



Participants on the Children's Accelerated Trauma Therapy (CATT) workshop conducted in June 2014, hosted by AMHT and run by Luna Children's Charity of UK.

**Arusha Mental Health Trust
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***HOLIDAY SEASONS GREETINGS FROM ARUSHA
MENTAL HEALTH TRUST***

*Dear Friends,
As the end of another year approaches, the team at Arusha Mental Health Trust
wishes you a happy holiday season, and a peaceful new year in 2015.*

*The year 2014 has passed so quickly! Our program keeps expanding. At the turn
of this year we had a psychiatrist in training with us.... Dr Annerieke Horlings.
Her addition to the team was truly a blessing. She left us in mid- February and
returned home to complete her studies. She left a gaping hole here which we have
still not filled. Another senior social worker Rebekah Mallya left the programme
and returned home to the USA.*

*The team is still directed by Emmanuel Bujulu and he has guided the team
through many transitions and changes, and 2015 promises more of the same.
AMHT remains committed to poor and marginalized people in the geographical
area of Arusha, Tanzania, and we are based in the Regional Government
Hospital for our 14th year.*

Mr. Boniface Kisi has worked as counsellor, trainer, and administrator this year, and our volunteer colleagues Lisa and Graham Stevenson have continued working in marriage counselling; Lisa additionally has worked as a counsellor with individual clients and as a trainer. Mr. Richard Matei continues to manage our office, maintain and drive our vehicle, and assist the government outpatient clinic and visitors to the program.

Miss Lisbeth Mhando, a Psychologist, who joined us in 2013, left the programme for her master's degree course at Muhimbili University of Health and Allied Sciences. We truly miss her contributions into patient care and research skills which were very instrumental in the Monitoring and Evaluation exercises.

Nemburis Manangwa, our Counsellor/ Social worker has continued with her role as a counsellor, assistant administrator, and a trainer. She has been a link to our cooperation with Farm Radio Africa (an NGO who is looking towards educating youth on depression via radio). Niyimpaye Kataze, our social worker and trainer, has been instrumental in supporting the psychiatric nurses with good intake interviews and follow up which had not been possible before due to a lack of time. The closer coordination between the psychiatric and psychological services has resulted in more referrals for therapy to the benefit of our clients.

In May, we were joined by Ms Evanna Lyons, an Irish citizen, a volunteer counselling psychotherapist. Evanna came not only with her counselling skills, but also as a highly trained supervisor who guides us in our daily professional practice. She is a great networker and she has quickly connected us locally and been part of a local fund raiser for AMHT through the Movember initiative.

Sadly, a long term member of staff, Dr Robin Peterson has left us having completed her pro-bono services with us. She left a large void which is hard to fill. She remains a member of our board of trustees, an associate, colleague and is available for quick intervention when asked to do so. Thank you Robin..... always you will remain an honorary member of AMHT.

The Trust has maintained a high standard of care and direct service provision which is a model of best practice. In order to achieve this, AMHT conducted a survey of Knowledge, Attitude and Practice of mental health issues. We have already published a report and it will be available as part of our annual report soon to be published also.

In a mental health programme we experience and realize our own immense privilege and blessings whilst being (sometimes) vicariously traumatized too by what we know of and hear in our day to day work....and cannot change. This 'paralysis' of having to accept what is hard to bear, and what we know {sometimes} could be changed, calls for a strength in us that waxes and wanes. We ask for your prayers for us.

We wish to thank you very sincerely for your continued support, kind words, prayers, friendship and presence in our lives; we remember you at this special time and assure you of our sincere thoughts for Advent & Christmas time.

May the New Year be one of positive world change; faithful following of life-giving values and priorities that, like the coming of Christ, turned the world upside down and around about - forever! May we be positively transformed and be graced to sense and accept it!

Happy Holidays, from the team at Arusha Mental Health Trust

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