

# **Parivartan**

## **Biannual report 2012-14**

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# MENTAL HEALTH

## A.INCESNE programme

After the first phase of establishing strong working relationships with hospital, the focus of INCENSE was is to promote the recovery, autonomy and empowerment of the patients through an innovative and collaborative multi-sectoral approach. Following were the highlights two years

- Situation analysis of the wards was conducted and on this basis, packages of care were developed (which included- Psycho-education, Self care, Social Skills, Recreation (Dance), Life skills, De-addiction) to meet the unmet needs of the patients who we worked with.
- INCENSE took initiative in patients getting their citizenship rights. First time in the history of mental hospitals in INDIA, long stay patients (total 143 patients) were enrolled for AADHAAR card.
- Supported community house for men was started in March 2013
- Women from SCH were placed in Individual job placements and helped them open and save their own money in bank. Their bank accounts were opened with the help of Aadhar cards
- 24 homeless (on road) mentally ill were provided with treatment and some are reunited with families.



INCENSE initiative for Adar cards for RMH patients.

**B.JAN MANSWASTHA Program:**

Parivartan started JAN MAN SWASTHA program in the current reporting period. This program aims to develop community based stepped care services for five prime mental health conditions which include Severe Mental Disorder, Common Mental Disorder, Epilepsy, Alcohol Dependence Syndrome and Suicide prevention. Parivartan has started development all these packages of care and developed a network of five implementation partners. These partners will be rolling out JAN MANSWASHTA PROGRAM in their respective geographical area . We have completed the training of the master trainers from all these organizations. The program is expected to develop a model for community based mental health services which can be used as a template for up scaling the community mental health services across large geographical areas



**Awareness program about mental health in community**

**C.PREMIUM :**

First phase of PREMIUM programme was completed successfully in this reporting period . Through a systematic process intervention packages were developed for psychological treatment of harmful drinking and depressive disorders . The team of Parivartan continued its training in the motivational interviewing and behavioral activation treatment by team of international experts The intervention packages for treatment of harmful drinking and depressive disorders along with basic counselling skills were developed in this period .

**D.UMANG :**

Parivartan started UMANG programme in collaboration with the education department of Satara continued during this reporting period . The programme aims to train the school teachers in Satara district in identifying early warning signs of emotional distress in children . We continued with the programme but with more focused in depth work with six schools in Satara district .We are in process to develop a school based mental health program based on the experiences of UMANG program



**Parent meeting in UMANG program**

**E.COPSI : Community based rehabilitation of Patients with Schizophrenia India**

COPSI paper was published in the LANCET journal during this reporting period . The intervention developed in the programme received lot of appreciation form the international scientific community

**F.DEADDICTION WORK :**

**Awareness Programmes:**

Parivartan continued its awareness work during year 2012-14. We conducted total ---awareness programmes against addictions during the reporting period . Predominant focus of the awareness programmes was on the awareness about the ill effects of alcohol and tobacco .

In association a youth organization Parivartan started a youth against addiction campaign. The campaign was well received by youth of Maharashtra . More than 300 youth volunteers were trained in the campaign to spread the message of NO addiction. All the programmes were also associated with spreading awareness about the availability of the scientific services for treatment of problems due to alcohol and tobacco. The target group for these programmes was predominantly adolescent and early adult. 26<sup>TH</sup> June International day against drug abuse and 31<sup>ST</sup> May World No tobacco day were also celebrated at Parivartan



### **Awareness rally for deaddiction**

#### **Clinical services :**

In year 2012-14 in total --- patients with severe form of alcohol dependence received one month indoor rehabilitation services at Parivartan deaddiction institute . We continued with the telephone based follow up counselling services to discharged patients. Outpatient counselling services are also provided to discharged patients and around 1200 patients seek help of our Outpatients services every year . We continued with our follow up centers were started at Karad and Baramati . Monthly follow up meeting are conducted by Parivartan workers at these places . Monthly follow up meeting as started at the civil hospital Satara . Female support group Parivartan Sakhi was also started during this period. Parivartan team trained in motivational interviewing skills started using the therapy principles in counseling services of patients with encouraging results

#### **Preventive work:**

Parivartan continued its role in the anti liquor campaign in Satara district. We continued our efforts to ban the illegal sell of alcohol in the Satara district.



**Youth against addiction**

**Advocacy:**

State of Maharashtra developed a policy about substance abuse . Parivartan has remained important part of the process in last decade and this can be considered as one of the important achievement of the organization

# MAHARASHTRA FOUNDATION AWARDS:

We have consolidated our partnership with the Maharashtra foundation and Keshav Gore Smarak Trust as an implementation agency for organizing Maharashtra Foundation social work and literature awards . In association with the Sadhana Trust ,Parivartan organized Maharashtra Foundation award ceremony in the both years . In these award ceremony more than ten distinguished personalities from Maharashtra were felicitated for their contribution to literature and social work



# FARMING

## **A.CULTIVATION OF WASTE LAND:**

Parivartan has continued its work about pilot of cultivation of waste land for farming purpose . This programme is based on the prayog parivar methodology of netuco farming

## **B.SCHOOL BASED FARMING INITIATIVE:**

Farming initiatives of Parivartan have been continued in 35 schools of Satara district during this reporting period. Most of the schools have developed kitchen garden in the empty area around the school. More than 2000 students and 70 teachers are still participating in this programme.



**School based farming in the remote village of Satara district**

