



ESSENCE OF TRAINING AND RETRAINING 1ST AFRICAN EDUCATION SUMMIT

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- “Education is the most powerful weapon which you can use to change the world.” (Nelson Mandela).
- “Education is not a way of escaping poverty, it is a way of fighting it” (Julius Nyerere).
- “ *Africa’s story has been written by others; we need to own our problems and solutions and write our story*” (H.E Paul Kagame).



Training and Re-training

3

Training is the process of modifying the knowledge, attitude and skill of a person through learning for enhanced performance.

Retraining Retraining is the process of learning a new skill or trade, often in response to a change in the work environment.

(<https://mywage.org>)



Why Mental Health very important

4

-There is no health without mental health'. Wellbeing, sometimes called positive mental health, is about how we are in the world, and in our own lives.

-It includes how we feel about ourselves and others and the things that happen to us, how we make and maintain relationships, how we learn, how we work and how we deal with the challenges life brings us.

(WHO)



- First in the family to go to University
- High expectations – parents and competition for jobs
- Academic expectations and deadlines
- Transient lifestyle
- Lack of coping strategies
- Maturational Conflict
- Financial pressures
- Isolation
- Drugs and Alcohol
- Poor housing



- Emotions
- Thought Processes and Cognition
- Physical Symptoms
- Behaviours
- Ability to complete activities of daily living
- Ability to focus on their academic studies
- Ability to engage with peers, academic staff and make connections.



UNIVERSITY *of*
RWANDA

Center for Mental Health



OUR TEAM



**Prof. Vincent
Sezibera**
Director



Joseph Kalisa,
Program
Manager



Jess Littman,
Program Manager
*Sugira Muryango
Longitudinal &
Spillover study*



Kisakye Josephine,
Clinical & Community
Engagement In
charge



Josias Izabayo
Capacity Building
Research Assistant



Egide Nkurunziza
Professional Intern



Dr. Mudenge Charle
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Behavioral Sciences



**Dr. Dieudonne
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Postdoctoral Fellow



Theodate Siboyintore
PhD Research
Assistant



**Mignonne
Umurerwa**
Professional Intern



Prince Uwizeye
Professional
Intern



**20% Time
contributed by
Staff from UoR
depts (CP, MHN,
Psy)**





About the Centre for Mental Health

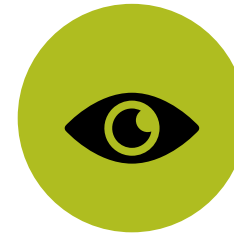
Founded by the University of Rwanda in 2015, the Centre for Mental Health (CMH) is considered to be a structure that supports multidisciplinary research, training, clinic service, and advocacy.





Mision

- ❑ Encourage and coordinate research efforts.
- ❑ Offer academic postgraduate and professional trainings
- ❑ Provide clinical services to the general public
- ❑ Advocate for the mental health service users' wellbeing.



Vision

To be the leading center in Rwanda and the wider region that promotes mental health wellbeing through research, training, clinical services, and advocacy



Key Moments

Partnership

Strengthening Partnerships

Research

Created Research Opportunities

Advocacy

Increased community engagements and outreaches

2015

2018

2019

2020

2021

2023

CMH
Established

Expand

The Center recruited more staff to increase its impact

Training

Increased trainings programs both online and physical trainings



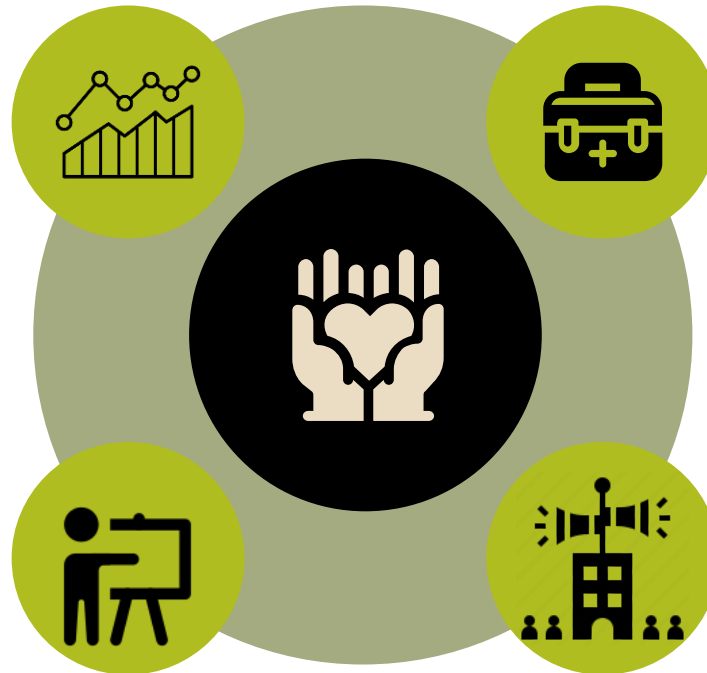
Key Areas

01 Research

We work on several projects with different collaborators

02 Training

We organize different workshops and post university courses



Clinical services 03

We provide psychological assistance to people who may require it

Advocacy 04

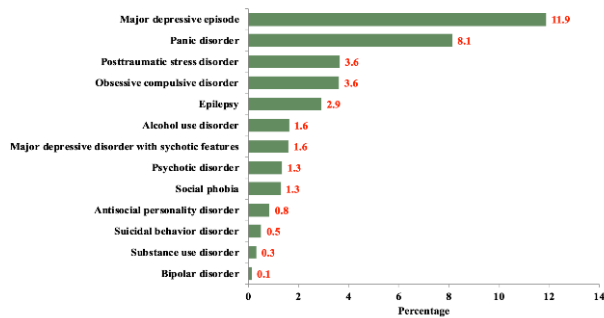
We raise awareness on different mental health issues

Research

Rwanda Mental Health Survey 2018

Worked in partnership with Ministry of Health, Johnson & Johnson, Hope & Homes for Children, etce

Prevalence



Supporting research projects

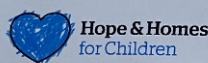
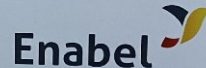
Health Equity in Context: Local Solutions for Global Problems

Implemented in partnership with Western University; UGHE & RPS.

Focused:

1. Pre- & Post-Migration Trauma and Health
2. Making Our Communities Trauma- and Violence-Informed
3. Power, Practice, and Ethics in Global Health

2018-2020



Key Activities

- **Research & Writing Groups**
 - Local teams are supported to carry out research
- **Research Trainings & Seminars**
 - Qualitative & Quantitative
 - Research tools
 - Research exchange seminars
 - Evidence-based & Practice-based research trainings



QUANTITATIVE ANALYSIS WORKSHOP

LEARN BASIC SKILLS IN SPSS AND QUANTITATIVE ANALYSIS IN THIS WORKSHOP SERIES HOSTED BY THE CENTRE FOR MENTAL HEALTH

Interested? Email Joseph Kalisa (josephka300@gmail.com) or Austin Gragson (gragson@bc.edu) to register for the zoom link

JULY 1, JULY 8, JULY 15, JULY 22
1600-1700 CAT

UNIVERSITY OF TORONTO | SUGIRA MURYANGO | RESEARCH PROGRAM ON CHILDREN AND ADOLESCENTS



Paper Publications & Grant Writing Workshops

- Increased research capacity in securing grant funds to support high level research in mental Health & Child Dev't;
- Supporting research teams in making publications & Writing grants in the field of mental health & Child Dev't

The screenshot shows a research article titled "Parenting and parental burnout in Africa" published in the journal "New Directions for Child and Adolescent Development". The authors listed are Tholene Sooli, Lodegaïne Bessantéa Koassagou, Ogma Hatta, Alexis Ndayizigye, Jean-Marie Ndayipfukamiye, Jasué Ngnambouwa Tenkué, Claire Bahati, Vincent Sezibera, and others. The article was first published on 18 November 2020. The page includes a "Recommended" section with a link to "Parental burnout: Moving the focus from children to parents" by Maïra Mikolajczak and Isabelle Roskam. At the bottom, there is a section for "ACHIEVE PROGRAM PARTNERS" listing various universities in the United States and Sub-Saharan Africa.

New Directions for Child and Adolescent Development

RESEARCH ARTICLE

Parenting and parental burnout in Africa

Tholene Sooli, Lodegaïne Bessantéa Koassagou, Ogma Hatta, Alexis Ndayizigye, Jean-Marie Ndayipfukamiye, Jasué Ngnambouwa Tenkué, Claire Bahati, Vincent Sezibera ... See fewer authors

First published: 18 November 2020 | <https://doi.org/10.1002/cad.20386> | Citations: 2

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Recommended
Parental burnout: Moving the focus from children to parents
Maïra Mikolajczak, Isabelle Roskam
New Directions for Child and Adolescent Development
Parental burnout in Iran: Psychometric properties of the Persian (Farsi) version of the Parental Burnout Assessment (PBA)

ichad SECURING OUR CHILDREN'S FUTURE TODAY
Brown School

Washington University in St. Louis

ACHIEVE PROGRAM PARTNERS

United States:
WashU (Ssewamala & McKay)
BC (Betancourt), NYU (Tozan & Huang),
UIC (Weine)

Sub-Saharan Africa:
Makerere University (Nakasujja),
University of Ghana (Akweongo),
University of KwaZulu Natal (Bhana),
University of Makeni (Esliker),
University of Nairobi (Mathai),
University of Rwanda (Sezibera)

Washington University in St. Louis
NYU
UIC
MAKERERE UNIVERSITY
UNIVERSITY OF GHANA
UNIVERSITY OF KWAZULU-NATAL
INYUYISI YAKWAZULU-NATALI
UNIVERSITY OF NAIROBI
UNIVERSITY OF RWANDA

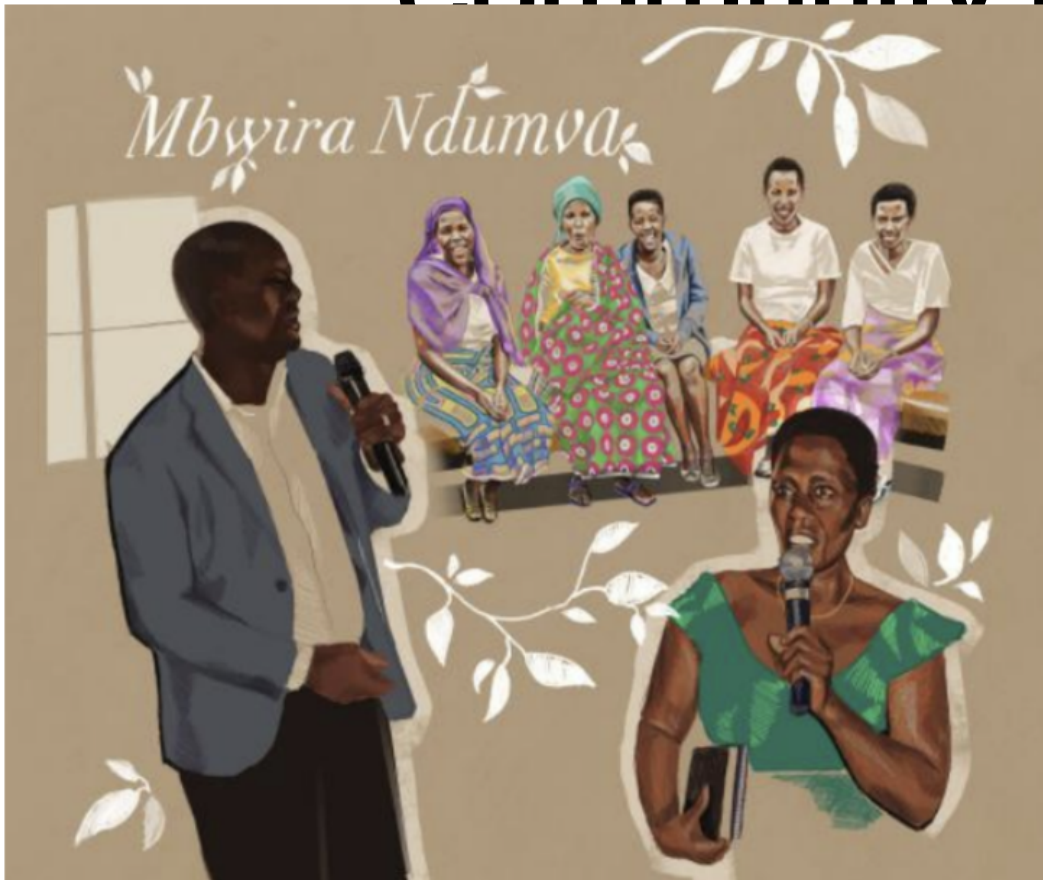
Key Research Continued



Sugira Muryango is a **home-visiting intervention for vulnerable Rwandan families with young children**, co-developed and jointly researched by the Center for Mental Health and the Research Program on Children & Adversity.



Research Communication & Community Engagement



Communication & Translation

- Brings together local organizations & academic institutions to build a synergy in areas of;
- Mental Health & ECD Research
- Grassroot initiatives & strengthening in Mental Health Programs
- Early Career Researcher development



Community Engagements

UoR Community

- CMH continuously engages in offering psycho-education opportunities to UoR community

Local Communities


- Continuously holds discussions, psycho-educations and community conversations

MBWIRA NDUMVA
Symposia
From University Discourse to Community Conversation
Domestic and Gender-Based Violence during COVID-19 Pandemic

ZOOM ID: 839 8006 4020
Register via:
<http://bit.ly/MbwiraNdumva>

Speaker:
Ms. Jane Abatoni
Executive Director, ARCT-Ruhuka
Amina Nyirantazirayo
UR- MSc student, Clinical Psychology

17:30 PM - 18:30 PM
SEPT
30
webinar





Mental Health Clinic

- Centre provides mental health support to students, UoR & neighboring communities.
- Staff dedicate some of the time in providing mental health support
- 5 Licensed Practitioners are affiliated to provide support



Training

Short courses:

The centre runs short courses from 1 day to 1 year period attended by diverse groups of people. Short courses have been attended by local practitioners, regional practitioners such as Burundi, Kenya, Tanzania, Uganda, Ethiopia, Somalia, Eritrea, etc.

Seminars:

The CMH hosts several seminars that look to share local mental health practitioners together with academic teams.

Experiential Learning:

- Post Doc fellowship program
- PhD fellowship Program
- Undergraduate Internship



Advocacy

- ★ Scientific Conferences
- ★ Public Forums
- ★ Symposiums



Partnership Agreements with local & International Institutions

Government & International Institutions	Local & International Organizations
<ol style="list-style-type: none">1.Ministry of Health2.Boston College3.University of Coventry4.Western University5.University of Global Health Equity6.University of Parma7.National Commission for Science & Technology8.Washington University	<ol style="list-style-type: none">1.SOS Children's Villages2.ARCT Ruhuka3.UNICEF Rwanda4.Interpeace Rwanda5.Dulwich Centre Foundation





Summary

- Trainings: Over 100 trainings organized since 2015 for staff, UoR students, Community practitioners, & institutions
- Conferences: 8 conferences organized & co-organized - Rwanda Research Symposium 2021; RWANDA RESEARCH SYMPOSIUM 2022; The 9th Interdisciplinary Forensic Summer School 29th November - 03rd December 2021; National Trauma Symposium; etc
- Research: 10 big research projects engaged in RMHS; Prevalence of mental disorders, associated co-morbidities.; Parenting and parental burnout in Africa; Mental Health Care in Hospitals in Rwanda; Sugira Muryango; HEIDI; collective responses to mental health stigma, etc
- **Clinic service: over 100 students/staff are supported each year**

Areas for strengthening

- Staffing of the Centre
- Infrastructure for MH Clinic
- Increasing budgeting for the CMH's activities
- Accrediting Centre for MH courses & Programs at college level



Upcoming Projects/Plans

Upcoming events/Plans

Mental Health Clinic

- We hope to have the clinic strengthened and expanded to provide services to students/UR-Community
- Increasing mental health support service at UR/Campuses

Mental Health Campaign

- We hope to host a series of mental health campaign throughout this year

Capacity Building

- Offer training & seminars

Training short Courses

Continue offering short courses

Research Projects

- Research Symposium in Sept 2023
- Investigating parents' and young people's attitudes to suicidal ideation, suicidal behaviour, and self-harm in young people in Rwanda
- *e-Ruhuka: An E-Mental Healthcare Architecture as an Innovative Solution to Promote an Alternative and Conventional Support in Rwanda*



Thank you

!