

Annual Magazine

Chiromist

Chiromo Mental Health Hospital Magazine

Special Edition 2020

**State of
Mental Health
in Kenya**

**Mental Health
amid Covid-19**

**24
years**
of Recovery in
Dignity

WWW.CHIROMOMHH.CO.KE

Our Vision

To provide dignified, quality mental healthcare in Africa.

Our Mission

To pursue excellence in the delivery of mental health services by adhering to evidence-based practices.

Our Core Values

- Respect
- Honesty
- Innovation
- Reliability.

Our Corporate Tagline

Recovery in Dignity

Chiromo Mental Health Hospital

P.O. Box 1501-00606 Nairobi. Kenya.
+254 769 398 128 | 0800 220 000 (Toll Free)
info@chiromomhh.co.ke
www.chiromomhh.co.ke

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Editorial

By **Gathoni Mbugua** | Clinical Psychologist & HOD Digital

The world is yours; Go conquer it

Things may at times seem hard, but hard does not mean impossible. This year has been tough given the burden by the global nCOVID-19 pandemic that saw a total disruption to our daily lives. The lesson drawn from these events have deeply assured me that the mind is very capable of adjusting, readjusting and restructuring to novel, unprecedented and unpredictable situations that seem daunting. Great guide from my mentors are to "begin to do what is necessary, followed by what's possible & you will be doing the impossible."

Looking at the edition of the Chiromist's 10-year anniversary and working on this 24th anniversary issue has been life affirming that we are not merely shaped by the Grand things we do once in a while, but what we do consistently. This can be seen clearly by the work Chiromo Mental Health Hospital together with her friends and partners in the near quarter century existence have done in offering promotive, preventive and curative mental health services in Kenya and Africa, and I dare say globally.

Today more than ever I am deeply convicted that whatever dream you may have in your heart can be achieved and I hope you enjoy reading this 24th Anniversary issue of the Chiromist. It contains reflections and comments from key actors in the life of the hospital. The Chairman of CMHH, Dr. Frank Njenga, succinctly shares the strategic milestones, the corporate social impact and the future of CMMH brand. Dr. Betty Gikonyo testifies on her visit to the Hospital. Our COO, Dr. Hongo, articulates the CMHH Brand legacy & value of partnerships. Our anchor & partner Psychiatrists Dr. Syengo, Dr. Nabila & Dr. Kemunto offer their invaluable experience in Mental Health and hold custody of the future. Tele psychiatry was recognized by the government in the early stages of the pandemic and Maryanne Mugane describes its evolution.

Dr Linnet Ongeru gives an excellent summary of the Mental Health Task Force. The partnership with Amref International University and the realty of the Advanced Diploma in Applied Mental Health Practice make for interesting reading by Dr. Lucy Njiru. The MoH Director of Mental Health, Dr. Simon Njunguna, describes the transformative societal role of CMHH. Enjoy this issue as it continues to build up on our work from the 10th Anniversary edition of the Chiromist.

Finally, let us work together. We can make a difference. Let's normalize checking on our mental wellness just as we do our physical wellness. A healthy body and mind together work towards achieving a mentally healthy society. I welcome and thank you all.

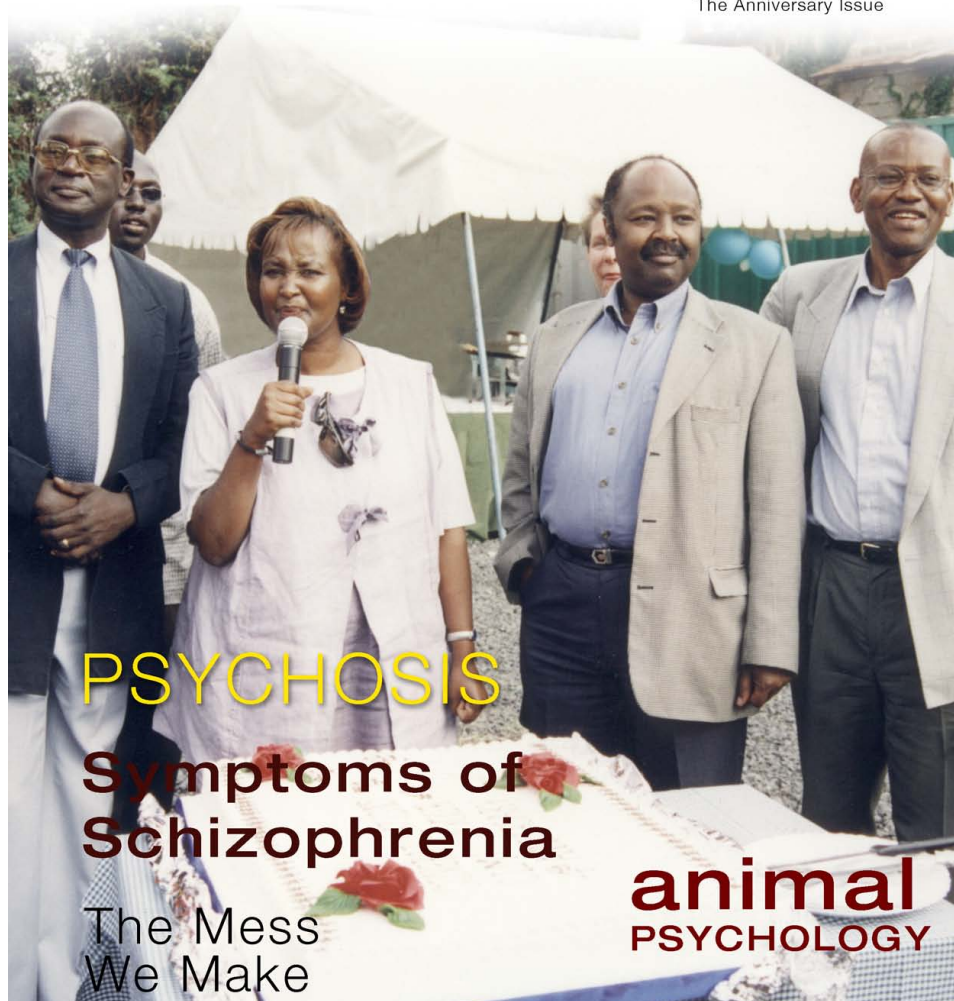
Your Mind Matters. Your Mental Health First.



July 2006

Chiromist

The Anniversary Issue



PSYCHOSIS

Symptoms of Schizophrenia

The Mess We Make

animal PSYCHOLOGY

Celebrating 10 years!

Publisher

Chiromo Mental Health Hospital
P.O. Box 1501-00606 Nairobi. Kenya.
+254 769 398 128

Head of Finance & Administration

Musa Korir -
m.korir@chiromomhh.co.ke

Editor / HOD Digital relations

Gathoni Mbugua
g.mbugua@chiromomhh.co.ke

Contributors - Dr. F.G. Njenga,

Dr. Betty Gikonyo, Dr. Lucy Njiru,
Edmund Mujumba, Dr. David Wairoto,
Dr. Nabila Amin, Damaris Lilech, Gina
Din - Kariuki, Dr. Simon Njuguna, Dr.
Catherine Syengo, Dr. Linnet Ongeru,
Dr. Silvia Kemunto, Zawadi Kimari,
Maryanne Mugane, Jacqueline Anundo,
Gladys Waruguru, Dennis Njoroge,
Pendo Ochola, Tiffany Ndei.

Design & Production

Alex Mounde.

Photography

Daniel Mugo, Adrian Adagi.

CMHH Executive Committee

Dr. Vincent Hongo - COO
Musa Korir - Finance & Admin Manager
Dr. David Wairoto - Corporate Psychiatrist
Gladys Waruguru - Corporate Services
Manager
Maryanne Mugane - Psychology Ser-
vices Manager
Gerald Gachuhi - Hr Business Partner
Sylvia Mugo - Admin and Executive
Assistant - COO
Jackqueline Anundo - Training & Re-
search Manager

Directors

Dr. Frank Njenga
Dr. Marx Okonji
Alice Wahome
Anthony Wainaina
Max Cooporse

THE NUMBERS

Mental Health Facts.

264M

People affected by
Depression globally

14

The age at which 1/2
of all Mental conditions
start

15-29
Years Old

Suicide is the leading
cause of deaths in
people aged 15-29

The Chairman's Corner

by **Dr. Frank. G. Njenga**



It is difficult to believe that the words reproduced above were written in the Chiromist, almost 15 years ago.

They seem prophetic and relevant to this day. They also serve to reaffirm the purpose and mission of our existence as an institution. We exist to serve people who have mental health needs in a safe and dignified environment. This has been our promise and commitment since registration as a company on 9th June 1995. It took two more years before we could open the first branch which took in the first patient on 27th July 1997. We have, since then treated tens of thousands of IN and OUT patients. More branches have opened since then; the old Bustani on Muthangari Road in 2001, and the Braeside branch in 2017.

It is in pursuit of our vision that the new hospital was conceived four years ago. The newest branch in Lavington opened its doors to the first patients on Sunday 7th June 2020. This was at the height of the Covid-19 pandemic. The new beds were a most welcome addition to our bed capacity in response to our clients who had demanded high quality private rooms.

Some have described the new Hospital as a masterpiece of architectural design, while others have marvelled at the attention to detail. We believe it has served to close a gap in clinical service delivery in our region. Many have opined that one has to see to believe this new land mark in the skyline of the city of Nairobi.

The new hospital was designed as a place where light, air and green, were in abundance and as a deliberate contrast to many mental health facilities all over the world that have poorly lit rooms devoid of the dignity provided by adequate light and ventilation. The design was intended to contrast the often dehumanising conditions that drive the stigma so common in some hospitals. All the in and out patient areas have captured this all embracing architectural philosophy. Additionally, safety and security remained in sharp focus during the design stages. This we believe has, to a large measure been achieved.

The end product has remained true to the motto 'Recovery in Dignity,' while retaining the highest possible levels of safety and aesthetics. Staff welfare and comfort were also central to the design process. This has been

achieved throughout the facilities set aside for the staff including a room set aside for lactating mothers. This we believe to be an important aspect of ensuring diversity and inclusivity.

Fifteen years ago, we emphasized the fact that the future of our practice depended on the recruitment and retention of highly trained professionals in all fields of our endeavours. We have, though new and some very old, partnerships remained focused on the need to train all our staff some of who were with us at the very beginning. The recently started collaboration between us and Amref International University is an example of this commitment to excellence. From January 2021, we will train a new cadre of mental health care worker, armed with practical skills in the delivery of care. Over the years we have had to retrain graduates of local and international universities who come with excellent paper qualifications but with little or no clinical exposure.

Another central tenet of our DNA is continuing training and mentorship. Over the years, we have not only sponsored young psychiatrists to attend local and international conferences; we have organised and run numerous mentorship programmes for young psychiatrists and psychologists. Graduating classes from local universities have been taken through the challenges they would expect as they enter the real world of practice. We thank the many partners including senior psychiatrists who have worked tirelessly in this most noble task. They have given freely of their time





and experience and must for that, be thanked further for this service to future generations. Our collaboration with the Aga Khan University Hospital alluded to in the Chiromist 15 year ago continues to grow from strength to strength.

Social and community engagement has been enhanced in ways not envisaged at the time of the 10th anniversary. Our presence in the social media space is a good example of the impact and reach that has been made possible by embracing technology as a tool of public education. It has also served as a tool of dealing with the double challenge of stigma and discrimination. Through weekly and sometimes daily engagements, we have been able to reach tens of thousands of people with accurate and reliable mental health information through a medium that is easily accessible.

We have, since the COVID-19 pandemic was declared become the leading player in the field of Tele psychiatry. Having been licensed since April 2020 to provide this service (by the Medical Practitioners and Dentists Council), we have seen several thousand patients via a variety of platforms (including zoom and Skype) which has increased our reach to patients in the whole country and the region. We are now able to serve patients in all parts of Kenya and beyond.

More than thirty psychiatrists and psychologists regularly admit patients to our fa-

cilities, and this number is increasing rapidly. Many are housed in the doctors Plaza located at the new Hospital. We have promised them the highest possible care for all patients, underpinned by the commitment to evidence based clinical practice. In return for their support, the CMHH has committed to remit to them their professional fees earned and received, by the 15th of every month.

The look and feel of all the units has continued to improve and all efforts to maintain the facilities in a clean and dignified state will be increased. Those who have visited any of our branches in the recent past stand as witnesses to this new look and feel.

It will now be obvious to all who come to the hospital that there is a sense of increased urgency in the way that we do things. New uniforms are complemented by the new attitudes that have been inculcated in the staff that now enjoy work in a more corporate organisation where formal and predictable targets are set for individuals and departments. Many have commented on the fact that the staff feel more confident and secure in their employment since they were offered new permanent and pensionable terms of employment.

The future of the Hospital will be secured by its fidelity to its core values, clarity of its purpose in society, and its determination to keep patients, staff and partners at the centre of all that it does.

The future of the Hospital will be secured by its fidelity to its core values, clarity of its purpose in society, and its determination to keep patients, staff and partners at the centre of all that it does.

Telepsychiatry

The future of Mental Health in Kenya

by **Maryanne Mugane** | Psychology Services Manager

E-therapy is the application of the internet to facilitate both synchronous (real time) and asynchronous (time delayed) interaction between a qualified practitioner and a client with the intent to facilitate psychotherapy. Care is delivered through videoconference, phone calls, virtual reality, email, chat services or a combination of these mediums.

The dynamics of the sessions would pretty much be synonymous to a face to face interaction however with the convenience of accessing your therapist at the comfort of your home, office or any other private location for example doing your session in a quiet part of Uhuru Park, Karura forest or even your shamba. The various facets to psychotherapy can be undertaken from a psychiatric intake, evaluation, diagnosis and intervention program. The versatility of technology allows for the practitioner and the client to enjoy as many dynamic models of therapeutic techniques as they exist from watching psycho-educative videos, reading a shared document through share screen to even having a small group or family interaction. The evaluation of progress to ensure the client is progressing well is done regularly or intermittently through sending the assessment tool of choice which the client fills and shares back to the therapist.

To ensure there is minimal chance of getting unwanted visitors in the virtual room, the sessions are password protected. The therapist also should be well versed with the medium to manage any glitches. Having a backup service provider or medium is key. For instance if the internet is unstable, using a phone call instead, would work well.

Our Outpatient Services

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24-Year Chiromo Mental Health Hospital Brand Legacy

Word from the Chief Operating Officer. by **Dr. Vincent Hongo**

CMHH is a Specialized Premier Level 5 facility with a 24-year legacy of providing dignified, quality mental healthcare in Africa and a mission of pursuing excellence in the delivery of mental health services by adhering to evidence-based practices.

CMHH has 3 strategically placed facilities in Nairobi with 131 core professional team members serving in the mental healthcare space with utmost respect, honesty, innovativeness & solid reliability within a consolidated 180-bed Brand. The core team has a buttress of 28 actively admitting Psychiatrists, 2 Physicians and a wide range of other Medical Specialists. Working together, the CMHH team offers Recovery in Dignity.

24-Year CMHH Brand Value Proposition

CMHH has a 24-year legacy of providing Promotive and Preventive quality Mental Healthcare services as well as Management of Mental Illnesses that delivers Recovery in Dignity. CMHH has robust programs on structured regular Mental Wellness for individuals and corporates.

CMHH has established a comprehensive Digital Relations arm that coordinates the rigorous engagements with the key actors on the digital mental healthcare landscape. This noble role goes a long way in normalizing the conversation around mental health and help increase access to quality mental healthcare in Africa.

In collaboration with our partners, CMHH offers Training in Advanced Diploma in Applied Mental Health Practice, Psychological First Aid and participate in Mental Health Research aimed at advancing the extant Mental Health knowledge.

Mental Healthcare Current Challenges

Covid -19

The Covid-19 pandemic has had devastating consequences globally and severe disruption on the global economy with attendant profound mental consequences in society and arising need for mental healthcare services globally. COVID-19 has disrupted or halted the pre-existing low-level access to quality Mental Healthcare services.

Stigma

In our society, mental illness is considered a disability or taboo as opposed to an illness. This fuels the stigma that hinders access to evidence-based Mental Healthcare services. At the CMHH Brand, Mental Illness is Not Disability (MIND).

Investment in Mental Healthcare



There's an inadequate investment by the society and the Governments in mental healthcare. With the rising demand for mental health care services globally, there's a great need for a commensurate deliberate increase in investment by Corporates and Governments to enable the delivery of quality mental healthcare.

24-Year CMHH Brand Legacy Future

Partnerships

CMHH 24 - year legacy is anchored on long-term partnerships. The staff members and partner Consultants at CMHH play a critical role in the delivery

of Recovery in Dignity to our clients. We will continue to invest in the holistic workplace satisfaction, staff wellness and full compliance to Covid-19 protocols. Deepening the near quarter-century partnership with individual and corporate clients will remain nuclear to our existence. The substantial shift of business activities to the digital platform informs CMHH granular investment in the Digital Relations Arm in digitalising mental healthcare engagements.

Mental Health Wellness Programs

As a leading Mental Healthcare provider in the region, CMHH

will increase the individual/corporate access to quality Mental Healthcare wellness programs. Working with her partners, the CMHH activity focus will be on the Promotion of holistic optimal Mental Health and Prevention of Mental Illnesses.

Training and Research

In collaboration with her global partners, CMHH will increasingly invest in Training & Research in Mental Healthcare. This will go a long way in filling in the existing skills gap among the mental healthcare professionals while increasing the number of skilled mental healthcare providers.

Dr. Gikonyo's Visit to Chiromo Mental Health Hospital

by **Dr. Betty Gikonyo**



In late June 2020, I visited Chiromo Mental Health Hospital, a modern facility that has been established by a team lead by Dr. Frank Njenga an old friend and classmate. I had seen the hospital project develop as I regularly drove on Muthangari road in Lavington, our suburb

It was time to see for myself the now completed and functioning Hospital. As we drove through the gate, we were ushered into a parking lot surrounded by well-manicured flower gardens. A basement parking was the alternative but that was for future visit.

We were met by a beaming Frank Njenga at the Main entrance of the hospital. His characteristic smile was not only welcoming but exuded satisfaction for achieving this great milestone.



After the usual niceties Frank wasted no time in showing us around the entire hospital. Quite a bit of a cardiovascular exercise climbing those staircases to the roof top where the lecture theatres are located. Frank had decided that the tour starts from there which meant an easier relaxed walk downwards. We visited each and every department.

As we toured the facility, three attributes stood out for me namely; great ambiance, plenty of natural lighting and greenery. Attention to detail was obvious in all the various areas of the new Hospital. There was a warm atmosphere all around.

Admittedly it is central to the healing process of those who were, and those who will need to seek the services of this Mental Health Facility.

Executing a hospital project is not for the faint hearted, speaking from my personal experience. An audacious dream that assails one, day and night is the starting point... However, dreaming must be followed by a detailed execution plan.

This must have been the case with Frank and his team.

They have executed a marvel of a medical facility complete with inpatient, outpatient ser-

vices, Doctors' Plaza (With Accredited Psychiatrists & Psychologists), a learning centre, and well thought out amenities for patients and staff who work there.

Visitors have been provided for quite thoughtfully. The gazebos in the gardens for visitors and counseling sessions were conspicuous in adding to the comfort of different users.

Congratulations Frank and your partners for overcoming many hurdles to complete and finally open the doors of this unique hospital. Chiromo Mental Health Hospital has brought dignity and respect for those afflicted, and has no resemblance to the old school mental Hospitals.

My parting shot as your friend, classmate, professional colleague and fellow medical entrepreneur,

"I am very proud of you"

Our Medical class 1970 is really a blessed lot. We have developed medical institutions that will outlive us. These constitute part of our legacy for future generations.

**Dr. Betty M. Gikonyo, SS, MBS
Founder & Chairman,
The Karen Hospital.**

Our Corporate Partners

word from our partners.



Dr. Lucy Njiru

Practicing Clinical Psychologist and Lecturer at Amref International University

Amref International University: Advanced Diploma in Applied Mental Health Practice.

The negative consequences of undetected and unmanaged mental illness to individuals, communities, and the society are well documented. Evidence has shown that with adequately trained mental health professionals, these adverse consequences of mental health may be significantly reduced.

Chiromo Mental Health Hospital partners with AMREF University for Mental Health Training

In Kenya, reports indicate that mental health illnesses are on the rise yet there is a shortage of mental health professionals. Additionally, reports have revealed that many academic training programs for mental health professionals in Kenya concentrate on theoretical component in training neglecting the practical component. To address this gap, Amref international University recently launched the Advanced Diploma in Mental Health Practice (ADAMHP) program.

The ADAMHP is an intense uniquely designed one year practical-oriented course which will equip students with adequate skills and competences in clinical/intake interviewing, mental illness and psychological assessment, diagnosis, treatment planning and intervening using evidenced-based approaches. The uniqueness of this program is its emphasis on the practical component in training, an area that has been ignored in many mental health professionals training programs in developing countries at undergraduate and postgraduate levels. Besides, this program will help students to gain skills in lobbying and advocacy for mental health services inclusion in policies and programming at institutional, communities, and society levels. Students will also learn how to demystify myths and stigma attached to mental, emotional, and psychological challenges.

The instructional format is interactive and combines a variety of teaching methods. Students have the option of enrolling for weekdays (Monday to Thursday) or weekends (Friday and Saturday) classes. Thirty-three semester credit hours are required to complete the program. The course work and practicum will run concurrently, with theory comprising 25%,

practicum covering 60%, while project work will consume 15% of program requirements. Theory classes will be held at Amref International University, located strategically near Wilson airport, while supervised practicum placement will take place at Chiromo Mental Health Hospital, located along Muthangari Road, Valley Arcade in Nairobi-Kenya.

The major consideration for ADAMHP admission is a desire to gain competencies for engagement in practical mental health care giving. Applicants must have: a Bachelor's degree from an accredited institution; a major in psychiatry, psychology, counseling, or demonstrated equivalent with a minimum undergraduate GPA of 2.5 on a 4.0 scale. Master's degree holders who wish to advance their skills in mental health assessment, and treatment planning, and intervening using evidence-based approaches are also eligible and will be considered for enrollment.

The ADAMHP graduates are prepared to assume careers in various mental health service provision settings including hospitals, non-governmental organizations, corporate & government institutions, institutions of higher learning, colleges, and schools. Also, graduates are prepared to open their own counseling practices, work in drugs/substances rehabilitation centers and homes for the aged and children, and/or pursue postgraduate education.

The ADAMHP program is in line with the niche of Amref International University that seeks to equip health workers with requisite knowledge, skills and attitude in promotive, preventive, rehabilitative and palliative health thus Inspire Lasting Change

To register for this exciting academic opportunity, go to www.amref.ac.ke/courses/adamhp/ or make enquiries at Email: enquiry@amref.ac.ke; Call: +254 741 743 871 or +254 20 699 3280



Dr. Nabila Amin

Consultant, Psychiatrist

“Daktari, i feel very low, I have been feeling this way for a long time. I feel like am trapped in this tiny box, am suffocating; I don't know what to do._

(Feeling very sad and helpless) _“I have done so many bad things including abusing substances and neglecting my daily *Salah* (prayers)... Am a sinner, Allah will not forgive me. Daktari I can't bear this anymore i better be dead._

I haven't told anyone at home about my suffering, I know they won't understand. They will tell me to go back to Allah, work on my *imaan* (faith), practice *sabr* (patience), read more Quran and the list goes on.... Daktari I know I should do these things and I would have loved to do them but I just can't, I don't have the energy to do anything”_ sob sob sob

This is a snapshot of one of my sessions with a Muslim client suffering from a mental illness.

You are surprised!!! Yes... This too happens to Muslims.

While growing up we have been made to believe that an average Muslim family are not supposed to be depressed and that depression and anxiety is from *shaytan* (devil), that these are signs of weak *imaan* (faith)

It's a taboo to talk about emotional pain, suicidal thoughts or mental ailment in a normal Muslim family. This has caused a lot of stigma, myths and misconception around mental health in our community and has markedly affected our health seeking behavior in terms of mental illness..It's high time We as a community had an attitudinal change in our approach towards mental health.

Mental health according to WHO, is a state of wellbeing where

1. An individual realises their own abilities.
2. Can cope with the normal stresses of life
3. Can work productively and fruitfully
4. Are able to make a contribution to their community.

Mental illness is as real and as serious as Cancer or a heart disease. Mental illness is not a western phenomenon. Mental illness is not a sign of weak *imaan*. Mental Illness is not always a sign of *Jinn* possession (*maruhani*) nor *ayn* (evil eye) nor *hasad* (envy)

Mental illness can affect anyone from any society and the Muslim community is not immune to mental illnesses. I would like to urge my Muslim brother and sisters, family and friends to take serious our mental well-being. To speak about it and help us help our community prevent and adequately manage mental illnesses.

However good our intentions, it is paramount that we add value by equipping ourselves with the right help where the right skill set and knowledge can be administered to help overcome these struggles.

Mental health is real and should be treated as seriously as physical health.

As it is also mentioned in the Quran; let's not shy off from seeking professional help when we need it.



Damaris Lilech

Director, KPMG

The Role of Chiromo Mental Health Hospital in our society is more critical now than ever before.

Mental patients have been stigmatized for a long time in our families, work places and the general society. Mental conditions have been categorized as different types of illnesses that no one wants to be associated with.

In the African context it is in fact seen as a curse. It is time we rise and make the society understand that mental health is key for the success of our societies and play a role in destigmatising mental related conditions”.

Gina Din- Kariuki

Director, Gina Din Group

I am absolutely delighted to contribute to the 24th anniversary of the Chiromo mental health wellness centre. My association with the centre has been through Dr. Frank Njenga with whom I have had a close working relationship for many years. Frank has been the leading light in the area of mental health in this country long before many people understood the importance of paying attention to the way we feel emotionally. Whenever there’s been a national disaster I have had the fortune of working with Chiromo and the wonderful team of professionals to set up platforms and discussions to those effected by the trauma. As a country we need more facilities for mental health and it is encouraging to see the continued investment Dr. Frank Njenga and the team at Chiromo continue to make in this very important area.

In 2020 there are a lot of conversations around mental health - in schools and universities, political debates, in the media - and so I think that attitudes are changing. As a country we are grateful that Frank Njenga began those conversations long before mental health was a trend. I look forward to many more years of collaboration with the team.



Dr. Simon Njuguna

Director, Mental Health, Ministry of Health

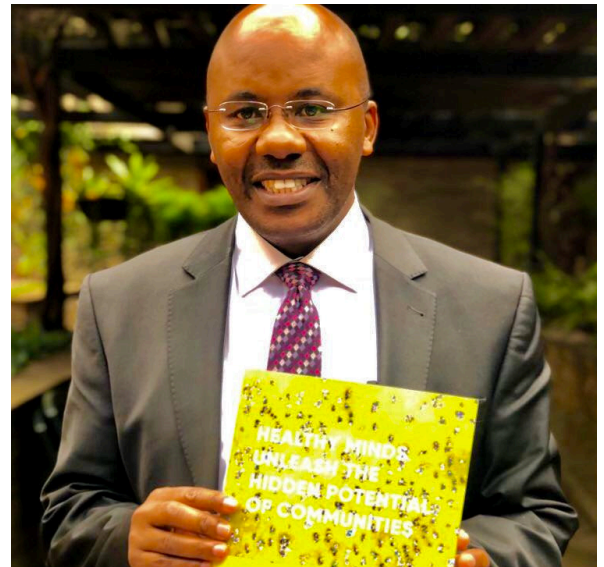
I take this opportunity to congratulate Chiromo Hospital community in marking 24 years anniversary. Chiromo hospital has been an important stakeholder in the transformation of mental health services in this country. Just to mention a few key areas of their contributions:

Promoting service delivery with respect and dignity. Multi-disciplinary and holistic care.

Supporting capacity building and mentorship of mental health professionals.

Public mental health education and awareness creation through different channels - media, online platforms, workshops, corporate and community engagements.

The hospital has continuously provided a serene and high standards environment for



quality care and recovery, as well as a friendly community of healthcare providers which goes along way to demystify mental health services and combat stigma.

I wish the Chiromo Hospital community, a happy anniversary and continued growth to serve Kenyans and the wider region.

Dr. Catherine Syengo

Director, Nairobi Mental Health Services Medical Center

The Chiromo Mental Health Hospital Presidential North Wing Suite and the Executive Single Occupancy Rooms attest to the hospital's tag line of "Recovery in dignity". As a psychiatrist it gives me great pleasure to know that my patient is accessing services and

facilities which if I was in their shoes I would be happy to utilise

The admitting doctors, psychologists, nurses, administrators, receptionists and support staff are experienced specialists with great passion for their work.



Parenting and Mental Health

The 4 types of parenting Styles

By Dennis Njoroge



It is always a joy when you become a parent, to some, it's a great milestone. However, being a parent is like starting school all over again from kindergarten. And, everyone has got an opinion on how a child must be raised and they implement the same to their children. It turns out parents have a common way of parenting thus researchers came up with the following four parenting styles:

Authoritative Parenting

Some believe this is the most beneficial parenting style for children. The parents are more involved with the child. They believe in dialogue **“Let’s talk about it”**.

Characteristics of Authoritative parents:

- Set clear standards.
- They are flexible.
- Assertive.
- Democratic.
- A lot of Nurturing to their children.
- Have high expectations but are clearly explained to the child.

Authoritarian Parenting

For this type of parenting style, the parents have the **“Because I said so”** policy.

Characteristics of Authoritarian parents:

- Lean more on discipline **“Spare**

the rod and spoil the child”.

- Have high expectations with narrow flexibility.
- Less nurturing to the child.
- One-way communication: What I say stands.
- Autocratic; dismisses a child’s opinion or thought.

Permissive Parenting

Permissive parents allow their children to have their way. They hardly enforce any rule on them. **“You are the boss”**.

Characteristics of permissive parents:

- Nurturing and warm to the child.
- Less expectation.
- Avoid confrontation.
- Lenient: hardly punish the child.
- Open communication, however, it’s more like the child has the final verdict.

Uninvolved Parenting

They have the **“You’re on your own”** mindset where they allow too much freedom to the child. Some will have conflicting priorities, for example, career and parenting where they often choose the career.

Characteristics of Uninvolved parents:

- Have little time for their children.
- Absent.
- Limited communication.
- Little nurturing is involved.
- They are passive.
- They come off as neglectful.

In conclusion, research has it that children raised by authoritative parents, tend to have a better and positive outcome later in life. Besides, the authoritative style equips them to face real-world challenges.

Happy parenting to you all.



Authoritaritative parents.

“Let’s talk about it”.

Navigating ADHD in the Covid-19 Pandemic

By **Zawadi Kimari** | Clinical Psychologist

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental condition that the executive function.

This is the part of the brain that regulates and modulates thinking, emotions and action. The executive function deficits make up the characteristic symptoms of ADHD which occur through three distinct presentations: the predominantly hyperactive type, the inattentive type and the combined type.

Management of ADHD demands for a strict structured way of life, consistent Mental health assistance, social connectivity and a conducive 'working' environment that does not exacerbate the symptoms. However the emergence of COVID-19 pandemic Interrupted these management strategies consequently leaving the individuals living with ADHD significantly more vulnerable to distress streaming from the pandemic.

Some practical tips that can help mitigate this disruption include:

Keeping in touch with your mental health professional team through virtual appointments. This is vital to maintain the consistency necessary in one's treatment regime. Behavioral techniques that were in place pre-COVID should be continued as well. These include the

use of accountability people to facilitate consistency in execution of obligations, reward systems to generate external motivation systems.

Doing the basics. These include: proper feeding patterns, a regular sleep schedule, personal hygiene and exercise.

- Maintaining schedules. ADHD thrives in structure therefore setting up a routine for

daily activities that mimics pre-COVID life to some degree helps in creating some semblance of control and order.

- Maintaining a regular social life through connecting with loved ones virtually. Social isolation is known to exacerbate symptoms and precipitate mental health difficulties.

- Finding creative and practical outlets such as taking up a do it yourself project, journaling, reading, and other hobbies.

- Practicing mindfulness such as through grounding yourself in the present and understanding the art of impermanence to limit overthinking the current situation



IT'S THAT RECOVERY FEELING.

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Mental Health.

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My Safe Haven

The awakening of the Girl from Bustani



I know you are all wondering, “Who is this girl who became woke?”. We use that word a lot these days, don't we? In this situation, I use it to mean “Aware of”. To realize. To come to reality with the facts.

What were the facts? I am not stupid. I am not an addict. I am not weird. I am not insensitive. I am not impatient. I am not unruly. I am not “driven by a motor” and I am definitely not crazy! (Ok, maybe a little)

For a long time, I thought I was. I thought I was a reprobate. I put myself down, until I went to Chiromo Lane Medical Center Bustani branch (I prefer to use the words forcefully taken, but oh well, no regrets). There, I learnt a lot about myself that I never knew.

I met this remarkable man, Dr. Njenga, together with his beautiful team at Bustani. They helped me understand myself better than I ever have. You'd think you know yourself well until you meet these souls. Haha, it's actually quite funny.

The funniest part of it all, was the day I sat down in Dr. Njenga's office, a week after my admission. We were having a chat about my past life and encounters and the reason I went to Bustani. He asked me if I knew what ADHD was and I told him the little I knew. We had a short chat about it then he smiled and asked me, “Do you think you have any of those symptoms?”. I am not exaggerating when I say, my life flashed right before my eyes and I understood why a smile had

come right before that question.

Well, I guess it's about time I said it. I am a diagnosed ADHD patient. ADHD stands for Attention Deficit Hyperactivity Disorder. It is a condition marked by persistent inattention, hyperactivity, and sometimes impulsivity.

Imagine, 7 out of 10 percent of children are known to have this condition. Some symptoms are read off as the children being unruly. Either because of boredom or impulsivity, both of which are common with this condition, they can go out of their way to cause drama in any way, that can lead to punishments, suspensions, expulsions, drug abuse, just to name a few.

Creating awareness on ADHD is of paramount importance. But guess what? Why not do it in a fun way? Let's start this journey together on ADHD awareness. A few relatable stories maybe? I'll write and all you have to do is read. Not that hard, yes? Hope my blogs from now henceforth enlighten you all as we work towards creating awareness on Mental Health.



Caring for Carers

By **Dr. Silvia Kemunto** | Consultant Psychiatrist



In the wake of Covid 19, the medical fraternity has been facing humongous challenges adding to the already strained working conditions that have been experienced in the past.



As at November 2020, according to the KMPDU, there were about 700 health workers who had been infected with Covid-19, with more than 10 doctors succumbing to Covid-19 related complications, in November 2020. This has further exacerbated the mental health unwellness among the medical practitioners.

Mental health for medical practitioners can be observed at two levels; the individual and work environment. Individual causes of mental unwellness among others include personality type, loss of loved ones/jobs, previous history of mental illness, marital/family issues, financial constraints and adverse childhood experiences.

The negative mental health determinants at work environment level include high number of patients, unforeseen clinical outcomes, toxic work environment, poor life and work balance and unrealistic societal pressure. Furthermore, the compassion fatigue, vicarious trauma and burden of care can lead to mental unwellness.

However, it is of great import for mental practitioners to prioritize self-care, which helps in building resilience, fostering self-compassion, avoiding fatigue and trauma while preventing burn out. This can be done through adaptive coping where doctors can be able to; have realistic expectations, plan for their day to

day, reframe their view, relax, be trained on personal care (good nutrition, exercise, sleep) and have an outlet for discussing problems.

This also means that there should be protective structured mental wellness programs; such as self-care programs, support groups and debriefing sessions within the work environment. Team building activities would go a long way in promoting team work as well as a multidisciplinary approach to optimal self-care.

As doctors we need to invest in ourselves, families and friends. Self care is an invaluable investment beyond the stethoscope.

Digital Relations

A year of awareness

By **Gathoni Mbugua**



www.switchtv.ke

SHAPING AFRICAN CONVERSATIONS

Food, Nutrition and Fitness

GUEST

Paige Elenson
AFRICA YOGA PROJECT

Tamima

Gathoni Mbugua

Gina Din Kariuki

Tomisin Ojo

7 JUL — 5:00PM EAT

Live on Facebook @switchtvkenya



Digital relations has for the past two years worked to raise awareness on mental health.

Mental Health Awareness

Digital relations arm started in oct, 2018 spearhead mental health engagements through partnerships with mental health stakeholders, ensuring that dissemination of accurate information on mental health, mental disorders is given to the public. This role will go a long way to breaking the stigma on mental health, encouraging more and more people to talk, normalize the conversation and change the narrative on our perception on mental illnesses.

#MindfulMondays

#MindfulMondays is a tweet chat that runs every Monday from 10 to 11 AM on the Twitter platform. #MindfulMondays aims to demystify mental health and mental disorders. We reach an average of 80,000 people a week.

Africa Mental Health Tweetchat

This is a continent wide tweetchat that holds quarter conversations with Mental Health Advocated and practitioners, giving insight on the view and perception on mental health, mental disorders and suicide among other principal issues within each country in relations to mental health as well as building referral networks in Africa and standing as one in breaking the stigma put on mental health.

CMHH LIVE

This is an online panel discussion conversation on all matters mental health as well as pertinent issues that affect the society. It is live streamed on

Chiromo Mental Health Hospital Facebook page which has wider read from its pool of over 30,000 followers.

BONGA

CMHH and Capital FM partnered to provide expert support to the Bonga Platform. This is an anonymous platform that allows end users to freely express themselves on their most vulnerable parts of their lives, with Clinical psychologist on the other side handling their concerns in a safe, secure and confidential way.

World Mental Health Day

In commemoration of the world Mental Health Day, CMHH engages in various robust activities that promote mental health, highlighting prevention of mental illnesses and referral for curative services.

2019: CMHH held the first ever Family and Mental Health Walk oct, 2019 at the Karura forest. The aim to have conversations pertaining mental health well begin within the family set up. The family is the core of every individual's life. Family meaning the people closest to you. These are the ones who are first to notice any changes in Behaviour, mood or thoughts. This vital unit is the core support system for better recovery of every individual. The 10KM walk was quite successful with over 150 families divided into various group sessions (Men, women, children, teens, assessments). From these sessions, the Men corner took the longest, was most interactive and active and only ended as darkness threatened to engulf the day. This led to the formation of MAN CAVE.

2020: CMHH celebrated all individuals with lived experiences as they showcased their gifts and talents, through an event Dabbed the M.I.N.D (Mental Illness is Not Disability) FEST. The #MINDFEST2020 hosted over 75 people physically and over 2 million virtually. #MINDFEST2020 was graced by the CAS, Ministry of ICT, innovation

& Youth Affairs- Madam Nadia Ahmed Abdallah, aired LIVE on SwitchTV, as well as our Facebook and YouTube pages. Key partner organizations Janssen- Johnson & Johnson, Safaricom, Bookings Africa, AAR Healthcare, Y254TV and switch TV to make #MINDFEST2020 a success, especially during the nCovid-19 pandemic.

The Man Cave

We recognize the vital role that men play in being pillars of the society and more so the lack of safe spaces for men to open up and talk about their mental wellbeing. Man Cave provides a safe space for men to openly and freely discuss mental health. Last Friday of the month, evening 4-6 pm, we held physical meetings at the Braeside branch, where men came together in oneness for support, for me by men. Slots are through RSVP from Eventbrite and the first meeting had all slots filled within the first few hours of launching, the meetings popularized and attracted more men each time beyond our capacity. This was likely due to the fact that, there strict rules of no phones, no photos, no recordings of the event.

COVID-19 pandemic saw a total disruption of daily lives with reports in the media of high deaths by suicide among men, increase in homicides and domestic violence within homes, financial strained adding to the burden. MAN CAVE continued to have online safe spaces via zoom with the same confidentiality measures being

followed. International Mens Day: 19th Nov, 2020

Chiromo together with other key partners; The Ministry of Public Service and Gender, UNFPA, YMCA, Warran International and Thriving Families to bring the first ever International Men's Day Conference to fruition. The men in attendance enjoyed Free wellness assessments, interactive panel discussion sessions on specific mental health topics such as domestic and sexual violence for men as well as hear life stories of purpose and transformation from other key note speakers. The event attracted an actual reach of 1.6 K views

Mental Health Conference

CMHH played a pivotal role to the first ever Mental Health Conference in Kenya through sponsorship, panel discussions and spearheading the social media strategy for the conference roll out. The key Messaging for the conference was making mental health a public priority.

Other Mental Health Awareness Engagements

Partnerships with the Josiah G. Kariuki Memorial Foundation's soccer tournaments and quarterly talks at the Michael Joseph Centre. Engaging the youth on suicide prevention conversation through recorded discussions launched on YouTube.

Webinars

Global Webinars: i) World Suicide Prevention Day: Exploring a multi sectoral approach to suicide prevention with 10mkey







note speakers across the globe, looking at the role of the youth, Education sector, Health sector, Role of the government, Role of the church, role of childhood adverse Experiences, role of Mental Health practitioners, role of the family, role of the community at large, and the role of the;

Digital Assessment Tools: Brief self-assessment designed to highlight mental health concern and current state of an individual. They are seamless providing instant results and an option for a psychologist to contact the end user. The tools are totally confidential to the user with an aim of encouraging people to keep checking on their mental wellness as much as they pay attention to physical wellness.

The Future

The future of mental health, lies in the digital space, we therefore continue to endeavour to break stigma by normalizing the conversation on mental health as we tirelessly and passionately continue creating mental health awareness, in Kenya, Africa with an aim of a global reach. Mental Health is a Key priority for all.

To keep up with us, follow us on:

-  [Chiromo Mental Health Hospital](#)
-  [@ChiromoMentalHH](#)
-  [@ChiromoMentalHH](#)
-  [Chiromo Mental Health Hospital](#)
-  [Chiromo Mental Health Hospital](#)
-  [ChiromoMentalHH](#)

IS MUMBLING TO ONESELF A SIGN OF MENTAL ILLNESS?

I have lately noticed a trend where many people are mumbling to themselves in public. Is this a sign of growing mental illness?



Your question is not entirely clear and so I will assume you are asking two questions. The first is whether mumbling to oneself is a sign of mental illness, and the second whether there is evidence that mental illnesses are generally on the increase. With regard to the first question, the answer is that some people with mental illness mumble to themselves, but also that some people without mental illness also do the same.

We must make a point we have made repeatedly in the past, which is that mental illness is said to exist in a person, when a constellation of signs and symptoms are confirmed to be present. One sign or symptom is not enough. We know for example that some people with malaria complain of headache. We also know that some people without malaria also complain of headache.

One sparrow, as the old saying goes, does not make a summer! One needs more symptoms to make the diagnosis. Some years ago, we saw a 60-year-old man who was lying in an orthopedic

bed in hospital. His surgeon had called us to see “the old man” because as far as he was concerned, the operation to repair the broken hip had gone well, and the man should be up and about doing physiotherapy

”
“Please find out why this man has refused to go home”

and preparing to go home. The referral note stated the following: *“Please find out why this man has refused to go home”*. The surgeon was frustrated that his otherwise good work did not seem to have a happy ending. The man remained in hospital for a further two weeks. During his hospital stay, a number of facts became known and both the surgeon and the family were surprised that this information had been kept away from them. The first was about the duration of time that the man had been unwell before the fall.

For several months, the man had been feeling tired and sad all the time. When he was unable to sleep at night he was given some sleeping pills by a friend who had a similar problem (insomnia).

So, like the two people with headache, these two people had different medical conditions. Our patient was diagnosed to have a Major Depressive Disorder, while his friend who was taking the sleeping pills was found to have an overactive thyroid gland. Like murmuring to themselves, two people with insomnia ended up with different diagnosis and, therefore, treatment.

Two women presented to us a few months ago and both had the same presenting symptom; gradual loss of libido. Both stated categorically that they loved their husbands but for several months, they had developed strategies of making sure that sex did not take place. Both were afraid that their husbands would stray and possibly break up their marriages.

For more on this story go to our website

The MIND Diet

By Pendo G.N Ochola



Did you know that we have a second brain? The gut is the second brain. This is so because there are almost 600 million neurons in the Enteric Nervous System, that starts from the esophagus to the anus, that allows it to operate independently of the brain and the spinal cord; unlike any other organ in the body. Note, this is where everything we put in our mouth goes through. While there's a lot of focus on nutrition and the physical well-being, nutrition is also directly related to the mental well-being of all individuals. Fun Fact; 90% of serotonin is produced in the gut, the chemical responsible for happiness and well-being. Nutrition therefore has a significant impact on our mental health as it also impacts on memory and function. Nutrition therefore not only impacts on how we feel; the lack thereof predisposes us to mental disorders like depression and anxiety.

The MIND diet (Mediterranean-DASH Interventions for Neurodegenerative Delay), or if this sounds easier for you, brain food, is a diet specifically designed to preserve the well-being of our brains. Mind blowing right? This diet focuses on 15 foods; 10 that are encouraged (Green leafy

vegetables, All other vegetables, Berries, Olive oil, Fish, Poultry, Nuts, Wholegrains, Beans and Wine; not more than a glass a day) and 5 that we could limit (Butter/Margarine, Red meat, Cheese, Fried food and Sweets).

Research shows that the MIND diet;

1. **Significantly lowers the likelihood of developing neurodegenerative disorders like Alzheimer's. This is because these foods aid in reducing the death of neurons, and the development of beta Amyloid, a protein greatly involved in Alzheimer's disease.**
2. **Greatly impacts on memory and functioning.**
3. **Has some physiological benefits like working against hypertension from the integration of the DASH diet (Dietary Approaches to Stop Hypertension).**
4. **Works to stabilize blood sugar hence helps in preventing cravings.**
5. **And finally, Promotes the maturity of our tastebuds, allowing one to enjoy the flavors found in whole foods.**

Talk about killing multiple birds with one stone.

Food is important, more so healthy food. The simplest and most natural way that we can use to boost our mental well-being, is to be intentional in what we eat and, the MIND diet would be a great addition in your transition to a healthier lifestyle. Whether you are the type to dive right into it, or adopt a slow but sure approach, just remember to be consistent.

Impact of Fitness on Mental Health

By **Edmund Mujumba** | Founder of Z6 CROSS TRAINING

We can all agree that there is some satisfaction that comes from kicking your feet up after a long day. The anticipation of being present in what feels like a clear head space.

Perhaps this is a result of the routine you've just developed within the past few months? You signed up for a fitness program and the results have been great! Well, that and for once you have a sense of calm due to finally having a community of like-minded folk pushing you when the challenges get tough. You are now able to recover and sleep a lot better, which is always good for the mind, because your energy cells have been put to good use and continue to be after any workout you do.

Let's not forget how nutrition has now become a key player in your life. Everything from recipes and calorie counting, to keeping track of your meals. Good diet creates a stable ecosystem for healthy living, both internally and externally.

Enjoy the process! Keep setting those reminders, those fitness goals, be accountable by setting realistic goals towards making you feel better being you!



State of Mental Health

What is the current state of Mental Health in Kenya?



The Kenya Mental Health Report.

By **Dr. Linet Onger** | Member, Kenya Mental Health Taskforce

The first National Mental Health taskforce was constituted following a cabinet directive. Its key mandate was to report on the status of Mental Health in Kenya and recommend solutions to existing problems.

The Taskforce constituted comprised of experts from academia, research, mental health profession, youth empowerment, social sciences and health governance as well as a representative of users of mental health services and caregivers. The constituting of this taskforce followed a national outcry on the burden of mental health problems in the country, voiced not only by the citizens of Kenya but also the President, His Excellency Uhuru Kenyatta, during the June 2019 Madaraka Day Celebrations. He specifically highlighted substance use problems, depression and suicide as a recurring menace in the country. Members of the taskforce led by our able chair Dr. Frank Njenga embarked on an arduous task of gathering relevant information from desk reviews, stakeholder meetings and public participation forums. Following months of fact finding and report writing, the taskforce officially presented its final report titled "Mental Health and Well-being: Towards Happiness and National Prosperity" to the CS Health on the 7th of July 2020. The full report can be accessed here: www.mental.health.go.ke

In summary, the report details our findings on the burden of mental illness in the country

and highlights issues regarding stigma and discrimination. The report further expounds on policy, legislation, leadership and governance related to mental health. In addition, it describes access to existing mental health services, mental health financing and concludes by highlighting on deficits in mental health data capture and research. A number of recommendations touching on each sections are outlined and an implementation plan is provided.

Regarding the status of mental health in the country, the report findings concur with the President's sentiments that indeed Kenya is grappling with a heavy, growing burden of

mental ill health that is poorly addressed. The Task Force recommends that there is an urgent need to declare mental illness a national emergency of epidemic proportion. In response to this, the government should set up a Mental Wellness and Happiness Commission to monitor, streamline and oversee mental health related strategies. Such a commitment shall require adequate funding to allow for a systematic and successful implementation.

We urge all Kenyans in whichever space and position they occupy, to read the report and advocate for the changes needed. Mental health is after all everyone's business.

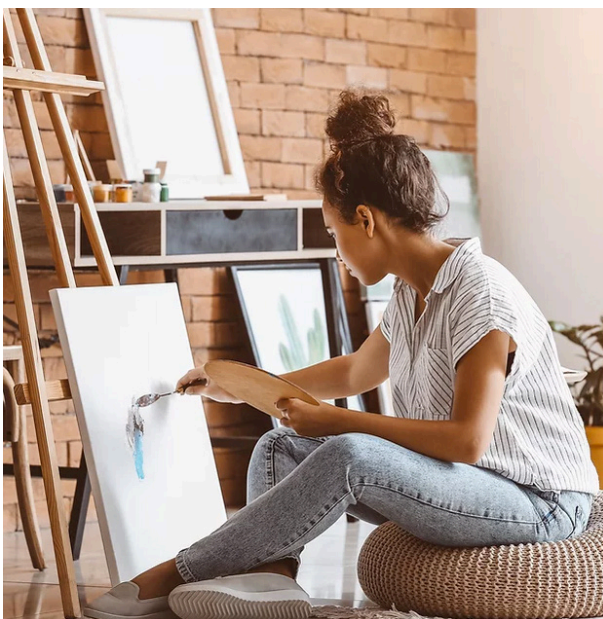


The National Mental Health Taskforce

Our Mental Wellness Programs

Workplace wellness programs have proven to be successful in identifying and lowering employee health risk factors, bringing down healthcare costs, and increasing engagement and productivity among employees.

The CMHH wellness program is carefully curated to provide individualised, dignified and structured programs, based on the societal demands and challenges. These programs include; Executive Mental Wellness Program, Premier Leaders Mental Wellness Program, Professionals Mental Wellness Program, Creatives Mental Wellness Program, Family Mental Wellness Program, Adolescent Mental Wellness Program, Trauma Mental Wellness Program, Geriatric Mental Wellness Program, NCD Mental Wellness Program among others. Detailed descriptions are provided as below.



Worldclass Women



Home to 28
accredited
Psychiatrists
and 102
support staff



Executive Mental Wellness Program

This program is designed for CEOs, COOs, CFOs, MDs and team leaders who work in high pressure zones. CEOs may suffer depression at more than double the rate in the general population. Ironically, the executives are less likely to admit the pressures they are experiencing and look for alternative coping strategies. When the work demands are nearly overwhelming, the executives resort to self medication and occasionally detrimental alcohol use, instead of seeking structured professional support.

Professional Mental Wellness Program

Designed for technical professionals in varied fields; pilots, engineers, doctors, architects, marketers, accountants among others who have to balance high demands of technical expertise, with the family demands and other social pressures.

Premier Leaders Mental Wellness Program

The stigma associated with mental health limits the leaders access to structured mental health support as the people may question their ability for to hold public office. The risk of mental illness after leaving office; due to impeachment, firing, end of term or not being re-elected, is also considerably high due to the sudden change in their societal status, the possibility financial distress.

Creatives Mental Wellness Program

Studies have shown a link between the creative brain and various mental health problems. Many artists have in history been reported to have struggled with their mental health which occasionally led to death by suicide. Risk factors associated with mental illness in the creatives include: Creative block, Inconsistent or unpredictable work and income, Self-doubt and variable levels of success and dependency on alcohol or substances for creativity.



Family Mental Wellness Program

The family is the basic unit of any functioning society and the holistic wellbeing of its members is critical to having a healthy populace. 1 in every 4 families has at least one

member with a mental disorder (WHO). These family members are often taken care of by the family, increasing the burden of care and reducing the family's quality of life.

Adolescent Mental Wellness Program

50% of all mental illnesses start by age 14, but most cases are undetected and untreated, often attributed to normal adolescent changes. Adolescents face a myriad of psychosocial issues that include:

desire for greater autonomy, peer pressure, exploration of sexual identity, social media influence, violence and socioeconomic problems. These issues if not properly managed may lead to long-term mental health illnesses.



NCD Mental Wellness Program

Non-Communicable diseases, including heart disease, stroke, cancer, diabetes, chronic lung disease and kidney disease are responsible for 70% of all deaths worldwide according to WHO. When an individual being diagnosed with an NCD the individual and family are often the most affected; economically, socially and psychologically.

Trauma Mental Wellness Program

Risk factors for trauma include to living through dangerous events, getting hurt, seeing another person get hurt or seeing a dead body, adverse childhood events, feeling terror, helpless or extreme fear and having little or no support following a traumatic event. This often results in the person staying away from places, events or objects that are reminders of the traumatic experience, and avoiding thoughts or feeling related to the traumatic event.

Geriatric Mental Wellness Program

Geriatrics are the age group often referred to as older or elderly persons, mainly those aged 65 and above. Approximately 15% of people above 60years are suffering a mental disorder (WHO).

The Suicide Facts

By **Tiffany Ndei**



“This is a black day for me, a day I will never forget, my brother took his own life and I have to let him go. I will never see him again. This is the darkest day of my life.” Watching BBC AFRICA EYE “Suicide Stories” and listening to stories narrated by people affected directly by suicide as well as survivors, is ultimately mind-boggling and eye-opening. Peter Murimi tries to find out why almost 70 people, most of them being men, kill themselves every year. He spoke with three people about their experiences with suicide.

PETER: Tell us how it happened?

PERSON A: I was called in the morning and when I came, I found my brother hanging from a tree.

PETER: Did you know depression is like any other form of illness?

PERSON B: I have seen many people who are depressed but they don’t look sick, we just think they have reached their limit. That’s why they choose to go down the unfortunate road and take their own life.

PETER: How did you survive suicide?

PERSON C: I woke up, went to fetch firewood and found my dad hanging. Seeing as my dad was our only hope, when I saw that, nothing else came to mind but suicide. I got hold of rat poison and wrote a suicide note but was found by the police before harming myself.

The World Population Review places Kenya in position 114 among 175 countries with the highest rate of

suicide. According to the 2017 World Health Report (WHO) 317 people die by suicide every year. A fact from the same report, which serves as a wakeup call to all of us, indicates that the highest number of suicides were recorded during election years. Eyebrow-raising, yes?

In my opinion, the numbers could be higher than we can envision. Considering the fact suicide is criminalized in Kenya, there is under reporting and misreporting of suicide related death. Stigmatization may also hinder coming up with official numbers. The facts, however, remain. That suicide is criminalized, (under section 226 of the penal code, attempted suicide is defined as a misdemeanor under offences connected with murder and suicide and, is punishable by a jail term of up to two years or a fine, or both according to section 36 of the penal code). Suicide is also marked as one of the leading causes of death in Kenya, especially among the youth according to WHO.

What Are The Warning Signs?

You might ask yourself why suicide rates are on the high.

I will summarize it for you:

1. Mental disorders and substance abuse- mental health disorders such as depression and schizophrenia may influence suicide. Not only does substance abuse impair our judgment or functioning but also increase the duration and severity of mental disorders therefore making one more susceptible.
2. Family factors- factors such as history of mental illnesses among immediate family members may influence suicide. Other factors such as conflicts, violence, poverty, divorce, death, and sibling rivalry and inheritance issues may trigger suicide.
3. Life events- events such as death, rejection, break ups or even being diagnosed with a terminal illness may affect how one copes and have a negative impact on a person's wellbeing. This may influence suicidal ideation.
4. Personality traits- impulsivity is highly linked to suicide. Poor decision making and problem solving skills may also be a factor in someone's personality traits. A difficulty in this can create interpersonal conflict and influence suicidal ideation.
5. Modelling-this is closely related to heroism and can be seen among the young. Learning by modelling is a thing they do and if they are exposed to an inspiring model who has suicidal threats, and or media that has suicidal content, they may be influenced to do the same. A good example is heavy tattooing and piercing.
6. Stigma- any suicidal person needs someone to listen to them. On the other hand, mental health issues have been stigmatized in our society. This makes it hard for people to reach out and seek help. Especially for men as they are under

pressure, and the society views them as the "stronger" gender, being vulnerable for them is almost a taboo.

7. Availability of means- the availability of lethal means to actualize the act is very common and this, makes people more prone to suicide attempts. More so, in the digital arena where everything is searchable from the internet.

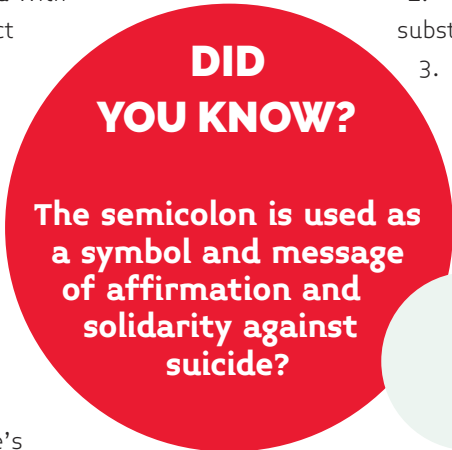
What should we do?

Here are 10 tips to help prevent suicide as a Nation:

1. Normalize the suicide conversation, break the stigma.
2. Create awareness on mental health and substance abuse.
3. Emphasize on the need to reach out to someone when need be.
4. Prioritize self-care.
5. Practice mindfulness to help you become more self-aware.
Take any suicidal thoughts and threats seriously
7. Check for warning signs.
8. Change how the media portrays suicide.
9. Encourage interaction and good communication within the family setting.
10. Improve mental health treatment for people.

DID YOU KNOW?

The semicolon is used as a symbol and message of affirmation and solidarity against suicide?



All things considered, it is important for us, as a country to recognize the alarming rate at which we are losing our people to suicide, the risk factors or possible causes of suicide and how to counter attack this silent monster is the way to go so as to safeguard our well-being.

Chiromo in Pictures.

Equipped with the latest medical technology, state of the art equipment and modern Kenyan cuisine, CMHH is truly a world class facility!



Picture Gallery

CMHH; the Journey



1997

Founded in 1997, Chiromo Lane Medical Centre is situated along Chiromo Lane/ Muthithi Road junction in Westlands, Nairobi Kenya. The in and out

patient facility was built with a bed capacity of 20 and designed to cater for all types of acute psychiatric disorders in a safe, secure and dignified environment.

2001

In 2001, the annex branch Bustani was established, in a serene area situated in Lavington Nairobi, Kenya. The

facility has a bed capacity of 7 and is specialised to cater for the treatment of adolescent disorders and ADHD.



2017

In 2017, the Bustani Branch was relocated to a bigger and better locality situated in Braeside Gardens on Muthangari Road, Nairobi. The 30-bed capacity in and out

patient wellness centre caters for all types of psychiatric disorders with the help of a multi-disciplinary team of mental health professionals.



2020

The Chiromo Mental Health Hospital is a specialized purpose-built psychiatric in and out patient brand. The new hospital was designed as a place where light, air and green, were in abundance and as a deliberate contrast to many mental health facilities all over the world that have poorly lit rooms devoid of the dignity provided by adequate light and ventilation. The

design was intended to contrast the often dehumanising conditions that drive the stigma so common in some hospitals. All the in and out patient areas have captured this all embracing architectural philosophy. Additionally, safety and security remained in sharp focus during the design stages. This we believe has, to a large measure been achieved.





CHIROMO MENTAL HEALTH HOSPITAL

"WORKING TOGETHER TO PREVENT SUICIDE" GLOBAL WEBINAR

DR. MUCHEKO-MWANGI UMBE Consultant Psychiatrist Mental Health Services	RACHEL JENKINS Executive, Sponsorship Chiromo Mental Health Hospital	TAMIMA IBRAHIM Head of Content, Switch TV Mental Health with Veterans
JENNIFFER OZI Nurse PhD, MA, BSc, MPH Mental Health Services	DR. OSCAR KITWA Clinical Psychologist Chief, Senior Psychological Services	DR. DAVID NAIROTI Consultant Psychiatrist Mental Health
PAT BENJAMIN KIDEE MOTEKE MPhil, MA, BSc, MPH Mental Health Services	JANE WOLCART Research, Public, Advocacy & Legal Consultant, Ireland	JACQUELINE ANHROH Senior Clinical Psychologist Psychological Services Mental Health
ELIZABETH PERRY Nurse, MEd, PhD, DipEd	KATHONI MURUGA Clinical Psychologist Mental Health Services	

10TH SEPT 2020 3-4:30 PM (EAT)

Chiromo Mental Health Hospital



swi tch TV

Shaping African Conversations
Mental Health & COVID-19

Impacts of COVID 19 on your Finances.

Tamima Ibrahim Host	Dr. Frank Njenga Psychiatrist	Gina Din Kariuki	Tomisin Ojo MTV Host
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JOIN US ON TUE MAY 19TH 5PM EAT LIVE ON FACEBOOK VIA **LIVE** @switchtkenya

#ShapingAfricanConversations www.switchtchv.ke

IN PARTNERSHIP WITH **GinaDinFoundation** **MfCV**



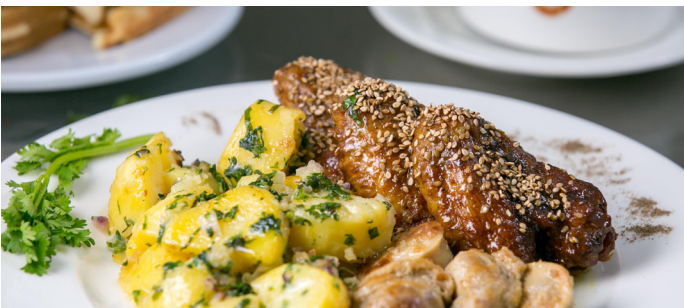
Chiromo Lane Medical Centre and Capital FM Kenya liked

#Bonga @letsbonga · 2h
Let's all the speak the message of healing. We should all reach out to each other and encourage one another. Healing hurts but staying wounded hurts even worse.
#Bonga
#MentalHealthConfKe
#MentalHealthAwareness
@G_Mbugua1



#Bonga and 2 others liked

QualityRightsKE @qualityrightske · 2h
THANK YOU ALL!!!!
Let's keep the conversation going at the QualityRights e-training: bit.ly/...







Training and Research

by **Jacqueline Anundo** | Training & Research Manager



Training and Research

At Chiromo Mental Health Hospital, our mission is to pursue excellence in the delivery of mental health services by adhering to evidence-based practices and mentorship. Training and Research a novel department in the institutions intended to help the hospital achieve its projected vision..

Vision

Chiromo Mental Health Hospital to be a Mental Health Teaching and Referral Hospital in Kenya and beyond the borders.

Mandate

1. To develop, plan, implement training programs for all departments within the organization.
2. Internally to work with all EXCO Members to identify training

3. Externally to partner with learning institutions and corporate organizations (Nationally & Internationally) in training and research activities, such as:

- Advance Diploma in Mental Health Practice (ADAMPH) through a partnership with AMREF International University.
- Psychological First Aid (PFA) to Pharmaccess, Karen Hospital, CMHH staffs and KDF
- Basic Counselling Skills for Mental Health Champions
- Mental Health Webinars: US Embassy Kenya, Uganda, Tanzania, Co-operative bank, MINET Kenya).

Objectives

1. Plan and implement educational and training programs.

2. Design MOU's with partner organizations.
3. Research publications.
4. Empower & raise awareness about mental health through short and long program courses.

Training Arm

ADAMHP

We have partnered with Amref International University to teach and provide a practicum site for our first course: Advanced Diploma in Applied Mental Health Practice. It is a 1-year course that is open to everyone who would like to learn more about mental health, research and advocacy.

The course is intended to start in January 2021. Currently, we are receiving applications from both internal and external applicants for the course.

Grand Round

The department also coordinates the Grand Round, whose objective is mentorship and learning. We have had successful structured sessions in which cases are presented followed by discussion from the primary Doctor after which the discussion is made open for participants to interact deeply with the presented case and ask questions.

The Grand Round is attended by CMHH staff and all her partners. This will also be open to students of the ADAMHP course, who will be expected to present cases for discussion.

Short Courses

Basic Psychological First Aid

This training is key for both organizations and staffs who are taken through a rigorous training TO equip them with basic skills that they can utilize as first responders in emergencies and also to be aware of when and where to link individuals with professional practitioners.

Psychological First Aid T.O.T.

This training is almost similar to the above and it is key for both organizations and staffs except that in this one participants are taken through a rigorous training to equip them with skills to be trainers of PFA.

Training has been offered to Pharm Access Kenya - September 2020. We trained 22 participants for PFA T.O.T. Oncoming trainings include:

- CMHH Staff- 13th November

2020 – 20 staff members

- The Karen Hospital staff: 18-19th November 2020 – 30 staff members
- KDF participants 23rd-25th November 2020 – 30 staff members

Basic counselling skills

This is important for workplace Peer Counsellors and Mental Wellness Champions as it gives them basic skills to assist any colleague who may be going through a tough time and may need psychosocial support. This training will also ensure that they are well equipped to identify colleagues who may need further professional support for which they can refer appropriately.

Research Arm

Through partnerships with institutions and research specialists such as; KEMRI, Amref International University, Prof Lukoye Awoli, Dr. Loice Kaigwa, Dr. Linnet Ongeru among others. We will continue publishing research papers based on the data collected on work done through our social media platforms and tele-psychiatry.

The Academy for Mental Health Practice

The Academy for Mental practice is an institution of excellence in applied Mental Health skills. This academy will go a long way to;

- Establish a robust community of practice in mental health care
- Recognize & register qualified mental health care practitioners
- Domesticate socio-culturally responsive mental health practices
- Reduce stigma on mental health illness by increasing awareness and utilization of services
- Coordinate lobbying and advocacy in mental health
- Provide continued professional education in mental health care.

In furtherance of this, the Academy is committed to training, certification, & research as a means of maintaining competence in promotive, preventive, curative, and rehabilitative mental health services delivery.



Dr. David Wairoto's Take**Corporate Psychiatry****COVID 19 and Mental Health Practice at CMHH**

Covid-19, was first discovered in Wuhan China and reached the Kenyan shores in March 2020. It has caused a lot of emotional distress, financial meltdown, and lead to a health crisis and challenges never seen in the World and Kenya specifically. No country has been spared from the Covid-19 pandemic. Governments and health organizations have mobilized all available resources to manage challenges arising. In Kenya, the Ministry of health has released guidelines and protocols to prevent and contain the spread of this highly infectious disease. The Ministry of Health has also released guidelines on testing of patients,

isolation policies and procedures, fumigation practices and policies on home-based care. It has also established referral processes and facilities for care and management of Covid-19 symptomatic patients.

CMHH rose to this challenge of Covid-19 with steadfast leadership and guidance from our chairman, Dr Frank

Njenga. A COVID-19 protocol was developed following all the Ministry of Health guidelines. We tailor-made a protocol to suit our clientele due to our uniqueness of managing mental health conditions and also in line with our vision, to provide dignified quality mental health care in Africa. The COVID-19 protocol which is followed strictly ensures Covid-19 screening is done for all visitors, patients, admitting doctors, independent contractors on entry to all our facilities, isolation protocols, referral protocols for Covid-19, staff training modules for Covid-19, weekly drills for Covid-19 and education for patients, and visitors on

Covid-19. Hand washing stations and mobile sanitizer dispenser booths have been installed and readily available in all our facilities. All staff have been trained on Covid-19, wearing of PPES, and adhere strictly to all the Ministry of Health and CMHH COVID-19 protocols. CMHH have set up an isolation unit at Bustani where all suspected cases of Covid-19 are isolated. Social distancing is emphasised in all patient consultations, relative visitations and group sessions. The inpatients are screened daily for Covid-19 signs and symptoms and recorded. If a patient has suspected symptoms, he is immediately isolated in our isolation unit and then a Covid-19 test is done.

CMHH is in constant communication with the Kenya Medical Practitioners and Dentist Council, the Ministry of Health, Division of Mental Health on any new updates on Covid-19 protocols and policies to ensure we provide quality services. We also have an experienced team of Consultant Physicians led by Dr Hendrick Irimu. Therapeutics Committee Dr Marx Okonji who is spearheading our response to Covid-19.

Corporate Comms

by **Gladys Waruguru** | Corporate Services Manager

Guide to effective communication and a connection that will help promote a good relationship

Good relationships don't happen overnight. Communication is a fundamental part of a good relationship. For us to build valuable and quality relationships in every area, we need to be prepared to connect with people.

It will be valuable to work in improving current and future relationships as this will improve the quality of our lives in many ways.

Relationships are important especially in business, not just as partners but between staff and boss, friends in business as well as with other companies with whom he/she is dealing with. It is the relationship, which overtakes money when it comes to turning an idea to develop it into a huge brand.

For us as CMHH it has been absolutely important to build relationships among ourselves and our partners.



Tips for maintaining healthy business relationships with stakeholders

Good Communication- Everyone needs to become expert communicators in order to have operations for any venture run smoothly -- business-related or not.

Expressing Appreciation- The simple act of being appreciative to those around us can boost

productivity, thus improving work quality and producing better returns.

It is amazing how a bit of a personal touch can go a long way, if we embrace this culture, we will become more successful.



Diploma in Applied Mental Health Practice



**January 2021
Intake Ongoing**

Course to be offered at
AMREF International University

www.amref.ac.ke

