

A NATIONAL COLLOQUIUM TO MARK 2013 WORLD MENTAL HEALTH DAY IN AKWA IBOM STATE

THEME: “MENTAL HEALTH AND OLDER ADULTS”

WHO IS MMF?

The Mobile Manna Foundation (MMF) is a registered NGO and Charity (CAC/IT/43532) in 2011, assisting the Government to solve social problems arising from mental illness. The MMF evacuates, treats, trains and rehabilitates mentally ill persons in Akwa Ibom State and counsels the public on mental challenges since 2008. We have our Mental Health Rehabilitation and Research Centre at No 72 Ikot Udoro Road, off Ikot Ekpene Road, Uyo. Opened to the public and where patients are undergoing rehabilitation. All our services are rendered free of charge to the benefiting communities. It is our vision to assist the Government in providing world-class mental healthcare in Nigeria. The Mobile Manna Foundation is a member of the *World Federation for Mental Health (WFMH)*. The Foundation intends to host 2013 World Mental Health Day Celebration in Uyo, Akwa Ibom State, on 10th October, 2013 in collaboration and partnership with the governments, organizations and institutions in Nigeria.

WHAT IS WORLD MENTAL HEALTH DAY?

World Mental Health Day is an annual event that is globally celebrated all over the world on 10th October. The World Health Organization joins in celebrating the World Mental Day. The day is celebrated at the initiative of the World Federation of Mental Health using its strong relationship with the Government ministries of health and civil society organizations across the

globe. The theme for 2013 World Mental Day is “**Mental health and older adults**”. This year marks the 21st anniversary of World Mental Health Day in the world.

The event of the World Mental Day was founded by Richard (Dick) Hunter (1914-2004) and was established in 1992. He eventually became the Deputy Secretary General of the World Federation for Mental Health. After a period planning, the Federation proclaimed 10 of October as World Mental Health Day, and Mr. Hunter looked for ways to build support for it. The World Health Organization agreed to become a co-sponsor, and the project was also supported by the Carter Centre, when former U.S First Lady, Mrs. Rosalynn Carter agreed to become honorary chair of the event.

The immediate goal was to draw attention to mental health as a cause common to all people across national, cultural, political and socioeconomic boundaries. The longer term goal was to establish parity for mental health with physical health in national health priorities and services. The Federation’s Secretariat received reports from about 40 countries that first year describing a wide range of activities to promote mental health causes. It was pleasing to see that the Day had clearly focused official and public attention in so many countries where mental health was very low on political agendas and poorly resourced.

Today, the event has gained a global interest and the day has been set aside to celebrate and create awareness on the promotion of mental health in the society. In order to assist the Government and promote mental health in this part of the world, the MMF intends to organize educational enlightenment and awareness programmes to mark the day.

HISTORY OF WORLD MENTAL HEALTH DAY IN AKWA IBOM STATE.

The first ever celebrated World Mental Health Day in Akwa Ibom State took place on 10th October, 2012. The occasion started with a public lecture on “Mental Health in Nigeria: Challenges and Prospects” presented by Dr. Festus Abasiubong, MMBCH; FWACPysch, Head of Department, Mental Health Department University of Uyo Teaching Hospital (UUTH). The lecture was held at Bethlehem Hall of St Peter’s Parish, University of Uyo. This was followed by a road walk or a sensitization campaign by the members of Mobile Manna Foundation from the University of Uyo, to No 72 Ikot Udoro Road, where our Mental Health Rehabilitation and Research Centre (MHRRC) was opened to the public.

The inauguration of the Centre was performed by the Chief Judge of Akwa Ibom State, Justice Idongesit Ntem Isua represented by the Assistant Chief Registrar, Akwa Ibom State Judiciary. Other important personalities present during the occasion included the Akwa Ibom State Chairman, Nigerian Medical Association, Dr. Udoabang, the immediate past Commissioner for Women Affairs and Social Welfare, Mrs. Helen Ukpabio and other personalities too numerous to mention. The representatives of Uyo Diocesan Catholic Women Organization were also present at the occasion and donated food items to support the pioneer patients at the Centre.

SIGNIFICANCE OF WORLD MENTAL HEALTH DAY

Looking back over general trends in the field in the past two decades, it is clear that there have been substantial changes in the place of mental health at global, national and local levels. High quality epidemiological research has helped qualify the extent of mental health disorders on

individuals, families and societies. Increasingly, mental health services are becoming stronger and better integrated into primary healthcare settings. Treatments are becoming more effective and readily available.

The World Mental Health Day remains an important vehicle to advance mental health objectives world-wide and to press for continued improvements in giving of care to mentally ill persons. It illustrates the ways in which the World Federation for Mental Health works to promote advocacy at a global level and facilitate engagement with governments as well as with local communities by way of its NGO network and outreach. According to Prof Max Abbott, the president of WFMH (1991-9193), World Mental Health Day provides a time for mental health advocates to reflect on what has been accomplished, a time to take stock of what still needs to be done and to develop plans and strategies, and a time to feel part of an international family with common concerns and ambitions.

OBJECTIVES OF 2013 CELEBRATION IN AKWA IBOM STATE

The objectives of our celebration this year include the following:

1. To create awareness campaigns on mental health and substance abuse in Akwa Ibom State.
2. To make mental healthcare accessible to those who are in need especially the less privileged members of the society in Akwa Ibom State.
3. To enlighten and educate the public on mental health situation in Akwa Ibom State.
4. To solicit for an improved funding of mental health by the Government in Akwa Ibom State.

STRATEGIES AND ACTIVITIES

The following strategies will be adopted for the fruitful and effective celebration in Akwa Ibom State:

1. Promotion of counseling services to the youths with substance abuse and mental health related challenges, and adults suffering from depression and other mental diseases in Akwa Ibom State.

2 Encouragement of free medical diagnosis and treatment at Mental Health Rehabilitation and Research Centre,(MHRRC) Uyo, Psychiatric Hospital, Eket and Mental Health Department University of Uyo Teaching Hospital (UUTH), Uyo.

3 Organization of educational forum for mental health and older adults, through the National Colloquium. The following papers will be delivered at the Colloquium:

- a. Mental illness and human rights: The Victims, Families and Communities in Focus.
- b. Substance Abuse and Mental Health of the youths and older adults in Nigeria: A Way Forward.
- c. Mental Health and Economic Development: The Effects of Depression on National Workforce of Nigeria.

4. A Charity Fundraising Dinner in support of mental health in Akwa Ibom State.

EXPECTED PARTICIPANTS

The participants at the National Colloquium and other programmes will be drawn from:

- a. **Health Practitioners**-Nurses and doctors and other personnel from all health institutions and members of Nigeria Medical Association (NMA), Akwa Ibom Chapter
- b. **Students**: The Students of College of Medical Sciences and Department of Psychology, University of Uyo will be encouraged to participate actively as they stand to benefit a lot from the Colloquium as future players in the health sector.
- c. **Women Groups**: The women groups in Akwa Ibom State through the Ministry of Women Affairs and Social Welfare will be invited to the celebration in order to mobilize grassroots support for the mental health of women in particular as the most vulnerable victim of mental illness.
- d. **Public**: The interested general public will be invited to the celebration. We shall work closely with the youth groups in Uyo metropolis and our members to create the expected public enlightenment campaigns.

REQUEST FOR SPONSORSHIP

According to Dr. Gabriel Ivbijaro: “This year’s World Mental Health Day provides us with an opportunity to think about the practical things that we can do. Doing nothing is not an option.” Therefore we solicit for collaboration and sponsorship by the Government, organizations, and private sectors and other key players in the health services in Nigeria in order to make this year celebration a success.

ESTIMATED BUDGET

S/N	Items	Amount	Remarks
1	Publicity		
a	NTA	450,000.00	25000 x 3 times X 60 days=450,000.00
b	Atlantic FM	756,000.00	4200 x 3 times x 60 days =756,000.00
c	Planet FM	900,000.00	5000 x 3 times x 60 days =900,000.00
d	AIT	400,000.00	(Spotlight coverage twice)
e	Akwa Ibom FM	450,000.00	2500 x 3 times x 60 days =450,000.00
2	Honorarium	300,000.00	For three speakers @ 100,000.00 each person.
3	Air transportation	100,000.00	Estimated for two speakers who will be coming from outside Akwa Ibom State.
4	Land transportation	100,000.00	Airport shuttle and items runs for speakers and organizers
5	Venue/ accommodation fee	250,000.00	Proposed venue, Amazing Grace e-Centre, or Onyema Ugochukwu Hall, University of Uyo, or Multipurpose Judiciary Hall
6	Communication/Media	100,000.00	Internet projector, phone calls, screen and desktop publishing, invitation cards
7	Entertainment/Lunch	500,000.00	Estimated for 500 participants and guests @ 1000 each.
8	Production of handbills and posters	100,000.00	
	TOTAL	4,406,000.00	Four million Four hundred and Six thousand naira only.

CONCLUSION

The World Mental Health Day celebration challenges us to reexamine the state of mental health and older adults in our country, especially in the light of the ongoing Uncommon Transformation. It is an opportunity to recommit ourselves and resources to give care to those suffering from mental illness in a community based facility, provide treatment at the Primary Health Centres, make psychotropic medication accessible to those in need, and monitor the general mental health of the members of the society, and fund researches in order to enhance the mental health in our country. Together, we can prevent unnecessary suffering of our people!

Thank you.

Rev. Fr. Dr. Donatus **Ukpong**

Founder/CEO

Adia James **Echem**

Research Associate