



CAREMI foundation

(THE FOUNDATION FOR THE CARE AND RESETTLEMENT OF THE MENTALLY ILL)

NEWSLETTER

www.caremifoundation.org.ng

CAREMI FOUNDATION

The Foundation for the Care and Resettlement of the Mentally Ill (CAREMI) is a charitable, not-for-profit Foundation which has the objectives of providing assistance to needy, socially and economically deprived clients with mental illness and promoting the interests of mental health care delivery through mobilisation and sensitisation of the Community and Governments. Its Foundation was motivated by our awareness of the significant proportion of ill health accounted for by mental illness worldwide. Our experience indicates that financial problems are a major problem in obtaining adequate treatment, and in the rehabilitation of those affected. There is a major need to provide a source of funds to assist those who are unable to pay for psychiatric treatment and also to assist in their subsequent rehabilitation – supporting them to return to their normal functions – back to school, to work, to their functions in the family and the community after recovery.

The Foundation was formally launched on the 4th of March 2010 and was registered with the Corporate Affairs Commission of Nigeria on 10th June 2010.

ANNUAL GENERAL MEETINGS

The CAREMI Foundation held its 7th Annual General Meeting on the 10th of October 2019.

The Annual Report, presented by the Chairman, Board of Trustees, Emeritus Professor D.A. Ijalaye, included the following: Situation report on the collaboration with the Government of the State of Osun on the treatment and rehabilitation of vagrant psychotics, Support of patients in the Obafemi Awolowo University Teaching Hospitals Complex, The Mental Health Education and Sensitization programme for schools, Support of the Primary Mental Health Care Services in Ife North Local Government area, the ongoing CAREMI building project and annual provisional account for the Foundation.

Our programs were not immune to the onslaught of the pandemic and the AGM for 2020 did not hold though our other programs continued in a somewhat modified fashion.

COLLABORATION WITH OTHER ORGANISATIONS

CAREMI collaborated with the Congress of Nigerian University Academics (CONUA), Obafemi Awolowo University, Ile-Ife to present an Anti-suicide campaign program tagged “Working together to prevent suicide” on the 9th of October, 2019. The activity was organised as an aspect of World Mental Health Day. The keynote address was given by Professor Roger Makanjuola. This was followed by a symposium which was Moderated by Dr Adesanmi Akinsulore. The panel of discussants included: The Vice Chancellor represented by The University Librarian Dr Femi Oguntuase, Professor Isiaka Aransi (Dean DSA), Director of Health Centre Represented by Dr Segun Olanmi, Dr Oladele Ajani (Hod, Sociology & Anthropology), Professor Mosaku (HOD, Mental Health), Mrs. Gold Nwamuo; Social Worker, OAU Health Centre and Mrs. Obisakin a Counsellor from the Directorate of student affairs. The programme was chaired by Emeritus Prof D.A. Ijalaye, SAN, the Chairman of the Board of Trustees.

In response to the stress-related challenges during the COVID-19 pandemic, CAREMI organized a one-day virtual symposium in collaboration with the Africa Project Against Suicide (APAS) with the theme: stress management in a time like this on the 1st of August, 2020. Topics included an overview on stress, management of domestic and work-based stress and management of stress from information overload. Presenters included Professor Kola Mosaku, Dr Sanmi Akinsulore, Dr Boladale Mapayi, Dr Tayo Aloba and Dr Lanre Ibigbami.

The organisation has also collaborated with an alumnus of Obafemi Awolowo University, Ile Ife, Dr Geraldine Idoniboye to get an EEG machine to improve the management of patients in the hospital. Teleeeg is a charitable company that helps to deliver lifesaving telemedicine to those who need it. Dr Idoniboye graciously paid the all fees relating to Teleeeg.



WORLD MENTAL HEALTH DAYS

CAREMI celebrated the year 2019 World Mental Health Day, by joining other organizations all over the world, on the 10th October, 2019 to commemorate the day with the Theme “Mental Health Promotion; Suicide Prevention”. The programme was chaired by Emeritus Prof D.A. Ijalaye, SAN, the Chairman of the Board of Trustees. The programme included a panel discussion with 2 panelists: Dr. Tayo Aloba and Mrs Lilian Ibah. There was also an essay competition on the theme for junior and senior secondary schools across Osun State. Members of the Foundation also featured on several radio interviews to raise awareness around the theme.

In commemoration of the World Mental Health Day 2020, CAREMI sponsored a creativity competition. Participants were asked to submit entries to depict what Optimal Mental Health means to them through a picture, poem, painting, story, video, song or other artistic expressions. Participants were asked to post their entries on their social media handles using the hash tags#: #CAREMIchallenge, #WMHD2020, #Optimalmentalhealth, #Wellness. The best 3 entries then received cash prizes. The Foundation also produced a short docu-story on optimal mental health in Nigeria which was disseminated to the public through her online channels. Also, the Foundation had an online symposium on the WMHD theme: “Mental Health for All, Greater Investment, Greater Access” on the 10th of October 2020. The symposium featured topics on “Mental Health Advocacy” by Dr Jibril Abdulmalik, “Investing in Mental Health” by Dr Adegboyega Ogunwale and “Becoming Your Own Therapist” by Dr Boladale Mapayi.

TREATMENT AND REHABILITATION OF VAGRANT PSYCHOTICS

Remarkable progress has been recorded on the treatment and rehabilitation of vagrant mentally ill people in Osun State. Mentally ill people living on the streets in various towns and cities of Osun State are still being taken to OAU Teaching Hospitals Complex, Ile-Ife and LAUTECH Teaching Hospital, Osogbo for care by the Special Task Force set up by the office of the Special Adviser to the Governor on Youths, Sports and Special Needs. However, work on the Rehabilitation Center has been slow and CAREMI still looks forward to the commissioning of the Rehabilitation Centre in Ilobu. CAREMI proposes to liaise with the new Osun State Government on the continuation of this project.

PRIMARY HEALTH CLINICS IN IPETUMODU

The Foundation has continued its support to the primary mental health clinics established in Ipetumodu which have been of tremendous benefit to the people of Ife North Local Government area. We provide personnel to run clinics at these sites with an average of 30 patients seen every month. CAREMI provide medications for them free of charge.

The training and retraining of workers, onsite consultation and technical assistance to the health care workers have continued to improve incorporation of mental health into primary health care. The original proposal included developing a system whereby PHC workers are trained to identify and provide care for common mental illnesses without the need for a mental health practitioner on site but we are yet to achieve this because trained personnel are moved and training and retraining is not regular. We do desire the buy in of the Local Government in achieving this for the wellbeing of the community.

UPDATE ON THE CAREMI FOUNDATION CENTRE

The CAREMI House is undergoing construction at the Obafemi Awolowo University Teaching Hospital Complex. The support of our sponsors and the sacrifice of the Trustees and Members of the Foundation has resulted in substantial progress. The Trustees wish to take this opportunity to thank Architect Bayo Amole and Engineer Adeloje, both Members of CAREMI, who have provided their services free of charge. However, the project still requires further funding to bring it to completion. So far, we have raised about 10.5 million naira and over 6 million naira has been spent on the project. We are thankful to our donors who continue to give their money, time and skills to ensure the completion of this project.

MENTAL HEALTH EDUCATION AND SENSITISATION PROGRAMME IN SECONDARY SCHOOLS

The Foundation continued its Mental Health Education and Sensitization programme for Secondary schools in 2019. Schools visited include OAU International school, Ambassadors College, God's Image Secondary school and Unique Secondary School in Ife and Ilesa Grammar School in Ilesa. We continue to raise awareness concerning the common mental health problems in children and adolescents and establish linkages to facilitate referrals and follow-up where this is indicated.



Winners of the WMHD essay competition among Secondary school students in Osun state with The founder of CAREMI Foundation and a member of the BOT

SUPPORT FOR ST MARY'S REHABILITATION CENTRE, IPETUMODU

The Foundation has continued to provide services for the St Mary's Rehabilitation & Development Centre, Ipetumodu with regular visitations and provision of essential medications for the pupils of the Centre. A monthly stipend is also being given to the centre.

SUPPORT FOR NEEDY PATIENTS

The Foundation has continued to support the treatment and rehabilitation of patients who cannot afford their care, both at the Ife and Ilesa units of the OAUTHC.

APPRECIATION

The Board of Trustees and the entire Foundation would like to thank the public, all members and students from various schools who have been part of our programmes and who have supported the Foundation in various ways since its inception. We are especially grateful to all our donors who have consistently given their time, money and energy to the Foundation.

In particular, we would like to appreciate the various groups that have supported our programs:

- i. Sky Foundation: provided education scholarship for two of our clients.
- ii. Professor Bayo Amole and Engineer Adeloye who have provided their services for the building of the CAREMI House Free of Charge
- iii. Dr Geraldine Idoniboye for linking and facilitating the acquisition of the EEG machine from Teleeeg.

The Management Committee for their hard work and devotion to the Foundation.

APPEAL FOR FUNDS

CAREMI'S activities are organized by un-paid volunteers. However, we do need funds to organize our activities and to support needy patients. The Foundation is dependent on the support of members and other individuals and organizations that share in her objectives for funds to organize its activities.

We therefore appeal to interested individuals and organizations to generously donate to the Foundation through its Bank accounts with Stanbic IBTC Bank Ile-Ife Account No. 9302868043 and Polaris Bank PLC, Acc. No. 4090976064.

BOARD OF TRUSTEES

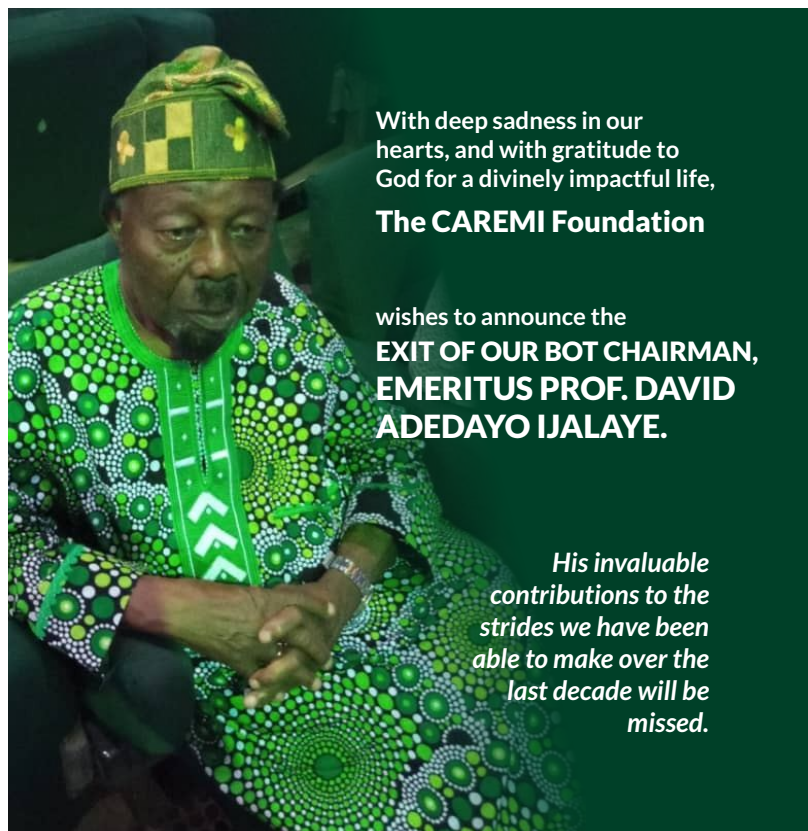
Emeritus Professor David Ijalaye SAN (Chairman)
Professor Eyitope Ogunbodede
Professor 'Funmi Togonu-Bickersteth
Mr G.O Adeniji
Professor Roger Makanjuola
Dr (Mrs) Temitope Ilori
Barrister Wole Olaoye

PATRONS

Chief John Agboola Odeyemi, FCA, FNMIN, OON
The Obasewa of Ile-Ife
Chief Michael Ade-Ojo, FNMIN, OON
Emeritus Professor Oluwole Akande, OON

THE MANAGEMENT COMMITTEE

Dr Kolawole Mosaku – Chairman
Dr Adesanmi Akinsulore – Deputy Chairman
Mr Layi Olaniyi – Secretary
Dr Boladale Mapayi – Member
Mrs Lilian Ibah – Member
Mr Olufemi Oyesomi – Member



With deep sadness in our hearts, and with gratitude to God for a divinely impactful life,
The CAREMI Foundation

wishes to announce the
**EXIT OF OUR BOT CHAIRMAN,
EMERITUS PROF. DAVID
ADEDAYO IJALAYE.**

His invaluable contributions to the strides we have been able to make over the last decade will be missed.

WEBSITE ADDRESS:

The Website address of the Foundation is www.caremiFoundation.org.ng.

Members of the public are urged to visit the site for more information concerning the activities of the Foundation.

CAREMI HOUSE

Following the launching and foundation laying ceremony of CAREMI house last year, we are happy to inform all our donors that work has started in earnest on the building project. We wish to thank all our donors for their contributions towards this building and assure all that the project will be completed very soon and will be used to further improve the laudable activities of CAREMI.



PROPOSED BUILDING



CURRENT STAGE

