

THE OFFICIAL NEWSLETTER OF

BANYAN ACADEMY OF LEADERSHIP IN MENTAL HEALTH



A NEW YEAR AND NEW PROGRAMS

At Banyan Academy of Leadership in Mental Health we are in the midst of change and transition. BALM is now entering an extremely exciting phase. Our education and training programmes will take on a new avatar to meet the needs of an evolving mental health sector. To start with, we have 4 new short courses taught by academicians of eminence from across the world. The aim of these courses, apart from skill building to bridge the care gap, is to create value frameworks that will sustain person-centered mental health services for vulnerable communities in India and beyond. These courses are just a sample of what is to come!

If you work in mental health or allied health and development services, or are a graduate with an interest in the sector, do get in touch. Our courses are also closely linked to research studies, pilots and social action programmes at BALM and Banyan, at the Centres for Social Action and Research, Emergency Care and Recovery, Mental Health and Inclusive Development, Social Needs and Livelihoods, Implementation Sciences, Trauma Studies and Innovation, and finally the Mental Health and Social Care Resource Hub. Fellowships will also be awarded to young entrepreneurs interested in these courses, our research and social action projects. With Thanks to all BALM students and alumni.

COURSES FOR 2022

Mental Health and Social Care Resource Hub

This six-week online intensive research methods course is aimed at orienting an individual towards an in depth understanding of the impact of advanced qualitative research methods on the field, through a well-integrated blend of theory and group discussions.

Course Director: Dr. Nev Jones
Start Date: May, 2022

Public Mental Health Course

This 5-week course is specifically designed to allow human services professionals to be able to go beyond the rhetoric and ground a new understanding of how better health, social care and mental health systems can influence equitable living and promotion of social justice and vice versa.

Course Director: Dr. Nachiket Mor
Tentative Start Date: July, 2022

Anthropology & Public Health

This is an 8-week course that imparts a broader understanding of social work practices through anthropological perspectives and their application to global problems such as human trafficking, HIV/AIDS, mass violence and mental disorders. The major emphasis will be placed on the synergy between global social work and medical anthropology focusing on structural critiques.

Course Director: Dr. Deborah K Padgett and Dr. Nalini Rao
Start Date: 2nd June, 2022

SUNDRAM FASTENERS CENTRE FOR SOCIAL ACTION AND RESEARCH COURSE

Are you a policymaker, a therapist, a service provider, or a service user keen on bringing about a change in society?

Do you wish to be the "change agent" in converting results of research into a new policy or a program?

Do you believe "learning" is integral to a healthy organisation and seek to promote it?

If your answer is YES this six-week **RESEARCH METHODS** course is just for you!

RESEARCH METHODS

Applied Qualitative Methods for Quality Improvement and Systems Change

Start Date: 17th May, 2022 Duration: 6 weeks
 Last Date of Application: 14th May, 2022
 Online Sessions: 6:30 pm to 8:30 pm

Eligibility

- Mental health professionals
- Researchers
- Academicians
- Postgraduate students
- Undergraduate student



Dr Nev Jones
LEAD INSTRUCTOR

Assistant Professor,
University of
Pittsburgh, Co-chair
Lancet Commission





COURSES FOR 2022

History of Psychiatry

This course with blended learning approaches exclusively focuses on colonial history of psychiatry and its linkages to the 21st century scenario. It aims to ground a deeper understanding of the ways mental health services are conceptualized and delivered. The course also provides insight into the different explanatory models for illness and social responses on how “madness” was viewed in the pre-modern era.

Course Director: Dr. Alok Sarin & Dr. Sanjeev Jain
Start Date: July, 2022

Open Dialogue

This 6-month training course consists of a well integrated mixture of theory and practice, role plays and group discussions where trainees will experiment and become quite familiar with the key elements of dialogical work. The specific aims of the course are focused on further developing participants' dialogical psychotherapeutic skills and strengthening more democratic and humane practices of social and health care within public and private services.

Course Director: Dr Pina Ridente
Start Date: September 2022

Applied Buddhist Psychology

This 6-month interactive and experiential diploma program introduces the theory and practice of Buddhist Psychology through the Nalanda tradition of intellectual understanding, contemplation and action. The program provides an introductory level understanding of the wisdom aspect of Buddhism and its applications for balanced Mental Health.

Course Director: Nivedita Chalil
Start Date: September, 2022

WORKSHOPS

Workshops will be held every 3 months

SUNDRAM FASTENERS
CENTRE FOR SOCIAL
ACTION AND RESEARCH

WORKSHOP

ACCEPTANCE AND COMMITMENT
THERAPY

RUN BY DR GITANJALI

18 MAR
2022

10 AM
- 12 PM

REGISTRATION FEE:
800 INR

REGISTRATION LINK:
[HTTPS://FORMS.GLE/ESR9EJFSSXPUB6VEA](https://forms.gle/ESR9EJFSSXPUB6VEA)

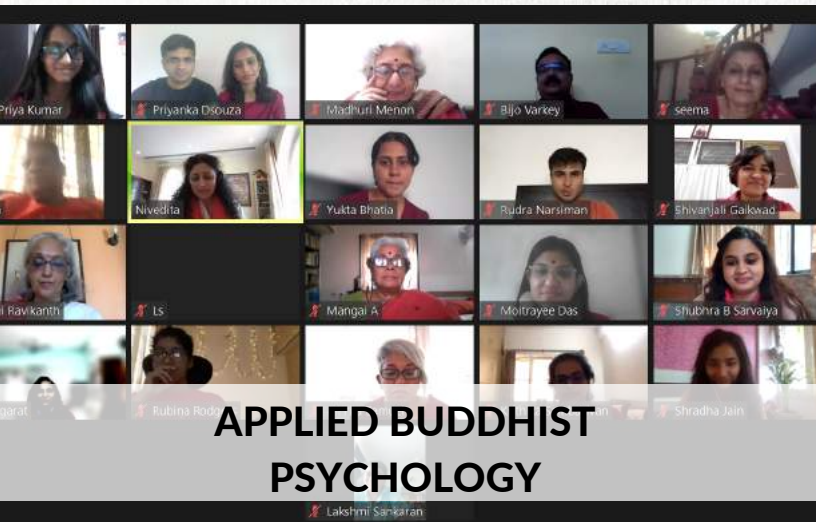
[HTTPS://BALM.IN](https://balm.in)

*Support towards workshop will be given towards The Banyan cause

We held a successful work shop on Acceptance Commitment Therapy in March 2022, with 22 mental health professionals which helped the participants gain a good insight into the theory and practice of acceptance and commitment therapy. Acceptance and commitment therapy (ACT) belongs to a group of third-wave, or contextual cognitive-behavioral therapeutic, approaches that emphasize altering the way people relate to their thinking and feeling, rather than directly trying to change the form or frequency of these internal experiences (Hayes, 2004).

- ■ **INTRODUCTIONS TO MULTIDISCIPLINARY SKILLS**
- ■ **AWARENESS BUILDING ON LEGISLATION AND MENTAL HEALTH GOOD PRACTICE**
- ■ **RESEARCH SKILLS**

Closing Ceremonies



Applied Buddhist Psychology is a course conducted by BALM in collaboration with Arth. We conducted the convocation for the 4th batch of ABP and it was held on 18th March 2022. The course was shifted to online Zoom classes since the pandemic hit, and a total of 17 students graduated this year.

Arth and BALM organized a graduation ceremony for the students, Swetha Amarnath Reddy and Sanjay Rao Chaganti were invited as the Guests of Honour. The session was moderated by Dr. Lakshmi Ravikanth and Nivedita. Ms. Madhuri Menon, Dean, BALM, welcomed the students.

BALM collaborated with SAJIDA Foundation for a 6-month Diploma in Community Mental Health Care. 13 Master Trainers graduated from the course, and their convocation ceremony was held online in the presence of senior leadership from BALM and SAJIDA. It was one-of-a-kind training uniquely tailored for SAJIDA Foundation

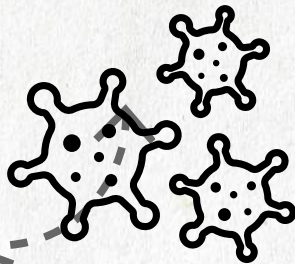
The students were at the end addressed by Mohd. Fazlul Hoque, Deputy Executive Director of SAJIDA Foundation, about the pertinence of Mental Health and the severe gap in mentalhealth professionals in the developed world.

COVID IMPACT REPORT



Where it began

The virus that began in Wuhan, Hubei province of China, was identified as a novel coronavirus. In no time, COVID-19 cases were being reported worldwide from the developed to the underdeveloped countries.



Consequences

As the world faced several distressing consequences of the pandemic, the low- and middle-income countries have had to face severe social and economic consequences after the pandemic. India witnessed massive reverse migration which was triggered by sudden lockdowns and lack of support and social entitlements for the migrating population.

Effects



This uncovered the increasing disadvantages faced by the ultravulnerable groups that lack access to social care and health care. The question that arises, is, did COVID 19 exacerbate their disadvantages and render them more vulnerable than before the pandemic?

To be published soon

Redesign is underway to be completed approximately by end April 2022 ready for publishing on our website. Subscribe to our quarterly newsletter to stay in the loop on research, courses and programs from BALM.

Home Again Scale-up

Home Again aims to address this need for sustainable pathways to full inclusion for people with psychosocial disabilities, particularly those with histories of homelessness who are over-represented in the institutional long-stay population. Since October 2021, data collection has proceeded for both quantitative and qualitative data. 4 states have started their roll-out, and are now providing the first baseline data, and starting on qualitative data as the clients settle into their new homes. The research team is currently reviewing the data coming in from the initial sites, in order to plan out the analysis and troubleshoot any problems with data collection.



ECRC Replication



The ECRC approach emerged from The Banyan's flagship Transit Care Centre model, conceptualised in 1993 to offer safe spaces and comprehensive biopsychosocial care for persons with mental health issues in acute need. Street based outreach, critical time interventions, inpatient biopsychosocial care, pre-discharge services, reintegration and aftercare constitute cornerstones of the model built on values of responsiveness, individual dignity, choice and person-centred care.

Expected impact of the Replication (Qualitative)

- **QUALITY OF LIFE**
- **DISABILITY**
- **WORK PARTICIPATION AND MONEY MANAGEMENT**
- **SOCIAL INCLUSION**
- **COMMUNITY AWARENESS ON MENTAL HEALTH AND**
- **HEALTH-SEEKING BEHAVIOUR**
- **INCREASE IN ANCILLARY SERVICES OFFERED BY THE**
- **GOVERNMENT AND NGO PARTNERS**
- **REDUCTION IN CAREGIVER STRAIN**

Tamil Nadu Policy

for Homeless Persons with Mental Health Issues (HPMI)

This Policy is committed to addressing the needs of ultra-vulnerable groups, particularly HPMI, by ensuring scale up of multi-site services, spread across 38 districts. The TN policy for HPMI aims to establish a framework of perspectives and strategies to guide public investments and initiatives to create dignified exit options from institutionalized settings and prevent persons from falling back into homelessness. The policy keeps ethos and value at the core to guide delivery systems that prioritizes dignity and agency of service users

The Policy highlights the following:

- **Commitment to public health protocols**
(adequate staff to client ratio, access to hygiene products etcetera)
- **Information Asymmetry**
Ensure that all citizens are informed of the safety measures and can access them
- **Create non linear care pathways to**
develop person centered responses
- **Neglect and exclusion are the norm**
(forced institutionalisation and coercive practices)
- **Crimes are against HPMI**
(Seldom reported, acknowledged or addressed)

With Thanks to

We would like to appreciate all BALM students and alumni who stood by us and managed to finish their courses through difficult times....

We are grateful to our partners, funders and collaborators for providing us with an unflinching support!

- ■ **Sundram Fastener's Centre for Social Action and Research**
- ■ **IDFC First Bank, and their support of the Centre for Trauma Studies and Innovation**
- Tamil Nadu State Government, SAJIDA**
- ■ **Foundation, Solidarity Foundation, Vrije University**
- ■ **Visiting Faculty: Dr Nachkiket Mor, Dr Deborah Pagett, Dr Andrew Wilford, Dr Nev Jones, and Dr Wendy Grube,**

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STUDIES & INNOVATION**



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