

WHAT WE DO:

- **Mobilization and sensitization**

CMDF's main activity is to mobilize people with mental disability, their parents and guardians in support groups. Through support groups, persons with mental disability learn from each other and share experiences on how to positively live with mental disability. In these groups PWMD share problems and challenges and learn from each other how to solve such problems. Groups also create a sense of togetherness and members are also equipped with skills on how to become economically self-supporting by engaging income generating activities.

- **Capacity Building**

CMDF organizes its members to elect leaders both at district and sub county levels. In these groups members are trained in leadership skills and income generating activities. CMDF trains volunteers in financial skills, group dynamics, records management, mobilization skills and simple counseling.

- **Advocacy and Lobbying**

CMDF lobbies and advocates for rights of people with mental disability i.e. the right to regular medication, education, ownership of property, marriage, inheritance etc. In this capacity, CMDF engages Districts and Central Government bodies to take mental disability as a priority and to accept people with mental disability in communities as citizens of equal importance to others and who should be involved and consulted in all planning processes.

- **Networking**

CMDF is a member of voices of Health Rights Coalition (VHR) and is a member of NUDIPU (an umbrella organization that brings together all disability organizations in Uganda), and Ministry of Health. It is also

a member of International Patients Organization (IAPO). CMDF is a member of International Bureau for Epilepsy (IBE) and currently holds the post of the Vice Chairperson for the African Regional Commission of the IBE.

- **Counseling and Referral at the Secretariat**

CMDF offers counseling about mental disability and how people with mental disability can get treatment to be cured or positively live with the problem. We also provide Information on education, employment, and refer people with disabilities for comprehensive medical assessment. CMDF has a document center and periodically publishes a magazine outlining topical issues on mental disability among children.

- **Creating awareness through forum theatre:**

Forum theatre is an interactive form of theatre that encourages audience interaction and explores different options for dealing with a problem or issue and it is often used by socially excluded and disempowered groups. CMDF is using this tool by staging shows to provide accurate information on mental disability through sensitizing youth, professionals and community members on mental disability. Currently CMDF is using this tool in Acholi sub region covering the districts of Amuru, Gulu, Pader and Kitgum.

HOW CAN YOU HELP

People like you can make vital contribution towards improving the lives of the children with disabilities by making both cash and in kind donations

**Donation Account No. 01251115411627
DFCU Bank Mukono Branch- Jinja Road- Mukono Town
SWIFT CODE: DFCUGKAXXX**

**Address: Goma Division, Mukono Municipality,
P.O.Box 12634, Kampala Uganda.
Tel: +256 394 824 641 / +256 705 182 963
Email. childmental@yahoo.com**

CHILD MENTAL DISABILITY FOUNDATION



WHO WE ARE

C CMDF is an association of people living with mental disability, their parents, guardians and care takers plus the entire community around them. These persons suffer more from the unfriendly social environment than from the disease itself. This is a result of general lack of information about mental disabilities, discrimination, perception and lack of access to medication among others. Marginalization of the fundamental human rights of persons with disabilities due to lack of understanding of their needs and rights is the cause of our existence and a problem we share in common in the disability movement. The association works through group therapy where people share experiences and learn from each other. We operate an indigenous child focused community based organization founded in 2009 and established in 2010. The overall goal of the organization is to promote care and support for children with mental disabilities specifically epilepsy and mental palsy, their parents, guardians and caretakers and members of the surrounding communities.

VISION

A Ugandan society where mental disability is understood and people with mental disability are treated with dignity so that they can exercise their full potential and freely participate in all developmental processes.

MISSION

To become the leading organization that empowers people with mental disability to participate in development process through advocacy and lobbying for their rights.

OBJECTIVES:

1. To build an become an Association in which people with mental disability, their relatives and guardians are empowered and participating in advocacy and lobbying for their rights
2. To empower CMDF structures engage decision makers at the district and sub county levels for effective service delivery.
3. To create awareness among people with mental disability ,their relatives , health workers , opinion leaders and the community so they understand mental disability and be able to support persons with mental disability.
4. To build a network and alliances through which CMDF can advocate for the rights of people with mental disability.
5. To raise awareness among the public about mental disability
6. To lobby and advocate for rights and needs of people living with mental disabilities.
7. To create a platform for persons with mental disabilities to meet regularly and share experiences and be able to voice out their needs.

8. To encourage person with mental disability to engage in income generating activities so as to enable them independent lives and easy access to regular medication .
9. To provide support t and counseling to persons living with mental disabilities to manage phobia and fight discrimination.
10. Mobilize, register and develop a database (documentation) for persons with mental disability.
11. To sensitize the public through workshops, media so as to eradicate ignorance about mental disability and to reduce social stigma associated with the problem in the community.



12. To empower persons with mental disability to live normal lives, through capacity building, support a and advocacy and to improve their wellbeing without any discrimination.
 13. Mobilizing persons with mental disabilities and building capacity through formation of support groups and leadership training.
 14. Lobbying administrators to health units /centers and hospitals to provide treatment and procure drugs for persons with MD at affordable cost.
 15. Conducting public awareness workshops in schools and community in order to promote a better understanding of PWMD.
 16. To train volunteers among persons with MDS who go out to the community and sensitize them.
 17. To provide support and counseling to persons WMD as well as refer them to appropriate health facilities and hospitals for medication.
- Indigenous child focused community based organization founded in 2009 and established in 2010. The overall goal of the organization is to promote care and support for children with mental disabilities specifically epilepsy and mental palsy, their parents, guardians and caretakers and members of the surrounding communities. The organization is registered as a community based organization but there are plans to have it elevated to NGO status with improved performance based on availability of funds. The organization was founded to promote care and support to children with epilepsy and mental palsy , their care giving families and communities to mitigate mental disability prevalence as well as reduce its impact on the surrounding communities within our operation areas. It was founded by a group of five people who each had a child with mental disability, to advocate for the rights of the victims and are today part of the membership as the founder members.