

THE EDUCATOR-USA & AFRICA

June 22- July 7, 2018 Missions Trip to Nigeria



Mental Health Facilitator's Three Day Training-Protea Hotel Victoria Island

Lagos State

Under the leadership of Dr. Eniabitobi Kuyinu, founder and Executive Director of the non-profit organization, The Educator Inc., a team of 6 members based in the United States from Atlanta, Georgia and Denver, Colorado headed to Nigeria. Upon arrival the team was welcomed with open arms by team members and staff from The Educator Africa. All team members from The Educator USA and Africa were on ground from June 22-July 7 for mental health trainings, character based relationship training, sexual integrity education, speaking engagements and other servant leader opportunities. The team covered a lot of ground and conducted trainings in various parts of the mainland of Lagos, to Victoria Island, as well as to the South Eastern region in Anambra State. The team was also able to embrace the tastes and sounds of the rich Nigerian culture through food and traveling the heavily populated roads of Lagos. Day 1 included the training of Private School Owners on creating an ideal environment that supports mental wellness for students. This training was held in Surelere Lagos and anchored by Dr. Eniabitobi Kuyinu and supported by Mrs. Ore Odunsi, Regional Coordinator for The Educator Africa.

WHAT YOU'LL FIND INSIDE:

- **MISSIONS & TRAINING REPORT**
- **REFLECTIONS FROM THE TEAM**
- **SPECIAL THANKS TO OUR PARTNERS**



**"Stress Busters" With Dr. Yolanda Fountain
Principals and Vice Principals
From 98 Public Schools in Lagos State**

The Intersection of Education & Mental Health

Day 2 and 3 consisted of training 173 Principals and Vice Principals, 80 teachers, and 65 school counselors from 98 schools in the Educational District IV Sabo, Lagos. These trainings were anchored by Dr. Eniabitobi Kuyinu, Dr. Yolanda Fountain, Miss Renee Bryan, and supported by Mrs. Ore Odunsi. The focus of the training for the principals and vice principals was to learn how to create the ideal environment to support mental wellness by learning how to practice and incorporate stress management techniques into the workplace. Participants also learned about emotional intelligence for the purpose of cultivating better staff relationships. The focus of the trainings for the teachers and the school counselors were to better equip them on childhood disorders such as ADHD and Autism in order to be able to create ideal environments for Child and Adolescent mental and behavioral health. Mental Health awareness was also cultivated through the use of play and stress buster activities.



Pictured above: Day 3 of Training Teachers and School Counselors
Pictured Below: Dr. Sonja Sutherland Training the Private Sector Workforce at This Present House (TPH)

International Clinical Mental Health Facilitators Training

International Mental Health Training was a three day certification training on how to provide mental and emotional support from a layman's perspective. The training was also inclusive of understanding the importance of investing in mental health, understanding ethical boundaries, suicidality and prevention, various aspects of trauma, dealing with substance abuse as well as depression and anxiety. The training also incorporated ways to manage mental health and stress levels and reduce the risk of cardiovascular and other stress related diseases through therapeutic breathing and relaxation techniques. Training sessions were also conducted on best practices for working with behavioral disorders and learning disabilities such as ADHD and Autism in children and adolescents. A total number of 41 participants were recorded for this training that took place at Protea Hotel, Victoria Island, Lagos Nigeria. Training was also done simultaneously at This Present House (TPH) church in Lekki-Lagos on the topics of suicide, trauma, and substance abuse. The trainings were anchored by Dr. Eniabitobi Kuyinu, Dr. Yolanda Fountain, Miss Renee Bryan, Dr. Dan Sartor, and Dr. Sonja Sutherland.



Character Based Relationships and Sexual Integrity Education

Character Based Relationships and Sexual Integrity Education Training (CBRSIE) was a three day certification training for individuals working with teens and young adults to help them to navigate through 21st century issues. Discussions regarding parenting and healthy relationships were anchored by Mrs. Andrea Mosby-Jones and held at the (RCCG) City of David Church (COD) on Victoria Island, Lagos and at the Medical Research Center in Yaba, Lagos. A total number of 71 participants attended the training. Mrs. Andrea Mosby-Jones was also a guest speaker for the Weekly Women's Meeting at (COD). The Passion Purity and Purpose Conference was also held at (RCCG) The Master's Court, Lekki-Lagos. This conference was attended by approximately 500 youth inclusive of parishioners and pastoral and community leaders. The focus of the conference was to highlight the importance of purity and the sense of urgency in the channeling of passion into purpose amongst 21st century youth. Awareness and information surrounding topics such as sexually transmitted diseases, abortion, sexual identity, and the purpose of godly intimate relationships were discussed. The speaker and anchor for this event was Dr. Eniabitobi Kuyinu.



Pictured Above: Altar call @Passion, Purity, and Purpose Conference July 1st 2018
Pictured Below: Mrs. Bunmi Olukoga, Project Coordinator of The Educator Africa sharing a word of encouragement to the participants @CBRSIE training at the(RCCG) City of David (Lagos)

What Participants Said:

"I feel fulfilled. The CBRSIE training has indeed increased my knowledge base and has prepared me to teach teens about safe relationships and sexual integrity. Equipping teens with the right and truthful information will enable them to make the right decisions for their future.".....

"I liked this program as the method of teaching was very practical. I learned about building relationships with children as a parent and with teens as a teacher. I suggest that this program go around to other parishes and schools so that every teacher and parent could benefit.".....



Stress Buster Boot Camp

The Stress Buster Boot Camp was a one day workshop for individuals in high stress occupations. The trainings consisted of psychological and emotional health as well as vital signs assessments, stress profile analysis, and sessions in wellness, nutrition, and stress management. Participants also learned about emotional intelligence and the role it plays within interpersonal relationships. There were a total number of 15 participants and this training was held at the City Hall, Victoria Island, Lagos. "Stress Busters" was an underlying theme of the overall trainings for this trip and participants had the opportunity to relieve stress during the various activities provided for them. The trainings were anchored by Dr. Eniabitobi Kuyinu, Dr. Dan Sartor, Dr. Yolanda Fountain, Mrs. Andrea Mosby-Jones, and Miss Renee Bryan.

"As a law enforcement officer, the judgment that I am having about suspects has changed drastically. This program should be universal and should cut across all spheres of society. I am elevated, changed, and reformed."



Pictured Above: Joy Arewa Volunteer for The Educator Africa Taking Vital Signs at the Stress Buster Boot Camp

Pictured Below: The Educator USA team members dance with participants for the purposes of play and stress management.



Pictured Above: Participants Learn How to Share Emotions Through Play



Bringing Mental Health Awareness to Anambra State

The Educator Inc. in partnership with the Sir Emeka Offor Foundation conducted a mental health awareness desensitization training for diverse members of the community, workforce, as well as dignitaries, public officials and stakeholders in Anambra State. Members that were present included Sir Emeka Offor, members of his team, medical doctors, psychologists, medical and nursing students, widows, industry executives, men and women from the marketplace, and the police force. The training was held on July 6 and focused on the importance of investing in mental health and discussed the basic tools on how individuals could become community mental health facilitators. The attendees were also trained on the basics of trauma, substance abuse and emotional intelligence. The participants also participated in stress buster activities and the training concluded with a word of motivation and encouragement. The trainings were anchored by Dr. Eniabitobi Kuyinu, Dr. Yolanda Fountain, Mrs. Andrea Mosby-Jones, Miss Renee Bryan, Dr. Dan Sartor, and Dr. Sonja Sutherland.

Dr. Eniabitobi Kuyinu-Founder & Executive Director of The Educator speaking to attendees about substance abuse.



Pictured Above: Sir Emeka Offor taking questions from the media about the mental health awareness training.



The Educator USA Team Member Spotlight

"From the outset, I was honored to be invited to join this team for this remarkable two-week mission trip to Nigeria to offer mental health training and services. The professionalism, warmth, and passion of each team member was evident in each of our training activities. Between trainings we shared many moments of laughter, personal stories, and wonderment, as we absorbed the many sites, sounds, flavors, and sensations that Nigeria and her people have to offer. We grew in our friendship with each other and our newly met Nigerian brothers and sisters, who seemed to work tirelessly with us and for us. Indeed, the staff from The Educator, as well as other volunteers and supporters, showed great passion for our mission: Increasing mental health awareness, training, and services in the great country of Nigeria to alleviate the suffering of her people and to improve the quality of life of all of her citizens. Those who attended the trainings were eager to learn as lively, engaged participants. They often requested we forgo breaks so that we could explore further the material of the trainings and maximize the opportunities for learning! I was inspired by their appetite to learn, and I was humbled by their friendliness, openness, and hospitality. Pastors, youth workers, educators, medical professionals, administrators, and concerned citizens participated in our trainings, all with the intent to be more effective in their care for others. The need for mental health trainings and services that are propelled by the healing love of Christ through the Church was clear. The conversations and interactions with our Nigerian brothers and sisters around issues of faith and mental health were unforgettable. In Nigeria, the fields are ripe unto spiritual harvest. I couldn't be more grateful for the gift of this trip, and the rich experiences of faith, love, and personal growth it provided me."



"In Nigeria, the fields are ripe unto spiritual harvest."...Dr. Dan Sartor



Dr. Yolanda Fountain....

"I really enjoyed providing mental health training in Lagos and Anambra, Africa, and appreciated the warm welcome! I thank the participants who allowed me to "raise their anxiety" and practice play therapy activities to assist with reducing stress and building safe relationships. I am grateful to the Nigerians who taught me more about the culture and I feel blessed to be able to advocate for mental health wellness across the globe."

Miss Renee Bryan.....

"My trip to Nigeria will always be one of my fondest memories. It was a distinct honor and privilege to be invited to be a part of The Educator USA team to serve the people of Nigeria through mental health training and various servant leadership opportunities. The country and it's people were so welcoming and hospitable. I became fully immersed in the vibrant tapestry of the Nigerian culture and this proved to be an invaluable experience for me. From the beginning, each day got better and better; from the trainings we provided on the mainland of Lagos all the way to the rural region of Anambra. I learned so much about the human condition and about myself. The Educator staff, the program's participants, the local church, and supporters were so passionate about what we had to share and worked feverishly and collaboratively with us to bring about mental health awareness to the region. The healing balm and the transformative power of Christ's love was evident in every interaction and I am eternally grateful for all that transpired."

"I learned so much about the human condition and about myself."



Pictured Above: Dr. Fountain Training School Counselors and Teachers about Mental Health (Pictured below: Miss Renee Bryan at a school in Makoko Village)



Dr. Sonja Sutherland.....

I am so grateful to have been afforded the opportunity to travel to Nigeria as a member of this unique team of clinicians and trainers. Although I had traveled to Kenya and Uganda on three occasions over the years, I have friends who hail from Nigeria, so this trip was most dear to my heart. Before leaving for Nigeria this past June, I spoke with close family and friends, students, coworkers, and supervisees about the trip and about our mission to support mental health efforts in the country. As expected, most verbalized support for the goal of increasing awareness and teaching basic skills for recognizing mental and emotional health concerns, and providing tools for intervening. One perspective presented to me, though not new, caught me off guard. I was asked, "What you're doing is great; but with so much need in our minority communities right here in America, why do you need to go to a another country when your resources and energy are so desperately needed right here?"

As a minority woman whose heart feels and understands the plight of her people in America, this question rested within me prior to my travels. Having now been to Nigeria, talked with her people, heard their stories, and experienced her as a country, I can respond definitively now with the truths that have reached my heart because of this trip.

The need for mental health awareness, training, and treatment is significant in Nigeria, just as the need is significant here in America's minority communities. Yet these simultaneous needs neither negate nor diminish each other. But what I found to be most compelling during my time in Nigeria, is that the financial and human resources for meeting their mental health needs are significantly fewer there than they are here at home in the U.S.

What also rang true as I met and connected with Nigerian men and women, was their sincere hunger for knowledge, understanding and resources for intervening in desperate situations. As community leaders, professionals and parents communicated their experiences, it was clear that these existed along-side a very real fear that the very fabric of what makes Nigeria great was being torn apart by the mental and emotional health needs brought on in part by the impact of rapid globalization and oppression experienced within the country.

As a Black American woman of Jamaican heritage I understood this fear and desperation from a visceral place. I think this is what contributed to the strong experiential kinship I felt during my time there. Equally impacting was the openness with which they received us, and the comraderie, acceptance, friendliness and hospitality shown to us. Every day I was humbled as I understood more of their plight, and as I also learned more of what makes Nigerians strong, resilient and amazing. Because I am grateful and humbled, I am compelled to hold their plight and ours in equal standing in my heart, to do all I can to help teach and equip and provide resources, and then to pray for others to join us along the way.



"Every day I was humbled as I understood more of their plight, and as I also learned more of what makes Nigerians strong, resilient and amazing."...Dr. Sonja Sutherland (Pictured Far Left)

A Word From Our Founder and Executive Director

This mission trip to Nigeria was an amazing step of faith for me, I started out with nothing in my hands, but a heart full of God's promises. I knew without a shadow of doubt that this mission trip was a YES from heaven, but it appeared physically challenging in every way. As the events unfolded, culminating in a sprained foot, I became truly grateful that I took this step of faith. I had an amazing team, both from the USA and in Nigeria. They were committed, diligent and passionate. We worked tirelessly and doors opened before us. As I listened to the feedback from the various beneficiaries of our training and counseling, I knew we achieved our goals. We were on the right path of creating Community Mental Health Facilitators. Individuals in the community who would provide psychological and emotional support to their neighbors, through hearts of kindness and empathy; Men and women working with young adults becoming more equipped to face the challenge of mentoring others in a society highly influenced by globalization and the media. The impact of the Passion, Purity and Purpose Conference touched a deep note in my heart and ignited a deeper longing to continue to provide direction and support for young adults. Lastly our time providing counseling was also so precious. I am indeed grateful for everyone who partnered to make this mission trip a success and I am so excited about taking the project to the next level as we seek more partnerships. Shalom!



**"I knew without a shadow of doubt that this mission trip was a YES from heaven."...Dr. Eniabitobi Kuyinu
(Pictured Below: Mental Health Facilitator's Training @Protea Hotel)**



Special Thanks to All of Our Partners

A special thanks goes out to all of our partners and on the ground supporters. This trip would not have been possible without your help. Whether it was through a generous donation, your labor, logistics, or the sponsorship of team meals and expenses, we say a heartfelt thank you!

Special Thanks:

The Educator Africa Staff/Volunteers (Nigeria)

Conscience International (USA)

The International Parent Institute (USA)

Richmont Graduate University (USA)

Pastors Idowu and Siju Iluyomade (RCCG City of David)-Victoria Island (Nigeria)

(RCCG) The Master's Court-Lekki (Nigeria)

Pastor Tony Rapu (TPH) This Present House Lekki (Nigeria)

Lagos Educational District IV

Pastor Mr. and Mrs. Nnamdy Osuji (Nigeria)

Pastor Adebayo Ayorinde (Nigeria)

Sir Emeka Offor & The Sir Emeka Offor Foundation (Nigeria)



**Pictured Above: Members of
The Educator Africa
Pictured Below: Members of The
Educator USA with Pastor and
The First Lady of The(RCCG)
City of David Church (Lagos)**

