

CAfRIC Centre Company Profile

Welcome to
CAfRIC Centre.
Your one stop shop for all
Mental Health Solutions.



About Us

CAfRIC Centre (Creating Awareness for Responsible and Informed Choices) is a male and female 32-bed facility for treatment of all Mental Health and Substance Use Conditions.



Our Vision

We believe that with the right support every person can maximize their full potential. We work to promote safe spaces for connection and healing where every person feels inspired to maximize their full potential.

Our Mission

Our trauma-informed and evidence-based services are designed to end stigma; be easily accessible; make people feel safe; and empower them to take authority and responsibility in pursuit of their own passion and purpose.

Our Founder



**IRENE
NJOROGE**

Irene is the Founder and Clinical Director of CAfRIC International and CAfRIC Centre Kenya. She is a Canadian trained and certified Mental Health Clinician and Behavioural Therapist, and an experienced Personal Growth Coach with over 15 years in practice. She holds a Bachelor of Nursing Degree (Mental Health Specialization), A Master of Public Health (Community Health and Health Promotion) and several post graduate certifications in substance use treatment and counseling, complex trauma and grief processing and therapy.

She has a keen interest in personal and organizational growth and development with a focus on training and empowering those in a position of authority and influence to nurture and promote safe spaces for connection where people can maximize their full potential.

Irene is a loving and proud mother to Imani, a committed life partner to Maina, and she loves travelling, learning, coaching and challenges. Irene's passion is from her own experience of shame, growing up with alcoholism and mental illness in the family.



Our Treatment Values



We guarantee

1. Open, inclusive and safe space for all
2. Trauma-informed and equitable care
3. Evidence-based treatment
4. Whole-person approach
(Including family and community)
5. Strengths-based care
(For staff and clients)
6. Choice and collaboration in treatment
7. Harm-reduction and transition support

Licenses and Accreditations

We are licensed by:

- Kenya Medical Practitioners and Dentists Council (KMPDC) as a level 3A Medical Centre.
- Pharmacy and Poisons Board.



Pharmacy and
Poisons Board

We are accredited by:

- The National Authority for the Campaign against Alcohol and Drug Abuse (NACADA)
- National Health Insurance Fund (NHIF)



Our Team



We have a diverse, skilled and experienced team of professionals with a combination of local and international expertise.

Our Clinical Team consists of: **Psychiatrists, Psychiatric Clinical Officers, Psychiatric Nurses, Pharmacist, Counselling Psychologists, Clinical Education Coordinator, Clinical Nutritionist, Fitness Trainer;** and is well supported by a **Dynamic Administrative and Support team.**



Our Services

All our services are strictly confidential.



CAfRIC Centre Kenya provides evidence-based and trauma-informed medical and psychosocial treatment for mental health and substance use conditions on an individual, family, group, organization, community, and system level, with a focus on harm-reduction, long term recovery and reintegration back into society.

We offer;

1. Inpatient and residential treatment
2. Outpatient treatment
3. Psychological First Aid
4. Therapy for different conditions and issues
5. Community Awareness Education
6. School and Corporate training

Our Services

1. INPATIENT TREATMENT PROGRAM



Our three-month residential treatment program provides a safe and conducive home away from home environment for treatment of:

- Mental health conditions.
- Detoxification and rehabilitation of substance use disorders
(NHIF comprehensive coverage for Civil Servants and all other Enhanced schemes)

Note: We manage all Co-Occurring medical conditions such as Diabetes, Hypertension, Liver Disease and HIV in collaboration with our local partner hospital.

Our In-patient program combines group and individual therapy, lifeskills training, spiritual care, physical fitness, nutrition education and financial literacy skills.

Psychotherapy is uniquely tailored to the needs of each client.

All clients who complete the program receive unlimited free follow-up and transition support.



Our Services

2. OUTPATIENT TREATMENT & COUNSELLING SERVICES



We provide the following services on an outpatient basis:

- Counselling for all mental health conditions
- Biopsychosocial assessments
- Comprehensive Psychiatric assessments
- Behavioural therapy and complex trauma processing
- Urine drug screening
- Couples and family therapy
- Parenting coaching
- Family mediation
- Caregiver burden and compassion fatigue therapy
- Psychological First Aid and Grief therapy for losses related to: Relationships, Jobs, Terminal illness diagnosis and Death

We do house calls for family therapy when indicated.



Our Services

3. OUTREACH CISM_o PROGRAM



CISM_o (CAFRIC Integrated Support Model); is an integrated program to promote psychological health and safety of Institutions of Learning and Corporate organizations.

Through CISM_o we help schools and organizations:

Promote: Emotional and psychological wellness by conducting organizational needs assessments and designing interventions to promote individual resilience and coping.

Protect: Development or escalation of unsafe mental or substance use conditions by identifying and reducing risk factors and barriers in the school or work environment and providing immediate treatment.

Prevent: Functional disability related to mental or substance use challenges by offering evidence-based and timely treatment and transition support.

Our Goal is: To keep students in school; reduce the time parents are called to address behavior challenges in schools; and maximize employee engagement and productivity in organizations.



Our Services

4. COMMUNITY ENGAGEMENT WORK



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- We provide expert content speaker engagements and interactive empowerment and awareness training to:
- Multimedia organizations such as RMS (Inooro TV) and WEGA TV
 - Mental health related Podcasts
 - Faith-based groups such as churches and youth seminars
 - Community groups such as chamas
 - Public education sessions through our social media channels

Mode of delivery: We leverage technology to provide virtual or physical sessions if needed.

Why CAfRIC Centre?

While many mental health and substance use treatment facilities focus on individual risk factors and the subsequent effects of mental health and substance use disorders; at CAfRIC Centre, our program combines a Medical and a Public Health approach in our treatment process.

We understand that mental health and substance use rarely occur in isolation, but are co-occurring conditions whose risk factors go beyond an individual's choices and are largely influenced by the social environments in which people grow, learn, work and live.

We therefore take a whole-person, confidential and trauma-informed approach in all our treatment processes right from the point when a client engages with the program, through discharge. We work with our clients and their family to identify the right community support to ensure clients experience a smooth transition and reintegration back into society.





Our practice is guided by the following **Evidence- based therapy** models:

- Cognitive Behavioural Therapy (CBT)
- Dialectical Behavioural Therapy (DBT)
- NeuroAffective Relational Model (NARM)
- Parts work through Internal Family Systems (IFS)
- Edu Therapy Grief Resolution
- Seeking Safety
- Mindfulness
- The 12 Step Model of Addiction Recovery





We recognize that:

To Treat you need trust

To gain trust, you need rapport with the client

To establish rapport, clients and their families need to be heard.

We are intentional, attentive and responsive to the unique needs of our clients and their families



Contact

For More Information or to Contact us:

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