



**THE UNITED REPUBLIC OF TANZANIA
AND
ROTARY CLUB RHO**



PRESIDENT'S OFFICE

PEDIATRIC MENTAL HEALTH CARE AND MANAGEMENT IN SINGIDA REGION TANZANIA

**Sviluppo di servizi di salute mentale in età evolutiva e
di una rete informativa sanitaria.**

Prepared by:
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Singida is one of the 26 regions of Tanzania, and belongs to the Central Zone of Tanzania. The total population of Singida Region is approximately 1,551,766.

There are about 625,780 children between 0-15 years of age. Singida Region has 5 centres for rehabilitation of abandoned street children which include Upendo home, Malaika wa Matumaini, Amani Centre, Aloycia home and Siuyu for mental retarded children and disabled.

THE PROBLEM

National policy has given low priority to services of drug abuse and mental disorders, due to inadequate skilled service providers, lack of accurate data for mental disorders especially for children.



The Problem



Currently, in Singida there is no specific program or initiative which deals with prevention and management of mental disorders.

This is also reflected at family level.

Mental disorder is still a **community stigma** which leads children to receive no care.



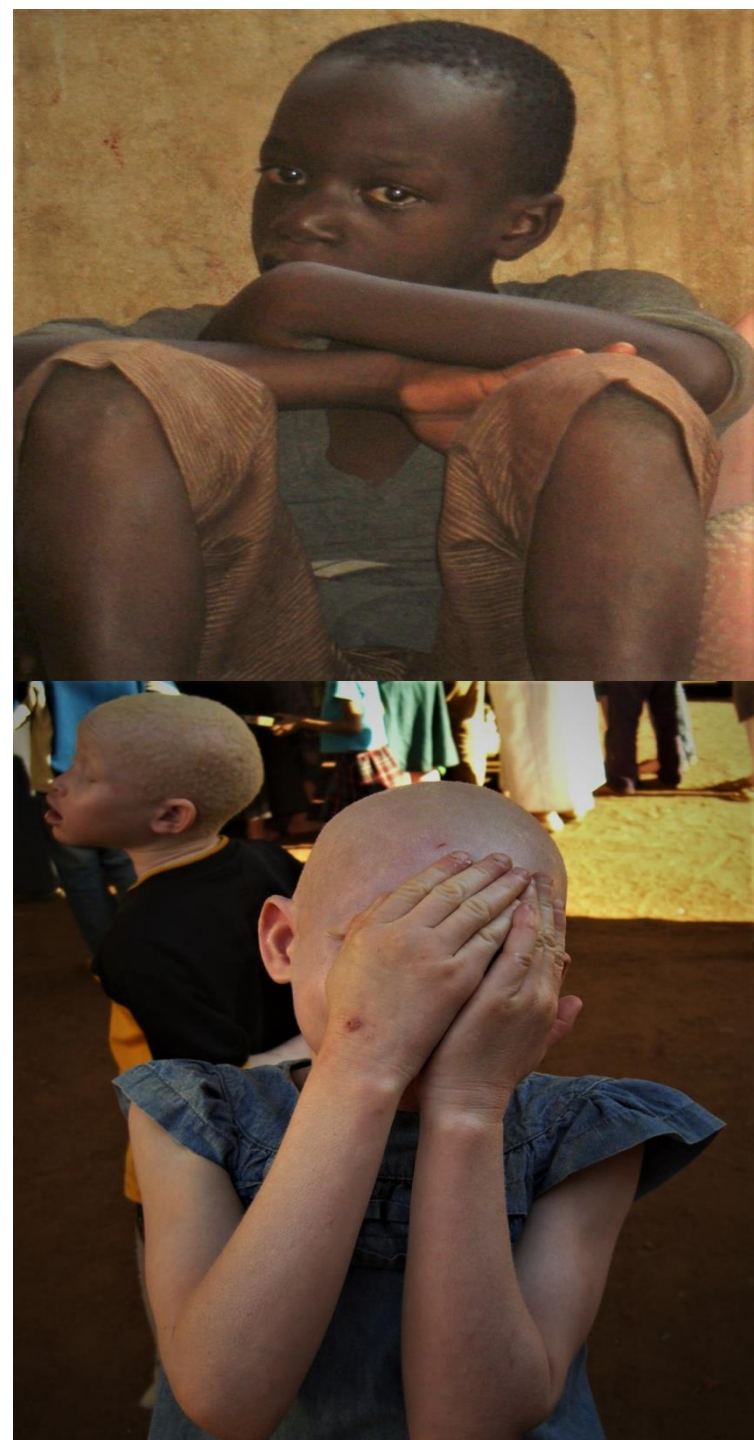
The Problem

Tanzanian society as well as in Singida has negative thoughts about mental disorders. They think that mental disorder is caused by curses, evil and superstition.

Due to these ideas parents hide the patients at home without any treatment, fearing the shame which they may receive from society.

Eventually they take the patients to the traditional healer.

**All this leads patients to
permanent
mental disability.**



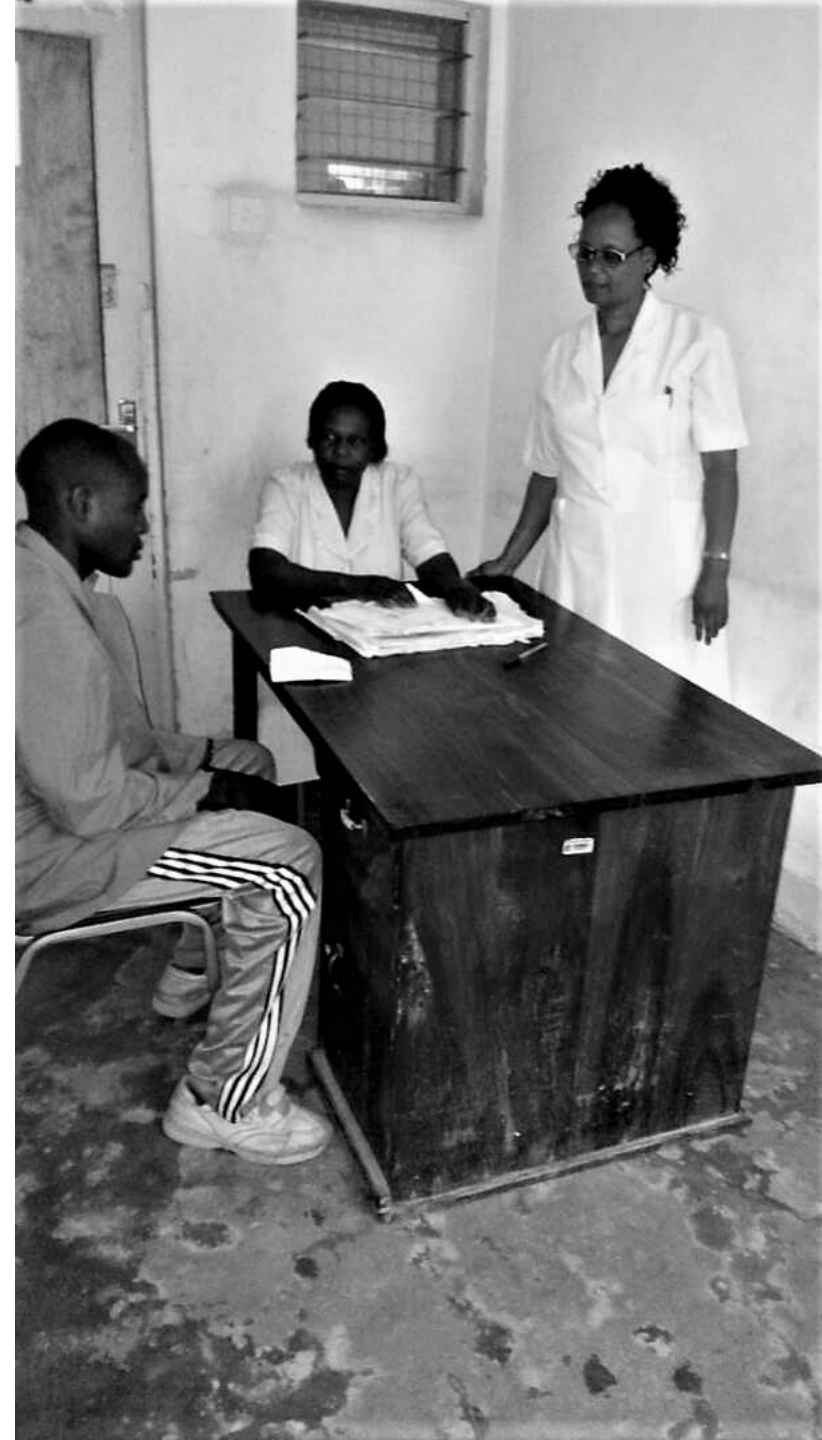
The consequences

- Stigma and discrimination from the community
- Patients are separated from family and community since they are useless and not manageable
- Children suffer from malnutrition and other diseases due to being neglected by the family
- Increased number of useless street children causing more burden to the society
- More illiterate children not attending school



Those patients who have the chance to attend health facilities they also face challenges in receiving their services due to:

- Inadequate skill and knowledge of health care providers on diagnosing and managing pediatric mental disorders
- Lack of mental inpatient departments necessary for care
- Inadequate drugs and other supplies for mental disorders



- Stigma and discrimination from service providers
- No informative system of pediatric mental disorders as the current system captures only Epilepsy and Psychosis in adults
- The issue of street children is now becoming a social problem as most of these children end up with mental disorders due to stress, drug and alcohol abuse.
- Singida has 4 centers with 100 abandoned street children



The goals of this 3 years project are:

- to enable health care providers to gain essential knowledge for management of pediatric mental disorders
- to improve their skills so that they can maintain and deliver quality health care services in all hospitals
- community awareness on prevention of mental health disorders
- development of electronic informative system for developmental mental disorders



Expected objectives in 3 years

- To describe the actual situation of health facilities on care and management of pediatric mental disorders
- Create new services of mental health for children in general hospitals
- Create community services for families and children
- Provide health care personnel with knowledge and skill for management of pediatric mental disorders
- Create a Lifelong learning education system
- Extend this system at national level





Grazie per l'attenzione

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