

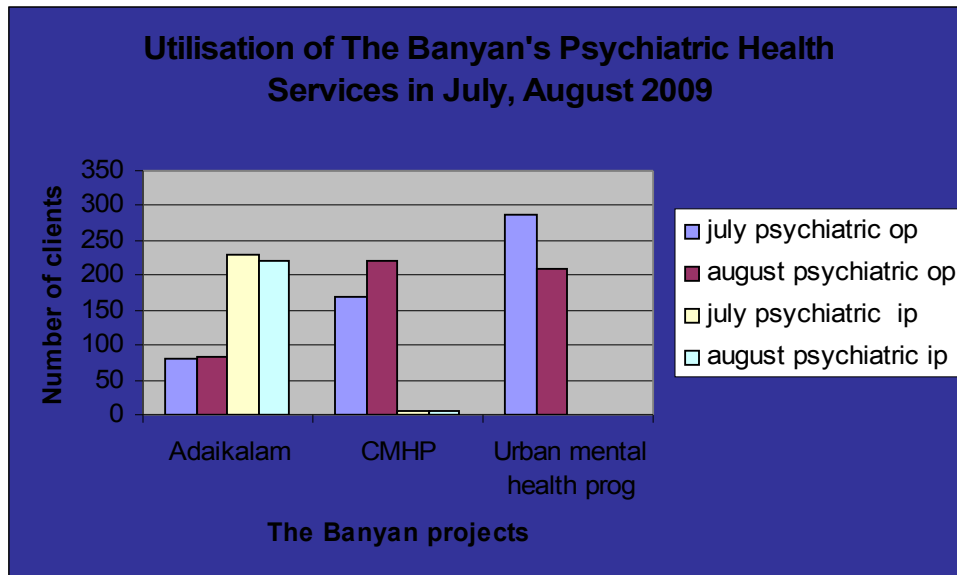


# The Banyan and BALM Monthly Update August 2009

## THE BANYAN

THE BANYAN PROJECTS	JULY		AUGUST	
	PSYCHIATRIC OUTPATIENT	PSYCHIATRIC INPATIENT	PSYCHIATRIC OUTPATIENT	PSYCHIATRIC INPATIENT
ADAIKALAM	79	229	83	220
COMMUNITY MENTAL HEALTH PROGRAMME	168	5	222	6
URBAN MENTAL HEALTH PROGRAMME	286	—	210	—
<b>TOTAL</b>	<b>433</b>	<b>234</b>	<b>515</b>	<b>226</b>

Note: The urban mental health programme does not have a psychiatric inpatient facility.



**ADAIKALAM**  
Co-ordinator: Ms Vanitha

BIMONTHLY DATA FOR ADAIKALAM	JULY	AUGUST
CURRENTLY HOUSES	229	220
ADMISSION	1	1
READMISSION	1	4
HOSPITALISATION	2	1
EXPIRED	0	0
RESIDENTS REFERRED TO TRANSIT VOCATIONAL TRAINING (WORKING WOMEN'S HOSTEL)	0	2
RESIDENTS IN GROWTH LAB	9	8
RESIDENTS REFERRED TO GROWTH LAB	5	0
NO. ATTENDING OP	79	83

**Highlights:**

- There has been a decline in the number of residents between July and August by 4.1% and an increase in those accessing psychiatric OPD service by 5.1%.
- Family intervention was held for 5 residents.
- IDEAS Scale was administered on all the residents.
- Monthly profit from Transit Vocational Training business was Rs. 5415.

- Home visits were done for 20 clients.
- Family conference was held for 11 residents.
- The follow up at the Puzhal Central Prison by the psychiatrist and psychologist revealed that the inmates who had been referred to The Banyan team were doing better. There were 3 new referrals for whom medication was started.
- The Human Rights Cell was convened in which there was a follow up of the previous meeting. Five residents presented their grievances before the cell.

#### Upcoming activities for next month

- Rehabilitation trip to Maharashtra, Gujarat & Punjab.
- One day outing for Growth Lab residents.

### **COMMUNITY MENTAL HEALTH PROGRAMME**

Co-ordinator: Ms Porkodi

CMHP BIMONTHLY INDICATORS	JULY	AUGUST
NO. OF CLIENTS (GENERAL OP) AT THE HEALTH CENTRE(HC)	680	604
NO. OF NEW REFERRALS TO GENERAL OP AT HEALTH CENTRE	81	66
NO. OF CLIENTS AT PSYCHIATRIC OP	168	222
NO. OF NEW REFERRALS AT PSYCHIATRIC OP	12	47
NO. OF INPATIENTS IN THE HEALTH CENTRE	5	6

RATIO OF NEW PSYCHIATRIC OP CLIENTS TO NEW GENERAL OP CLIENTS	0.2	0.7
NO. OF CLIENTS WHO ACCESSED THE LAB	111	74

**MODE OF REFERRAL OF PSYCHIATRIC OUTPATIENTS TO CMHP (% DISTRIBUTION), AUGUST**

MODE OF REFERRAL	NUMBER OF PSYCHIATRIC OP CLIENTS
VAZHNDU KAATUVOM PROJECT (VKP)	53.2 (25)
OTHER BANYAN CLIENTS	21.2 (10)
COMMUNITY MEMBERS	6.4 (3)
COMMUNITY WORKER OF CMHP	4.3 (2)
VILLAGE HEALTH NURSE	4.3 (2)
ADVERTISEMENT ON TELEVISION	4.3 (2)
OTHER NGO	2.1 (1)
DARGAH	2.1 (1)
SHG MEETING	2.1 (1)
TOTAL	100 (47)

Note: Figures in parenthesis are absolute numbers

**Activities:**

- The number of clients who accessed the general OP have shown a decline of 12.6% and psychiatric OP an increase of 32.1%.
- There is an increase in the ratio of number of clients using psychiatric OP to the number of clients using general OP.

- Of the 56 home visits done this month, 57.1% (32) were follow up visits and the remaining were for drop outs from the psychiatric OPD.
- Two drop outs from the psychiatric OPD reported to the OPD this month after a follow up visit was done.
- The information on mode of referral to the psychiatric OPD at CMHP reveals the importance of networking with government stakeholders like the VKP, as 53.2% of referrals have come from VKP.
- One care givers' meeting has been conducted.
- Two propaganda/awareness programmes were conducted at Thandalam and Illalur.
- One SHG meeting was conducted in Periyar Nagar and was attended by 21 members.
- Cancer screening was conducted by the Cancer Institute for the Kovalam community from the Health Centre.
- Vizhudugal SHG has initiated a catering business in Kovalam this month.
- One inpatient has been placed in employment.

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

- Motivating clients and care givers to access their rights like getting ID cards, pension etc.
- More employment opportunities to be created for the the OP clients and inpatients.
- Motivate the smaller groups of caregivers and clients to visit the PHCs and the Disability Commissioner with regard to procuring the DA cards.
- Conducting meeting with Panchayat leaders at the Health Centre.
- To approach ICDS head with regard to conducting awareness among the Anganwadi workers at the Health Centre.

#### **VISIT BY THE CAREGIVERS AND CLIENTS FOR ENSURING AVAILABILITY OF PSYCHIATRIC MEDICINES IN THE PRIMARY HEALTH CENTRES.**

The clients and caregivers who access the Health Centre had as a part of their advocacy initiatives visited the Kelambakkam Head PHC with a list of their demands. The group of clients and caregivers were accompanied by the Panchayat Heads of two Panchayats, namely Kovalam and Kelambakkam. The clients and caregivers had demanded that psychiatric medicines be made available in the PHCs for the benefits of the numerous clients who currently access The Health Centre. It has been decided that more number of Panchayat

heads will come together on the same issue and make a representation with the District Collector of Kanchipuram. The Kovalam and Kelambaakam Panchayat heads will take the necessary initiatives in this regard.



### **URBAN COMMUNITY MENTAL HEALTH PROGRAMME**

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

OP CENTRE	NO. OF OP CLIENTS- July	NO. OF OP CLIENTS (NEW)-July	NO. OF OP CLIENTS-August	NO. OF OP CLIENTS (NEW)-August
LOYOLA COLLEGE	179	17	140	20
KK NAGAR	107	8	70	6

**Highlights:**

- The number of OP clients who access the Loyola College and KK Nagar Psychiatric OPDs have declined by 27.9% and 52.9% respectively in the past one month.
- Awareness programme was conducted for SHG members.
- The training programme on mental health for 30 Balwadi workers was held on 03/08/09.
- Disability Allowance Meeting held on 16/08/09 for 50 care givers.
- Six home visits were done.
- Networking visits to five organisations were done to enable access to disability pension, to continue the OPD at Loyola College, for awareness programmes in the community and to meet ICDS officials about the training programme.

**In the pipeline:**

- Disability Allowance Meeting on September 20, 2009.
- Balwadi workers training programme on September 7, 2009, Monday.
- Awareness programme on stress management at a school in Kodambakkam on September 8, 2009.

**DAY CARE CENTRE:**

**“You are not alone in this struggle” is the buzzword of our Day Care Centre**

This month, we had motivated two old clients, Mr Joe Prasanna and Mr. Ramachandran to attend the Day Care Centre. So it was a victory to see them attend cheerfully. One client was referred to a special school Maitree to understand the colour and number concept. Currently the team comprises Ramchandran, Joe Prasanna, Vasu, Kannan, Ashwin, Karunaprasad, Manikandan, Dinesh Babu, Manoranjithkumar, Kumar, Balasubramanian, Furhana. This month volunteers from U.K pitched in to do group activities and group games. They also trained the clients in a song ‘I believe I can fly’ by K.Shelley. The boys participated in the 16<sup>th</sup> anniversary of The Banyan at Kovalam. The audience cheered and applauded the clients’ dances and the song rendered by them. One client, Vasu has said that after coming to the day care centre his occupational skills have improved a lot. We also have organised occupational therapy once a week.



### **Volunteers, Trainee's - activities:**

The regular work of the physical fitness training carried on at Loyola OP by the Physiotherapists Mr.Veeragowthaman and Mr.Pavan.

Ms.Archana worked as a volunteer for the inter day care centre competition.

Mr.Vijay, Mr.Sriram, Mr.Srinivasan,Ms.Deepthi, Mr.Mega and few more volunteers help at the Loyola College OPD.

Ms.Revathy is a new volunteer at the KKNagar OP and day care centre. And Dr.Srinivasan comes to the day care centre twice a week for the OT intervention.

Ms.Lucy, MS.Alice and Ms. Anna engaged the day care centre members and prepared them for the dance and song for The Banyan Anniversary programme.

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

Co-ordinator: Ms Madhu Sharan

### **Highlights:**

#### **1. Replication of The Banyan Model at Orissa:**

Orissa Voluntary Health Association (OVHA) had approached The Banyan in May with a request for assistance in including mental health services in their work. A team of both The Banyan and BALM visited Bhubaneswar for a 3 day orientation visit to conduct a contextual analysis of the mental health scenario in Orissa and to assess the organisation. An implementation plan has been drawn up and OVHA is currently working on the initial steps to start the programme and to write a proposal for funding.

#### **2. Research is currently ongoing in 3 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 socio-economically disadvantaged outpatient clients of The Banyan.
- Study of rehabilitated ex-residents of The Banyan in South India. This research study will be completed by September 30<sup>th</sup>.

#### **3. BALM & IFMR Partnership:**

Orientation The first session with the 1<sup>st</sup> year MBA students at Institute of Financial Management and Research (IFMR) was held on August 12<sup>th</sup>.

The theme of the orientation was ‘*Civil Society and its Impact.*’ Speakers from civil society organizations like Bhoomika Trust, Hand in Hand, Vidya Sagar and Ability Foundation addressed the students on issues and concerns related to their areas of work including microfinance, education, health, disability and promoting the culture of giving in society.

**4. Delhi Chapter of The Banyan & BALM:** The Banyan was represented by BALM at the Steering Committee Meeting of ‘Mission Convergence,’ an

ambitious project of Delhi Government to reach out to the homeless and vulnerable population of Delhi.

It is called “mission convergence” because it a combined effort of 9 government departments and 97 NGOs in Delhi - all working together to provide service delivery and welfare entitlements to the vulnerable and most marginalized people of Delhi in an efficient, transparent, convenient, friendly and cost effective manner. This will be done through streamlining services of the Government, NGOs and individuals.

BALM was invited to speak on best practices followed at the Banyan and lead discussions on ‘Shelter homes for the specialized categories of homeless and vulnerable population of Delhi.’

#### **5. Preparing the Logical Framework for Assessment and Reporting for SRTT:**

BALM planned and coordinated the visit of a senior team from SRTT comprising Dr. Gandavia, Secretary and Chief Accountant, SRTT and the Health Team of SRTT comprising Dr. Vikram Gupta, Mr Bhagirath Gop and Ms. Aneka Paul from August 30 -September 1<sup>st</sup>, 09.

The Health Team of SRTT also worked with The Banyan and BALM team towards preparing the logical framework of tools and indicators towards assessment and reporting for SRTT.

The Banyan and BALM is thankful to SRTT for their time, inputs, guidance and support towards this project.

**6. Participation at Workshop:** Clients of The Banyan as well as staff of The Banyan and BALM participated at a Workshop on ‘*Client's Perspective in Mental Health,*’ on Aug 30, 2009 at Christ University, Bangalore. This workshop was organized by the Higher Education Cell, CSCS in collaboration with the Psychoanalytic Therapy and Research Centre, Mumbai and Christ University, Bangalore.

The team also visited Basic Needs, an NGO working in the areas of mental health and NIMHANS to understand their work and for linking with partner organisations in Tamil Nadu for advocacy.

**7. BALM & UCL partnership:** Admissions are still open for the 3<sup>rd</sup> UCL - BALM course on ‘Recent Advances in Cultural Psychiatry for South Asia’. The course will be held from 9 - 11 November 2009. It promises to be a very interesting course with participants from various countries and fields of expertise. For more information on the course, please contact Mirjam at [mirjam.d@thebanyan.org](mailto:mirjam.d@thebanyan.org).

**8. Volunteer Management Programme of BALM:** BALM oversees and coordinates Volunteer profiling and Management Programme of the Banyan and BALM.

Volunteers in August 09 were:

i) **Julia**, a psychologist from Germany, finished her time as a volunteer with The Banyan in August. She has been very helpful in data entry for the study on rehabilitated residents, as well as extended literature research for 2 research projects (Employment and Disability Allowance).

ii) **Mirajini and Mithunraj** from the UK finished their volunteer time in August. They have been a great help in setting up the boutique at The Banyan Centre, as well as assisted in translations from Tamil to English.

iii) **Alice and Lucy**, two sisters from the UK were at The Banyan for a short volunteer assignment. Lucy oriented herself on the work of the health care workers at Adaikalam and has given recommendations for the improvement of their work. Alice has assisted in the Employment research in literature review. Both of them have visited the day care centre occasionally and assisted in organising activities.

BALM is thankful to all of them for volunteering their time and expertise to the Banyan and BALM.

## **FUND RAISING**

**Co-ordinator: Ms Maslyne**

Our **fund raising co-ordinator Ms Maslyne** and we are happy to announce that:

- The Banyan has received Rs 10,00,000 last month from Ms Shobhana Ramachandran.
- The Zurich Community Trust has donated Rs 6,72,755 last month.
- Ms Mita Pala has donated Rs 1,30,000 last month.
- Our regular donors like ARR Charitable Trust; Sujata Paulose and VS & B Containers Pvt Ltd have made and continue to make significant donations every month. We thank all our donors for their unstinting support.

## THE BANYAN'S 16TH ANNIVERSARY

The Banyan celebrated 16 years of its existence with a burst of festivities at the Protected Community at Kovalam on August 27, 2009. The staff and clients of the various projects of The Banyan and the clients of the day care centre at KK Nagar displayed their talents in dance events and skits. Mr David Nash, CEO of The Banyan, presided over the function.

