



Ahumuza centre, Kisiizi Hospital

Pitch deck

June 2024

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Who are we?



Who are we?

Kisiizi Hospital, an extraordinary place in rural South-West Uganda, in the town of Kisiizi in Rukungiri District. The hospital is serving a very poor community with healthcare, hydro-electricity, primary school, and a mental health care center, called Ahumuza Centre.

Ahumuza Centre is dedicated to providing high quality mental health care through in- and out-patient clinics, community outreach programmes and health promotion activities to people with mental health conditions.



Who are we?

Caring for over 400 patients per month through both our medicalised and non-medicalised evidence-based approaches, we strive to give patients in our care hope, respect and to reinstate their sense of self-worth, so that they can experience life in all its fullness.

With a steadfast commitment to the community, our compassionate staff has now served rural populations of over 300,000 people till date, enabling them to take holistic care of their body and mind.



Mental Health in Uganda



Mental health in Uganda

Overview

Uganda has been ranked among the top six countries in Africa for rates of depression and anxiety disorders, according to WHO.

14 million Ugandans suffer from mental health disorders which is nearly a third of the population. If each of the **14 million** individuals interacts with **two** people, then almost the entire Ugandan population of 42 million has met with a mental health issue. This suggests that approximately **35 out of every 100** Ugandans encountered daily may have a mental health disorder.

Mental healthcare in Uganda is limited, especially for those living in rural areas, where over **87%** of the population resides. The country has only **28 inpatient** psychiatric units and one mental hospital, and the majority of psychiatrists are located in urban areas. With only **42 psychiatrists** in the country, there is only one psychiatrist available per **1 million people**, further reducing the accessibility of mental health services.



Mental health in Uganda

The Challenges



The lack of access to mental health care in Uganda is a significant public health concern, and addressing this issue is essential to improve the well-being of the population.

Traditional beliefs linking mental illness to spirits and witchcraft often lead Ugandans to seek help from traditional healers, who may employ harmful practices. **This delays access to evidence-based treatment** and reduces the chances of full recovery.

Stigma and negative attitudes towards mental health further discourage individuals from seeking professional help, while already **stretched mental health services** are further burdened by patients from neighboring countries.



How are Kisiizi Hospital and Ahumuza Centre addressing these issues?

Ahumuza means comfort. Nestled amidst a picturesque landscape of hills and waterfalls, the Ahumuza Centre provides a sanctuary of comfort from the judgment and stigma that are often associated with those navigating mental health challenges in Uganda.

Through our comprehensive in- and out-patient clinics and community outreach programmes, our holistic approach extends unwavering support and care not just to patients, but also to their families and caregivers, as they transition back into the community.



Our vision





Our vision

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At the Ahumuza Centre, which is part of the Kisiizi Hospital, we seek to provide access to high quality mental health care and raise community awareness of services that we offer.

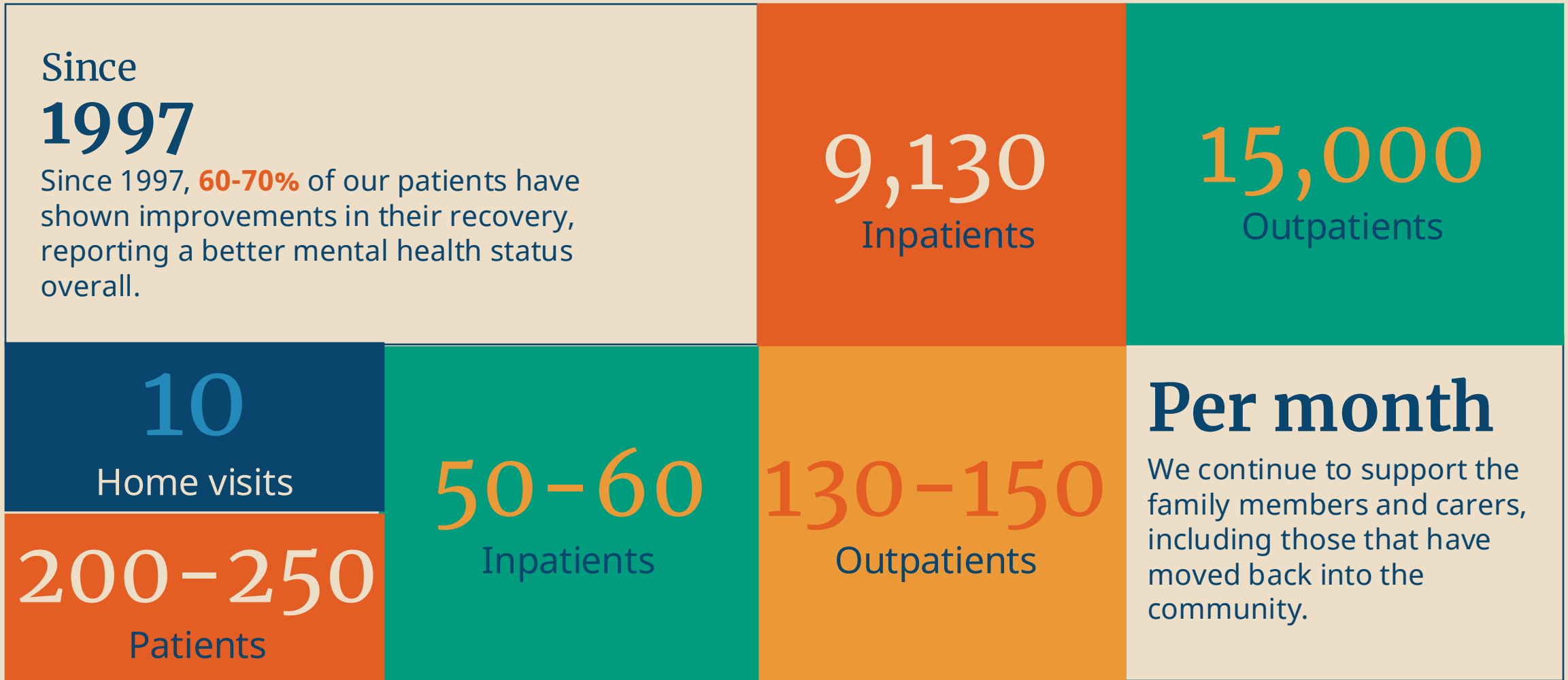
We strive to give patients in our care hope, respect and to reinstate their sense of self-worth, so that they can experience life in all its fullness.



The Impact



The Impact



Since
1997

Since 1997, **60-70%** of our patients have shown improvements in their recovery, reporting a better mental health status overall.

9,130
Inpatients

15,000
Outpatients

10

Home visits

200-250
Patients

50-60
Inpatients

130-150
Outpatients

Per month

We continue to support the family members and carers, including those that have moved back into the community.





Our unique points

14

How are we different from other mental health hospitals in Uganda?

We pride ourselves at the way the patients are approached and treated.

We approach every individual with **respect and kindness**, attending to their mental and physical health from the same space.

We treat every patient as an individual who deserves to experience **the life in its fullness**.

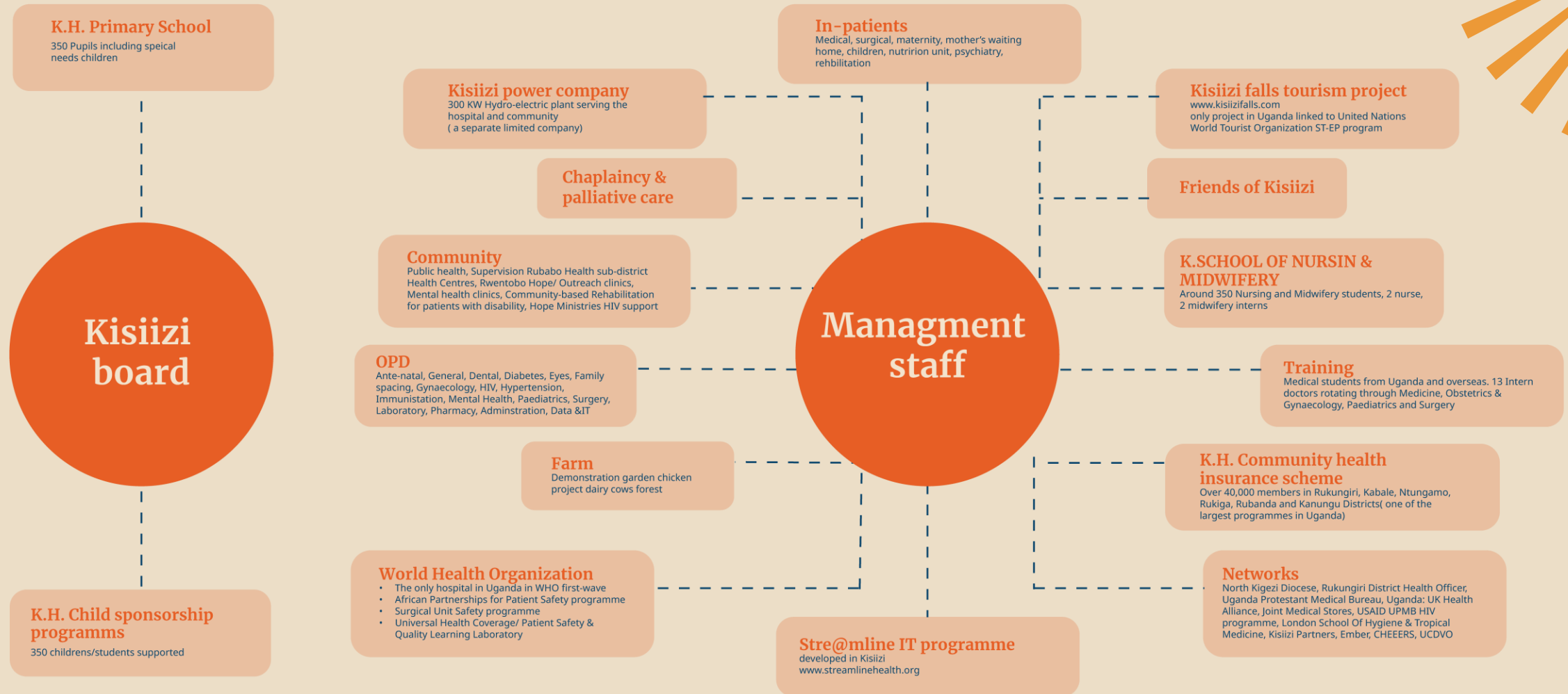
We have a compassionate and dedicated staff who goes above and beyond.



Our work model



OVERVIEW OF CHURCH OF UGANDA KISIIZI HOSPITAL MINISTRIES



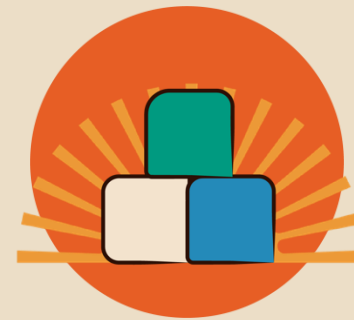
Our work model



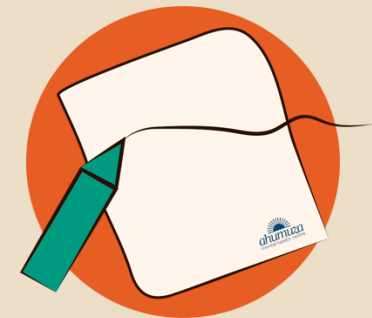
Outpatient Care



Inpatient Care



Community activities



Education and training



Outpatient care

- Physical & mental health support are delivered in one place through a holistic approach
- Services are free, giving even the most vulnerable access to high quality care
- Our staff provide care with love and compassion, growing the hospital's reputation through word of mouth, even outside Uganda
- Patients gain confidence to resettle in the community
- Families are supported in the process of welcoming their relatives back into the community



Education and training

- We conduct training with police officers and wardens on how to handle those with mental health illnesses
- We conduct training with nurses and medical students on mental health



Inpatient care

10 clinics within the Ahumuza Center provide a range of support services, including the neuropsychiatric clinic and the child & adolescent clinic



Community activities

- Home visits allow us to deliver medication and check how patients are
- Through four outreach clinics we ensure all community members are given access to care
- Our 24/7 phone line means we are always available to those who need our support



Success Stories



Success stories



Gender: Male
Age: 70 years
Diagnostic: BAD

Male, 70years, diagnosis: **bipolar affective disorder (BAD)** was among one of the first patients that was admitted after he was found in his home shackled for more than **10 years**.

He lives a successful life; he is able to pay tuition for his children and although he lost his wife, he is still able to stand strong. **He calls himself a child of Kisiizi Hospital.**



Success stories

Has been under our care since 2007 following violent behaviors that resulted in causing **serious neurological damage to his twin children** at his first episode of illness.

Has progressed well since was initiated on treatment and his family is happy and grateful for the care.

His children are studying and offer them some support.



Gender: Male

Age: 45 years

Diagnostic: schizoaffective

Success stories

6 years ago was found **shackled and locked in a small house being feed like a dog.**

Today she is **very happy and can productively work at home.** Her mother is elderly, and she now takes care of her.

Every time we meet her in the community, she gives thanks for our input.



Gender: Female

Age: 30 years

Diagnostic: schizophrenia

Success stories

We met him in 2018 after **7 years of being on shackles**.

At onset of illness, **he killed his wife and baby after one year of treatment**. Patient stabilized and shackles were removed.

Today stays with a single parent who is his mother and **plays several roles** and as a family they give thanks for this big step taken.



Gender: Male

Age: 35 years

Meet the Team

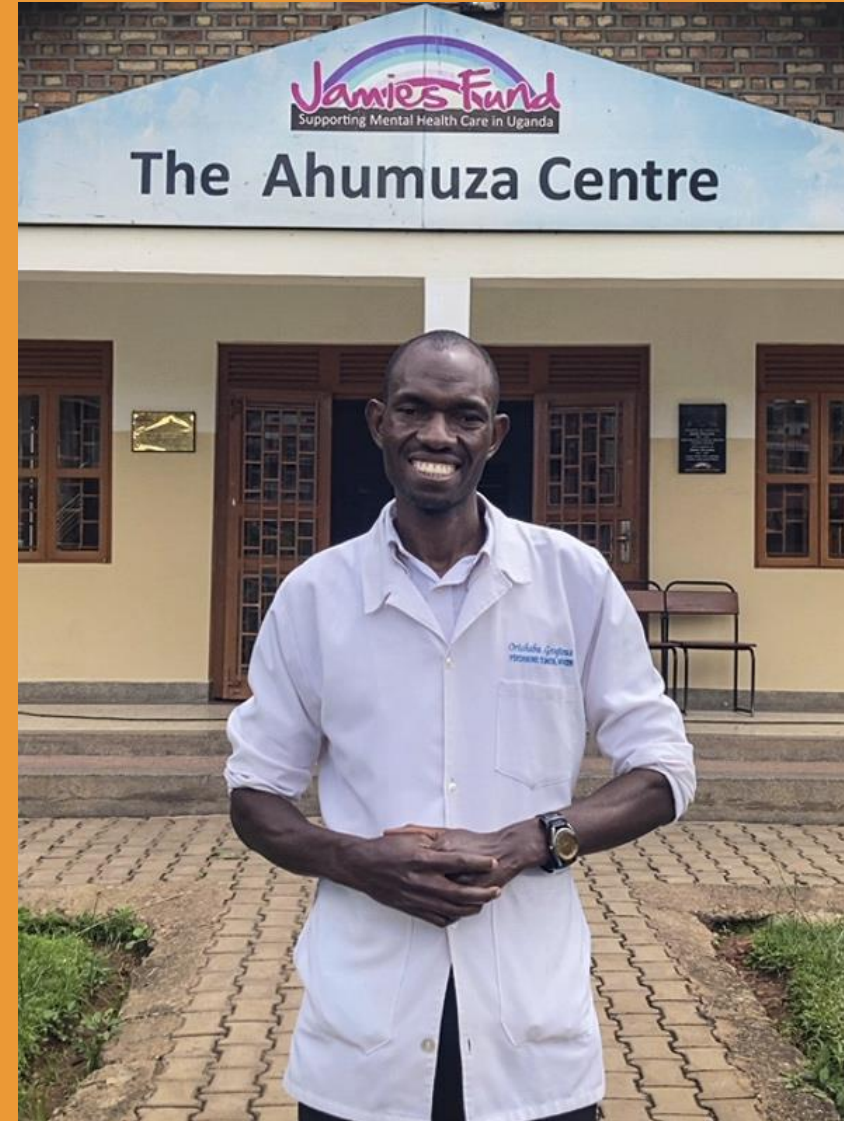


Orishaba Georgious

Male aged 35, **psychiatric clinical officer and head of department**. Started working as a general nurse **10 years ago**.

Georgious has shown interest in mental health since 2014 after realizing the great need for these services in their region. He has put in many efforts in **training nonspecialized staff and creating awareness to the entire population**.

He has a lot of love for this big population that is ignored by many. Even with the big number of patients needing to be seen, they have continued to **ensure quality services and cared for each other as Ahumuza staff**.



Ganshaga Martin Blessing

He is a **general nurse and the Nurse in charge** of Ahumuza Centre since 2019.

He has very good management skills and always speaks the truth which has made us **great in-service delivery**.

Martin picked interest in mental health after attending the first MhGAP training that was organized early 2019 and has played a great role in changing patients' lives.

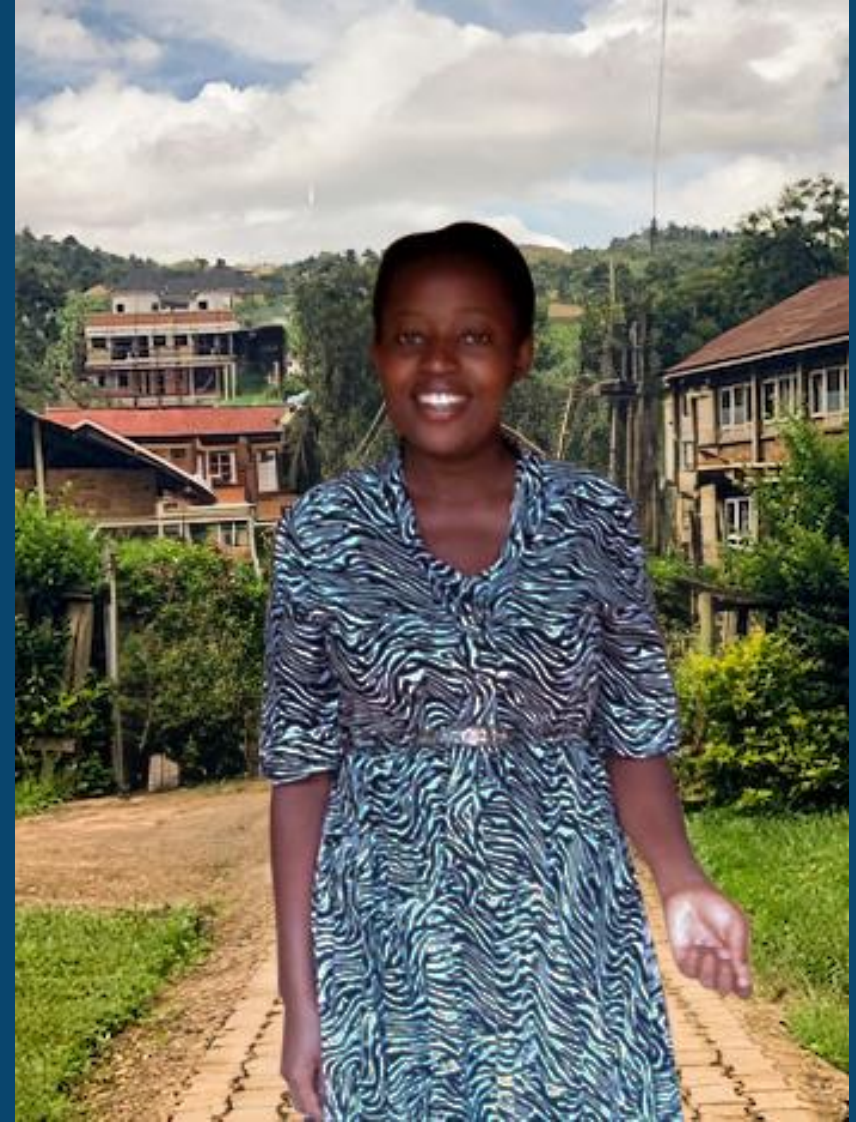


Sayuni Prima Tugume

She is a **general nurse**, after getting exposure to mental health through MhGAP training in 2019.

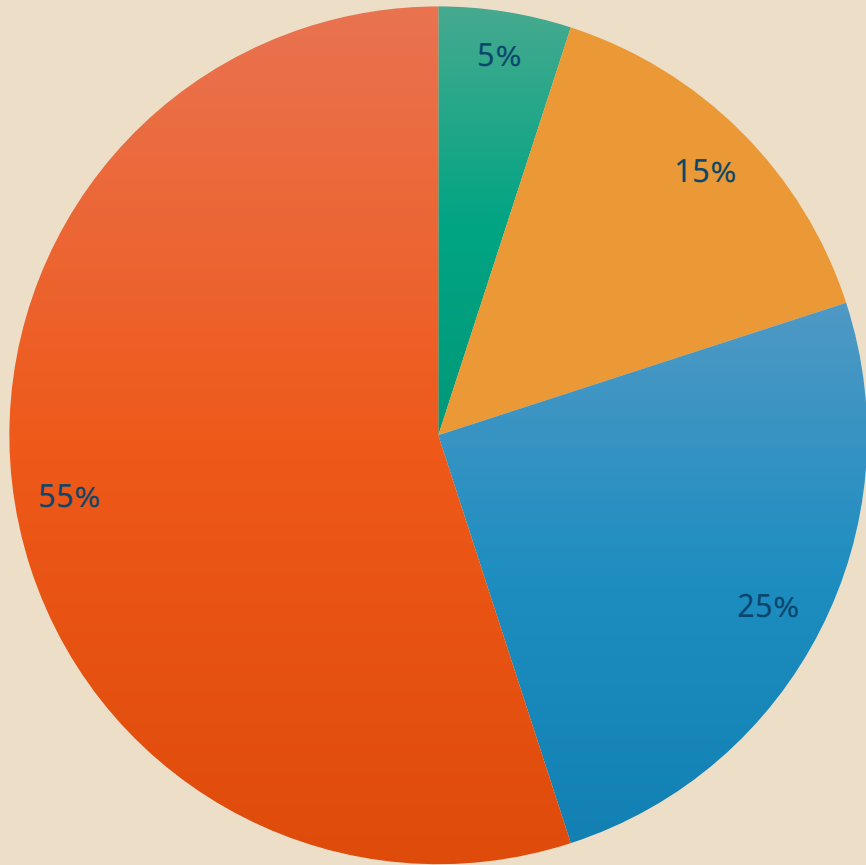
Prima has been serving closely to psychiatric patients and **much interest being on children where she attained additional training in child and adolescent mental health.**

She plays a big role at Ahumuza Centre with great compassion.



The Ask

We are raising **\$150,000**



82,500

Personnel
salaries, training, wellbeing

37,500

Patient care
subsidized patient fees, feeding, resettlement of helpless

22,500

Hospital equipment & facilities
beds, medicine, CCTV, family & children centre

7,500

Awareness raising
outreach visits, radio talkshows





Call to action

In order to serve the vast rural population of over **300,000** we need more supporters on board that can provide **Ahumuza Centre** with sustainable funds, so that we can keep providing excellent mental health care to those in need and raising the level of mental health care in Uganda and beyond.



Thank you

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Find out more about us:

kisiizihospital.org.ug

