

EMSTAN FARM:

Aftercare and Empowerment Centre for persons with Psychosocial Disabilities, and Substance abuse disorders



The Power of Aftercare and Empowerment for Individuals with Psychosocial Disabilities/Mental Health Issues and Substance Abuse Disorders.

A Rights-Based and Person-Centered Approach

Psychosocial disabilities encompass a wide range of conditions that affect an individual's mental health and social well-being. These disabilities can be exacerbated by societal attitudes, stigma, and the lack of appropriate support systems. In order to address these challenges effectively, it is crucial to provide aftercare and empowerment services that are rights-based, person-centered, and recovery-oriented. By shifting the focus away from the community that contributed to the problem, we can foster an environment that promotes healing, inclusion, and self-determination for individuals with psychosocial disabilities.

Rights-Based Approach:

A rights-based approach recognizes that every individual, regardless of their disability, is entitled to the same basic human rights. This approach emphasizes the importance of respecting and promoting the rights of people with psychosocial disabilities, including their right to live with dignity, access healthcare, education, employment, and participate in decision-making processes that affect their lives. Aftercare and empowerment programs must be designed with a strong foundation in human rights, ensuring that individuals with psychosocial disabilities are treated as equal citizens with inherent worth and value.

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Person-Centered Care:

Person-centered care places the individual at the center of their own treatment and support process. It acknowledges that each person's experience with psychosocial disabilities is unique and requires personalized approaches. By actively involving individuals in their own care, decisions can be made collaboratively, taking into account their preferences, strengths, and goals. Person-centered care also recognizes the importance of holistic well-being, addressing not only the symptoms of the disability but also the social, emotional, and environmental factors that contribute to an individual's overall health.

Recovery-Oriented Approach:

A recovery-oriented approach shifts the focus from managing symptoms to supporting individuals in their journey towards personal growth, self-empowerment, and a meaningful life. It emphasizes hope, resilience, and the belief that recovery is possible for everyone. Aftercare and empowerment programs should provide the necessary tools, resources, and support networks to help individuals with psychosocial disabilities regain control over their lives. This may include access to counseling, peer support, vocational training, and opportunities for community engagement, allowing individuals to rebuild their social connections and reintegrate into society.

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Moving Away from Contributing Communities:

One crucial aspect of aftercare and empowerment is creating an environment that is separate from the communities that may have contributed to the challenges faced by individuals with psychosocial disabilities. This separation helps in breaking the cycle of stigma, discrimination, and social exclusion. By offering support away from the community, individuals can find solace, safety, and understanding among peers and professionals who are trained to provide appropriate care and support. This also allows for a fresh start, free from the constraints of preconceived notions and biases.

Providing aftercare and empowerment services that are rights-based, person-centered, and recovery-oriented is essential for individuals with psychosocial disabilities to reclaim their lives and thrive in society. By recognizing their rights, involving them in decision-making, fostering hope and resilience, and creating safe spaces away from the communities that contributed to their challenges, we can promote healing, inclusion, and self-determination. It is our collective responsibility to ensure that individuals with psychosocial disabilities are given the support they need to lead fulfilling lives and contribute meaningfully to their communities.

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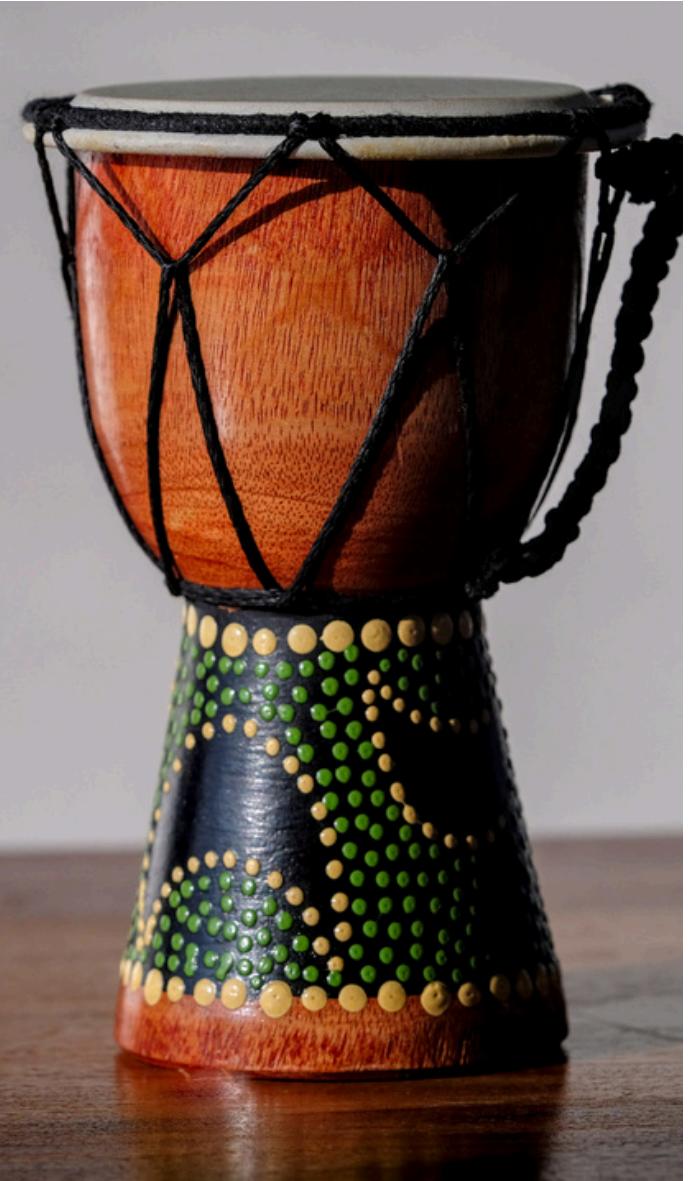
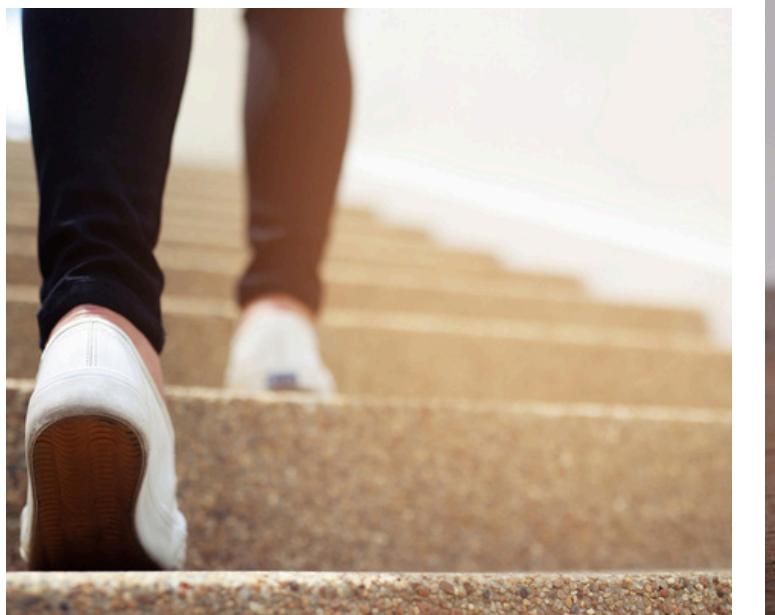


Target market



Our Aftercare and vocational training centre is ideal for persons with psychosocial disabilities including those with substance abuse disorders who want to regain independence and employment skills. They will only be accepted after Rehabilitation and have been cleared by the hospital or rehabilitation centre. We do not take clients who are Psychotic.





Services offered

Individual and group therapy sessions with trained lived experience peer supporters and counselors

Life Skills Development:

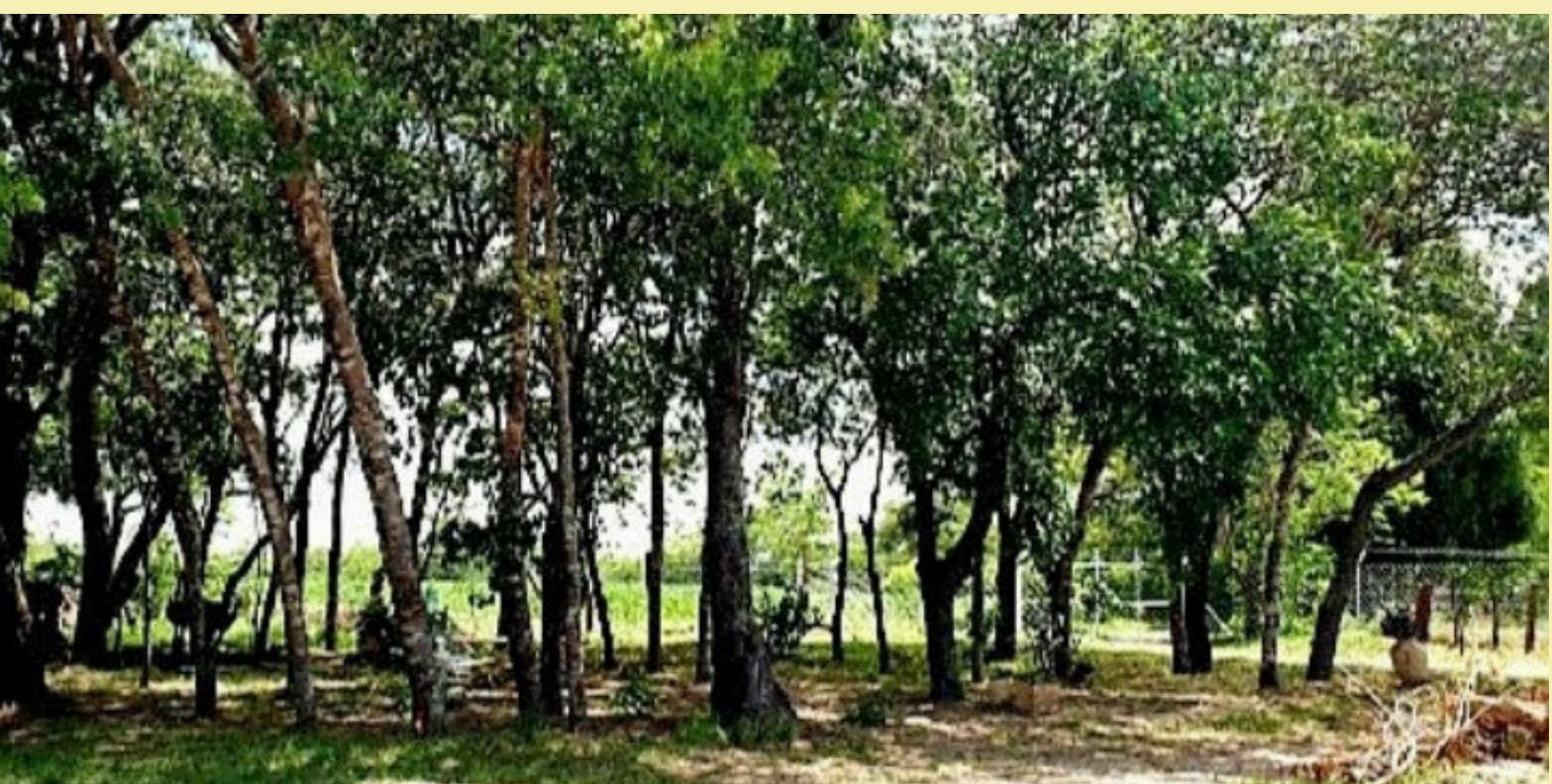
- Workshops: Participants attend workshops focused on life skills development, such as communication skills, stress management, time management, and conflict resolution.
- Vocational Training: Care farms often offer vocational training programs, equipping individuals with new skills and enhancing their employability once they complete the program.

Recreational Activities:

- Physical Exercise: Engaging in physical activities like hiking, yoga, or sports helps improve overall well-being, reduce stress, and promote a healthy lifestyle.
- Art Therapy: Creative activities, such as painting, music therapy, or writing, can serve as expressive outlets for emotions and aid in self-discovery and healing.
- Mindfulness and Meditation: Guided mindfulness sessions or meditation practices can help individuals develop relaxation techniques, improve focus, and manage cravings.



Our Premises



The Aftercare and Empowerment center is located in a peaceful, leafy village . It is a facility that supports individuals in need of recovery after rehabilitation.

It is situated 120km away from the city offering a serene and peaceful environment for individuals to focus on their recovery journey.

The peaceful village location of the center creates a positive healing experience for individuals with its tranquillity and natural settings. It helps individuals to have a restorative environment for their recovery process and fosters a healthy healing experience.



EmStan Farm is taking the approach of Care Farms which are very popular worldwide.

A Care Farm is an innovative therapeutic approach that combines farming or agricultural activities with mental health and substance abuse treatment. These farms provide a healing environment and a structured program to support individuals with mental health conditions and substance abuse disorders. The aim is to promote well-being, personal growth, and recovery through engagement with nature, animals, and meaningful work.

Here are some key elements and benefits of the healing process offered at a Care Farm:

1. Nature-based therapy:

Care Farms capitalize on the healing power of nature by offering therapeutic activities outdoors. Spending time in nature has been shown to reduce stress, improve mood, and enhance overall well-being. Activities may include gardening, animal care, horse, or nature walks.

2. Animal-assisted therapy:

Interacting with animals can have a profound impact on mental health. Care Farms often have animals such as rabbits, goats, chickens, or therapy dogs that individuals can connect with. Animal-assisted therapy can help improve social skills, build empathy, reduce anxiety, and increase self-esteem.

3. Meaningful work and routine:

Care Farms provide structured daily activities, giving individuals a sense of purpose and responsibility. Engaging in meaningful work, such as tending to crops or caring for animals, can boost self-confidence, provide a sense of accomplishment, and develop important life skills.

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4. Social support and community integration:

Care Farms typically offer a supportive and inclusive community environment. Participants have the opportunity to connect with peers who may share similar experiences, fostering a sense of belonging and reducing feelings of isolation. Building social connections is vital for recovery and mental well-being.

5. Holistic approach:

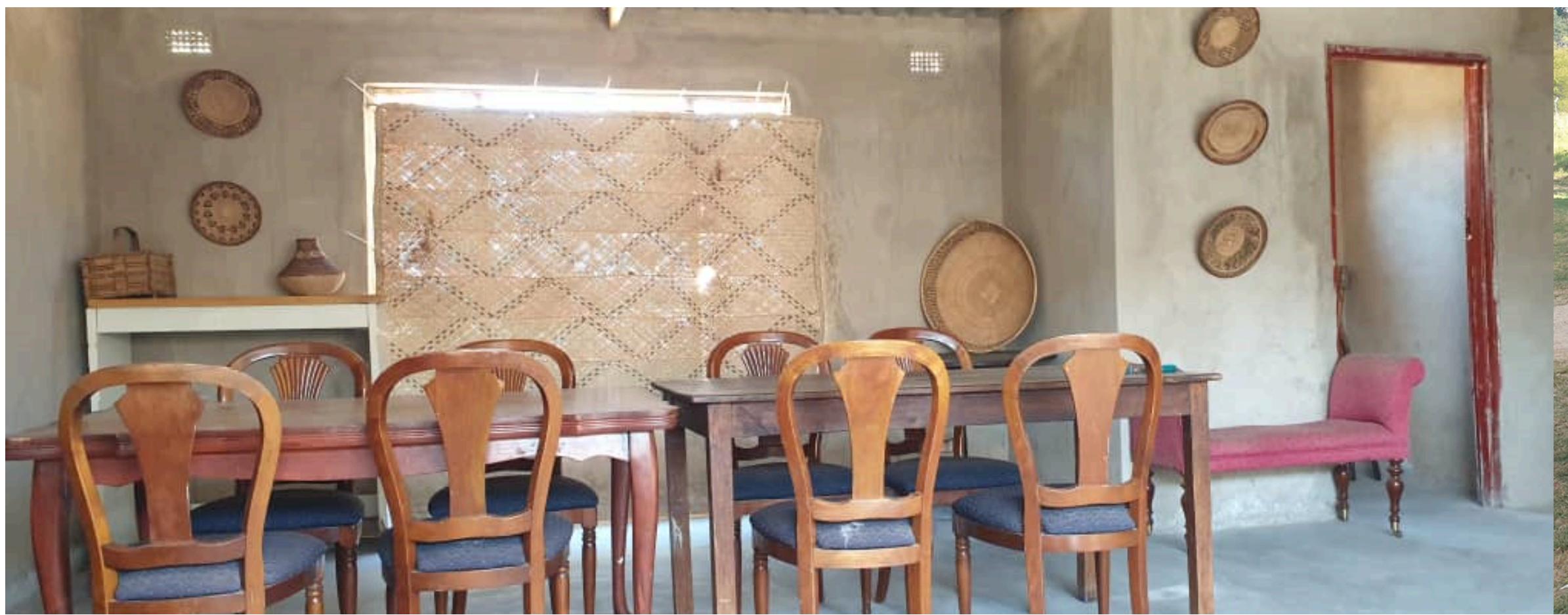
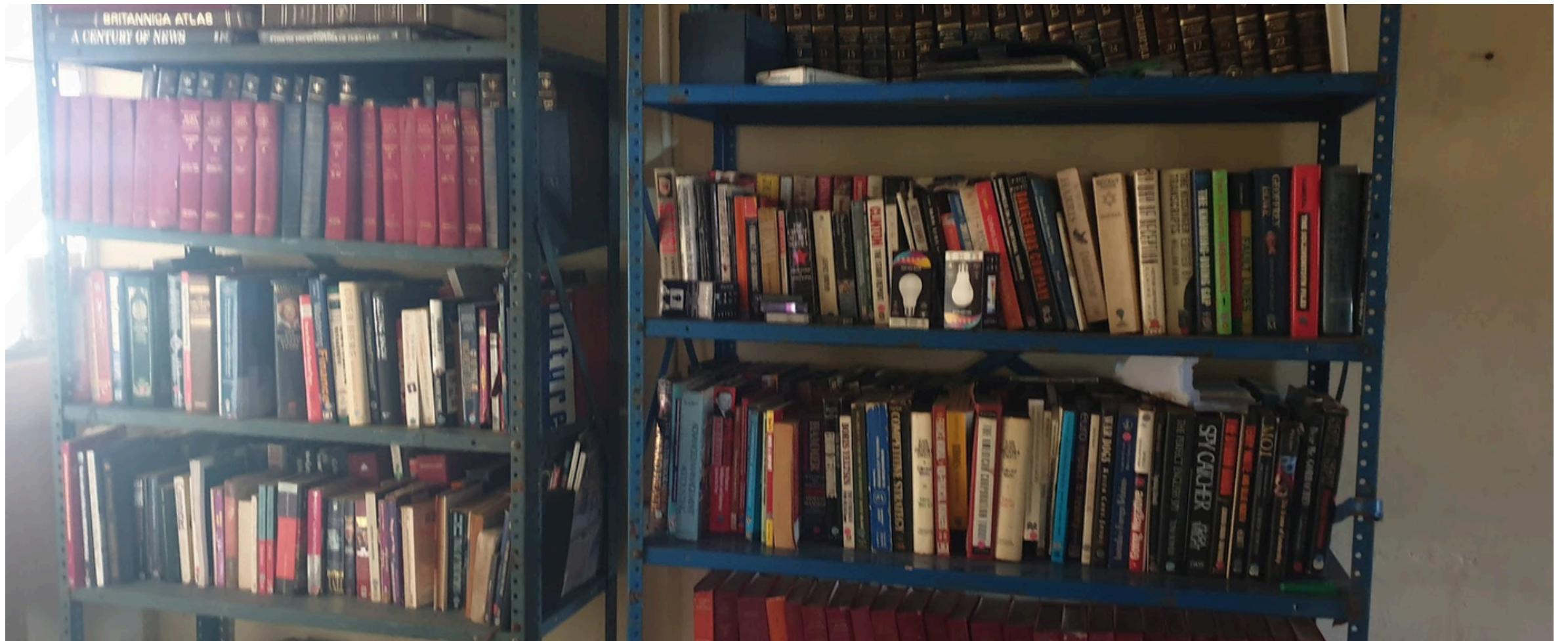
Care Farms often adopt a holistic approach to healing, considering the physical, emotional, and spiritual aspects of an individual's well-being. In addition to the farm-related activities, participants may have access to counseling, mindfulness practices, art therapy, and other complementary therapies tailored to their specific needs.

6. Skill development and vocational training:

Care Farms can also offer vocational training and skill development opportunities related to farming or agriculture. Learning new skills or re-engaging in work can enhance self-confidence, improve employability, and support individuals in their journey towards independence and recovery.

7. Therapeutic environment:

Care Farms typically provide a calm and serene setting away from the stresses of daily life. The peaceful atmosphere, coupled with the rhythmic and repetitive nature of farm work, can have a soothing effect on individuals with mental health conditions or substance abuse disorders.





Our team

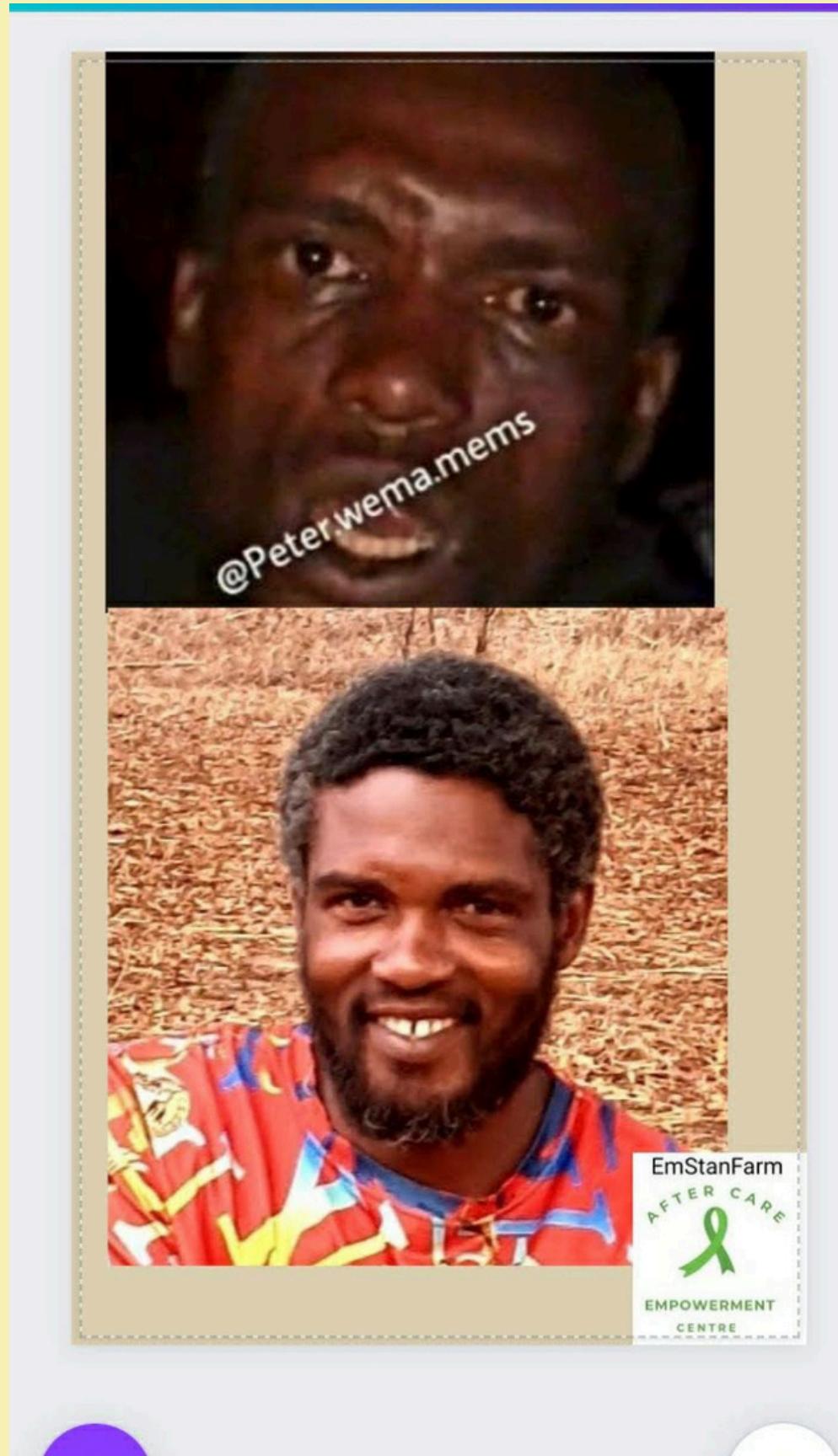
Our team are experienced peer support specialist and social workers.

We have trained vocational instructors and specialized nurses

Our staff is dedicated to providing individualized care and support to help clients achieve their goals.



Impact of our services



Our mission is to enhance the quality of life for individuals with psychosocial disabilities by reintegrating them into their communities. Our ultimate objective is to inspire self-sufficiency and empower these individuals to thrive.



Partnership opportunities



Opportunities for Event and Activity Sponsorship.

Join forces with us to establish vocational training programs.

We cordially invite you to support our expansion endeavors to extend assistance to a larger population in need.

Involving corporate organizations in addressing mental health issues of their employees by partnering with rural care farmers can have several advantages. Here are some of them:

1. Enhanced Employee Well-being:

Mental health issues can significantly impact employee well-being and productivity. By partnering with rural care farmers, corporate organizations can provide employees with unique opportunities to engage with nature, animals, and therapeutic activities. This can contribute to reducing stress, improving mental well-being, and enhancing overall employee health.

2. Accessible Mental Health Support:

Rural care farmers often provide accessible and inclusive mental health services in a non-traditional setting. By partnering with them, corporate organizations can offer alternative and complementary mental health support options to their employees. This can be particularly beneficial for individuals who may be hesitant to seek help through traditional channels or who prefer more nature-based approaches to mental health care.

3. Reduction in Stigma:

Partnering with rural care farmers can help reduce the stigma surrounding mental health by normalizing conversations about well-being and mental health challenges. When corporate organizations actively support mental health initiatives, it sends a message to employees that their well-being is valued, and seeking help is encouraged. This can foster a culture of openness, support, and understanding within the workplace.

4. Increased Employee Engagement and Retention:

Prioritizing mental health initiatives through partnerships with rural care farmers can improve employee engagement and retention. Employees who feel supported and cared for by their organization are more likely to be loyal, motivated, and committed to their work. By investing in mental health programs, corporate organizations can create a positive work environment that attracts and retains talented individuals.

5. Positive Public Image:

Corporate social responsibility is an increasingly important aspect of an organization's reputation. By actively engaging in mental health initiatives and partnering with rural care farmers, companies can demonstrate their commitment to employee well-being and social impact. This can enhance their public image and reputation, attracting customers, investors, and potential employees who value organizations that prioritize mental health.

6. Cost Savings:

Mental health issues can lead to increased absenteeism, reduced productivity, and higher healthcare costs. By proactively addressing mental health through partnerships with rural care farmers, corporate organizations can potentially reduce these costs in the long run. Investing in preventive measures and providing employees with resources to manage their mental health can lead to a healthier and more productive workforce.

It is important to note that while partnering with rural care farmers can offer unique benefits, it should be part of a comprehensive mental health strategy that includes access to professional mental health services and resources.

**Thank you for considering our
center as a resource for the
aftercare and empowerment of
persons with psychosocial
disabilities.**

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