

IN THE SPOTLIGHT - COMMUNITY MENTAL HEALTH PROGRAM

This special edition newsletter from The Association of People with Disability (APD) focuses on our Community Mental Health Program (CMHP).

Guided by the empowering philosophy, 'you are not your mental health', this program embraces a life cycle approach, and is committed to delivering holistic rehabilitation to persons with mental illnesses.

In our community mental health program, we're dedicated to ensuring individuals with mental health conditions receive their rightful benefits, promoting equal opportunities, and maintaining the respect and dignity of each person.

Who We Work With

Persons with Mental Illness and caregivers

Healthcare workers (ASHA workers)

Educational institutions

Community members

Other NGO staff

Our Approach

Since 2004, APD has been dedicated to working with persons with mental illness (PwMIs) through the innovative Community-Based Rehabilitation (CBR) approach. This comprehensive and multi-dimensional intervention aims to address the myriad challenges faced by persons with mental illness and their families.

This program was initiated in
19 SLUMS
in Bengaluru in 2004

As of 2023, we're now across
9 DISTRICTS
in Karnataka

Over the years, APD has successfully collaborated with and supported
30,000
People with Mental Health conditions across various districts



Dr Senthil NS, CEO of The Association of People with Disability receiving the award for Best CBR NGO

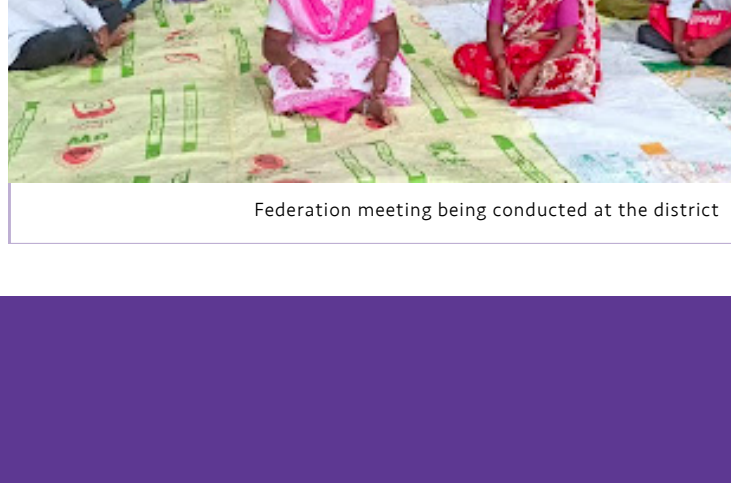
In 2019, APD's Mental Health Program earned the

BEST CBR NGO AWARD FROM NIMHANS

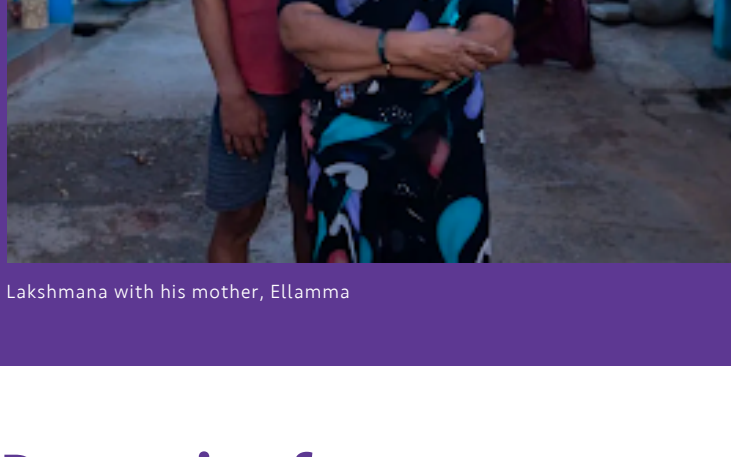
Since then, we've presented seven scientific papers at global and national seminars.

APD's Community Fellowship Program

This program formalizes a leadership structure through a pool of active leaders, parent champions and rehabilitated persons with mental illnesses, building their capacity to function as Fellows at the taluk level.



Federation meeting being conducted at the district



Lakshmana with his mother, Ellamma

Ellamma, Lakshmana's mother, is a beacon of resilience

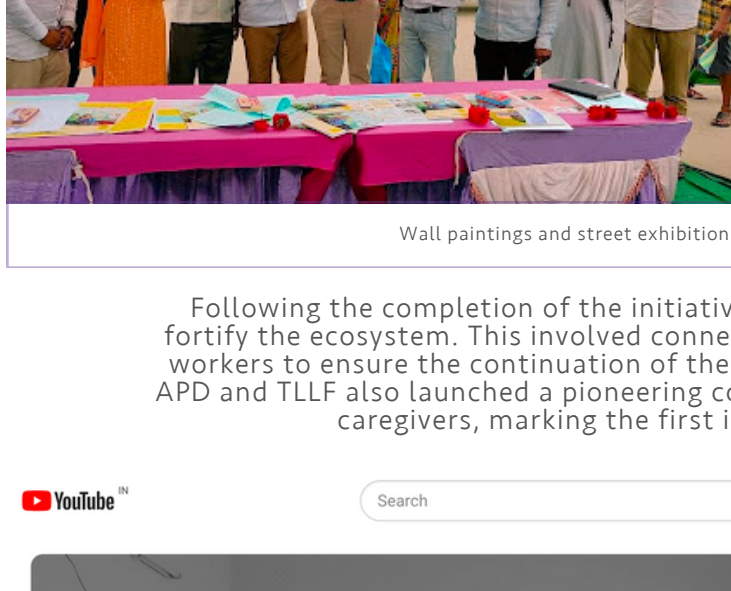
as she navigates the challenges of her son's mental illness. She now serves as a Fellow and oversees Channagiri taluk, extending her support to numerous individuals with disabilities in the region.

Partnering for Community Ownership

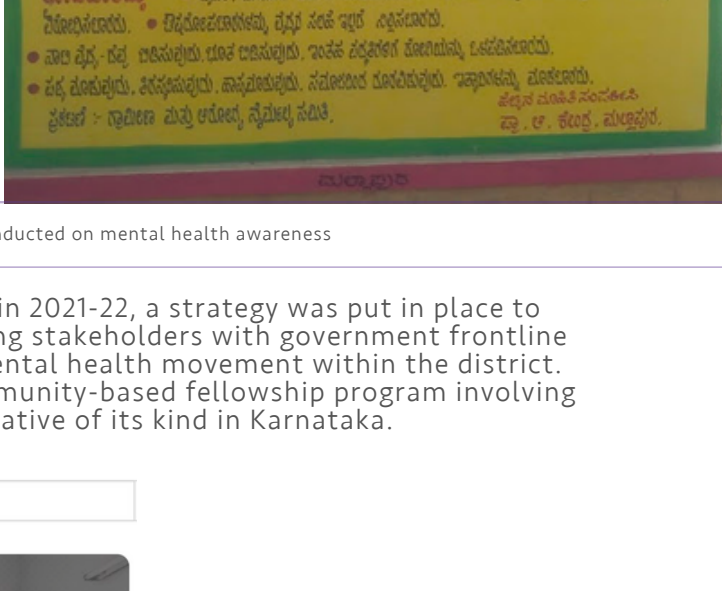
To keep the Community Mental Health Program (CMHP) thriving in Davangere district, APD joined forces with The Live Love Laugh Foundation (TLLF) to establish a solid framework for federations at the taluk level and Disabled People Organizations (DPOs). Street exhibitions, plays, wall paintings, and various other activities are organised in order to recruit volunteers.



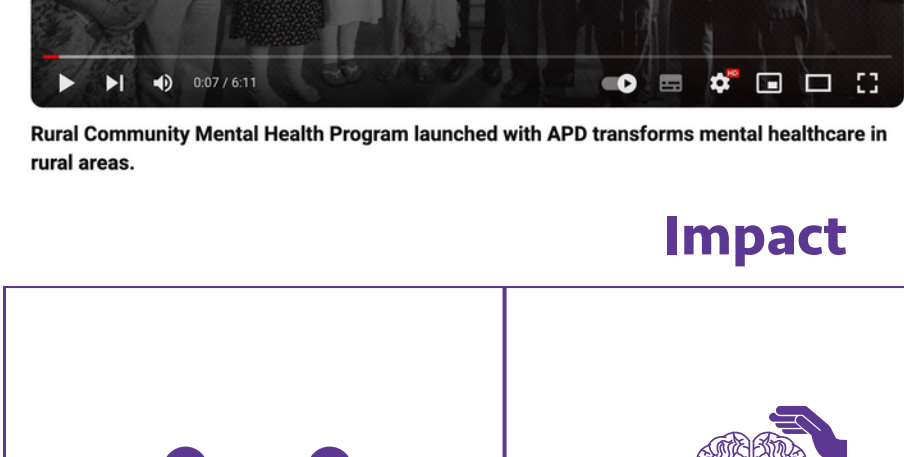
Anisha Padukone, CEO of LiveLoveLaugh, and Janardhan, Director, CMHP, along with community leaders in Davangere district.



Wall paintings and street exhibitions conducted on mental health awareness



Following the completion of the initiatives in 2021-22, a strategy was put in place to fortify the ecosystem. This involved connecting stakeholders with government frontline workers to ensure the continuation of the mental health movement within the district. APD and TLLF also launched a pioneering community-based fellowship program involving caregivers, marking the first initiative of its kind in Karnataka.



Rural Community Mental Health Program launched with APD transforms mental healthcare in rural areas.

Discover the triumphs of the CMHP in Davangere through this uplifting video documentary by our partner The Live Love Laugh Foundation. Click on the video!

Impact

2178 PwMIs and 8172 caregivers supported till 2023.

25,000 stakeholders trained on mental health for a supportive ecosystem.

930 PwMIs now have access to medication, utilizing 100% of DMHP funds.

61 treatment camps conducted at 6 taluks and 11 primary health care hospitals with the support of DMHP and NIMHANS hospital.

161 PwMIs now access social security benefits, improving family economic conditions.

48 PwMIs initiated sheep rearing, earning 30,000 rupees annually, fostering self-esteem and social integration.

District Mental Health Program

APD's 17 taluk-level treatment camps, supported by the District Mental Health Program, have witnessed a significant rise, with the number of participating persons with mental illness increasing from around 30 to 100 in each taluk.

The taluk-level federations have played a key role in helping 207 individuals with mental illnesses secure UDID cards, ensuring they receive a total annual disability pension of Rs 20.07 lakh, offering vital support to their families.



Treatment camp being conducted at the Davanagere district



Ensuring self-reliance by encouraging goat rearing as a livelihood in Davanagere

At 60, Malleshappa, a leader from Harappanahalli taluk, confronted the tough reality of postpartum psychosis through his wife's experience. Driven by this personal journey, he became a community advocate to protect others from facing similar hardships.



Livelihood support for PwMIs

In 2023, 245 out of 1698 persons with mental illnesses participated in day-wage opportunities, earning a total of 93.75 lakh across various districts like Davanagere, Belagavi, Kalaburagi and other places. This contributed to increased family income and boosted self-esteem, fostering social inclusion.

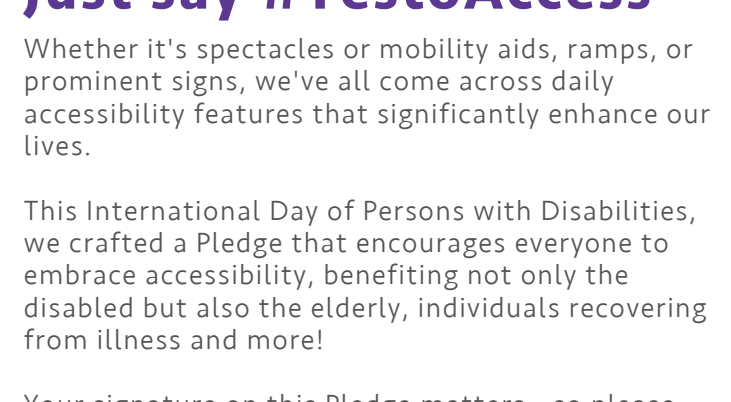
Simultaneously, 17 caregivers took on the role of social animators, supporting 1190 persons with mental illnesses in accessing psychiatric services and ensuring comprehensive rehabilitation.

Educational Initiatives

Mental health education can help students understand their emotions, thoughts, and behaviours. As part of our institutional awareness program, we provide stress management training in schools, addressing the challenges students face, including exam stress, peer competition, and parental expectations.

Our expert-led sessions aim to build coping skills and resilience.

We trained over **5000 students** on adolescent issues, with **500 of them receiving personalised counselling** to enhance coping skills, utilising a structured school mental health planning and evaluation template.



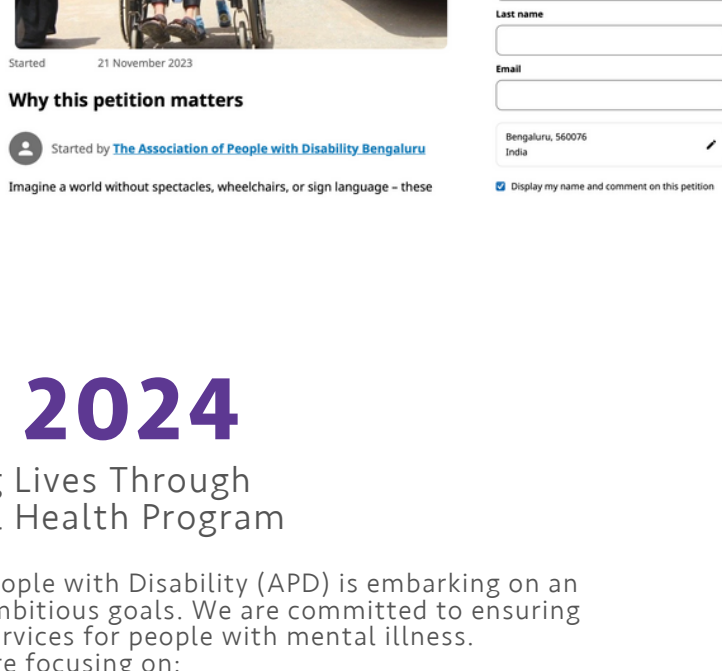
Feel inspired to make a difference?
Just say #YestoAccess

Whether it's spectacles or mobility aids, ramps, or prominent signs, we've all come across daily accessibility features that significantly enhance our lives.

This International Day of Persons with Disabilities, we crafted a Pledge that encourages everyone to embrace accessibility, benefiting not only the disabled but also the elderly, individuals recovering from illness and more!

Your signature on this Pledge matters - so please click, sign, share, and say #YestoAccess.

[Click here](#)



Vision 2024

For Transforming Lives Through Community Mental Health Program

As we move into 2024-25, The Association of People with Disability (APD) is embarking on an exciting path filled with major initiatives and ambitious goals. We are committed to ensuring quality psychiatric and rehabilitation services for people with mental illness. Here's what we're focusing on:



Direct and Virtual Reach

Ensuring 4518 PwMIs receive services directly, with an additional 502 benefiting from virtual services to enhance accessibility.

Free Psychiatric Consultation and Medication

Offering 4518 PwMIs access to free psychiatric consultations and medication, with a total value of INR 72,21,600.

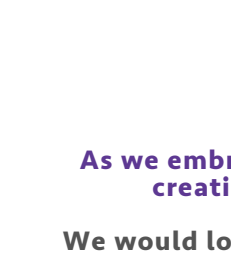


Medical Treatment Goals

Aiming for 753 PwMIs to complete successful medical treatment and enter psycho-social rehabilitation programs.

Counselling Clinic Initiative

Launching a counselling clinic at APD to support vulnerable groups, including group counselling for 500 caregivers and one-to-one sessions for 100 caregivers.



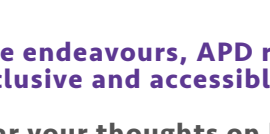
Digital and Mobile Outreach

Employing digital platforms and a mobile rehab van to tackle community-level mental health issues and facilitate social reintegration.



Social Inclusion Targets

Striving for 875 PwMIs to achieve stability and social inclusion, with a focus on reducing stigma around mental illness.



As we embrace these endeavours, APD remains committed to creating an inclusive and accessible society for all.

We would love to hear your thoughts on how we can do better - write to us at contact@apd-india.org