



Professor Solomon Teferra, MD, PhD

Message from the Founder of Renascent Mental Health and Rehabilitation Center

Dear Esteemed Readers,

Problems arising from misuse of alcohol and psychoactive substances pose huge burden globally. In Ethiopia, consumption of alcoholic beverages and psychoactive substances is increasing rapidly. This is especially true among young people.

The use of these psychoactive substances and alcoholic beverages before the age of 20 has a direct deleterious effect on the development/maturation process of the brain, resulting in permanent damage. The problem doesn't discriminate age and gender.

Alcoholism is also highly prevalent and is causing many families to suffer and break up, as well as causing various adverse health, psychological and social consequences.

A nationwide study jointly conducted in 2015 by the World Health Organization and the Ethiopian Public Health Institute involving 10,000 participants showed that more than 20 percent of men between the ages of 15-65 drank too much alcohol in a way that harms their health. Sixteen percent of them were regular users of khat; about 5 percent were regular smokers.

Various studies showed that more than 5 percent of young people smoke cannabis. The number is believed to be higher as most participants in surveys do not disclose their use because it is illegal in Ethiopia. It has become daily news that even primary school students are using highly addictive painkillers such as Tramadol without a doctor's prescription.

In recent times, the number of users of cocaine, the most dangerous and highly addictive drug, has been increasing, especially in Addis Ababa.

These psychoactive substances and alcoholic beverages are major contributors to the occurrence and worsening of mental illness.

The presence of civil war and other pressures also lead to substance misuse and mental illness. Governmental and non-governmental institutions must make great efforts to overcome these problems.

Renascent Mental Health and Addiction Rehabilitation Center is a private mental health and addiction rehabilitation facility established to contribute its share to address this problem.

What does Renascent mean?

Renascent means renewal, reinvigoration, and a return to full former self. Addiction disrupts the four foundations of a person's life. These are body, mind, social life and spiritual life. When a person is affected by addiction, his body is affected, his mind is affected, his social life (education, marriage, work, family etc.) is affected and his spiritual life is affected.

With the treatment provided at the Renascent Rehabilitation Center, and the work that the client does on himself during the time he spends in the facility, he will have the opportunity to correct the four pillars of his life that have been affected by addiction.

What do we mean by Rehabilitation?

When we say Renascent is a rehabilitation center, we mean that we help a person get back to their full, healthy self. The true meaning of "rehabilitation" is restoration. For example, when an old house is renovated, it will at least return to its original condition and service or will be better than before. Therefore, when a person receives addiction treatment in our rehabilitation center using the bio-psycho-social-spiritual model, the person gets a chance to become his best self.

What are the services offered at Renaissance Mental Health and Addiction Rehabilitation Center?

Renascent can accommodate 25 people at a time, and 7 of the beds are dedicated for women. In addition, we provide outpatient treatment for a variety of mental health problems and addictions.

We offer the following services at our facility;

1. Providing diagnostic and treatment services for drug abuse and addiction,
2. Providing medication-assisted detoxification services.
3. Providing addiction rehabilitation services,
4. Providing counseling services on mental health, public health, drug abuse and addiction;
5. Providing mental health screening services;
6. Providing mental illness treatment services,
7. Providing individual and group psychotherapy services;
8. Providing outpatient treatment services supported by medication (psychopharmacology) and psychotherapy (psychotherapy).
9. Providing laboratory testing services

Addiction psychiatrists, specialist psychiatrists, psychiatric nurses and clinical psychologists are available to provide such services.

When did Renascent start providing services?

Renascent Mental Health and Addiction Rehabilitation Center has been providing its services in November 2022, and in this short period of time, more than 100 clients have received treatment, most of these clients are young people under 30 years of age.

With the standardized rehabilitation treatment services provided in our institution, our clients not only become free from addiction, but also restore their life.

Renascent is located in the new city of Sheger. The environment is free from irritants, clean air and refreshing atmosphere, convenient for this type of service, clean and comfortable rooms, and managed by professionals who take care of customers like family.

Thank you!

A handwritten signature in blue ink, appearing to be 'ST', is written over a horizontal line.

Professor Solomon Teferra, MD, PhD

Consultant Psychiatrist, Addiction Psychiatrist
Founder and General Manager of Renaissance Center