

*Happy Holidays 2010*

*Arusha Mental Health Trust*

December 14, 2010



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 2011.

The past year has found AMHT in exciting, sometimes painful, often tearful, and always hopeful transition. Dr. Sheila Devane, MMM decided to turn over the directorship of the Arusha Mental Health Trust, and move on to new and different work with the Medical Missionaries of Mary. The team that she leaves behind will never fill the gap that she leaves, but she has inspired others to carry on the work of mental health in Arusha. Dr. Devane is presently in Ireland, awaiting another abdominal surgery, and we pray for her health and healing.

Emmanuel Bujulu, now the Acting Director, will take the leadership role as Director on January 1<sup>st</sup>, 2011. Mr. Bujulu is a registered nurse with an advanced diploma in psychiatry, and 15 years of experience working with Dr. Devane. Dr. Robin Peterson will fill a new role as Program Development Coordinator. Mr. Boniface Kisi will remain with AMHT in the role of assistant administrator, counselor, and trainer; Mrs. Lisa Stevenson will continue to work part time as a counselor and trainer. Mr. Richard Matei will remain with us as the office assistant and driver for AMHT and Ms. Gretchen Mills is working with AMHT as a leadership consultant.

Two new members of staff are Dr. Carlijn Sturm and Miss Rebecca Tyrer. Dr. Sturm is a medical doctor from the Netherlands, with experience in psychiatry and a special interest in the area of mental health. She has been a real blessing to the work of AMHT in her competent and caring way. Miss Tyrer is a recent graduate in clinical psychology for Lincoln University in the United Kingdom, and is a volunteer intern with us until September of 2011.

The work of AMHT has grown this year, even in the midst of economic problems worldwide, and the transition that AMHT has undergone over the course of this year. AMHT continues to serve poor and marginalized people in the Arusha region from the premises at the Mt. Meru Regional Government Hospital. AMHT has been well supported financially by loyal donors, both large organizations locally and internationally, and many individuals, who value the work of providing mental health service to vulnerable populations in a developing country. The Trust has maintained a high standard of care and direct service provision; AMHT has also expanded and increased the work of partnering with other organizations and service providers for training, support, and supervision. The New Year brings a new vision, and some new directions which we will report to you as they come to fruition.

As a team, we would like to thank all of you for your support and prayers over the past year, and past many years as the program has developed and changed. We continue to provide the best mental health care possible as a result of your interest and support.

**Happy Holidays, from the team at Arusha Mental Health Trust**