



The Banyan and BALM Monthly Update September 2009

OVERALL FIGURES FOR THE BANYAN

THE BANYAN PROJECTS	AUGUST		SEPTEMBER	
	PSYCHIATRIC OUTPATIENT	PSYCHIATRIC INPATIENT	PSYCHIATRIC OUTPATIENT	PSYCHIATRIC INPATIENT
ADAIKALAM	83	220	71	206
COMMUNITY MENTAL HEALTH PROGRAMME	222	6	207	8
URBAN MENTAL HEALTH PROGRAMME	210	—	251	—
TOTAL	515	226	529	215

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

ADAIKALAM
Co-ordinator: Ms Vanitha

	August	September
Currently houses	220	206
Admission	1	2
Readmission	4	3
Hospitalisation	1	1
Expired	0	1
Residents referred to Transit Vocational Training	2	0
Residents in Growth Lab	8	5
Residents referred to Growth Lab	0	3
Number attending OP	83	

Activities

- Much preparation for the reintegration trip to the north of India that took place at the end of September/ beginning of October.
- Stalls were conducted at Vidyasagar and SRM University of products made by the Vocational Training unit.
- Presented information on relapse prevention and positive mental health to the attendees of the monthly DA meet

COMMUNITY MENTAL HEALTH PROJECT

Co-ordinator: Ms Porkodi

	August	September
No. of clients (General OP) at the Health Centre	680	669
No. of new referrals to Health Centre	81	100
No. of clients at Psychiatric OP	168	207
No. of referrals at Psychiatric OP	12	26
No. of Psychiatric Inpatients in the Health Centre	5	8

Activities:

- 48 Home visits have been done this month.
- 43 were routine Follow up Home Visits
- 3 were the Home Visits done on the OP Defaulters, and 3 follow up for irregular patients.
- 2 Defaulters reported to OP this month after a follow up visits were done.
- 1 care givers meeting was conducted - during DA meet
- 2 Propaganda/Awareness programme conducted at Hanumanthapuram and Ponmar.
- 5 New Areas visits done one at Thirunilai, Arungundram, Otteri, Periyavempedu, and Periyaveppedu.
- 1 SHG Meeting at Amniyampattu and 15 members attended the meeting

Plans for next month:

- Motivating clients and care givers to access their rights - getting ID cards, pension etc.
- More employment opportunity to be created for the patients in the community and our OP and inpatients
- Motivate the smaller groups of caregivers and clients to visit the PHC's and the Disability Commissioner with regard to accessing care and other facilities as offered by the government.
- Balwadi teacher's sensitization program.

- Training sessions for the staff in Kovalam - to be structured and implemented.
- Formal interactions with the Dargah authorities to be facilitated in Kovalam for more referrals and a streamlined process.
- Conducting meeting with the Panchayat heads - on issues of access to care and DA for people in their Panchayats.
- Clothes drive with the community women and SHG's for the women in the PC.

URBAN COMMUNITY OUTREACH

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

	No. of OP clients- August	No. of OP clients (NEW) - August	No. of OP clients - September	No. of OP clients (NEW) - September
Loyola College	140	20	182	11
KK Nagar	70	6	69	4

Highlights:

- Disability Allowance Meeting on September 20, 2009
- Balwadi workers training programme at the Zone 10, Guindy.
- Awareness programme on premarital guidance for Adult girls in west saidapet.
- Day care centre members participated in Chennai Marathon.

Plans for October

- Disability Allowance Meeting on October 10, 2009.
- Balwadi workers training programme on October 5, 2009, Monday.
- Awareness programme on mental health at Velachery on October 13, 2009.
- Exhibition (our client Paintings) at Gandhi Mandabam colabrated with LIFT Organisation.

COMMUNITY LIVING PROJECT

Co-ordinator: Ms SUVARNA SHREYAS

	September
Total number of residents	59
Admissions from Adaikalam	5
Total number reintegrated into the community	3
Number employed in the community	2
Number expected to be reintegrated next month	3

Activities:

- Women from the Thulir SHG successfully started their vegetable market in Kovalam.
- Fruits and vegetables from the kitchen garden were harvested and were shared by the women themselves (Lady's fingers and Musk Melons).
- Muslim friends from the Kovalam Community celebrated Ramadan by sharing food and new clothes with our women.
- Muslim women from the Community Living were invited by the community members for the Ramadan feast.
- Number of women per cottage has been reduced so as to avoid overcrowding in the cottages and to free up some space.
- The women have suggested names for the cottages in which they live.
- Grievances cell has been initiated for listening to any such grievances from them. It is planned to get some Village heads to conduct the Grievance meeting with the women
- Sweets and pickle were prepared by the women of the Community Living and were sold within.
- 1 home visit was done for Kalyani, who has recently moved to the SHG house and is living in the community. The home visit was made to Andhra Pradesh.

Plans for next month:

- 3 women from Community Living to be integrated into the Kovalam community
- 2 more women from Community Living to be employed in the Kovalam community.
- Women from the Thulir SHG to initiate a snack making business in the community.

- Home visits have been planned for three women from the Community Living based in their request to the grievances cell.
- Increase gardening activity and start utilizing the back yard for more gardening purposes.
- To start a small shop within the community living by the women themselves so as to make the place more lively.
- Plant more seasonal vegetables in the kitchen garden.

BANYAN ACADEMY OF LEADERSHIP in MENTAL HEALTH—BALM

Co-ordinator: Ms Madhu Sharan

Highlights:

1. **Research at BALM 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.
 - Continued work has been done on the 'Study of rehabilitated ex-residents of The Banyan in South India'.

2. **BALM & IFMR Partnership:** The second session with the 1st year MBA students at Institute of Financial Management and Research (IFMR) was held on September 19th. The students gave presentations in groups on '*The Role of NGOs in Social Development.*' It was heartening to see amount of effort put together by some groups in terms of researching and even visiting the concerned NGOs. David Nash, CEO of The Banyan, addressed the students on the topic of '**Strategic Planning and Management in NGOs.**'
 - Mirjam Dijkxhoorn, Project Analyst at BALM along with Punitha Suresh, Manager of The Day Care Centre of The Urban Outreach Project of The Banyan, attended a course on '**Management for NGOs**' organised by SP Jain Institute of Management and Research at Mumbai, from September 22 - 24, 09. It was a good learning experience as the content was contemporary and relevant to NGOs and the faculty was also very good.

3. Progress on The Delhi Chapter of BALM:

i) Proposed Collaboration with Public Health Foundation of India: Madhu Sharan, Executive Director of BALM met Dr. Sanjay Zodpey, Director, and Public Health Foundation of India and discussed possibilities of joint collaboration between the two Institutes regarding a diploma course on Mental health.

The two Institutes agreed to initiate a 3 months certificate course on mental health to be taught from PHFI, Delhi and after assessing the demand, graduate to offering a 1 year full fledged diploma course on Mental Health Management.

Meanwhile, BALM will also input into the Public Health Management Course curriculum regarding the mental health component. Discussions on the curriculum will begin in January 2010.

ii) **Visit to Institute of Human Behaviour and Allied Sciences (IHBAS):** Madhu Sharan also visited IHBAS to understand the process and quality of treatment, care, rehabilitation, outreach and related services offered to persons with mental illness in an institutional set up.

IHBAS is an autonomous body under the Govt of Delhi and provides patient care in the field of mental health, neurosciences with multidisciplinary approach. Hospital services include outpatient, emergency, in-patient, intensive care unit (ICU), laboratory facilities, physiotherapy, and occupational services.

Additionally, the institute also provides community based outreach services for the homeless population and also runs the DMHP in 3 (with plans of a 4th one in Jan) out of 9 districts in Delhi.

BALM and Aman Biradari's plans in providing OP services for homeless and the general public: IHBAS provides treatment facilities to the homeless through its community outreach clinic near Jama Mashed every Monday and Thursday. This is in collaboration with NGOs Ashray Adhikar Abhiyan (AAA) and Sharan.

The institute also provides psychiatric facilities to homes persons with mental illness who are referred to it through the judiciary and also rehabilitates them with the ministry of social justice.

BALM requested IHBAS to initiate outreach services at Nizamuddin area in Delhi as that has hundreds of homeless and migrant population, also a lot of them with drug -related illnesses.

4. Volunteer Management Programme of BALM: BALM oversees and coordinates volunteer profiling and Management Programme for The Banyan and BALM.

Volunteers in September 09 were:

- **Aditi**, a psychology student from Yale University has joined The Banyan on a scholarship for 10 months. She has started by assisting the CMHP team in documentation.
- **Catherine**, a mental health professional from Australia, also joined The Banyan in September for 3 months. She works with the urban outreach team and has accompanied staff on a rehabilitation trip.
- **Diya** from Chennai is assisting BALM in data analysis for the Disability Allowance research.
- **Karthik**, a software professional from the USA, is assisting at the day care centre by organising activities for the clients, who thoroughly enjoy his company.

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