



# **THE "EMPOWERING EDUCATORS, PARENTS, AND CAREGIVERS: REDUCING DEPRESSION IN FAMILIES, SCHOOLS, AND COMMUNITIES"**

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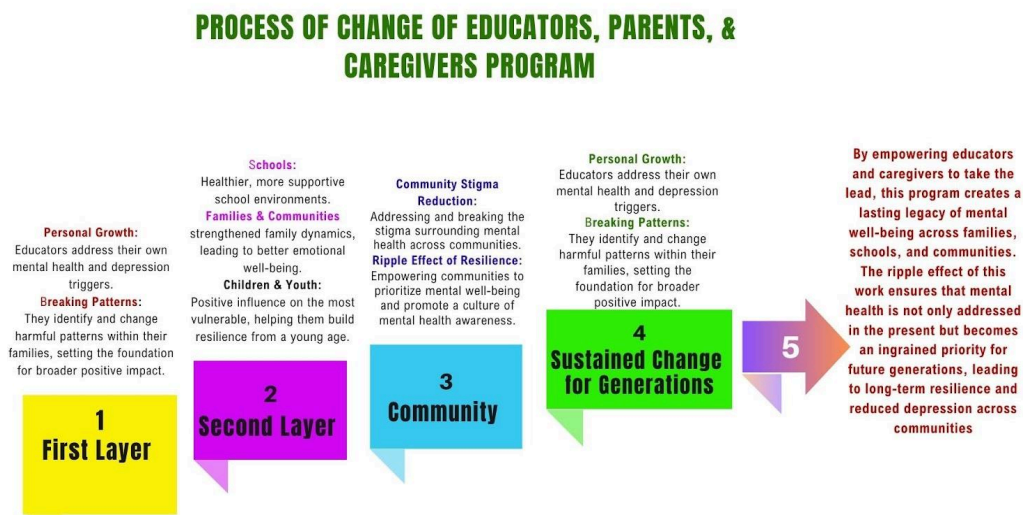
**REPORT**

# 1. Empowering Educators, Parents, and Caregivers to Combat Depression

Our signature program targets educators, parents, and caregivers in underserved communities, equipping them with practical tools to foster mental well-being and resilience.

In Africa, up to 40.8% of adolescents experience emotional and behavioural problems, with trauma, depression, and anxiety being alarmingly common. Left unaddressed, these issues carry through adolescence into youth and adulthood, contributing to high suicide rates.

## Process of Awareness and Change



## ELIGIBILITY

Open to Educators and Parents/Guardians within the educational institutions' community. This ensures streamlined logistics and a focused impact within connected families and schools.

## **Requirements for Schools and Parents/Guardians:**

- **Location:** Schools must be within Nairobi and its environs for easier coordination and logistics.
- **Program Structure:** The training consists of three 3-day residential sessions held during school holidays.
- **Logistics:** Schools are responsible for organizing transportation and ensuring participants attend all sessions to qualify for certification.
- **Commitment:** Schools and participants must commit fully to the program and actively support the engagement of both educators and parents/guardians.
- **Priority:** Preference is given to schools and families with strong community ties and a demonstrated need for mental health support.

## **FINANCIAL AID**

The training is fully sponsored by the Trust. The sponsorship covers:

- Tuition, accommodation, meals, and personal amenities during the three residential sessions
- Access to leadership development and mental health resources
- Inclusion in an exclusive alumni network for continued support and growth

Participants must meet eligibility criteria and commit to completing the full program to receive this sponsorship.

## **COMMUNITY COMMITMENT AGREEMENT**

The training is fully sponsored to ensure that the opportunity is open and accessible to educators and parents from underserved communities. We

believe this approach empowers participants to uplift others as they apply what they've learned and create positive change.

Details of our **Community Commitment Agreement** are shared with selected candidates, and a social agreement is signed.

## **Building Mental Wellness Communities**

We expect participants to take what they've learned and actively contribute to building mentally healthy communities. This involves applying their skills to support others, initiating mental health initiatives, and fostering environments where well-being is prioritized.

Our vision is for each participant to become a key advocate within their schools and communities, driving forward a culture of resilience and mental health awareness. By embracing this responsibility, participants help to build a sustainable network focused on uplifting others and ensuring long-term community mental wellbeing.

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## **INSTRUCTORS/S**



**Ms Shiberio R. Akatsa**

Lead Instructor/Facilitator