 6800 PEOPLE RECEIVED TREATMENT

The Community Mental Health Programme continues to provide assessible and affordable mental health care to people with mental health problems in their communities. Over 6800 people with mental health problems are receiving mental health care from the 73 community mental health clinics spread across Abia, Imo, Ebonyi and Anambra States. Most of the people who are receiving mental health care from the Community Mental Health Clinics have become mentally stable and they are gainfully employed as they can care for themselves, support their families and contribute to the economy of the Nigeria.

5. MENTAL HEALTH EDUCATION: COMMUNITY MENTAL HEALTH CARE EXPERIENCE FOR STUDENT NURSES

Amaudo provides community mental health care experience for student nurses from various Schools of Nursing and Universities in Nigeria like the Federal School of Psychiatric Nursing Calabar, School of Nursing Federal Medical Centre Umuahia, School of Nursing Abia State University Uturu, Abia State University Teaching Hospital Aba etc. Over 1050 students have participated in community mental health care experience since 2014. The training has helped the students to improve their skills in providing mental health care thereby improving the quality of care for the people with mental disorders. The training for student nurses in mental health care enhance the proper integration of mental health care within the Primary Health Care in Nigeria.



Figure 3 Student nurses at Amaudo for experience

6. PROMOTION OF MENTAL HEALTH IN NIGERIA - NNEOMA FLORENCE UCHE'S EXAMPLE

Nneoma Florence Uche, Wife of the Prelate Methodist Church Nigeria selflessly celebrated her birthday on 1 December 2018 with the people who are mentally ill and homeless undergoing rehabilitation at Amaudo Itumbauzo Centre for mentally ill destitute. Nneoma Florence Uche who lives in Logos ignored the glamour and dignity of celebrating her birthday in the cosmopolitan city. Rather she chose to cut her birth day cake in the remote community of Itumbauzo flanked by people who are ordinarily abandoned and rejected by families and the society. Nneoma Florence Uche has taken the lead among influential women to promote mental health in Nigeria. Her action has strengthened the call for provision of support, care and treatment and the rights for people who have mental health problems instead of the current practice of stigmatizing and neglecting them which most individuals, families, governments and the society do. This is a remarkable way to promote mental health in Nigeria.



Figure 4. Nneoma Florence Uche, Wife of the Prelate celebrated her birthday with the Residents of Amaudo Itumbauzo

7. COMMUNITY BASED REHABILITATION (CBR) PROVIDED FOR 60 CHILDREN WITH PHYSICAL AND LEARNING DISABILITIES

Through the Amaudo Project Comfort Community Based Rehabilitation (CBR) for Children with physical and learning disabilities 60 children with various disabilities like club foot, etc were rehabilitated in their communities in Bende, Ohafia and Isuikwuato Local Government Areas of Abia State as follows 15 children rehabilitated in Bende, 30 children rehabilitated at Ohafia and 15 children were rehabilitated at Isuikwuato. Amaudo brought hope to families who were hitherto hopeless because of the burden of the disabilities their children suffered.



Figure 5 A clients on Community based rehabilitation

8. SUPPORT TO THE SERVICE USER GROUP

The Nine Self Help Groups (SHG) namely Umuahia North, Umuahia South, Ikwuano, Ohafia, Isiala Ngwa, Obowo, Okigwe and Mbano were strengthened through the formation a central leadership to manage the 9 groups centrally while the various local leaders continue to attend to local matters of their groups. The Central leaders where trained on advocacy skills. They conducted a mock advocacy visit to the Director of Amaudo after which they paid advocacy visit to the Head of Department of Health Umuahia South Local Government Area, Abia State. The revolving micro credit has also been centralized for effective supervision. 3 members of Self-Help Group received the sum of Forty Thousand Naira each in 2019 from the Self - help group revolving micro credit scheme to enable them to engage in their businesses like trading etc. Three members of the group who have been receiving loan have become financially stable having raised enough capital to sustain their business hence the did not request for new credit in 2019.

9. LIFE AT AMAUDO 2

Amaudo 2 remains a peaceful community for transition for discharged residents who are yet to join families because of some challenges. Some Residents at Amaudo 2 are becoming old they need more care and support currently of their life especially the female residents. We are trying our best to ensure that the centre has enough staff to take care of the residents despite the challenges



Mama Comfort is over 80 years



Amaudo 2 gets a new cassava grinding machine donated by Amaudo UK



The Helping Hands school is active. Teacher are happy to teach because they receive their salaries regularly. THANKS TO AMUDO UK

10. IMPROVING OUR INFRASTRUCTURE FOR A SAFETY AND HYGIENE

- ✓ COMPLETION OF REROOFING OF 18 BUILDINGS
- ✓ COMPLETION OF RETICULATION OF WATER TO 24 RESIDENTIAL HOUSES
- ✓ CONVERSION OF 34 PIT TOILETS TO WATER SYSTEM TOILETS
- ✓ REROOFING OF 28 TOILETS
- ✓ CONSTRUCTION OF WATER STAND
- ✓ RECONSTRUCTION OF COMMUNITY HALL



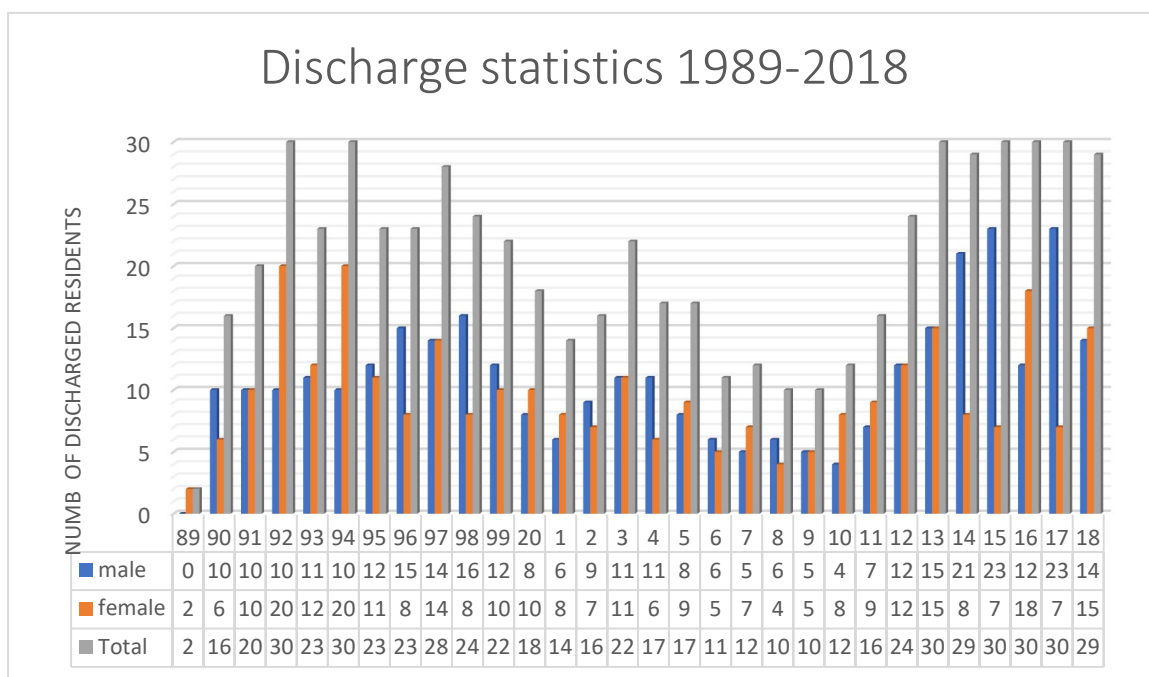
New look of the A1 community hall being reconstructed

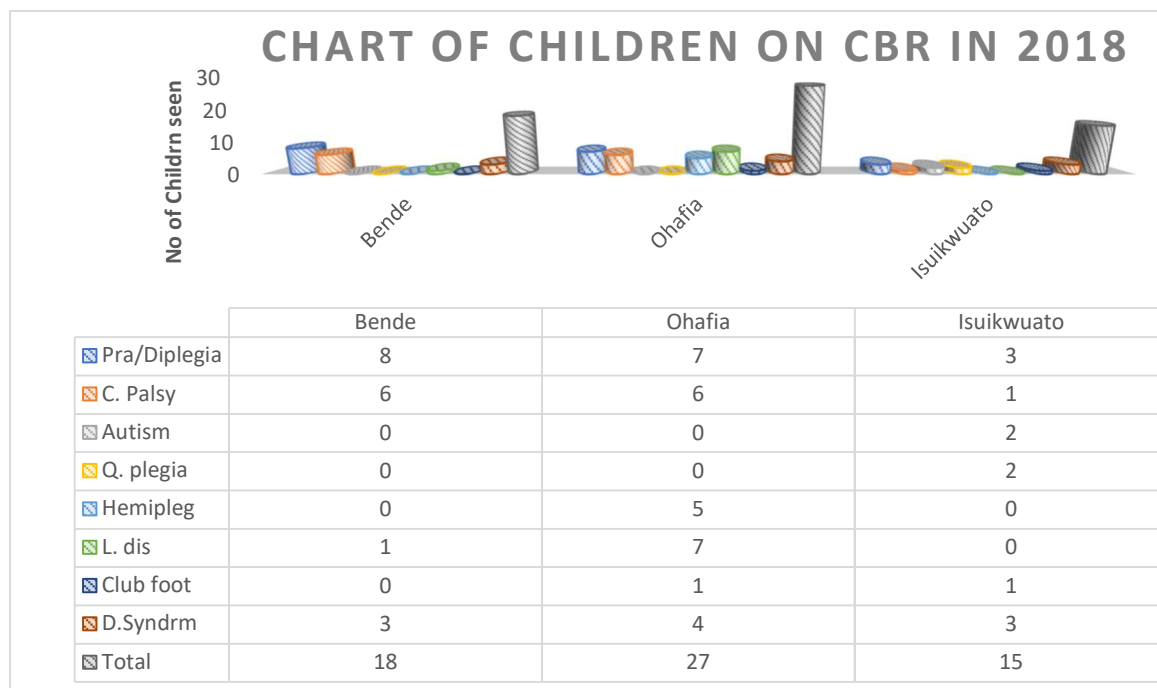


Old look of the A1 community hall

11. STATISTICAL DATA

METHODIST CHURCH NIGERIA, AMAUDO ITUMBAUZO														
STATISTICS OF PEOPLE WITH MENTAL ILLNESS WHO WERE TREATED IN														
THE COMMUNITY MENTAL HEALTH CLINICS IN ABIA STATE FROM JAN-DEC 2018														
LGAs	JAN	FEB	MAR CH	API RL	MAY	JUNE	JULY	AUGU ST	SEPT	OCT	NOV	DEC	TOTA L	
Umuhia North	88	91	95	93	75	86	88	88	89	85	86	88	1052	
Umuhia south	29	29	20	24	25	25	35	36	30	32	30	33	348	
Ikwa no	45	42	47	43	46	42	42	52	36	35	46	47	523	
Isialangwa North	18	19	75	93	0	0	25	34	35	43	35	59	436	
Isialangwa South														
Aba South	21	20	27	39	32	26	28	14	22	54	36	45	364	
Aba North	7	7	8	7	4	5	7	9	7	8	8	7	84	
Ukwa East	5	4	2	2	2	11	12	14	15	18	10	8	103	
Ohafia	26	20	22	17	13	12	21	21	19	16	17	20	224	
Uzuakoli Bende	10	5	8	11	11	0	5	5	2	2	4	6	69	
Umunneochi	17	20	17	29	13	18	15	24	29	27	9	7	225	
item Bende	11	6	11	11	14	10	8	8	9	9	8	10	115	
TOTAL	277	263	332	369	235	235	286	305	293	329	289	320	3533	
AVARAGE	46.16	43.83	55.33	61.5	39.16	39.16	47.66	50.83	48.83	54.83	48.16	54.16	589.6	
	67	33	33		67	67	67	33	33	33	67	67	67	





12. FOCUS

Amaudo will focus on strengthening our services to meet the needs of our service users as well as ensure more effective collaborations with local and international partners.

13. RECOMMENDATION:

- I. The Diocese of Uzuakoli and other Methodist Dioceses in Nigeria should support Amaudo through a mental health intervention like pharmacological intervention, scaling up access to mental health care etc.

14. CONCLUSION: We sincerely appreciate our local and foreign partners like Amaudo UK, Methodist Church Nigeria, Abia State Government including Corporate bodies and individuals who have continued to partner with Amaudo to provide mental health care for our people. We extend the appreciations of all our service users and their families to you. Kindly continue to support Amaudo to provide mental health care to our population.

VERY REV KENNETH E. NWAUBANI
DIRECTOR

THE AMAUDO TEAM



