

# City of Rest

## Mental Health in Sierra Leone

In March 2009 a delegation of the World Health Organisation (WHO) visited Sierra Leone in order to assist the Ministry of Health and Sanitation to assess the mental health situation in the country and to develop a relevant Mental Health Policy and Plan.

City of Rest was invited to take part in a seven-day workshop during which the Policy and Plan were written. It was a privilege to work alongside very experienced and motivated people with the aim to make mental health care available to everyone in Sierra Leone. Currently there are only one psychiatrist and two psychiatric nurses in the whole country. Knowledge of mental health issues is minimal even among medical personnel and social workers. There are no known psychologists, occupational therapists, etc.

The new Policy & Plan moves away from hospital-based care (there is one psychiatric hospital in Freetown) to community-based care which will be integrated into the general health care system. With the lack of human resources the implementation of the Plan will be a challenge. Pray with us that God will provide qualified mental health care workers from around the world to come and assist the Government of Sierra Leone in this major task.

As a Rehabilitation Centre for people with substance abuse disorders, City of Rest is filling a gap in the mental health care system in Sierra Leone. In 2008, we welcomed 82 guests; 63 of them were admitted because of problems with substance abuse, but 24 of them also had symptoms of a mental disorder. The remaining 19 were admitted primarily because of mental health issues. Apart from those in residential care, we had a varying number of day-care guests and people coming just for counselling and prayer.

As we seek to continually improve our care through staff training and programme development, we thank God for the opportunity He has given us to love and serve our addicted, mentally disordered, or otherwise struggling brothers and sisters in this nation.



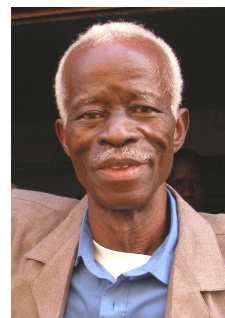
## Grafton Update

The construction work in Grafton is in progress. The fence surrounding the three acres of land is almost finished. Currently the architectural plans are going through a final revision after which a building permit will be obtained. Mission Direct will be sending in several teams of volunteers. We are praying for God's provision so the construction of the buildings can start as soon as possible.



## Quarterly Newsletter

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## From the Pastor

Let me once again take this opportunity to thank all our numerous readers, prayer partners and friends of City of Rest for standing with us as partners and to especially wish you all a blessed Easter Season.

Our April edition is out to continue to give you an update about the work the Lord is doing at the City of Rest. As we partner together to reach out to the addicted and mentally disturbed persons, it is my prayer that the Lord will continue to give us the strength and direction as to liberate our young people from the slavery of addiction and mental disorder. I must confess, the work is great, but knowing Who is in control – the Lord Jesus Christ, we are sure to succeed to the glory of the wonderful name of Jesus Christ our Lord. We are open to your questions, your input, advice and your continuous prayer and financial support. May the Lord continue to shower His blessings upon you all.

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If you want to support our work financially, please contact us on one of the above named phone numbers or e-mail addresses.



## Praise & Prayer

**Praise** God for intervening on behalf of the many people suffering from mental disorders in Sierra Leone by giving the Government a fresh vision for mental health care.

**Pray** that professionals workers will come to Sierra Leone to join the Government in the implementation of the Policy & Plan .

**Pray** for God's provision for the construction work in Grafton; for his protection over everyone working at the site.

**Pray** for health and strength for our General Director, Pastor. Morie S. Ngobeh

**Pray** that this Easter season we will experience the resurrection power of Christ at work in our guests. That many will be set free from addiction or mental disorders.

## Join Mission Direct in Building a New City of Rest!

Ready for a life-changing experience? Mission Direct welcomes Christians from all over the world, from any age and any professional background to join their short-term teams that come out to Sierra Leone several times a year. As of November, their main project in Sierra Leone will be building our new facilities! For more information check [www.missiondirect.org](http://www.missiondirect.org)

## Testimony

*Ibrahim (not his real name) was admitted at City of Rest last year because of drugs- and alcohol abuse. He has now gone back to his family and is attending school. He still often comes to visit, esp. on Sunday mornings when he joins our guests for the worship service. We asked him to write a short testimony. This is what he wrote:*

"My name is Ibrahim. I was at the City of Rest Rehabilitation Centre because I was smoking and drinking. I did not now the harms and effects of smoking and most of all I did not know that God did not like the fact that I was a smoker and drinker. I give God the praise because today I am no longer smoking or drinking. Thanks to God I now see that my life is precious and I pray that I will never smoke or drink again. When I was smoking I could not pass any of my classes. I was always tired, I did not want anybody to tell me what to do. I was so proud. I felt scared and worried that I would be in the habit of smoking forever. But now when I feel weak I just go to church and pray. Sometimes I wish that there were no such things as drugs or alcohol but there are and the enemy Satan is also there to tempt you on these things. I really do pray that my heart stays strong and that my prayer is heard by God Almighty to help me to overcome smoking and drinking. I am no longer a smoker and drinker. I would like to remain that way until I am no more."

May your Easter season be filled with the joy of the resurrected Christ! From the Board, Staff & Guests at City of Rest.

