

Voluntary Service Organizations in Mental Health

- ▶ The aim of VSO in mental health is to support patients as well as the care givers and also educate the public what is required in the management of that particular disorders
- ▶ Most of the VSO address a particular disorder

Autism Society of Kenya

Is a parent driven initiative founded in the
year 2003

Objectives of ASK

- ▶ Create awareness of the existence of Autism in Kenya and establish its management procedures

Services

- ▶ Dietary services
- ▶ Integration therapy, sensory integration carried out by occupation therapist where they do
 - ▶ 1. individualised learning
 - ▶ 2. Motor skills development
 - ▶ 3. Sensory integration
 - ▶ 4. Spiritual development

Services

- ▶ Trainings for parents and care givers to create awareness and build their capacity and impact on them skills so that they are more skilled, motivated and prepared to play the supportive role.

Trainings for occupational therapy students
to enhance capacity and skills for the
management of the disorder

Services

- ▶ Awareness walks which serve as a channel to create community awareness as well as build the capacity of the caregivers

The Schizophrenia Foundation of Kenya (SFK)

- ▶ a voluntary organization helping families, friends and people with schizophrenia and related disorders
- ▶ The goal of the SFK is awareness creation and support families' participation in dealing with schizophrenia and related disorders

Kenya association for the welfare of epilepsy

- ▶ **Goal**– To improve the quality of life of people living with epilepsy, empowering them to realize their full potential.
- ▶ To develop and sustain a comprehensive and integrated epilepsy program that is affordable and accessible to all people suffering from epilepsy countrywide.

Service offered by Kenya association for the welfare of epilepsy

- ▶ Promotive
- ▶ Curative
- ▶ Preventive
- ▶ Education

Alcoholoc Anonymous


- ▶ AA is a support network of recovering alcoholics who adopt, and live by a programme that addresses the physical, mental, emotional, social, and spiritual dimensions of alcohol abuse. The programme is based on 12 "steps" designed to transform the alcoholic's mind and heart so that he or she will be able to resist the lure of the bottle.

12 steps in AA


- ▶ The first three steps are foundational and recognize that "we don't get messed up alone, and we don't go into recovery mode alone"
- ▶ The next three deal with "an honest and fearless moral inventory of all of our faults,"


Alzheimer's Association of Kenya

Alzheimer's Association of Kenya (AAK) is a non-profit Alzheimer association that supports people with dementia and their families. The association was registered in the year 2007 with most of the founding members being individuals who, affected by Alzheimer's, felt the need to come together and support others in a similar situation; especially care givers.

- ▶ **Aims of the association**
 - ▶ The primary aim is to support people with dementia and their care givers.
 - ▶ **Our work**
 - ▶ **Advocacy**
 - ▶ They conduct advocacy through:
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- ▶ Creating Public awareness for Alzheimers through:
 - Newspapers– Articles on members’ experiences
 - Television – Televised interviews with caregivers
 - Brochures – Explaining the disease and services rendered by the Association (Translated in different local languages to reach different communities)
 - Wrist bands to identify members and patients

- ▶ **Providing public education on Alzheimers**
 - ▶ Target groups:
 - ▶ The police
 - ▶ Nurses
 - ▶ The general public (via public transport)
 - ▶ We focus on educating on:
 - ▶ Signs and symptoms of Alzheimer's
 - ▶ Referral mechanisms/procedures
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- ▶ **Support for caregivers**
 - ▶ We offer support to caregivers by:
 - ▶ Encouraging and allowing them to talk about what they are going through
 - ▶ Assisting with counseling if required (for the caregivers)
 - ▶ Home visits for people with Alzheimer's patients for moral support
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- ▶ **Resource centre**
- ▶ A resource centre was developed to provide more information about Alzheimer's
- ▶ **Research and documentation**
- ▶ In collaboration with Africa Mental Health Foundation, they are engaged in research and documentation of Alzheimer's in Kenya to inform policy and practice as well as advocate for the provision of services for the affected.

- ▶ Dr. Teresia Mutavi
- ▶ Lecturer
- ▶ Department of Psychiatry