

AMAUDO

INTEGRATED COMMUNITY MENTAL HEALTH FOUNDATION

2021 ANNUAL REPORT

DIRECTOR'S REVIEW:

We started activities in 2021 with great expectations and excitement because of the relaxation of the lockdown and other preventive protocols of the COVID 19 pandemic that slowed down social and economic activities in 2020, but we were amazed because of violence and insecurity that increased in Nigeria in the first quarter of 2021. All regions of Nigeria were affected, like in the Northern part of Nigeria, killings, abductions, cattle rustling increased, in the Western part of Nigeria, there were ritual killings with farmers' herders' conflicts, and in South-eastern Nigeria, there were the killings of security men and burning of security buildings by unknown gunmen. The people were ordered to sit at home in the Southeast by nongovernment actors like the Indigenous People of Biafra (IPOB). The increase in insecurity in Nigeria resulted in socioeconomic difficulties like displacements, an increase in the cost of food and services, difficulties in transportation of goods and services, and the movement of people within Nigeria. The insecurity and the associated challenges increased the economic and social problems caused by the COVID 19 pandemic in Nigeria. This situation affected Amaudo's activities in 2021 because the cost of goods and services went up while local and foreign donation and funds were low. It was also difficult for us to travel and attend to clients in various communities due to restrictions in movements in Southeast Nigeria.

Amaudo was able to carry out successful project activities in 2021 despite the challenges. We admitted 28 people for rehabilitation and 20 became mentally stable. They were discharged and reunited with their families on 4th December 2021. Amaudo provided mental health care for over 5000 people through the community mental health program in Abia, Imo, Ebonyi and Anambra states. Through Project Comfort, we provided community-based rehabilitation (CBR) for 96 children with special needs in Bende, Isuikwuato and Ohafia Local Government Areas of Abia State. We conducted a community mental health outreach in Arochukwu. At the event (57) people with mental health problems were treated and there was mental health awareness for over 400 people in the Atani community. Amaudo also trained 120 Student Nurses in "Community mental health care". There were infrastructural developments like reroofing of the chapel at Amaudo 1, equipping the conference hall, and investment in Agriculture like cassava, oil palm, and poultry for sustainability.

In 2021, Amaudo was registered with the Corporate Affairs Commission Abuja as a charity organization in Nigeria as "AMAUDO INTEGRATED COMMUNITY MENTAL HEALTH FOUNDATION". This registration is necessary for Amaudo's proposals for funding by governments, multinational agencies, and corporate organizations and for legal backing for our services.

The year 2021 was not easy for our foreign partners like Amaudo UK because there was an increase in deaths caused by COVID 19 in the UK and other Western countries, but we thank God for protecting our partners in the UK. Despite the problems in 2021, Amaudo UK, Abia State Government, Methodist Church Nigeria, some corporate bodies, and individuals remained committed to supporting Amaudo. The Board, Management, and staff of Amaudo remained strong and positive through the challenges of 2021. We did not record any death.

We give God the glory for enabling Amaudo to survive the challenges of 2021 when many organizations closed their operations.

This report will therefore highlight the activities carried out by Amaudo in 2021.

PROJECT ACTIVITIES IN 2021

RESIDENTIAL REHABILITATION: In 2021, we had 64 residents admitted for rehabilitation at Amaudo 1 and 2. Amaudo remained committed to rehabilitating people with mental health problems in a community where residents and staff live, work, play, worship and eat together. Residents receive food, provisions, prescribed drugs for physical and mental health care. Rehabilitation activities include training on skills like tailoring, hairdressing, bead making, trading, and farming to enable them to earn livelihood and support themselves when they are discharged.

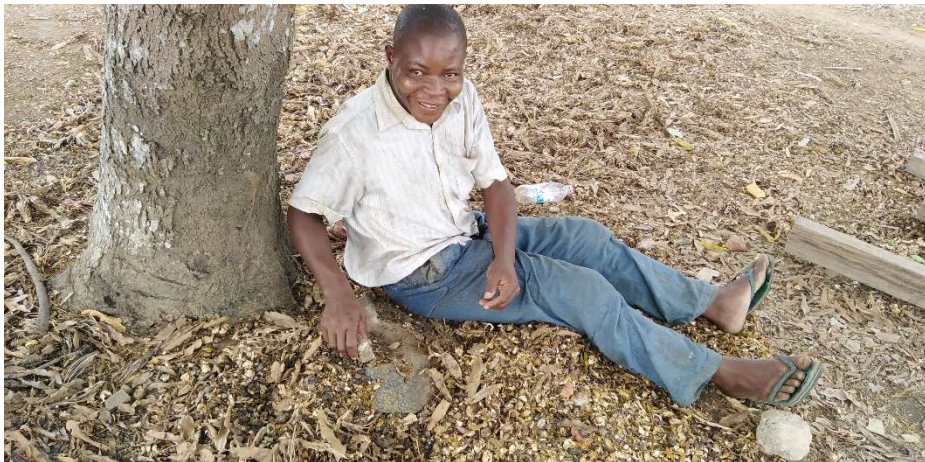


Figure 1. A Resident undergoing rehabilitation at Amaudo

2021 Discharge Service

Twenty (20) mentally stable residents were discharged and reunited with their families on 4th December 2021. The discharge service was low-key due to insecurity and the Covid 19 pandemic. The service was officiated by Rt Rev Best E. Okike the Bishop of Uтуру, Very Rev Kenneth E. Nwaubani the Director of Amaudo and other ministers. Some relatives of the discharged residents and members of the local communities attended the service.



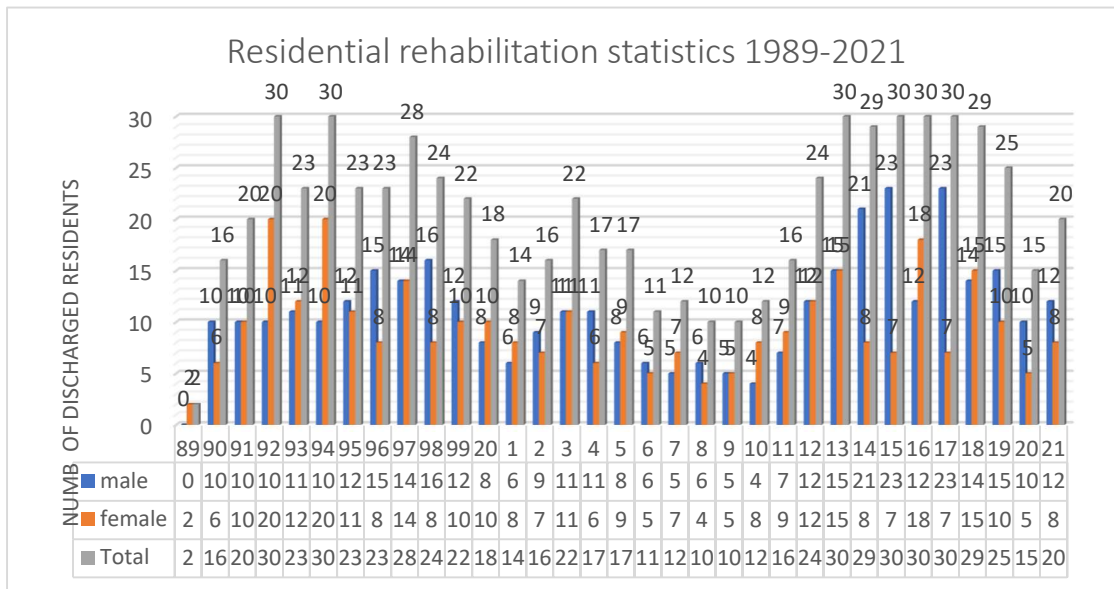
Figure 2. A discharged resident in a handshake with Bishop Best Okike the Bishop of Uтуру

Training on mental health was organized on Friday 3rd December 2021 for the discharged residents and their families at Amaudo. The training was aimed at training the families of the discharged

residents on basic skills to support the residents at home and for integration into the larger society. The training was attended by 15 families.

Amaudo Residential rehabilitation statistics for 2021

Category	male	female	total
Amaudo 1	16	24	40
Short stay	3	1	4
Amaudo 2	10	10	20
Total	29	35	64

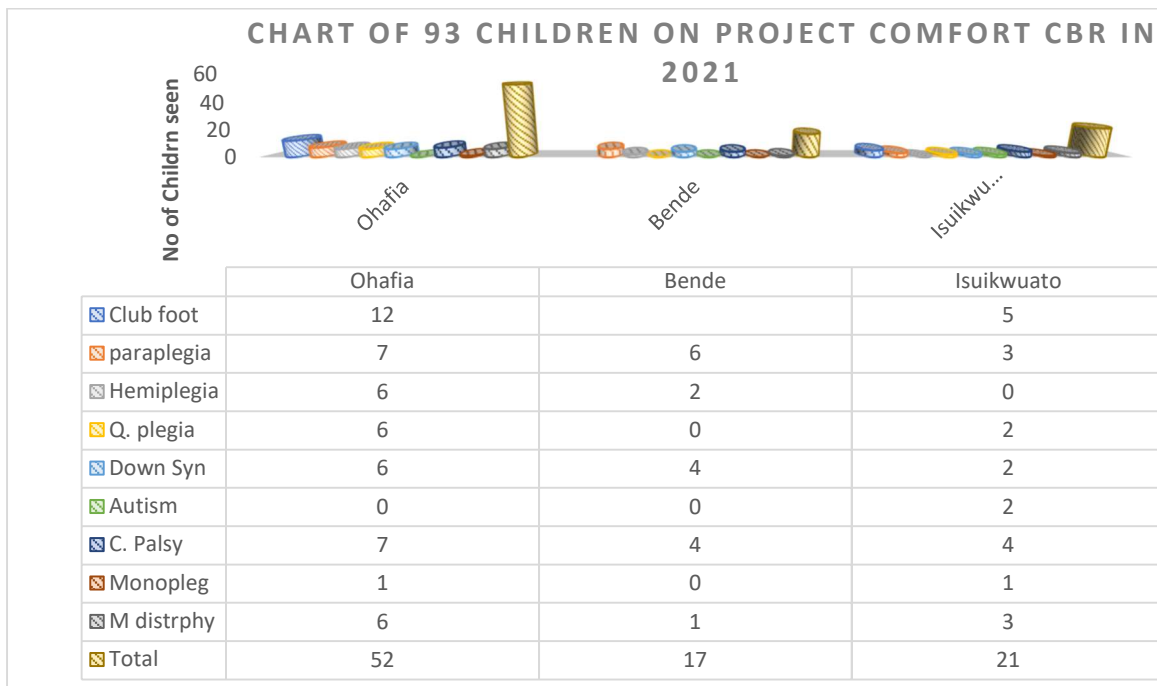


Community mental health programme: The community mental health programme is actively providing mental health care for people who are mentally ill in the communities in Abia, Imo, Ebonyi and Anambra States. The Community Mental Health Programme has suffered some setbacks because of lack of commitment by the governments of the beneficiary states especially Ebonyi and Anambra States which indicated by non-replacement of retired psychiatric nurses.

Project Comfort: Project Comfort has continued to provide community-based rehabilitation (CBR) for children with disabilities in communities in Bende, Ohafia and Isuikwuato Local Government Areas of Abia State. Presently 93 children are benefitting from the rehabilitation service by Project Comfort. This project has helped to correct conditions in children like club foot, monoplegia etc that would have resulted in permanent disability when the child has become an adult. Some children with physical or learning needs have been supported by Project Comfort to enrol into schools for basic education. Rehabilitation devices like wheelchairs, special shoes, clutches etc are provided for the children. Below are the statistics



Figure 3. A child receiving correction of club foot by Project Comfort CBR



THE FREE MOBILE COMMUNITY MENTAL HEALTH CARE PROGRAMME: We conducted the Free mental health outreach at Arochukwu Local Government Area in 2021. The activity was conducted on 10th July 2021 at Atani hall Arochukwu. 25 mentally ill people were treated, and 3 severe cases were taken to Amaudo for rehabilitation. The Mental health outreach is aimed at treating people who are mentally ill in their communities, educating community leaders, and caregivers on mental health issues and engaging the government and communities in mental health care.



Figure 4. Amaudo's team persuaded a mentally ill man to accept treatment at Atani in Arochukwu LGA during a mental health outreach programme in the Local Government.

SELF HELP GROUP (SHG): The self-help group on mental health is an association of people who have mental health problems and their caregivers. They come together to discuss common needs and challenges. Amaudo has established a microfinance loan scheme for them to enable them to obtain capital for trading, farming or other micro-investments. They also learn skills like productions of detergents, confectionaries etc. The self-help group advocates for their rights at various levels of society.

STUDENT NURSES TRAINING: Seventy-five (75) Student Nurses from the Federal School of Psychiatric Nursing Calabar and School of Nursing Umuahia participated in community mental health care experience at Amaudo from in 2021. Many schools could not send their students to acquire the mental health experience in 2021 because of the COVID -19 pandemic and insecurity.



Figure 5 A batch of student Nurses at Amaudo for experience in community mental health

INFRASTRUCTURAL DEVELOPMENT: We completed the equipping of the conference hall at Amaudo 1 and the construction of 3 toilets and bathrooms at the Special education centre Ntalakwu despite the COVID 19 pandemic.



Figure 6. Amaudo conference hall fully equipped

INVESTMENTS TO SUSTAIN AMAUDO:

Because the COVID 19 has exposed the fact that funding from local and international funders may stop or become irregular at any time because of global disasters like the COVID 19 pandemic, and in order to position Amaudo to increase her local funding, we invested in some projects to help us improve our locally generated funds. The projects include:

- i. **Agriculture:** Our investment in agriculture is yielding good results. We have sustained the centre through cassava and oil palm produced from Amaudo. Through the poultry farm, we have started supplying eggs to Amaudo 1 and 2 to improve the nutrition of the residents. Some eggs are sold to generate income for Amaudo. The goat farm is now a source of protein to the centres. We will continue to review the progress in this section to ensure we maximize the benefits.



Figure 7. Amaudo poultry and palm processing

- ii. **SHORT-STAY WARD:** The short-stay ward enables Amaudo to admit people with mental health problems referred to the centre by their relatives for rehabilitation. The family will pay some money for the period of rehabilitation. This is helping to generate funds for Amaudo. The referral of people who have mental health problems to Amaudo indicates the improved knowledge of people on mental health and Amaudo services. We must sustain it.
- iii. **Primary health care clinic:** Following our new name as Amaudo Integrated Community Mental Health Foundation” we have reviewed our Memorandum of Understanding with Abia State Primary Health Care Development Agency to include the provision of primary health

care at the centre at Itumbauzo. This project is to provide primary health care for members of the local communities who have been affected by the COVID 19 pandemic and to raise funds for Amaudo.

- iv. **STUDENT NURSES HOSTEL BLOCK:** In order to scale up the Training programme for Student Nurses which have been running for some years with yearly intake of about 450 student nurses, Amaudo Nigeria in collaboration with Amaudo UK developed the idea to create a project which combines the capital work of building the accommodation block with the training, awareness-raising and income generation work which will take place at the new conference centre. The project is expected to provide mental health training for student nurses and other professionals like doctor, journalists, ministers, company chief executive etc. If the proposal succeeds, it will fund the construction of the student nurse's hall and increase awareness creation through an organized training programme at the conference hall and generate funds for Amaudo.
- v. **Awareness of Amaudo's work and Mental Health:** This programme which was started on 15th March 2021 is aimed at creating awareness on mental health and Amaudo's work. Through this awareness, more people have known more about Amaudo's work, and they refer their relatives to Amaudo for rehabilitation. The increase in referral is an indication of improved knowledge of mental health issues among people.

Challenges:

1. The economic difficulties created by the COVID 19 pandemic and insecurity in Nigeria has reduced our local and international funding.
2. Gradual disappearance of the African community where everyone belongs, and each has opportunity for growth and development is a challenge to mental health and Amaudo work.
3. The poor state of our road has remained a challenge.
4. Stigmatization and discrimination against people who have mental health problems is a big challenge to Amaudo's work and mental health in general.

RECOMMENDATIONS:

1. The church should refer people with mental health problems to Amaudo or any other mental health hospital for proper care and treatment while praying for their recovery.
2. Methodist Church Nigeria should develop policy to care for ministers/workers who may have a mental health problem
3. Governments at all levels should make and implement human right based laws and policies for mental health care in Nigeria.
4. Governments at all levels, Churches, Corporate bodies, and individuals should support Amaudo by identifying and funding any aspect of Amaudo work like taking up funding of psychotropic drugs, feeding or provisions for 1 or 2 residents for some time, maintenance repair of a building, sinking of the borehole for water, purchase of vehicle etc. The support will reduce the high cost of rehabilitation on Amaudo.

APPRECIATION/CONCLUSION

We wish to appreciate God Almighty for all his blessing and protection upon Amaudo throughout the difficulties experienced in 2021. We equally thank God for protecting all the Trustees of Amaudo UK and other foreign partners through the year 2021.

We thank His Eminence Dr Samuel Chukwuemeka Kanu Uche for supporting Amaudo through payment of salaries of Ministers stationed at Amaudo.

We are grateful to Amaudo UK for supporting Amaudo Itumbauzo despite the situations occasioned by COVID 19 pandemic in the UK. We particularly thank God Almighty for keeping Sister Rosalind Colwill alive despite the COVID 19 pandemic that claimed many lives in the UK.

We are grateful to Abia State Government for the Subvention paid to Amaudo even when resources are lean.

We are grateful to the Board and Management of Amaudo especially the out-gone Board chairman Rt Rev O C Chiemeka and the Management Chairman Sir Emma Ndukwe. We gladly welcome the new Board Chairman Rt Rev Dr James A. Anyanwu and wish him successful work in Uzuakoli Diocese.

We commend all the staff of Amaudo for their commitment and resilience in serving humanity at Amaudo. We thank our host communities and all individuals and corporate organizations who have supported Amaudo through the years. May God bless you all

Very Rev Kenneth E. Nwaubani
DIRECTOR