**INTRODUCTION OF MEMHREP**

Mensah Mental Health Rehabilitation Programme (MEMHREP) was founded by Mr. Adu-Gyamfi Mensah in 2011 with the sole objective of supporting governments in addressing mental health issues in Ghana and abroad. Its office is located at Aboagye Estate, Okyerekrom in the Ashanti Region. It is a registered NGO under the Registrar General Department in Ghana bearing the registration number: CG000152011.

Currently, the organisation has Eighty-two (82) dedicated and committed volunteers in five (5) different regions across Ghana. These volunteers are apt and are well vest in all the selected areas of the Organization’s operations.

For the past eight (8) years, the organisation has been solely funded and aided by the founder who works tirelessly to keep the organisation up and running. The organisation has seen rapid and consistent growth in Ghana and beyond and has achieved a lot in the past years.

**MISSION**

It seeks to end the distress and plight of persons living with mental illness as well promoting mental health. The organization is tasked with gradually alleviating mental health issues the country faces causing a slight abnormality in the standard and beauty of living. This done through its educational outreach programmes in schools, churches and other social gatherings. Its Community Mental Health Support Strategy is missioned with the care and support of persons with mental health issues, helping them to regain sanity in order be reintegrated back into society. In conclusion, MEMHREP is the organisation missioned with gradual and systematic reduction of mental health related issues in Ghana, even a far.

We are also missioned to promoting and protecting good mental health for all, and to treat persons with mental distress fairly, positively and with respect. This is done through the provision of better and intensive care, support and training for all irrespective of their background. It is the organization’s primary goal entangled with the county’s corporate responsibility to enhance the betterment of all persons with mental illness. It is through the relentless efforts and support of individuals, religious and traditional bodies and public and private organizations through fund and donations that will fuel and propel MEMHREP to achieve its cause.

Hence, it is therefore challenged with pooling of resources from all and sundry, i.e. individuals, religious and traditional bodies, private, corporate and public organisations, with the government included to speed up the action initiated by MEMHREP to cause a change in our society and nation deserves as a whole.

**VISION**

The vision of the organisation is to facilitate and provide a secured and safe environment in which society will accept and embrace persons with mental illness

In the short run, MEMHREP’s vision aims at giving hope to the thousands of people who struggle daily with lack of treatment and stigma surrounding their mental health. This is to ensure that, society understands they form integral part of the human race and thus be supported to undergo intensive medical treatment, facilitating their social and economic empowerment of hope for their effective personal development.

Since the establishment of MEMHREP in 2011, the organization has been supporting mentally-ill persons in the Leeds, UK and now in Ghana, the Ashanti Region to be precise. MEMHREP identifies persons with mentally-related illness from the streets, assesses their level of mental incapability by experts in their line of illness and the appropriate medical treatment, counselling, spiritual and emotional support meted out to them.

In the medium term, the organisation is vision with integrating treated clients back into the society. Its reintegration and resettlement plan is to help foster consistent and permanent health after intensive care and treatment. The employment plan is to keep clients active and busy to prevent a revamp of the illness. It is also our vision to bond clients back with their families if they regain sanity and health.

Finally, MEMHREP in its long-term vision intends to have a well-furnished rehabilitation centre to accommodate all mental health patients, especially those in the Kumasi Metropolis, give them better treatments and reintegrate them into the society when they are healed. In this sense, it has acquired two acres of land at Effiduasi-Asokore Nkwankwannua where the construction of the state of the art rehabilitation centre is underway. This will create further jobs for the unemployed youth.

**STRATEGIC PREVENTIVE, SUPPORT AND CARE PLAN (SPSCP)**

The organisation’s preventive, support and care plan (SPSCP) is been structured into four (4) departments. These departments consist of experts of various kinds, working all out to make this strategy a success.

The organisation’s PSCP is not narrowed to treatment of mental ill persons only but also includes the tackling of the root causes of mental illness, hence the need for a combined strategy that will cut across every arena when mental illness or mental health issues arises.

**PREVENTIVE PLAN**

The organisation’s preventive plan involves an educational outreach programme in schools, churches and other religious and social gatherings. Over the years, MEMHREP has been working tirelessly towards the gradual reduction of Mental Health related issues in the country, but narrowing it down to the Ashanti region where it is headquartered. In line with this MEMHREP has decided to tackle the root causes of Mental Illness through its Schools and Religious Bodies Mental Health Education Outreach Program. This is aimed at drawing parents and children’s attention on the need to become mentally healthy. This seeks to outline the key causes of mental illness that most Ghanaians turn a blind eye to irrespective of the adverse and ripple effects it has on nation building and rapid development. The increased rate of persons with Mental illness poses a threat to the nation’s investment, and because of this, the organisation’s education on mental illness requires massive support and assistance from individuals, companies and the government to cause a drastic reduction, paving way for national growth through investors.

The educational program which lasts for an hour to 2 emphasized on these key areas:

* What is Mental Health and Mental Illness
* Mental Illness and Education (The adverse effects on Education)
* How can one become mentally healthy
* Types and Causes of Mental Illness
* Signs and Symptoms of Mental Illness
* Preventive, Care and Support Plan for victims of Mental Illness
* Drug and Substance Abuse (Meaning, Effects, Causes And Preventive, Care And Support)

**OBJECTIVES OF EDUCATION**

As mentioned earlier, the Educational Outreach Program is carefully designed to cut across all Mental Health related issues. The main rationale behind this education is to tackle the root causes of mental illness from a critical perspective, thus through schools and religious bodies since these groups are strong advocates to fighting mental illness in the community.

The education is also aimed at helping to reduce crimes as well as preventing them. From research, some criminal cases are as a result of mental illness hence the need to enlighten parents alongside the pupils in various schools of the repercussions mental illness poses to the community and the country as a whole.

Again, MEMHREP through its schools and religious bodies educational program on Mental Health is to support the government to reduce its cost on mental illness. With its task of education for prevention, the rate of persons who will be affected will be decreased, saving the government the stress it will have to go through to solve this problem.

In conclusion, mental illness is no respecter of persons, and as such, the need to educate everyone on pressing issues of mental health, because out of every four persons, one suffers from mental illness, and thus, issues regarding its prevention should be treated with intensive support and assistance from all and sundry.

**COST OF AN EDUCATION OUTREACH PROGRAMME (PER SCHOOL)**

The cost of an educational outreach programme is as follows:

1. Transportation cost of volunteers (6) c 300.00
2. Cost of printing, photos and video coverage c 250.00
3. Allowances for attended volunteers c 400.00
4. Miscellaneous expenses c 100.00

**TOTALS 1050.00**

MEMHREP has been running this programme from start to finish. The challenges encountered are insufficiency of funds. This is massively affecting the pace at which this programme is ran, and due to this, the educational programme to create intensive awareness is on a crawl. Hence if this setback is resolved fully or even partially, MEMHREP will leave no stone unturned in its quest to spread the gospel of mental health to every person in the region and beyond if it is given the needed support and audience.

**SUPPORT PLAN**

The Community Mental Health Outreach Support Programme is carefully designed to assist persons living with mental illness in the various communities especially where are rooted. With a team of professionals coupled with a pack of dedicated and committed volunteers, persons affected as results of mental problems are evaluated and their level of damage assessed, before appropriate steps are taken to address their problems. Service users are they called are given intensive medical care to enable swift and rapid recovery process. This is done with a joint efforts of some government and private hospital in region whose psychiatric units assist in their care.

The organisation has 20 service users whose medical and personal care are catered from the organisation’s own resources and finances. It is our vision to rehabilitate persons with such needs and the reintegrate them back to the society after they have been given the necessary care and support they need to become safe and sound.

Again, this vision is at halt because the organisation lacks funds to propel this vision and thus the appeal for support.

**OBJECTIVES OF THE COMMUNITY MENTAL HEALTH OUREACH PROGRAMME**

The programme is a support plan to assist persons living with mental illness in and around the community and even beyond. The organisation has tasked herself with identifying persons with such mental health issues and the appropriate remedies meted out.

With collaborated efforts from some governments and private hospitals in the region, the organisation has seen tremendous progress, but due to the inadequacy of funds, the expected is not yielded.

The organisation will to go every extent to ensure the success and continuity of this support plan because in the long run, it makes the community safe and sound for business and other activities to expand to produce expected results which enhances rapid economic growth.

Finally, families with the ‘burden’ of persons with mental illness are relieved, since it becomes the sole responsibility of the organisation to care and cater for these ‘victims’ until they are fully whole to return to their families.

**COST OF TAKING CARE OF A SERVICE USER.**

The cost of taking care of a service user in a month is as follows:

1. Transportation cost per service user c 200.00
2. Drug prescriptions per service user c 354.00
3. Allowance per service user for personal use (c 7.00per day) c 210.00
4. Transpiration cost for attending social events per service user c 140.00

**TOTAL COST PER SERVICE USER IN A MONTH C 904.00**

**\*20** service users

**TOTAL COST ON 20 SERVICE USERS IN A MONTH 18’080.00**

The Community Mental Health Outreach Programme is the core mandate of the organisation. The organisation on its own has decided to embark on this programme to gradually sweep the region of mental illness issues. Its has been the mission of the organisation to see this plan from start to finish irrespective of the financial threat it poses. The organisation therefore stands in the solicitation of funds, either in cash or in kind to make this programme a success.

**CARE PLAN**

The Organisation’s Care Plan is an Outreach Programme extended to persons living with mental illness on the streets of the various regions we find ourselves. MEMHREP from its grasp has shown love to persons suffering from various kinds of mental disorders through this programme.

The outreach programme involves personal care given to these ‘victim’ on the streets. They are fed and clothed just remind them that an organisation like MEMHREP still cares and is working tirelessly to put smiles back on their faces.

The care plan has been part of the organisation’s mission since its birth and through this plan the organisation has seen the need to spread its tentacles to reach all parts of the county, hence its appeal for support through this proposal.

The care plan has seen low record of persons the organisation has reached out to, and as such, we intend to achieve more than we have. This can only happen if individuals and organisation assist MEMHREP to extend a helping hand to such persons living on the streets drawing their attention to the fact that people living around them still care, irrespective of their current condition. The care plan is essential, hence the need for a joint force to consistently reach out to such persons on the streets.

The organisation from its little resources is able to feed an average of 50 to 100 person every month in various part of the region as well the Northern and Western zones of the country.

**OBJECTIVES OF OUTREACH PROGRAMME**

The rationale behind this outreach programme is an exhibition of love and care to persons with mental illness on the streets of the region and the country as a whole. As we extent a helping hand to them, they feel save and secure. In addition, we are able to evaluate and assess their level of sanity through dialogues and interviews. This enables the organisation to find remedies to the pending problem.

The care plan through the outreach programme intends to draw the attention of all concerned person of the plights of the mental ill person on the streets. As advocates of mental health, the organisation sees the urgent need to support and care for persons in these conditions. This goes a long way to reduce the extent of damage.

**COST OF AN OUTREACH PROGRAMME**

Below is the cost incurred on an outreach program on 100 victims per month (Care Plan):

1. Total Transportation cost throughout the programme c 650.00
2. Feeding and clothing of person reached out to (20.00 \*100 victims) c 2000.00
3. Cost of printing, photos and video coverage c 500.00
4. Miscellaneous expenses c 200.00

**TOTAL COST INCURRED ON 100 VICTIMS IN A MONTH C 3’350.00**

**ACHIEVEMENTS OF MEMHREP**

MEMHREP over the past eight years of its existence has achieved a lot. Its operations and activities across the country has had tremendous impact on the lives of many especially those suffering from mental health issues.

From its Educational Outreach Programmes, it’s been able to sensitize the youth on the need to maintain mental illness free life, and adverse effects on the abuse of drugs and how to prevent mental illness. From 2016 to date, our educational team has reached out to 50000 students across the nation specifically the Ashanti Region where it is centred. The educational programme has had positive effects, thus enhancing healthy living as well promoting effective studies. This programme has drastically reduced the rate at which mental illness rises among the youth in the Region and the country as a whole.

Again from its Community Mental Health Programme, lots lives have been saved. This programme is aimed at assisting persons who have mental illness to regain health. The team assesses their level of illness and intensive medical care offered to them. From this support, victims have regained sanity and have been reintegrated back into the society. Irrespective of the huge cost involved in this programme, the organisation has seen massive changes as a results. Persons with mental illness in and around the community have been given intensive care to speed up their recovery process.

Finally, from its agricultural programme, mental ill persons across the streets of the region have benefitted a lot. Acres of land acquired have used to produce food that is used to feed persons suffering from mental illness. This hard work of organisation earned an award in the district it is sited. This good gesture of the organisation has won the hearts of many and recommendations have been made, hence our plea to the government for financial and logistical support.

**MEMHREP’S CHALLENGES**

The organisation is faced with huge financial constraint, because, it is solely funded by the CEO. There is break in the organisation’s activities if there is insufficiency of funds from the CEO. This has become the greatest challenge which is affecting the pace at which the organisation is ran. This challenge has also caused an increase and rise in the persons suffering from mental illness because we lack logistics and funds to enable the organisation to address the needs and conditions of these persons.

The organisation in own means have been collaborating with some psychiatric units of some government hospitals to address the mental health needs of these service users, but this not enough because these hospitals do not even give intensive care and support to these people.

In this regard, as part of our vision, an ultra-modern state of the art rehabilitation centre is been started in the Ashanti Region, specifically, Nkwankwannua in Effiduasi-Asokore District to accommodate the mental ill patients. The completion of this facility is also a challenge to the organisation.

**APPEAL FOR SUPPORT**

Funded and supported by the CEO, Mr. Adu-Gyamfi, the organisation’s activities has taken a slower pace than intended due to the insufficiency of funds.

MEMHREP- GH leaving no stone unturned has decided to continue with the fight and rally against mental illness through its strategic preventive, support and care plan (SPSCP)

By appealing for financial and logistical support from all concerned with intent of the gradual alleviation of mental illness in the community and the nation at large.

Currently, MEMHREP is building an ultra-modern Rehabilitation Centre in the Ashanti Region, specifically, Nkwankwannua in Effiduasi-Asokore District to accommodate the mental ill patients, giving them intensive medical and moral care for consistent and effective recovery. These patients in the long run, would be reintegrated back to the society after they have acquired employable skills.

**THE NEED TO HELP MEMHREP**

MEMHREP on its own is trying every means possible to reduce the rate at which mental illness increases in the country making it safe and conducive for business operation by foreign and local investors. The private and government organisations as well individuals through MEMHREP could help reach this goal. The government through the investments of foreigners and locals could speed up the developmental rate in the country but with the current problem of persons living with mental illness on the increase, this might not be achieved, hence there is the bigger need for all concern in the progress and growth of the economy to financially support MEMHREP-GH to address this alarming situation.

With our mission and vision, MEMHREP is the only organisation that can execute this task from start to finish without any halts or pauses, thereby eradicating the mental illness menace that the country faces. If with its current financial challenges, it has been able to contribute immensely to the fight against mental illness, then with the people like you involved and acting as its backbone, this canker could gradually fade out.

We should note that the fight against mental illness is not a sole responsibility but a joint and corporate effort between organisations like MEMHREP and concerned in the economy’s growth.

MEMHREP is ready to be used as ambassadors and advocates in the rally and fight against mental illness and the stigma such persons live with.