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3rd Quarter Newsletter
(July-September 2025)

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TOP NEWS OF THE QUARTER

Key achievements include:

- **Patient Care:** 366 patients supported; 85 seen by neurologists, 281 via GP clinics, with additional telemedicine consultations from national and international specialists.
- **Diagnostics & Medication:** 62 EEGs completed, 36 MRI referrals funded, and anti-seizure medicines provided to 350 patients.
- **Awareness Campaigns:** Over 2,000 people reached through 21,000 flyers, 150 posters, and school-based seizure-safety events.
- **Mental Health Support:** 254 individuals received psychotherapy; 228 participated in support-group sessions.
- **Capacity Building:** Practical training delivered to 45 caregivers and patient representatives.
- **Webinars:** Two expert-led sessions on women and stroke, with steadily increasing engagement.
- **Youth & Volunteers:** 20 youth trained; 9 neurologists and 10 medical professionals contributed their expertise.
- **Global Representation:** Our work presented at the 2025 International Epilepsy Congress in Lisbon.
- **Media:** Featured on national TV and radio, strengthening public awareness.
- **Scientific Recognition:** Abstract accepted by the ILAE Scientific Committee and highlighted as an IGAP trendsetter.



MESSAGE FROM THE CEO

Dear Friends,

There are moments in our work when numbers stop being numbers and become stories of courage, progress, and possibility. This past quarter was one of those moments.

We stood beside 366 individuals seeking answers and dignity in their epilepsy journey, with 85 receiving specialised neurological care that many once believed was out of reach. We helped bridge critical diagnostic gaps with 62 EEGs and 36 MRIs, and ensured 350 patients continued treatment without interruption. Healing also happens in quiet rooms and safe circles. We provided psychotherapy for 254 individuals and facilitated group sessions for 228, building strength through shared experience. Our mission extended far beyond clinic walls, engaging more than 2,000 people through community outreach and distributing over 21,000 educational materials to help families recognise seizures, respond safely, and replace fear with understanding. We also advanced epilepsy knowledge through two expert-led international webinars on women and epilepsy and stroke-related epilepsy, strengthening awareness, clinical insight, and commitment to better care across Ethiopia and beyond.

Our young volunteers continued to be a source of pride and hope. Twenty youth ambassadors stepped forward, trained with purpose, and took epilepsy awareness to the streets, even weaving the message into the cherished “Ababayeshwoy” New Year song, a beautiful blend of culture, advocacy, and compassion. At our monthly free clinic, nine neurologists and ten medical professionals offered their time and expertise, ensuring no one was turned away from care.

We continued supporting families facing the greatest hardship, providing clothing and diapers to 30 vulnerable individuals, and offering food packages to 22 families during the Ethiopian 2018 New Year to ensure they could celebrate with dignity. With heartfelt gratitude to Yayne Abeba in Canada for making these holiday packages possible, we are reminded that every act of compassion moves us closer to a world where no one with epilepsy is left behind and meaningful change becomes inevitable.

With gratitude and hope,

Enat Yewnetu MPH

Founder and CEO, CareEpilepsy Ethiopia



EXPANDING CLINICAL REACH:

A MILESTONE AND A MOMENT FOR REFLECTION



Over the past quarter, CareEpilepsy Ethiopia has seen a remarkable rise in the number of beneficiaries receiving clinical follow-up and essential diagnostic investigations. While this progress is not captured by figures alone, it reflects something far deeper, a growing confidence in our services and a meaningful shift in how people with epilepsy are seeking medical attention.



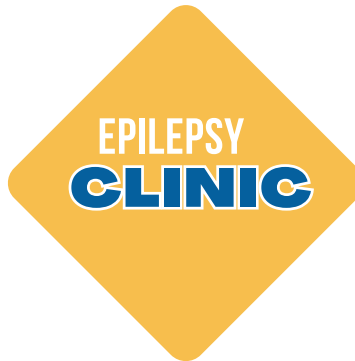
This achievement represents both a milestone and a moment for reflection. It shows that CareEpilepsy Ethiopia's visibility and credibility are strengthening, and that our commitment to delivering accessible, patient-centred epilepsy care is resonating with communities and healthcare partners across the country. Yet, as our reach expands, we must also anticipate the challenges that accompany growth, from resource constraints to the ongoing need for strong partnerships and increased capacity.

The rising demand for our services highlights the necessity of deepening collaboration with governmental bodies. Moving forward, close cooperation with the Ministry of Health and regional health bureaus will be essential to sustaining our impact and scaling our work effectively.

OUR IMPACT: SAVING LIVES WITH CLINICAL CARE

Every number has a heartbeat.

Our clinical and community initiatives are now strongly aligned with the WHO's Intersectoral Global Action Plan (IGAP) on Epilepsy and Other Neurological Disorders. This alignment not only affirms the strength of our model but also creates new pathways to implement IGAP more fully and extend its benefits to wider communities across Ethiopia.



This quarter was a powerful period of impact: 366 patients received epilepsy care through our Monitoring and Support Unit, including 85 treated by volunteer neurologists and 281 supported by our GPs. We facilitated advanced care for 6 patients, delivered 62 free EEGs, funded 36 MRI scans, and provided life-saving anti-seizure medication to 350 people.





MENTAL HEALTH AND WELLBEING SUPPORT

Because epilepsy care is more than medicine—it's about restoring dignity and hope

At CareEpilepsy Ethiopia, we understand that epilepsy is never just a medical condition. It touches a person's confidence, relationships, emotional wellbeing, and sense of belonging. That is why our care extends far beyond seizure control, we walk with the whole person, at every stage of their journey.

Between July and September 2025, 191 individuals received one-to-one psychotherapy, helping them manage fear, anxiety, and depression. An additional 228 people joined our support-group sessions, forming safe and uplifting spaces where experiences are shared, stigma is confronted, and hope is rebuilt.

Our helpline supported 254 callers, ensuring no one faced their challenges alone. To strengthen continuity of care, our team also completed 242 follow-up calls, providing home-based guidance and monitoring treatment adherence.

30 patients received clothing and diapers, and during the Ethiopian 2018 New Year, we provided food packages to 22 families, enabling them to prepare the traditional Doro Wat and celebrate with family.

Our heartfelt appreciation goes to Yayne Abeba (from Canada) for generously supporting the New Year festive food packages. Your compassion made a meaningful difference at a moment of great need.



CAREGIVERS TRAINING

Training remained a cornerstone of our Q3 achievements, and we are proud to share a major milestone: CareEpilepsy Ethiopia delivered a one-day training for 45 caregivers and patient representatives, the first programme of its kind for our organisation. The session strengthened household-level epilepsy care by equipping caregivers with essential medical knowledge, psychological support skills, and practical advocacy tools.

Participants received hands-on guidance in epilepsy basics, seizure first aid, neurodevelopmental conditions, physiotherapy techniques, nutrition, and mental health. The training also created a safe, honest space to explore stigma, self-care, and shared lived experiences.

The most powerful moment of the day was watching caregivers, so often the unseen heroes, leave feeling informed, confident, and empowered to transform care within their homes and communities. This initiative marks another meaningful step in our mission to improve the lives of people with epilepsy in Ethiopia, ensuring that understanding, dignity, and support begin at home.



EMPOWERING EDUCATORS:

Building Supportive Schools for Children with Epilepsy



TEACHERS TRAINING

Teachers shape far more than lessons, they shape confidence, safety, and opportunity. With this in mind, CareEpilepsy Ethiopia is strengthening its work with schools by equipping teachers to better understand epilepsy and to respond with confidence, compassion, and care.

Through these sessions, educators learn what epilepsy is, how to manage seizures safely, and how to address stigma within their classrooms. As their knowledge grows, so does their ability to create learning environments where children with epilepsy feel seen, supported, and included.

The impact reaches well beyond the school gates. Trained teachers become champions of awareness in their communities, helping parents, peers, and neighbours understand epilepsy with empathy rather than fear. Each informed educator becomes a catalyst for acceptance.

As we move forward, CareEpilepsy aims to deepen collaboration with the Ministry of Education, working towards integrating epilepsy education into national teacher training programmes, ensuring that every child, in every classroom, has the chance to learn in safety and dignity.



ADVANCING EPILEPSY KNOWLEDGE:

Expert Webinars Driving Awareness, Skills, and Better Care



Stroke and Epilepsy

DR BRIAN OOMMEN MD

Epilepsy Neurologist, ChristianaCare;
Board-Certified in Neurology & Epilepsy (ABPN)

We had the privilege of hosting a dedicated session on Stroke and Epilepsy led by Dr. Brian Samuel Oommen, a clinical neurophysiologist practicing in Mechanicsburg, PA and Newark, DE. The discussion examined the critical link between stroke and epilepsy in adults, addressing diagnostic complexities, treatment considerations, and strategies to strengthen outcomes for affected patients. A total of 22 participants joined the session, including medical doctors, nurses, caregivers, advocates, and students, all committed to strengthening care for people affected by these intertwined conditions.

Date: September 13, 2025



Women and Epilepsy

DR. RAMYA RAGHUPATHI

MD, Associate Professor of Clinical Neurology,
Director, Clinical Competency Committee
Penn Medical, Director-Epilepsy Surgical
program.

We hosted an insightful webinar highlighting the unique challenges faced by women with epilepsy, including hormonal influences, pregnancy considerations, mental health, and stigma-related barriers that often lead to gaps in care. Dr. Ramya Raghupathi, Associate Professor of Clinical Neurology at the University of Pennsylvania and Medical Director of the Epilepsy Surgery Program, shared evidence-based guidance to strengthen support and outcomes for women living with epilepsy. It was an exceptionally engaging session, which brought together 71 attendees, including medical doctors, nurses, youth, caregivers, and advocates.

Date: August 9, 2025





SCHOOL EDUCATION AND COMMUNITY AWARENESS

Building a stigma-free society. One step at a time.

Between July and September 2025, CareEpilepsy Ethiopia took epilepsy education directly into communities, meeting people where fear, silence, and misinformation have lived for generations.

Across hospitals and health centres, 21,000 flyers and seven poster types placed life-saving information into the hands of families who had never been told what causes epilepsy, how seizures can be managed, or why early treatment matters. For many, these materials were their first clear, trustworthy source of guidance.

At Jan Meda Health Centre, 102 community members gathered for an open, honest conversation about epilepsy.

In schools, students learned how to support a classmate during a seizure and how powerful kindness can be. In workplaces, our Safe at Work sessions reached 1,010 employees and managers, helping teams replace stigma with empathy and practical support.

Together, these moments tell a bigger story: people beginning to see epilepsy with new eyes, families gaining confidence, and communities slowly becoming safer, kinder places for those living with the condition.





EPILEPSY AWARENESS BEHIND PRISON WALLS

Breaking Barriers

**Expanding Awareness: Reaching More People,
Changing More Minds.**

At CareEpilepsy Ethiopia, we believe that awareness has no limits, and compassion has no walls. This quarter, our team extended epilepsy education to prison communities, reaching both inmates and staff.

In prisons, stigma and misinformation about epilepsy are widespread, leaving many to suffer in silence. Through our awareness sessions, we shared accurate information about the causes of epilepsy, seizure first aid, and the importance of understanding and empathy.

By stepping inside prison walls, we demonstrated that CareEpilepsy Ethiopia has no barriers it cannot cross. We are committed to ensuring that every person, wherever they are, has the right to knowledge, dignity, and care.



Expert Insights: Epilepsy & Beyond



Mental Health Shapes Epilepsy

Epilepsy is not just a neurological disorder, it is an emotional and psychological journey. Many people living with epilepsy experience anxiety, depression, trauma, and even identity challenges. These struggles are not secondary; they are directly linked to seizure control.

Studies show that:

- Depression affects up to 30–40% of people with epilepsy.
- Anxiety is twice as common in people with epilepsy compared to the general population.
- Stigma contributes to social isolation, academic difficulties, and unemployment.

Source:

[The Lancet Neurology – Mental health and epilepsy](#)

This is why CareEpilepsy Ethiopia's approach matters: psychotherapy, support groups, helpline services, and follow-up calls do more than provide comfort — they stabilise lives. When emotional wounds heal, seizures often reduce. When people feel understood, they gain confidence to take medication, attend appointments, and advocate for themselves.

Epilepsy care must heal the mind and the brain. Anything less is incomplete.



PATIENT STORY:

Dejene Hailu – Strength in the Shadows

Dejene Hailu Story

In the bustling streets of Addis Ababa, the familiar call of “kuraleew!” echoes through neighbourhoods as men collect scrap metal to make a living. Among them is Dejene Hailu, a man whose daily struggle goes far beyond what the eye can see.

Dejene lives with severe epilepsy, requiring a high dose of medication just to keep his seizures under control. Yet, despite his condition, he spends long, exhausting days walking the city, collecting and selling scrap to support his family.

At home, his wife cares for their daughter, who was born with spina bifida and hydrocephalus. Dejene shoulders the entire burden of providing for his family, often pushing through seizures and fatigue to ensure they survive.

His story reflects the quiet resilience of many people living with epilepsy in poverty—those who continue to fight, work, and care for others despite immense hardship.

At CareEpilepsy Ethiopia, we see Dejene's courage. We stand beside him, providing medical and emotional support, and advocating for a world where strength like his is no longer lived in the shadows.





WHEN “ABEBAYESHWOY” BECOMES A VOICE FOR EPILEPSY AWARENESS

Celebrating Ethiopian New Year with Purpose.



This quarter, CareEpilepsy Ethiopia celebrated the Ethiopian New Year in a truly unique way, blending culture, awareness, and compassion. For the first time, the beloved traditional song “Ababayeshwoy” was reimagined with lyrics that raised awareness about epilepsy.

The familiar melody, deeply rooted in Ethiopian culture, carried a new message of understanding, inclusion, and hope for people living with epilepsy. Staff and volunteers came together in beautiful harmony, singing and performing with heartfelt enthusiasm. The atmosphere was filled with joy, unity, and purpose, a reminder that awareness can be shared not just through words, but through music that touches hearts.



It was more than a celebration; it was a moment when a cherished New Year song became education, and community became strength.

The event also served as a fundraising opportunity, helping support individuals and families affected by epilepsy. By connecting tradition with advocacy, CareEpilepsy Ethiopia demonstrated that meaningful change can be created through creativity, teamwork, and cultural pride.



SPOTLIGHT:

Our Valued volunteers



BY MEKDES

Volunteering with CareEpilepsy Ethiopia has been a defining experience for me. Working alongside dedicated doctors taught me that care is not only about treatment, it is about listening, understanding, and standing with people during their most challenging moments.

CareEpilepsy Ethiopia was my first introduction to volunteering, and it showed me what meaningful service looks like in real life. I've supported the team during clinics, helped families navigate information, and joined awareness activities in schools and communities, moments where I saw how powerful accurate knowledge can be in breaking fear and stigma.

This journey has shaped my path. I now know that I want to build a future in healthcare and work where I can make a genuine difference. One day, I hope to return to rural communities in Ethiopia and help improve access to quality care, especially for people living with neurological conditions.

CareEpilepsy Ethiopia didn't just give me experience, it gave me purpose. And that is something I will carry with me.



SPOTLIGHT: FRIENDS OF CAREEPILEPSY:



Mr Solomon, Atlanta Team

This quarter, CareEpilepsy Ethiopia had the joy of welcoming Mr Solomon, a representative of our long-time partners from Atlanta, whose unwavering support has been a cornerstone of our journey. Over the years, this dedicated team has stood beside us, donating essential epilepsy medications, medical supplies, and other invaluable resources that have made a real difference in the lives of countless patients.

Their visit was more than a reunion; it was a celebration of friendship, compassion, and shared purpose.



During our meeting, we reflected on the progress of our charity and the challenges we continue to face. We extend our deepest gratitude to every member of the Atlanta team for their generosity, commitment, and belief in our mission. Your continued partnership reminds us that care knows no borders, and that when hearts unite for a cause, hope grows stronger.

Thank you for walking this journey with us, your presence and support mean the world to CareEpilepsy Ethiopia and to all those we serve.



THANK you

CareEpilepsy Ethiopia extends heartfelt thanks to everyone who supported our work in kind and financially. Specifically, we want to thank the following organizations and teams for their generous donations, hard work, time, and patience during this quarter.

- Ethiopia Telecom — expanding our reach
- Our national and international volunteer neurologists — giving their expertise freely
- Youth and medical volunteers — driving grassroots change
- The International Bureau for Epilepsy (IBE) — championing our IGAP mission
- Friends of CareEpilepsy (London, Atlanta, DC, Minnesota) — standing with us across continents



We stand alongside some of the most marginalised children, women, and men in Ethiopia, people who deserve the same chance at education, employment, and dignity as anyone else. We believe in the power of individuals, and the strength of committed communities, to transform lives.

Together, we save lives. Together, we change perceptions. Together, we create a difference.



WAYS TO SUPPORT CAREEPILEPSY ETHIOPIA

Become a member and
volunteer your time.

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VOLUNTEER!**

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