

MENTAL HEALTH AND ADDICTION SUMMIT 2013 HELD ON THE 5TH OF JULY 2013, AT THE LAGOS SHERATON HOTEL AND TOWER, MARYLAND, LAGOS NIGERIA. TIME; 9: 30 AM (GMT)

The inaugural epoch making summit on mental health and addiction, endorsed by the Lagos state ministry of health, tagged- '**mental health and addiction 2013**,' initiated by **Mrs. Bukola Hassan**, president nightingale foundation, and the resident nurse/ Neuro psychiatrist at the Asokoro hospital, Abuja, Nigeria, was held in the banquet hall of the prestigious Lagos Sheraton hotel and tower, with over 150 delegate from various sector of the economy in attendance. The event chaired by the deputy editor-in-chief, TELL COMMUNICATION LTD (publishers of TELL magazine), Mr. Dele Omotunde, had representatives from the media(print and electronic), Lagos state ministry of health, law enforcement agencies, NAFDAC, NDLEA, top professionals in the academia, pharmaceuticals, and non-governmental agencies whose core objective is drug demand reduction all visibly present at the occasion.

The program kicked off at exactly 10; 30 am (GMT) with the rendition of the Nigerian national anthem, closely followed by the introduction of the guest speakers from within and outside the country by the compere.

Key note papers during the 9hrs event were delivered by

1. Dr Tayo Daramola, consultant psychiatrist, Asokoro hospital, Abuja Nigeria.
Paper 1. 'Challenges in Care Approach, Practice and the Nigerian factor in Health care Methodology; Paradigm shift from the Norm.
2. Mr. James Dooher, senior principal lecturer/ senior research fellow, dept of mental health, De Montfort university, Leicester, U.K
Paper 2. 'Information Technology; Knowledge, Management and its Revolution in Mental Health Care and Addiction.
3. Dr. Femi Olugbile, The Permanent Secretary, Lagos State Ministry of Health, Alausa.
Paper 3. ; Mental Health and Addiction- Dynamics and Management in a Mega City; The Lagos State example.
4. Pharmacist Adetoyese Mudashiru Oyewumi, Rite Aid Pharmaceuticals Atlanta Georgia USA.
Paper 4. The Pharmacist Perspective; National Perspective on Prescription (drugs) abuse, Home and Abroad.

In the course of the lecture, various Grey areas significantly hindering the nation's quest to having qualitative health care delivery in the area of mental health, was discussed by the various speakers, and recommendations proposed are as follow-

GREY AREAS

1. Integration of mental health studies into the nation's tertiary/high school curriculum.
2. The issue of stigmatization/hostility (societal) towards families of (P.L.M.I) people living with mental illness.
3. The issue of stigmatization/hostility by unprofessional health care givers, toward people living with mental illness under their watch.
4. Lack of adequate well trained man power
5. Dearth of qualitative mental health care facility
6. The exorbitant cost of treatment
7. Inappropriate legal frame work.
8. Lack of political will and commitment.

RECOMMENDATION

1. Most of the speakers suggested that having mental health included in the education curriculum, will greatly dispel the negative perception, and attitude of the general public towards P.L.W.I and their families. It would also educate them on how to recognize early signs of mental decline in a loved one or any other would be victim.
2. The issue of stigmatization/hostility both societal or from health care giver, basically has its foundation in ignorance. Speakers after speakers at the forum recommended greater public enlightenment on the root cause and available treatment option. The regular re-orientation of health care givers in the field was also suggested on the back drop of incessant reports from family members of P.L.W.I of how health care givers on government pay roll discriminate against their loved ones living with mental illness.
3. Dr. Tayo Daramola, consultant psychiatrist, Asokoro hospital, reveled to the astonishment of those seated, that almost all the health care facility with specialization in mental health were located in south west/eastern Nigeria. An anomaly according to him, because reported cases of drug/substance abuse was prevalent in the north. Vices such as glue sniffing, petrol sniffing and the abuse of marijuana are openly abused by millions of homeless children popularly called (ALMAJERIS) Islamic scholars roaming the dusty, arid streets of northern Nigeria.
4. On the issue of treatment and after treatment program, Nigeria, according to Dr. Tayo was still way behind at offering qualitative health care and free of charge policy, like the countries of Ghana and Togo are currently doing.

5. The proposed parliamentary act that will further give a voice to P.L.W.I in our society, has severally being hindered from being passed into law, either at the senate or house of representative.
6. The lack of political will and commitment on the part of members of the Nigerian senate and house of representative to promote bills that will greatly enhance the well being of P.L.W.I was also discussed. Frivolous bills like the increased in salary and entitlement for law makers and the passage of the bill in support of child marriage are a few bills that are of less significance, and which has taken its toll on tax payers money, to the detriment of the passage of bills that will promote the cause of ordinary Nigerian, with special focus on people living with mental illness.



FROM LEFT: MR Oloho C.James (National Coordinator UIFDFN) MIDDLE: **Mrs. Bukola Hassan** (president nightingale foundation), EXTREM RIGHT: Mr Ikenna Molobe (Deputy National Coordinator UIFDFN) during the **MENTAL HEALTH AND ADDICTION SUMMIT 2013 HELD ON THE 5TH OF JULY 2013, AT THE LAGOS SHERATON HOTEL AND TOWER, MARYLAND, LAGOS NIGERIA. TIME; 9: 30 AM (GMT)**

IGANMODE GRAMMER SCHOOL REPORT:

On the 25th of September 2013, in the ancient city of Ota (ADO-ODO/OTA LGA) in Ogun state, south west Nigeria, the facilitating team of unified initiative for a drug free Nigeria, reached out to 1500(one thousand, five hundred) high school students of IGANMODE GRAMMER SCHOOL (a school administered by the state government, with the message ‘SAY NO TO DRUGS’).

The event facilitated in conjunction with west African seasoning co limited(makers of Ajinomoto) and the Ogun state ministry of education, science and technology, kicked off at exactly(2pm GMT) with the rendition of the Nigerian national anthem, within a large spacious facility provided by the school officials.

The facility having being prior to this event, inspected a week before by our advance team of technicians and safety personnel (with expertise in ventilation, acoustic, first aid, and electrical engineering). Before any of our speaking engagements, special attention is often paid to the welfare of the intended attendee through the cross checking and making sure the emergency exits, fire extinguishers and proper ventilation equipments are functional and in place. The facility was within minutes filled to the brim with excited students, as a safety precaution, zealous students were turned back from the venue.

Before the commencement of the programme and to calm the restive students whom were eagerly anticipating the kick off of the programme, Mr. Sunday Basil (a member of the facilitating team, and a musician) coordinated a short recess of singing completion amongst the students, aimed at whetting the students’ appetite and getting them in the mood.



MR ADEMOLA ABOLAJI CHRISTOPHER IN AN INTERACTIVE SESSION WITH THE STUDENTS OF IGANMODE GRAMMAR SCHOOL, OGUN STATE, DURING UIFDFN’S LECTURE ON DRUG ABUSE.

Having aroused the interest and the competitive spirit in the students, the singing competition was keenly contested, winners as declared by the students, went away with varieties of the 'TRUTH ABOUT DRUGS' booklets- The ground breaking well researched educational booklets on the various drugs out there, its effect when abused, made available by our material support partner in the US- foundation for a drug free world. Minutes after the curtain fell on the singing competition, Mr Ademola (administrator unified initiative for a drug free Nigeria) took the centre stage, introduced and ushered the school administrators and other important dignitaries that graced the occasion to the high table.

Mr. ikenna molobe (deputy national coordinator, unified initiative for a drug free Nigeria) also a member of the high table, stood and gave a short opening speech/address, and further went ahead to donate 5 of his published short story on drug abuse- The Hunters. He gave 2 to the school library and the other 3 to be given out during the question and answering session to be handled by the programme facilitating officer, Mr Edwin ubani



STUDENTS OF IGANMODE GRAMMAR SCHOOL, OGUN STATE DURING UIFDN's LECTURE ON DRUG ABUSE, DISPLAYING EDUCATIONAL MATERIALS FROM DFW USA

1. How many students were in attendance?
2000 ages-(12-15yrs)
2. How many school administrators/teachers were in attendance
12
3. What teaching method was put to use effectively to catch and hold the students attention throughout the event duration.

The teaching method deployed by Mr. Edwin ubani was largely interactive. Students took time to say the local street names of drugs that they are conversant with in their immediate environment, and there was adequate time for questions and answers.

4. What educational materials was deployed and to what effect
 1. Truth about drugs booklet
 2. Back to school exercise book and pen.
 3. Music.

Truth about drugs booklet

- A. From our past experiences the truth about drugs booklets had always been a barrier breaker while educating the average Nigerian, notwithstanding his or her level of education, religious inclination or beliefs. The well researched and packaged booklets have always held our audience spell bound by its content and information as even most educated Nigerians have expressed a slight ignorance at the effect most of the street drugs have on the human body. This added educational tool in our arsenal has really been of inestimable value. This declaration hinges from the back drop of avalanche of letters we have received from different organization/bodies requesting for the booklets to facilitate their anti-drug abuse programmes.



STUDENTS OF IGANMODE GRAMMAR SCHOOL, OGUN STATE DURING UIFDN's LECTURE ON DRUG ABUSE, DISPLAYING EDUCATIONAL MATERIALS FROM DFW USA



THE SCHOOL PRINCIPAL OF IGANMODE GRAMMAR SCHOOL, OGUN STATE, GIVING A KEY-NOTE ADDRESS ON DANGERS OF STUDENTS ABUSING DRUGS WHILE IN SCHOOL.

MUSIC

- B. 'If music is the food to the soul play on' William Shakespeare.
- Music is generally accepted worldwide, the genre notwithstanding. It's another form of language that had ever since creation being put to effective use by man as a means of communicating. Instances and situations where difference in language had been a barrier, music had proven to be a barrier breaker. And on the day of the programme, our in-house musician and creator of our theme song- Mr. basil Sunday, entertained the students with his various compilations of antidrug abuse songs, songs such as '**Don't do drug**' and '**Am a super duper**'. The ovation that followed every of such music performance was deafening. The integration of music into our curriculum of lecture has really helped in the area of further enlightenment. The hip hop culture in the Nigerian music industry is growing at an astronomical pace, and the average Nigerian youth is an integral part of this culture and trend.

EDUCATIONAL BOOKS AND PENS

- C. The added incentives made it inaugural appearance at this particular programme, thanks to our event/programme sponsor- West African seasoning co ltd, makers of the world renowned food seasoning Ajinomoto. The excited students eagerly grabbed the incentives with both hands. The idea behind the introduction of the incentives by unified initiative for a drug free Nigeria is to assist the federal government in her effort at providing qualitative educational materials to the nation's teeming student population so as to lure the over 10.5 million out of school children (the Nigerian guardian newspaper, sep 13 2013) off the street and back into the classroom.



A STUDENT OF IGANMODE GRAMMAR SCHOOL, OGUN STATE HOLDING A SPONSORED EXERCISE BOOK (BY WEST AFRICAN CO SEASONING LTD) DURING UIFDFN'S LECTURE ON DRUG ABUSE