



# The Banyan and BALM Monthly Update May 2009

## OVERALL FIGURES FOR THE BANYAN

	May
Total number of Outpatients	382
Total number of Inpatients	244

### ADAIKALAM

Co-ordinator: Ms Vanitha

	April	May
CURRENTLY HOUSES	237	234
HOSPITALISATION	5	4
EXPIRED	2	1
RESIDENTS REFERRED TO TRANSIT VOCATIONAL TRAINING	3	1
RESIDENTS IN GROWTH LAB	10	9
RESIDENTS REFERRED TO GROWTH LAB	1	2

#### Innovations:

- **Acceptance and Commitment Therapy Training:** New therapy for seven participants from the Transit-Ward consisting of six sessions that deal with insight, goal setting, problem solving and reliving past memories. After initial signs of hesitancy the training was modified to increase concentrate and effectiveness
- Work begun on a documentary of Banyan therapies and services

## Activities:

- Volunteer from Waves Orchestra conducted light music for residents early in the month
- Some residents took part in Yoga therapy
- Reading activity organised with a mini-library of books and magazines
- Mental health and physical exercise training for health care staff
- DA meeting took place on 7<sup>th</sup> May - Data collection for the research took place. SHG meeting was conducted in the morning with attendees sharing their experiences from other groups they had joined as inspiration to others.

## Rehabilitation Journey of Edith:



Edith, 50 years old from Pondicherry, is the youngest of her siblings and the only one that never married. She suffers from a skin condition, Leukodorma, that has always caused her distress. She spent much of her life bringing up her brother's children who, in their turn, got married and moved away leaving Edith alone and lonely. The feelings of rejection she felt after their departure brought on some psychiatric symptoms including self-talk and abusive behaviour. Treatment in a Government Hospital only exacerbated the situation and Edith returned home more abusive and resentful towards her family. She was then refused admission to a Destitute's Home because of her skin condition and from then onwards she disappeared. The family searched for her for four years but eventually assumed that she must have passed away.

This was Edith's history as told to the Banyan workers that returned her to her family, many years after she first disappeared. Edith first visited The Banyan in June 2004 and progressed well in the secure and nurturing environment she had missed at home. She became proficient in housekeeping and found a job as an house maid outside The Banyan. Unfortunately she ran away from this job in August 2005 and was not seen for over a year when she was rescued and returned to The Banyan in a much relapsed state. Since this second rescue in December 2006, Edith's health has much improved and in recent months she expressed a desire to return home to be with her family.

The Banyan team took Edith back to Pondicherry on 10th May - she had been unable to provide an address, but when the group reached Anna Salai she offered directions towards her home. Neighbours recognised her and lead her to her sister's house for a surprise reunion with some of her family memebbers. The family explained Edith's past to The Banyan which very much upset her and caused her to have some doubts about staying with the family. The Banyan team reassured both Edith and her family that this was a fresh start - explaining Edith's condition in the process and giving the family the details of the OP treatment centre in Kovalam. The family agreed to look after Edith and make regular follow-up appointments in Kovalam - this left everyone satisfied and The Banyan team returned to Chennai.

## COMMUNITY MENTAL HEALTH PROJECT

Co-ordinator: Ms Porkodi

	April	May
NO. OF CLIENTS (GENERAL OP) AT THE HEALTH CENTRE(HC)	500	432
NO. OF NEW REFERRALS TO HEALTH CENTRE	48	28
NO. OF CLIENTS AT PSYCHIATRIC OP	174	193
NO. OF NEW REFERRALS AT PSYCHIATRIC OP	25	12
NO. OF INPATIENTS IN THE HEALTH CENTRE	8	5
NO. OF INPATIENTS WHO ACCESSED THE LAB	70	54

### Activities:

- 44 Home visits have been done this month of these 20 were routine follow up visits and the other 24 on OP defaulters
- 8 defaulters reported to OP this month after a follow up visit was done.
- One care givers meeting was conducted - The group had visited the DDRO for facilitating a camp in the Health Center
- One propaganda/awareness program was conducted at Mambakkam
- Two SHG meetings were conducted in Kovalam to spread awareness in the Thiruporur block
- Meeting with the Deputy Director of Public Health for further collaborations
- Visits were made by our community worker to the PHC's to collect the data of psychiatric medicines

- Visits were made by the community worker to Kanchipuram district TNMS office to get the list of medicines supplied to PHC's for comparing it with our drugs.

#### **Innovation:**

- **Community Fostering** - To aid community rehabilitation, CMHP is working to establish a mentality of fostering and care within the community; researching and building upon actions that are already present. This month some homeless men were offered a trip to the beauty salon for a shave and clean up. From this interaction, community workers were able to glean some details and lay foundations for OP treatment.

#### **Focus on: Akbar Ali, 35**

Wandering in Kovalam for the past five months, Akbar receives his meals from those in the community that pass him at his regular spot near the bus stand. He is generally quiet, but interacts well with the tea man that gives him his afternoon sustenance and who also persuaded him to accompany CMHP worker, Murthy on a trip to the barbers.

#### **In the pipeline:**

- Balwadi Teachers - Training for 156 Balwadi staff on mental health issues
- DA Camp to be conducted for people of Thiruporur block - regarding issue of ID cards
- Awareness program for staff of WIPRO on OMR
- Stall for our SHG at Lifeline Hosp
- Employment of out patients within the community
- Visit to Kanchipuram collector regarding the meeting with panchayat heads and medicines availability in PHC's
- Meeting with Director of Public Health for Psychiatric medicines in PHC's.

## **URBAN COMMUNITY OUTREACH**

**Team: Chaitali Shetty, Danya, Punitha, Poongothai & Volunteers**

OP CENTRE	NO. OF OP CLIENTS-April	NO. OF OP CLIENTS (NEW)-April	NO. OF OP CLIENTS - May	NO. OF OP CLIENTS (NEW) - May
LOYOLA COLLEGE	215	16	127	10
KK NAGAR	53	5	62	4

### **Highlights:**

- Disability Allowance Meeting on May 17, 2009 attended by 48 people and including the gathering of data for research
- Fire accident relief camp at Choolaimedu along with day care centre members
- Two members of the Day Care Centre are doing well in their screen printing training - this training has improved attendees confidence and self-esteem, an attitude that has filtered into the rest of the group
- Participated in the employment camp at T.Nagar along with day care centre members.

### **In the pipeline:**

- Day care centre Trip
- Disability Allowance Meeting on June 26, 2009
- Balwadi workers training programme on June 3, 2009
- Care givers meeting
- Research work on DA

# **BANYAN ACADEMY OF LEADERSHIP in MENTAL HEALTH— BALM**

Co-ordinator: Ms Madhu Sharan

## **1. Reports and Proposals**

- Proposal for ‘Support to The Banyan to Undertake Advocacy Measures and Strengthen its Outreach and Impact’ has been re-worked and submitted to the Sir Ratan Tata Trust (SRTT) for funding support for 2009-2012.
- The six monthly progress reports for the period of October 2008 - March 2009 of all projects of The Banyan and BALM has been compiled and submitted to Sir Ratan Tata Trust (SRTT).
- The six monthly report for the period of October 08 - March 2009 for the ‘Dial 100: Mental Health Helpline Project,’ has been written and submitted to the Rangoonwala Foundation India Trust (RFIT).
- **Fresh proposals** to extend funding support to the ‘Protected Community Project,’ at Kovalam and ‘Medicines at Adaikalam,’ have been submitted to RF(I)T.

## **2. Research**

Research in the three ongoing projects continued in the month of May. The 4 research studies are:

- i. The Impact of the Disability Allowance of The Banyan on ‘re-integrated clients’ and their families in and around Chennai.
- ii. The relationship between Mental Health and Employment: A Case Study of Socio-economic disadvantaged Banyan Outpatient Clients.
- iii. SHGs as Alternative Models of Rehabilitation of Persons with Mental Health Issues: A case study of one SHG promoted by the Banyan.
- iv. The design of a Study of 50 ‘Rehabilitated ex-residents of The Banyan in South India’ has been done and data will be collected in June. The study will also be completed in June

**3. Impact Assessment Programme of The Banyan and BALM with SRTT & NIMHANS, May 13 -16, 09:** To support the proposal for SRTT for 2009 -2012, it was important to do an Impact Assessment of The Banyan & BALM from 2005 -2009.

Towards this, an **Impact Assessment Programme** was organized from May 13<sup>th</sup> to May 16<sup>th</sup> with 2 senior Programme Managers from SRTT, Dr. K.V. Kishore

from NIMHANS and the senior management team of The Banyan. The four days were spent on intensive discussions on the past four years of work done at the Banyan & BALM along with future plans of Advocacy and Outreach.

A framework for the impact assessment has been made, and data is being collated and analysed. The report will be submitted in the first week of June.

#### 4. Training Programme

Ms. Madhu Sharan (Executive Director, BALM) and Ms. P. L. Porkodi (Manager, Community Mental Health Project) participated at a Training Programme on '*Change Management Through Organisational Development*,' organized for Senior leadership by RF(I)T in Mumbai on May 8<sup>th</sup> and 9<sup>th</sup>.

5. **Volunteer Management:** Several volunteers have joined the Banyan for internship projects.



- i) **Blake** from the USA has joined The Banyan as an intern for 10 weeks. He is working in the HR department on an Employee Satisfaction Survey. In the short time that he has been here, he has compiled a catalogue of the products made by women at The Banyan. He is now looking into marketing options for these products in USA.
- ii) **Ayesha**, also from USA, is working on the Banyan's 'Protected Community (PC) Project,' at Kovalam until the middle of June. Since she is staying at the PC, she interacts with the women closely. She has assembled a class of women who are interested in learning English and she is teaching them, together with another volunteer, Anaga from Thiruvannamiyur.
- iii) **Archanaa**, a Communications student from Symbiosis in Pune has been interning with The Banyan since April. She has interacted with the women in Adaikalam, as well as assisted with compiling The Banyan brochure. She is working with Adaikalam staff on the production of a documentary.
- iv) 4 students from **S P Jain Institute of Management Studies, Mumbai (Dilip, Kanagavel, Chandrasekar and Praveen)** have successfully completed their internship projects on '*Funding of the Day Care Centre and setting up a screen printing training centre*' and '*Effectiveness of the Self-help Group Model for Rehabilitating Mentally Ill and Destitute Women.*' They have contributed greatly through their respective projects and we would like to thank them for the work they have done.
- v) 5 students from **Lady Doak College and Fatima College (Madurai)**, 4 students from **Rajiv Gandhi Open University (Chennai)**, 2 students from **MoP Vaishnav (Chennai)** college have interned with the Urban Outreach

Project by administering 6 different questionnaires as well as conducting home visits. We would like to thank all the students for their contribution and for their immense help in the data collection.

**In the Pipeline:**

- i) BALM Board Meeting on June 6, 2009
- ii) Submission of The Impact Assessment Report of The Banyan & BALM
- iii) Documentation of the Study of 50 'Rehabilitated ex-residents of The Banyan in South India'

**FUND RAISING**

**Co-ordinator: Ms Maslyne**

- A record Rs. 1,05,762.50 has been raised this month through online donations thanks to the implementation of a new web facility.
- The SOS Scheme has received support from the following generous donors: Shoetek Agencies (Rs. 3,80,000), Dr. Kamala Selvaraj (Rs. 3,80,000) and the Madras Round Table (Rs. 3,90,000).
- Grant money has been received from Swadhar - a huge thanks for the Rs. 39,50,000 from them.