



INPATIENT DEPERMENT

24.4.2019

The Gardo mental hospital is the headquarter of the Somali Mental Health Foundation in Puntland, where currently a psychiatrist and nurse psychiatric practitioner work, and it is the biggest referral centre in all regions of Puntland government.

ACTIVITIES FOR THE INPATIENT

Somali Mental Health Foundation (SMHF) has carried out a lot of activities in Puntland and Somalia at large. From village to district and town level, we have carried out activities relating to mental health and its awareness. Our activities has resulted the treatment of more than 17,000 thousand mentally-ill patients including both inpatient and outpatient.

Our patients have been treated effectively as both in-patients and out-patients at our hospital. Due to limited resources most of our patients were out-patients. Our hospital is not that big and it lacks bigger space to hold more mentally-ill patients during the treatment, but we gave the priority those mentally-ill patients with no relatives and live on the streets of different Puntland Cities.

We have treated a more then 300 inpatient especially women which used to live the streets of Puntland cities. These women were subjected to many challenges including gender-based violations. These mentally ill women also faced rape and insecurity in the cities thus we campaigned to arrange special place in our hospital where we treated successfully.

We offer individual psychotherapy with an emphasis on skills-based training. Examples of this include cognitive behavioral therapy, mindfulness-based therapy, interpersonal therapy and dialectical behavioral therapy.

The Women's Inpatient Unit is a time-limited, goal-oriented acute care unit for women with severe mental illness or mood and anxiety disorders who may have experienced trauma (physical and emotional abuse, and/or sexual or physical assault in adulthood or childhood) and/or addiction. Individualized treatment includes assessment, diagnostic clarification, stabilization, focused treatment interventions and help establishing links to the community as soon as possible

Our mental health service include rehabilitation program and flow up .we are focused on treating their mind, body, and soul. We take a holistic approach to treating mental health issues.