



2023 Annual Report

Prepared by

The Sunshine Series -Mind
Wellnes LTD

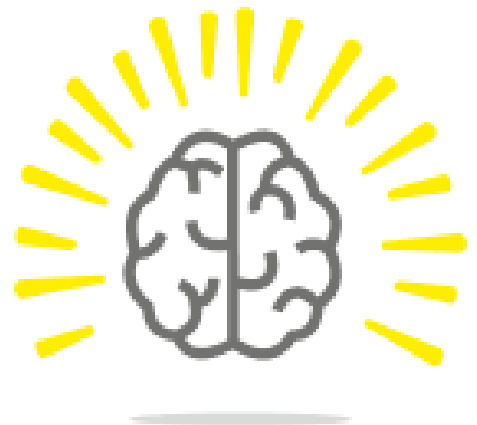


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FOUNDER DESK

Dear Reader,

Thank you for diving into our annual report, brimming with our journey and accomplishments. Gratitude overflows for our dedicated team at Sunshine Series, tirelessly advancing mental healthcare access in Nigeria. Heartfelt appreciation extends to our steadfast partners and supporters, fueling our mission.

This year, notable highlights include being honored by the US President at the Mandela Washington Fellowship Summit and our pivotal role in advocating for Nigeria's new Mental Health Law, enacted in January 2023.

With these milestones and more ahead, we remain steadfast in our optimism for mental health in Nigeria. Your feedback and collaboration are invaluable. Reach me at Aishabubah@thesunshineseriesng.com.

AISHA BUBAH
EXECUTIVE DIRECTOR



ABOUT THE SUNSHINE SERIES

The Sunshine Series is a social enterprise based in Nigeria, duly registered with the CAC. We are a team of committed, passionate and smart working individuals, working towards normalizing access to mental health support in all sectors of society including but not limited to schools, work institutions, hospitals, government agencies, humanitarian aid organizations, and local and international NGOs.

MISSION

To provide a holistic wellness program that promotes mental wellbeing by engaging all sectors of society with tailor-made interventions.

VISION

We envision a world where every individual has access to quality mental health support without barriers.

OUR SERVICES

Our Services include;

- **Psychotherapy**- Individual therapy, Couple therapy, Group therapy, Family therapy
- **Capacity building/ Workshops**- Cognitive behavioral therapy training, Rational Emotive Behavior Therapy Training, Trauma-informed care practice, Psychological First Aid, Lay counseling skills training, Child and adolescent counseling skills, Conflict management skills, Emotional Intelligence, etc.
- **Employee Assistance Programmes**- Work-life balance workshop, Stress management workshop, Conflict resolution, and team-building workshop.
- **Wellness packages**- The wellness box subscription with therapy, yoga, meditation, and self-help resources.
- **Consultancy**- Offer mental health services to other organizations.

We carry out various social impact projects that provide mental health support to underserved communities. These projects are;

- **The Mind Wheel project**- provides free counseling via the 112 helpline, capacity building for counsellors, and advocacy campaigns via digital and traditional media.
- **Idimma Health Initiative**- Idimma is our non-profit arm which carries out some of our social impact projects.



MEET OUR TEAM



AISHA BUBAH

Executive Director/Psychologist



CECILIA OKAFOR

Lead Psychologist



JOHN AKATIN

Administrative Officer



RACHEL EYO

Legal Representative



PRAISE ERUANVAE

Finance Officer



UMEH CYNTHIA

Communications Officer



FEJIRO OMATIE

**Business Development
Assitant**





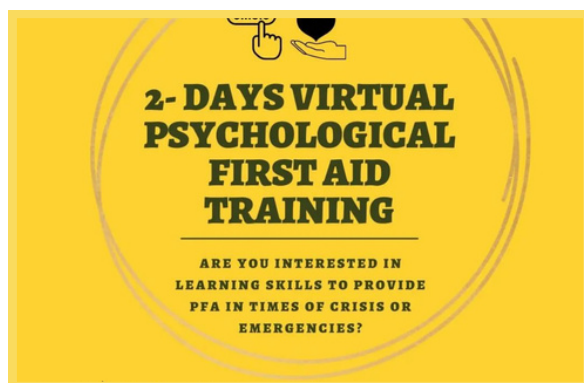
2023 HIGHLIGHTS



JANUARY

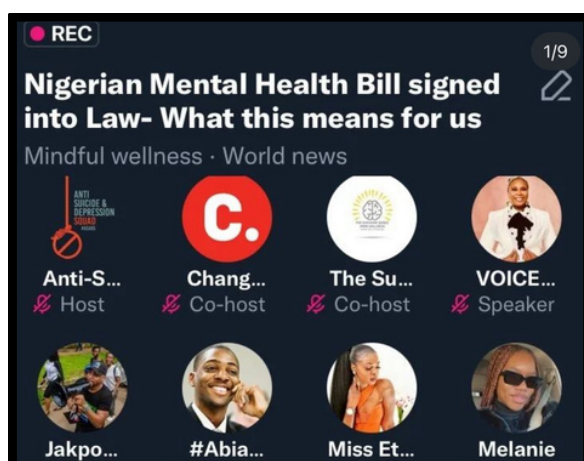
In January, we witnessed a historic moment as the Nigerian Mental Health Bill was signed into law by the President. This achievement marks a significant milestone in our journey towards mental health reform, which we have diligently advocated for along with many stakeholders. As we congratulate Nigeria on this accomplishment, our focus now shifts to ensuring the effective implementation of the new legislation.

For the 2nd year, we had the 3rd and 4th cohort of the Thrive programme. This initiative offers comprehensive training, workshops, coaching, and internships tailored for mental health enthusiasts. Additionally, we established a co-working space for therapists in Abuja, providing a conducive space for consultations and workshops to support the mental health community.



FEBRUARY

In February, we organized a two-day Virtual Psychological First Aid Training, equipping professionals and volunteers with essential skills to provide psychosocial support during a crisis. We also facilitated discussions on the Mental Health Bill through our Speak Out Twitter Space in collaboration with ASADS (Anti-suicide and Depression Squad) and Change.Org Nigeria, engaging key stakeholders in meaningful dialogue.





2023 HIGHLIGHTS



MARCH

Throughout March, we conducted an Introduction to Cognitive Behavioral Therapy (CBT) workshop. We participated in the International Adolescent Health Week organised by UNICEF Nigeria and its partners, through a live question and answer session on youth mental health and also provided free counselling to those in need. We also joined the Nigerian Mental Health Network to launch the #SuicideNotCrimeNG campaign to advocate for the decriminalization of attempted suicide in Nigeria, aligning with the UN's International Day of Happiness.

In March, to honour International women's month, we hosted the maiden edition of our #Brunch&Rejuvenate wellness event. We brought together women CEOs in Abuja, to celebrate them and provide a relaxing event, with heart to heart conversations about life and the challenges faced by women. The event involved many fun activities like games, art therapy, massage therapy and lots of food.

INTRODUCTION TO COGNITIVE BEHAVIORAL THERAPY (CBT) VIRTUAL TRAINING

MANY CHALLENGES ARE A RESULT OF IRRATIONAL AND HELPFUL THINKING PATTERNS THAT IMPACT OUR FEELINGS AND BEHAVIOR

15% off for Early Bird

LEARNING OBJECTIVES

- UNDERSTAND THE BASIC PRINCIPLES & STRATEGIES OF CBT
- IDENTIFY PROBLEMS THAT WORK WITH CBT TO DEVELOP AND EFFECTIVE THERAPEUTIC RELATIONSHIP
- TO DEVELOP AND IMPLEMENT ASSESSMENT AND INTERVENTION PLAN

TOPICS TO BE COVERED

- THEORY OF CBT
- CBT GUIDING PRINCIPLES
- CASE CONCEPTUALIZATION
- TREATMENT PLANNING
- RESTRUCTURING COGNITIVE DISTORTIONS
- ROLE OF HOMEWORK IN CBT
- USING CBT WORKSHEETS

PAYMENT DETAILS

THE SUNSHINE SERIES- MIND WELLNESS

ZENITH BANK
1017252291 (Naira)
5071994498 (USD)

+234 909 425 0384
admin@thesunshineseriesng.com

PAYMENT FEE
N45,000
\$150

TARGET GROUP:

VENUE: ZOOM



APRIL

April saw us hosting our #SpeakOut Twitter Space addressing the impact of parentification of children on mental health. We organised a Trauma-informed Care Practice training facilitated by a seasoned Trauma Expert. We advocated for the decriminalization of suicide in Nigeria through a press conference, along with multiple partners.

ADD YOUR VOICE

Sign Our Petition to Decriminalize Attempted Suicide in Nigeria

Powered By:

Nigerian Mental Health, mani, FARM, BHI, FAM, RAYVEN, RAY CONSULTING, HAY, elite, NACP, WAF, G, GFA, talka, NEEM, and many others.

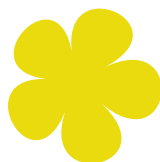


2023 HIGHLIGHTS



MAY

In May, our #SpeakOut Twitter Space tackled the stigma surrounding mental illness. We collaborated with PAGED Initiative by providing employee wellness program to support their staff wellbeing.



JUNE

In June, our Founder was selected for the prestigious Echoing Green Fellowship, with past alumni members like Michelle Obama. She was also selected for the Mandela Washington Fellow, where she spent 5 weeks in the US, studying at Drake University and making connections. At the Mandela Washington Summit in DC, our work was recognized on a Global stage by the President of the United States, through his representative from the State department, Ethan Rosenweig. This was a humbling experience for us. You can watch it [here](#).



We organized a wellness session for the team at [Youth Hub Africa](#).



2023 HIGHLIGHTS



AUGUST

In August, we facilitated a workshop for over 400 Journalists and media professionals on self care and managing secondary trauma, through MH Kafe, a non-profit organization, in collaboration with the Association of Psychiatrists of Nigeria. Also, our Teen Girls edition of Brunch & Rejuvenate provided a supportive environment for young girls.



SEPTEMBER

In September, we launch of our Mental Health Promotion Program with the National Youth Service Corps (NYSC), starting with pilot implementation in the FCT and Nasarawa States where subsidized therapy sessions and Psychological First Aid training will be provided to interested corps members.





2023 HIGHLIGHTS



OCTOBER

The month that holds the World Mental Health day, had a series of activities that included our 2nd Annual Mental Health Symposium and press conferences advocating for policy changes.

The Mental Health Symposium brought together key players from Nigeria and the United States of America to discuss collaborative routes for increasing access to better mental health care for all. It sought to establish knowledge of existing interventions that promote mental well-being in Nigeria, as well as to investigate worldwide best practices in mental health interventions through comparative study with other nations. Furthermore, the symposium aimed to inspire a commitment to recognize mental health as a fundamental human right.



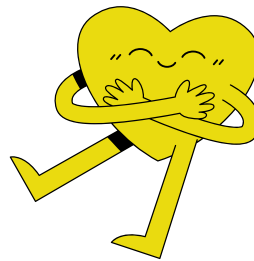
Three remarkable panel sessions were held, featuring distinguished speakers covering diverse topics. Panel 1 delved into "Mental Health Policies, Legislation, and Access to Mental Health Services," while Panel 2 explored "Mental Health as a Universal Right in the Context of Education and Youth Mental Wellbeing." Panel 3 focused on "Mental Health, Human Rights, and Disability Policies."



2023 HIGHLIGHTS



Additionally, Pelemo Ava Nyajo delivered a poignant spoken word performance. Following this, attendees engaged in a screening of the impactful short film "The Dumps," crafted by Ramatu Ada Ochecliye. The film beautifully depicted the mental health struggles of a young woman, highlighting the warning signs of suicide. An interactive discussion, led by the filmmaker, ensued, fostering a deeply enriching exchange.



With over a hundred attendees, the event ended on a genuinely illuminating note, laying a solid basis for future efforts in mental health awareness.

Read more about the symposium: [Here](#)

Watch the News feature on the Symposium: [News@10](#)

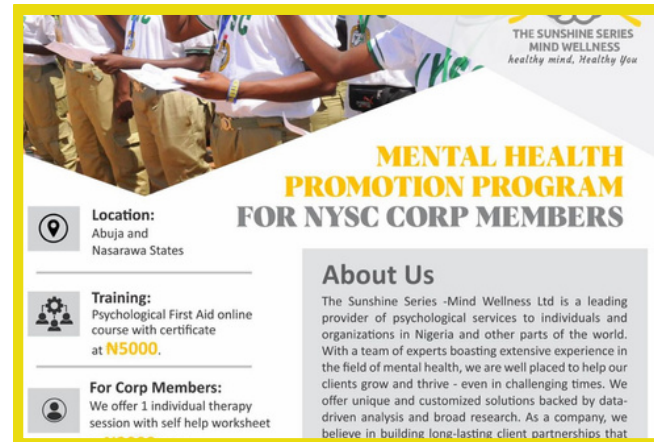


2023 HIGHLIGHTS



NOVEMBER

In November, we launched a Mental health promotion program in collaboration with the NYSC. This program is aimed at providing mental health awareness and subsidized therapy services to corp members in the FCT and Nasarawa State, to curb the rising mental health crisis and suicide risk amongst young people. So far, we have reached upto 15, 000 corps members by visiting 5 camp batches.



Since the start of the year, we've contributed to the National Technical Working Group, shaping the new mental health law's implementation roadmap and two policy documents. These were launched by Minister of Health, Prof. Ali Pate, marking significant progress in Nigeria's mental health landscape.

DECEMBER

In December, we concluded with gratitude for a successful year and anticipation for continued impact in 2024. We organized an end of year celebratory event for the team, recapping our work for the year and the experience.

MEDIA FEATURES

Suicide Prevention Day 2023



Mental Health Awareness Day 2023



Surviving Poverty in Nigeria



Mental Health Symposium



Overall Summary



Digital Media
reach -81,430
account
engaged

Trainings/
Events- 19
Participants-
1,499

Partner
Organization-
12



Helpline Call
hours logged-
1200 hours

NYSC Health
promotion
program-
Reached 15,000
corps members

Twitter Space-
Reached over
1000 listeners



ORGANIZATIONS WE WORKED WITH



ACKNOWLEDGEMENTS

Throughout 2023, we remained dedicated to promoting mental health awareness, advocating for policy changes, and empowering individuals to prioritize their well-being. We extend our heartfelt thanks to our partners, supporters, and team members for their unwavering commitment to our mission.

We thank you for your continued support in our efforts to raise awareness on mental health in Nigeria.



**For partnership
and collaboration**

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THANK YOU!