

**Annual Report  
2013 - 2014**

**SAN-KER**

*“.....by Love Serve One Another...”*

SAN-KER (personal growth within divine protection) is committed to holistic 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. Since SAN-KER is a recognised institution for Fieldwork Placements for BSW, MSW, Nursing students, Internship for BSc (Physician Assistant) we have had a steady stream of students from the region and the rest of the country. The IGNOU Special Study Centre with 6 (six) courses is also functional.

The total number of patients treated in the different departments during the year 2013-2014 is as follows:

	Male	Female
<u>Child and Adolescence Unit:</u>	26	21
<u>Day Care Department:</u>	20	10
<u>In-Patient Department :</u>	259	103
<b>Alcoholics :</b>	<b>89</b>	<b>9</b>
<b>Drug Addicts :</b>	<b>58</b>	<b>2</b>
<b>Others :</b>	<b>112</b>	<b>92</b>
<u>Out-Patient Department</u> :	20329 (Male & Female)	
<u>Psychometric Testing:</u>	60 (Male & Female)	

Occupational Therapy which is part of the treatment process for in-patients and day-care attendees include Horticulture, manufacture of Vermi-compost and cement bricks, making of paper bags, Christmas decorations and greeting cards, knitting and crochet, as well as making various kinds of Handicraft.

The Support Group for Substance Abuse patients in the community continues to hold weekly counselling sessions in Mission Compound. These meetings which are open to any recovering addict provide an opportunity for recovering people from different localities to avail of the service.

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 2013- 2014**

**The 23<sup>rd</sup> Foundation Day:** The 23<sup>rd</sup> Foundation Day was celebrated on the 9<sup>th</sup> of June 2013. On this day, performance of various role-plays, songs and dances to commemorate this special day was carried out by the in-patients as well as the Nursing students from Gordon Robert's Hospital.

**The International Day against Drug Abuse and Illicit Trafficking:** International Day against Drug Abuse and Illicit Trafficking was celebrated on the 26<sup>th</sup> of June 2013 at SAN-KER, with the theme "Make health your 'new high' in life, not drugs". Mr. Embhah Syiemlieh, the local MLA, was invited as the Chief Guest while family members of patients with substance abuse, in-patients as well as recovering addicts took part in various activities to celebrate the occasion. Recovering addicts who have attained more than 1000 days of sobriety were acknowledged and tokens of appreciation were given to them to encourage them to continue staying sober.

**Follow-up of Community Based Rehabilitation (CBR) Workers:** Review and follow-up of CBR workers from East Khasi Hills, West Khasi Hills and Jaintia Hills Districts of Meghalaya was carried out. It was found that there was inconsistency in their ability to identify new cases as well as continuity of follow-up of the identified mentally ill. Issues arising out of identifying such patients and the difficulties and set-backs they face were discussed as well as how to combat them.

**Continuation of Mental Health Project:** The Mental Health Project was re-started in December 2013. Mental Health Clinics along with Awareness Programs were carried out in the different centres where there are CBR workers such as Jowai, Wapung, Mawkyrawt, Mairang, and Amlarem. Two new centres were identified as Sohra in East Khasi Hills and Nartiang in West Jaintia Hills where the cooperation of the existing Governmental machinery were enlisted as these centres were central in location in their districts.

**Open Forum:** An open forum was held on the 10<sup>th</sup> September 2013, at Holy Cross Hall, Cleve Colony, Shillong, where the Heads of Educational Institutions, religious leaders as well as the Directors and representatives from Health Department, Social Welfare Department, Police Department and others participated in a discussion on "stigma" being the major barrier in Suicide Prevention. Mrs. T. Phanbuh, Chairperson of Women's Commission,

Government of Meghalaya was the Chief Guest. Results of a survey carried out in 6 urban and rural schools in this connection were also discussed in the forum.

**Seminar on Mental Health and Older Adults:** A seminar was organized in collaboration with the Meghalaya State Legal Services Authority, on the 10<sup>th</sup> of October 2013. The program was carried out at SAN-KER to commemorate the “World Mental Health Day”, and mental health issues of the elderly were discussed. Mrs. T. Phanbuh, Chairperson of Women’s Commission, Government of Meghalaya was again the Chief Guest at the program.

**Art Exhibition:** Some of the patients’ creative works were showcased at an Art Exhibition at the State Central Library, Shillong. The program was organized to sensitize people towards differently-abled individuals by exhibiting their talents. It was carried out in collaboration with Taal Academy, and Dwar Jingkyrmen as well as Mary Rice Centre for Special Education also participated in the program. The program was graced by our guest speaker, Mrs. Jaya Kalra, an immensely talented artist herself, where she spoke about “Emotions and Creativity”.

**Workshop for Teachers:** A 3-day workshop targeting High-School teachers, on how to deal with adolescents and adolescent related issues was carried out at Seven Set School, Shillong, on the 17<sup>th</sup>- 19<sup>th</sup> February, 2014.

**Outreach Programs:** Various outreach programs in collaboration with various organizations such as Reach Shillong Ministries and Child-line were carried out in 2013. These programs were for street children, targeted to help them build better coping skills.

**Autism Awareness Month:** SAN-KER participated in a worldwide effort to promote awareness of Autism by observing the month of April 2014 as Autism Awareness Month. On the 2<sup>nd</sup> of April, 2014, we commemorated the “7<sup>th</sup> World Autism Awareness Day” by screening a movie about Autism at its premises in the afternoon. We then lit up the fountain in the heart of the town “Blue” to signify “Autism”. Posters about Autism were also printed and distributed to schools across town throughout the month. On the 30<sup>th</sup> of April, 2014, a Symposium on Autism was held at SAN-KER, where the Heads of Educational Institutions, teachers and doctors participated in a discussion about Autism from various perspectives.