



**MAKE MENTAL HEALTH & WELLBEING
FOR ALL A GLOBAL PRIORITY**

World Mental Health Day **10 October 2022**

WMHD EDUCATIONAL MATERIAL

www.wmhdofficial.com

#WorldMentalHealthDay #WMHD2022





Ubuntu Center for Peace

Tackling Trauma and Common Mental Disorders Through a Community-based Social Healing Approach in Rwanda

Dr. Jean Bosco Niyonzima

- ❑ Predominantly depression, anxiety, and post traumatic stress
- ❑ Compounded with collective trauma that worsens SGBV, children school dropout, family conflicts, impoverishment
- ❑ Over 85% have no access to mental healthcare and services they need

Magnitude Of The Problem

In post-genocide Rwanda, 1 in 5 people in the general population & 50% of genocide survivors live with mental health disorders

- ❑ Raped with her mother during the 1994 Rwanda genocide
- ❑ Developed PTSD and psychosomatic disorders
- ❑ Unhealthy relationships with her partner, confusion about her motherhood
- ❑ Never had access to any care she needed as many others until she met UCP in 2021.



Meet Cecilia

- ❑ Fled to DR Congo during 1994 genocide
- ❑ Lost family members & friends, and survived from a gunfire
- ❑ Trauma with existential crisis for 7 years
- ❑ My healing inspired me to develop the UCP community-based social healing model

My Trauma Healing Story

I healed from an existential crisis through Qigong & Tai Chi practice, Awareness and Story-sharing



Integrates breath-body-mind practices with collective narrative practice & rituals



Delivery through trained Community Healing Assistants (CHAs) in therapeutic groups of 18-20 people for 16 weeks



Transition to long-term support groups with activities like loan circles, solidarity work & co-ops

Our Innovative Model

Ubuntu Center for Peace brings people living with trauma & CMDs to a more flourishing life

Kamonyi District



Pilot Phase: 2017-2021

- 232 CHAs Recruited and Trained
- Over 5000 people reached
- In Kamonyi District, Southern Province, Rwanda

Program Evaluation in 2021

- **Data collection:** before and after the intervention in 2258 participants, by clinical psychologists, use of Kobo Toolbox.
- Data collection tools:
 - ✓ Adapted MINI (Mini International Neuropsychiatric Interview) based on the DSM-IV
 - ✓ PHQ-9 for depression, GAD-7 for anxiety, PCL5 for PTSD
 - ✓ WHO 26-item Quality of Life, WHO 12-item Disability Assessment Schedule.
 - ✓ Tool translated in Kinyarwanda and back translated in English by 3 people.
- Participants testimonials
- Data analysis: use of STATA 14.2 by an independent consultant. Use of a z-test and the Wilcoxon matched-pairs signed-ranks test. 1889 participants who had complete pairs of data were included.

Outcomes

59%

decrease in depression

56%

reduction in anxiety disorders

64%

decrease in PTSD

30%

improvement in work productivity

increase in child school attendance

59%

less intimate partner violence



Inspiring Testimonials

"...I was almost dead, but now I am alive". (Jane)

"We were in hell for seven years of fight and separation, but now we are in honey moon". (M.C & S.T)

"I am proud of this approach ...I hope we can learn from it to refine the government's 'I am Rwandan' program."(Executive Secretary, Kayumbu Sector)

"I am happy that my children are back to school and can now growing food". (Chantal)



CHAs use technology for an efficient scale up

Our Ambition For Scale Up

By 2030

- 26,000 trained CHAs
- 1.5 million people reached, in 4 countries (Rwanda, DR Congo, Burundi, South Sudan)

THANK YOU!



Support us to scale up

- With only \$47, you can help improve the life of 1 person with trauma or common mental disorder, and create a healthier, happier and more productive community
- You can reach us [here](#) for more information



 wfmh.global

 info@wfmh.global

 [@WFMH_Official](https://twitter.com/WFMH_Official)

 [@wfmhofficial](https://www.instagram.com/wfmhofficial)

 [/wfmhofficial](https://www.facebook.com/wfmhofficial)