

**Annual Report
2012 - 2013**

SAN-KER

“.....by Love Serve One Another...”

SAN-KER (personal growth within divine protection) is committed to wholistic treatment and rehabilitation of persons suffering from psychiatric disorders and substance abuse by providing quality and affordable services to all.

During the last year we have continued to serve those in need through existing services like the Out-Patient Department (OPD), In-Patient Department (IPD) and Day Care. Throughout the year SAN-KER has been a recognised institution for Fieldwork Placements for BSW, MSW, Nursing students, Internship for BSc (Physician Assistant and Nursing students) of different colleges of the North-East and elsewhere. The IGNOU Special Study Centre with 5(five) courses is also functional.

The total number of patients treated in the different departments during the year 2012 is as follows:

	Male	Female
<u>Child and Adolescence Unit:</u>	11	14
<u>Day Care Department:</u>	19	15
<u>In-Patient Department :</u>	286	132
Alcoholics :	87	3
Drug Addicts :	33	2
Others :	93	68
<u>Out-Patient Department :</u>	19975 (Male & Female)	
<u>Psychometric Testing:</u>	44 (Male & Female)	

Occupational Therapy, as part of the treatment process, for in-patients and day-care attendees include Horticulture, manufacture of Vermicompost, making of paper bags and greeting cards as well as making various kinds of Handicraft.

The Support Group for Substance Abuse patients in the community holds weekly counselling sessions is now located in Mission Compound. These meetings, open to any recovering addict were shifted here from September 2011 to provide an opportunity for people of different localities to avail of the services.

While the IPD, OPD and Day Care services are paid services, there are patients for whom cost of treatment is subsidised. Other activities such as the ones listed below are however provided free of cost.

Special Activities during the year 2012- 2013

Training of Community Based Rehabilitation (CBR) Workers: This training for CBR workers of East Khasi Hills, West Khasi Hills, Jaintia Hills and Garo Hills Districts of Meghalaya continued on a regular basis from the previous year till October 2012. This is to train these workers to identify chronically ill mental patients, provide medication and conduct follow-up of such patients. This training is followed by organizing Mental Health Camps in the different Districts of Meghalaya.

Seminar on Mental Health of Children: This seminar was held on the 26th March 2012 at Pinewood Hotel, Shillong. The Chief Guest for the seminar was Mr. Charles Pyngrope, Honourable Speaker of the Meghalaya Legislative Assembly and Dr. Raman Krishnan from the Child Psychiatry Unit of the Psychiatry Department of CMC, Vellore was the main resource person. Other resource persons from different fields highlighted the need for awareness on mental health of children and the necessity for teachers to identify the problems faced by children and adolescents in the classroom.

Urban Mental Health Clinic: A free Urban Clinic at the office of the Reach Shillong Ministries Office at Laitumkhrah, Shillong was started from April 2012 to cater to the psychological needs of underprivileged individuals.

Open Forum: An open forum for the Heads of Educational Institutions to discuss Mental Health of Adolescents was held on the 25th April 2012 at Pinewood Hotel, Shillong. Prof. R.C. Laloo, Minister of Education, Government of Meghalaya was the Chief Guest.

International Day against Drug Abuse and Illicit Trafficking: Observed on the 23rd June 2012 at Mission Compound, Shillong by organising an awareness programme for school children of Classes 7 to 12. The day also saw the participation of the family members of the recovering addicts in a role play on addiction problems. The formal inauguration of the Counselling Centre which has been functioning informally since 2011 was also held on this day.

Workshops for Teachers at various levels of education: These Workshops were organized to enable Teachers to identify the mental health problems faced by students in the classroom.

- 6th July 2012 - Primary School teachers at Bethany Society, Laitumkhrah, Shillong
- 20th July 2012 - Secondary School Teachers at St Mary's Higher Secondary School Laitumkhrah, Shillong.
- 3rd August 2012 - College Level Teachers at SAN-KER, Mawroh, Shillong.
- 21st August 2012 - School Teachers at Ialong, Jaintia Hills.
- 15th Feb 2013 - School Teachers at Nongstoin, West Khasi Hills

The **Toll- free Helpline** for telephonic counselling and suicide prevention became operational from the month of September 2012.

Awareness through a series of talks on various mental health issues at Doordarshan Kendra Shillong as part of the programme 'Healthy India' during the months of September – October 2012.

On the 6th October 2012, SAN-KER organized a WALK to create awareness of mental health issues in society around Pohkesh, East Khasi Hills. Students from Nursing Institutes, College Social Work Departments, family members and recovering addicts and representatives from the locality participated in the WALK.

On 10th October 2012, World Mental Health Day was commemorated at SAN-KER by organizing a Continuing Medical Education (CME) on Depression. Physicians were presented a paper on “Depression across the Lifespan” by Dr. A. Nongpiur and “Unusual Presentations of Depression” by Prof. D. Bhagabati, Head of Department, Psychiatry Department, Guwahati Medical College.

An exposition on the theme for the Day was delivered by Dr. E. Mukhim, Consultant Psychiatrist. In this Seminar various Songs sung by participants, a Skit and recordings of patients’ testimonies were presented following which was the prize distribution for the various competitions held during the week.

SAN-KER provides access to quality mental health care through Mental Health care delivery network through the trained CBR workers of Bethany Society. People living in the villages covered by the existing CBR programme of Bethany Society in the districts of East Khasi Hills, West Khasi Hills, Jaintia Hills , West Garo Hills and Ri- Bhoi are the initial beneficiaries of this effort.