



The Banyan and BALM Monthly Update June 2009

OVERALL FIGURES FOR THE BANYAN

	May	June
Total number of Psychiatric Outpatients	382	388
Total number of Inpatients	244 (ex. Community Living)	290 (inc. Community Living)

ADAIKALAM

Co-ordinator: Ms Vanitha

	May	June
CURRENTLY HOUSES	234	227
HOSPITALISATION	4	2
EXPIRED	1	1
RESIDENTS REFERRED TO TRANSIT VOCATIONAL TRAINING	1	2
RESIDENTS IN GROWTH LAB	9	13
RESIDENTS REFERRED TO GROWTH LAB	2	2

Innovations:

- Therapy developed for potential working group to move them to the vocational training group conducted once a week. Therapy used two principles: Model of Human Occupation and Motivational Therapy.

Activities:



- The residents of the Working Women's Hostel went on a self-funded and self-organised visit to Besant Nagar beach and some of the temples and churches in the vicinity. The visit was enjoyed by the residents and it also helps to improve their independence, travel skills and peer interactions.

COMMUNITY MENTAL HEALTH PROJECT

Co-ordinator: Ms Porkodi

	May	June
NO. OF CLIENTS (GENERAL OP) AT THE HEALTH CENTRE(HC)	432	527
NO. OF NEW REFERRALS TO HEALTH CENTRE	28	44
NO. OF CLIENTS AT PSYCHIATRIC OP	193	165
NO. OF NEW REFERRALS AT PSYCHIATRIC OP	12	12
NO. OF PSYCHIATRIC INPATIENTS IN THE HEALTH CENTRE	5	6
NO. OF PSYCHIATRIC INPATIENTS WHO ACCESSED THE LAB	54	32

Activities:

- 69 Home visits have been done this month
- 41 were routine Follow up Home Visits
- Another 28 were the Home Visits done on the OP Drop outs.
- 6 Drop outs reported to OP this month after a follow up visit were done
- Out of 5 new patients identified 3 has come into our health center
- Three care givers meeting has been conducted - The group had visited the DDRO for follow up regarding the camp to be conducted at the health center
- One propaganda/awareness program was conducted at Chemmanchery

- MoU signed with Sai Healing Trust for conducting three day general Health OP in Health center in Kovalam



- Tie up with Ragas Dental College & Hospital - to conduct weekly once Dental OP in Health center

Plans for July:

- Balwadi Teachers training program - Training for 156 Balwadi staff on Mental Health Issues dates yet to be confirmed
- DA camp to be conducted for people from Thiruporur block by DDRO Chengalpet regarding issuing the ID cards dates yet to be confirmed
- Awareness program for the staff of WIPRO on OMR—dates to be confirmed
- Stall of our SHG in WIPRO
- Employment for Patients within the community
- Elections within the group of caregivers
- Division of groups and work to begin with the smaller groups of caregivers and clients
- Clients and caregivers to visit the PHCs to demand medicines in their own areas
- Caregivers to meeting with the Disability Commissioner with regards to the delay in the procuring of the DA cards
- Plans to be implemented for making Kovalam projects Green.

Employment of Clients - The story of Andrews and his family



Andrews has been visiting CMHP on and off for a year - his attendance has been a little erratic in spite of support from his wife and family, including his two young sons. Some time back he was admitted to the inpatient facility at CMHP at the request of his wife. Unfortunately he did not want to stay and discharged himself to be found by his family at the Dargah in Nemeli. The Banyan representatives contacted him here and persuaded him that cooperation and consistent medical treatment would improve his life, outlook and relations with his family. Andrews found the prospect of returning to work and the level of independence he had before his condition deteriorated very motivating.

After some initial shadowing of Banyan staff, in which he participated wholeheartedly, Andrews was offered a job working in a Toll Booth. His illness is such that he found the busy traffic distressing and even after some counselling he was unable to continue with this employment.

Undeterred, further assessments were done and another job as a Security Guard for a school was secured. This has been a huge success with the whole family now supported by the connections this job has facilitated including accommodation, a salary of Rs. 4000 per month and a role for his wife where she can still look after their young son as well.

Previously non-compliant with medication, Andrews now comes to CMHP himself to collect his prescription. He has stopped drinking alcohol and his demeanour and behaviour is much improved leaving him a happy and supportive father and husband to his family.

URBAN COMMUNITY OUTREACH

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

OP CENTRE	NO. OF OP CLIENTS - May	NO. OF OP CLIENTS (NEW) - May	NO. OF OP CLIENTS- June	NO. OF OP CLIENTS (NEW) - June
LOYOLA COLLEGE	127	10	157	13
KK NAGAR	62	4	66	15

Highlights:

- The Disability Allowance Meeting on June 21, 2009 was attended by 50 clients - at the meeting data gathering continued for the ongoing research.
- Balwadi workers training programme at which permission was gained to conduct further training on the first Monday of each month for Zone-10
- Day care centre members participation in Lady Andal Matriculation school stall
- Physical fitness training for the clients/care giver at Loyola OP delivered by the Physiotherapist from SRMC
- Day care centre member's movie trip: sponsored by volunteer
- Data collection for employment research
- Mr.Selvam (from the Day care centre) has found employment the screen printing office where he received training last month
- School Mental Health Program initiated at Green Valley School.

In the pipeline:

- Day care centre trekking trip
- Inter Day care centre sports competition on July 22, 2009
- Disability Allowance Meeting on July 19, 2009
- Balwadi workers training programme on July 6, 2009, Monday
- Research for available mental health resources in Chennai city
- Research work
- School Mental health program to be implemented in Green Valley School
- Stress management program in First Source company in Tidal Park

NEWS from the Day Care Centre: 1/3 of those that have attended the project since it began are now employed in various roles!

COMMUNITY LIVING PROJECT

Co-ordinator: Ms SUVARNA SHREYAS

	June
Total number of residents	57
Total number reintegrated into the community	5
Number expected to be reintegrated next month	3



Highlights

- 4 residents integrated into the community as part of Vizhudugal with plans for 3 more to follow next month
- More residents involved in gardening and yoga activities
- Four residents involved in special training for a Sun TV program
- Two women completed a tailoring course
- Large order for handmade bags undertaken for Vizhudugal
- Three women visited home with friends

BANYAN ACADEMY OF LEADERSHIP in MENTAL HEALTH—BALM

Co-ordinator: Ms Madhu Sharan

Highlights:

- The **Impact Assessment** that was initiated in May was finalised in June and has been submitted to the Sir Ratan Tata Trust.
- On 8th and 9th of June, BALM has organised a **training for The Banyan staff** on the Indian Disability and Evaluation Assessment Scale (IDEAS) and the Positive and Negative Symptoms Scale (PANSS), which are standard tools to assess disability and severity of illness. The training was given by Dr. K.V. Kishore of NIMHANS and was very much appreciated by the staff.
- **Research** is ongoing for the four study projects:
 - The impact of the Disability Allowance of The Banyan on 're-integrated clients' and their families in and around Chennai.
 - 'Interlinkages between mental health and employment: A case study of socioeconomically disadvantaged Banyan Outpatient clients'.
 - Self Help Groups as a form of rehabilitation
 - Data has been collected for the '**Study of rehabilitated ex-residents of The Banyan in South India**' in June in Kerala and Andhra Pradesh and is ongoing in Tamil Nadu. Social workers and volunteers have painstakingly travelled to Kerala, Andhra Pradesh and Tamil Nadu to find rehabilitated residents and administer questionnaires. The data collected till now will be analysed in July.
- **Rangoonwala Foundation India Trust (RFIT)** paid a visit to Adaikalam and the Protected Community in Kovalam to gather information for the proposal that has been submitted. RFIT staff has had discussions with The Banyan team on future funding.
- Preparation and admissions have started for the 3rd UCL - BALM course on 'Recent Advances in Cultural Psychiatry for South Asia'. The course will be held from 9 - 11 November 2009. For more information on the course, please contact Mirjam at mirjam.d@thebanyan.org.

Volunteers

Julia, a psychologist from Germany has come to The Banyan to assist us with data analysis for the Disability Allowance research, as well as data analysis for the Urban Outreach Project.

Blake from the USA is continuing the employer satisfaction survey he has initiated in May and will finalise the findings in July. He has also assisted in setting up a connection with a company that assists NGOs with designing products made by our women that will sell in the market.

Ayesha, also from the USA, has finished her volunteer assignment at the Community (PC) in Kovalam in the middle of June. Her English and Maths classes were very much appreciated by the women.

Archanaa, a Communications student from Symbiosis in Pune has also finished her internship. We were happy to have her with us. She has been working on the brochure and a documentary on The Banyan.

Viraja, an engineering student, worked in The Banyan head office for 1.5 months on the Admin manual and has helped with data analysis for the Impact Assessment.

Hao, from the US has continued her time as a volunteer in June by accompanying a social worker on the trip to collect data for the study on rehabilitated residents. She has also been a great help in compiling the Human Rights Cell booklet and in updating the transit care manual.

Anne-Sophie, a psychology student from France has lived in Adaikalam since April and is enjoying her stay there. She has helped the Adaikalam team in documenting the different processes within Adaikalam as well as organising presentations for the staff on subjects related to psychology.

A special mention should be made of **Mr. David Leake** of Zurich Financial Services, who visited The Banyan for one week to help us improve our Branding Strategy. David visited all the projects and presented his findings at the end of the week. David's insights were very useful and his suggestions have been taken up for implementation. He will continue to engage with The Banyan online, so we look forward to continue working with him.

FUND RAISING

Co-ordinator: Ms Maslyne

- Many thanks to the Madras Round Table and Shoetek agencies for their Special Occasion scheme donation of Rs. 3,90,000.
- Joy of Giving week, initiated by the Give India Foundation to promote the culture of giving throughout the country, is running between Saturday 29th September and Friday 4th October - The Banyan will be heavily involved in the activities in Chennai as well as using the profile of the week to raise awareness of mental illness. Some of the activities that have been mentioned include:
 - High net worth dinner at The Park Hotel, attended by celebrities from all fields and with the auction of a Banyan inspired painting by DR. Kalam and M.F. Hussain - proceeds exclusively to The Banyan
 - Mental health promotional t-shirts to be promoted and sold to raise funds and awareness.