

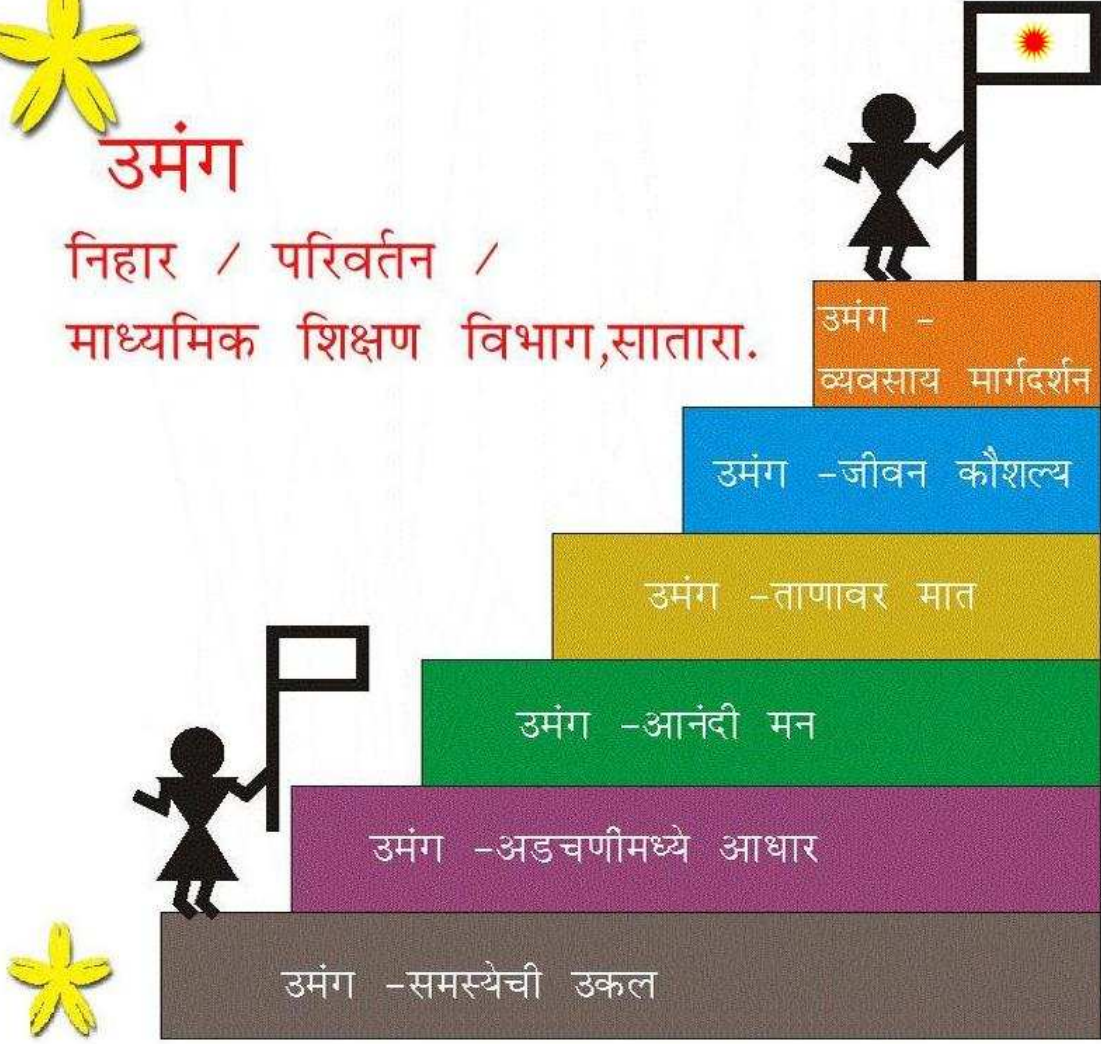


“A report on programme for child and adolescents mental health service development in Satara district.”



उमंग

निहार / परिवर्तन /
माध्यमिक शिक्षण विभाग, सातारा.



Dr. Rajshree Deshpande.
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“*Umang*”

Background

Child and adolescent mental health is an area of increasing concern worldwide since last few years. There is increase in attention to child and adolescent mental health in India recently after the series of suicides by adolescents and youths. In addition to common childhood mental disorders like childhood depression, attention deficit hyperactivity disorder, conduct disorder etc; psychosocial problems like increased violence, addictions etc. are seen. The reasons being scholastic pressure, exam tension, fear of failure or family conflict and few others. Basically students can't handle the stress. Even teachers are facing the problems regarding disciplining the children, fearing that might result in some undesirable event. Teachers-students relations are strained. It is difficult to cope up with changes in social and educational scenario for teachers, student and parents. This has become a major issue of concern in mental health area.

On this background, ‘Umang’ project started in January 2010 in Satara district for strengthening the emotional health of school community in general and making timely and proper help available to emotionally disturbed children in schools.



Participant Organizations

- High school Education Department, Zilla Parishad Satara.
- Nihar, Satara.
- Parivartan, Satara.



Goals

1. To increase emotional awareness in school community.
2. To train teachers in handling their own stress and identify emotionally disturbed children.
3. To make psychological First Aid available to such children and if needed make psychiatrists service available.
4. To get teachers learn about new and effective methods of discipline.
5. To let students know various career options.

The project Implementation plan

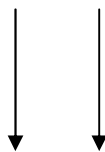
Step I

Team comprising Psychiatrists and psychiatric social workers from Satara District)



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Government trained school counselors in Satara district



Team of Resource persons for Umang (N=40)



These selected teachers had completed their one year course of career counseling and vocational guidance and so somewhat already familiar to counseling techniques. They were trained by psychiatrist and mental health personnels in various subjects like

1. Stress management

2. New methods of discipline

3. Sign and symptoms of emotionally disturbed child

4. Emotional First Aid

5. Psychosocial background of educational field. And also were informed about the concept of project and how to execute it. They got trained in two workshops, two day and one day each. Training material in a form of a booklet was given to everyone.



Step II

40 Resource persons



1168 teachers from each high school of Satara district

(One Female and one Male teacher from each of 584 schools)

40 Resource person team divided themselves amongst 8 sub teams, each one having one mental health personnel, one psychiatrist and three teachers already trained.

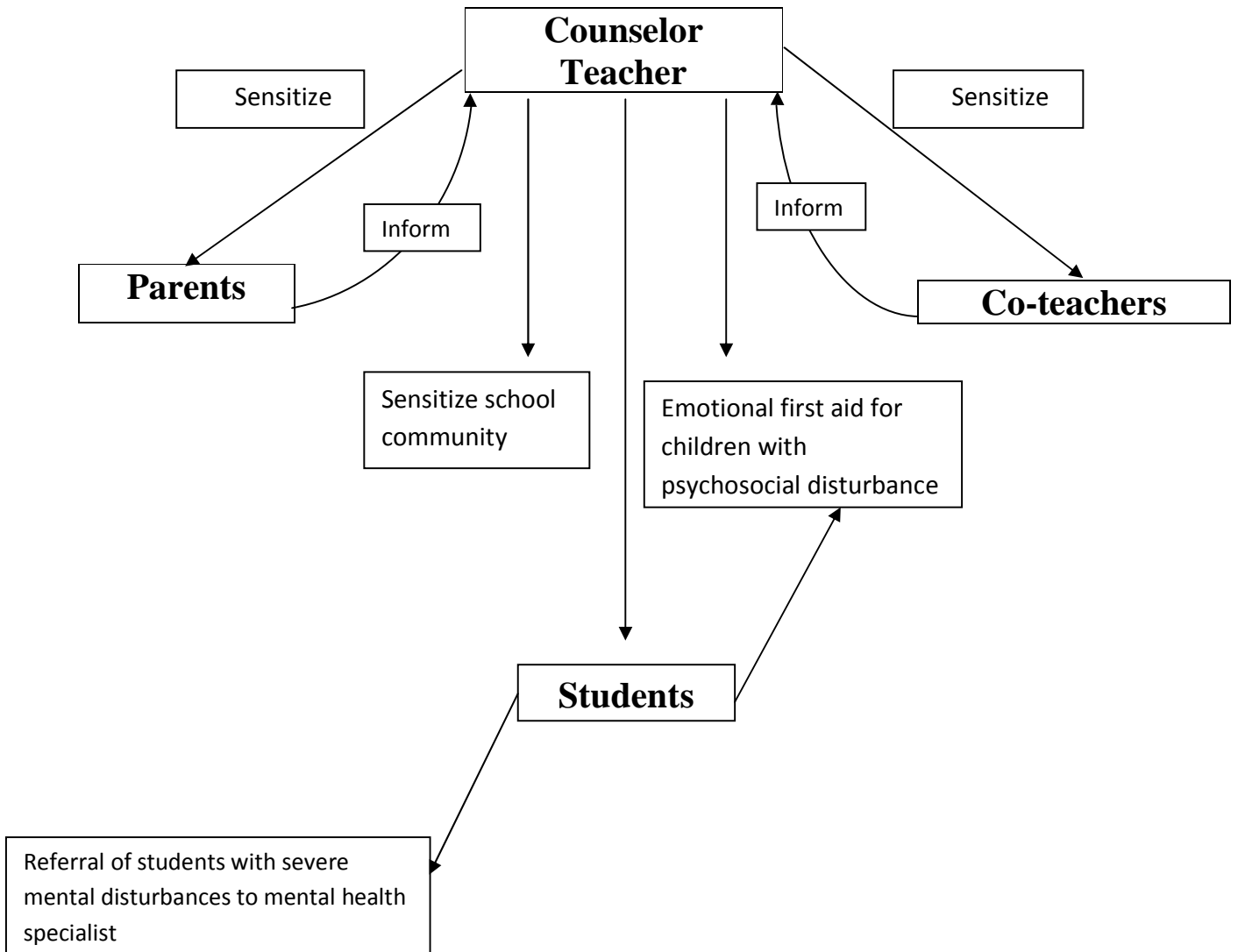
From 650 high schools all over Satara districts, 1300 teachers, one Female and one Male from each were trained by these 8 sub teams dividing them area wise, each sub team conducted workshops for around 50 to 200 teachers. 2 workshops,

- 1) Two day workshop regarding conceptual orientation of the project and above mentioned subjects
- 2) One day workshop regarding how to execute the project-the year long and which programmes are must at least once a year and their rough time table.

Training material in a form of booklet for each teacher was given. A poster showing, what project is going in the school was provided to each school during these workshops.



Step III
In Each School



For this, the trained teachers were expected to run two types programmes

1. Programmes which will were conducted throughout the year for e.g.
 - i) Emotional help drop box: In each school a suggestion box ‘Mala kahi Sangaychay (I want to tell something)’ was kept in



which students can drop a letter with their names, if they have any suggestions, complaints or a problem. This 'Box' would be useful for those who shy away from approaching directly to teacher, Students from all the classes would be informed about the 'Box' and every week teacher counselors would check the box for letters.

ii) Identifying and counseling of emotionally disturbed, referring them to higher center if needed.

2. The programmes which have to be conducted once in a year

i) Life skill workshop,

ii) Career Mela,

iii) Awareness training about need for such projects, basic concept and implementation plan of 'Umang' for co-teachers and parents,

iv) Awareness training on similar line for all the students in the school.



What We Could Achieve In One Year

Sr. no	Particulars	Total
1	Trained expert counselor teachers	30
2	Trained counselor teachers	1160
3	Workshop conducted to train expert counselor teacher	4
4	Workshop conducted to train counselor teacher	48
5	Students who are identified to be emotionally disturbed and counseled by teachers	460
6	Students who found severely emotionally disturbed and referred to the experts for further help	12
7	Suicides by students in Satara districts in last year	17
8	Suicides by students in Satara districts in this year	2

The Feedbacks

- I. The schools where teacher counselors were active project was well conducted, appreciated by co-teachers, and proved to be quite useful. Teachers where they got some free hand, some encouragement from principal of school they even have done some modifications, or experiments which have proven really wonderful. E.g. one girl's school in Karad had undertaken the project of emotional well being for each & every girl in the school with the help of class teacher.



One of the school from remote hilly area had girl students, very shy, non confident teacher counselors have changed the contents of life skill workshops, changed the methods of counseling according to local needs in very intelligent way.

- II. Many teachers told that how their attitude & methods changed considerably to treat & teach the students after attending the workshops, after being part of 'Umang' project.
- III. Teachers reported improvement in the academic performance of emotionally disturbed students after counseling.

Plans for the next academic year in Umang

- 1) Standardize the assessment protocol of children.
- 2) Develop a systematic plan for follow up of the children in community after the initial identification for teacher counselors throughout them.
- 3) Ongoing training activity

What has helped us

Model for School Mental Health programme by WHO which is based on principles of increasing awareness about mental health in entire school community, to help emotionally disturbed students at school



level, to make expert's help available to mentally disturbed or ill students at higher centre level.

Who are The Members of Executive Committee

1. Mr. M.K. Gondhali (Education officer, High school, Zilla parishad, Satara)
2. Mr. Udaysinh Bhosale (Retired education officer, High school, Zilla parishad, Satara)
3. Mr. Rajkumar Nikam (Vice education officer, High school, Zilla parishad, Satara)
4. Mrs. Pratibha Bharade (Extension officer, Panchayat Samiti, Satara)
5. Dr. Rajashree Deshpande (Psychiatrist, Nihar, Satara)
6. Dr. Hamid Dabholkar (Psychiatrist, Parivartan, Satara)



‘Umang’ At a Glance

❖ Feb. 2010

- ‘Umang’ started by Madhyamik Shikshan vibhag, Zilla parishad, Satara, Nihar & Parivartan.
- 13th & 14th Feb.2010 – Training for ‘Umang’ project of counselor teacher & extension officers.

❖ April 2010

- In every Tahasil of Satara District one day workshops for 1200 teachers, about ‘Umang’

❖ June 2010

- On 19th June expert teacher counselor & extension officers’ workshop about planning the year long activities of ‘Umang’
- 29th June 2010- District collector Mr. Sambhaji Kadu-Patil formally began the ‘Umang’ project & press conference was called.
- 30th June 2010- Formal & public inauguration of ‘Umang’ by senior educationist Mr. Ramesh Panse.

❖ July 2010

- At all the Tahsils in Satara district; workshop for 1200 teachers about yearlong planning of ‘Umang’, distribution of booklets & posters.



❖ Sep. & Oct. 2010

- Feedbacks from all the trainers about follow up of work, any doubts or problems in executing the project if they are having.
- 8th Oct. 2010- Extension officers & trained expert teacher counselors gathered together to discuss about working at the project expenses etc.

Contact us

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