

**Annual Report
2009 - 2010**

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. SAN-KER is 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 and the IGNOU Special Study Centre with 5(five) courses is also functional ensures that students are an integral part of the life of the institution.

The total number of patients treated in the different departments during the year 2009-2010 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	147
Alcoholics :	112	8
Drug Addicts :	39	2
Others :	68	62
<u>Out-Patient Department :</u>	1485 (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 Riatsamthiah from 2009 to 2011. These meetings, open to any recovering addict were shifted to Mission Compound 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 2009 - 2010

- 9th June: the Foundation Day, a Workshop for school teachers on “The Importance of Positive Mental Health in Schools” was organized to address the need for awareness and promotion of positive mental health in schools. Prof A. Tharyan from the Psychiatry Department of CMC Vellore was the Resource Person.
- On the same day, A seminar on Non-Pharmacological Interventions in Schizophrenia was also held where the resource persons were Miss Amanda Rawlins from U.K (United Kingdom) and Prof A. Tharyan from the Psychiatry Department of CMC Vellore.
- 26th June: The International Day against Drug Abuse and Illicit Trafficking was observed at SAN-KER with an awareness programme for members of Community Based Organisations and whole day programmes for residents.

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	Male	Female
<u>Child and Adolescence Unit:</u>	11	14
<u>Day Care Department:</u>	19	15
<u>In-Patient Department :</u>	315	121
Alcoholics :	123	8
Drug Addicts :	46	2
Others :	61	57
<u>Out-Patient Department :</u>	1485 (Male & Female)	
<u>Psychometric Testing:</u>	44 (Male & Female)	

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Special Activities during the year 2010- 2011

- 5th June: An Awareness Programme on the Rights of the Mentally Ill was organized which was attended by family members of such patients. Ms Yangi Tshering spoke on the occasion.
- 7th June: A Painting Competition for the Differently Abled was held at SAN-KER in which students of different Special Schools of Shillong participated.
- 9th June : The 20th Foundation Day Celebrations were held, with the Hon. Governor, Mr. R.S.Moosahary as Chief Guest and Mrs Queenie Rynjah as Guest of Honour.
- 26th June: The International Day against Drug Abuse and Illicit Trafficking was observed in Mission Compound, Shillong. On this day, there were talks on the Theme – “ Think Health, not Drugs” . A role play which highlighted the problems of substance abuse staged by the family members of patients with substance abuse together with

recovering addicts. The audience included students from nearby schools and residents of the locality of Mission Compound, Shillong.

- 9th August : A Seminar on “Suicide: What can we do about it?” was organized and was participated in by schools, colleges, government officials as well as various NGO’s and community leaders.
- 8th September: Inauguration of the Crisis Intervention Centre at SAN-KER by the Chief Guest Mr. D.P Wahlang, Commissioner of Health, Govt. Of Meghalaya. The participants were from various governmental and non-governmental organization as well as students of St.Edmund’s College.
- 10th September: Commemoration of The World Suicide Prevention Day by holding a Training-cum-Workshop on “Suicide : Identification and Intervention” .The Participants included teachers from various Schools, members of the Seng Kynthei, Shillong and representatives from the Police Department Shillong
- 9th October: To mark World Mental Health Day, a Walk from Martin Luther Christian University Campus to the Don Bosco Youth Centre was organized . The participants included the Students and teachers of the Social Work Departments of the Martin Luther Christian University, St. Edmund’s College and the Women’s College as well as Recovering Addicts and their family members.
- 3rd December: To celebrate World Disabled Day with the theme - “Integration of Disabled Persons into Mainstream Society”, a meeting was held where Dr. A.K Das, Project Director of State Resource Center (SRC) Shillong chaired the function and Shri J.D Sangma , MCS, Director, School Education & Literacy, Govt. Of Meghalaya was the Chief Guest. Students from the schools for the differently abled as well as residents of SAN-KER presented skits and songs.
- 11th February: An awareness Programme on Substance Dependence was organized in collaboration with the Jingiaseng Dong of the Mawkhar Presbyterian Church at the Dorbar Hall Mission Compound. The main aim of this programme was to create awareness among the youth about the dangers of substance abuse.
- 24th February: A Painting Competition for In-Patients was held on the Theme “Hope”.
- 5th March: An Awareness Programme for family members/care givers of patients with Schizophrenia .
- 12th March: Awareness Programme for family members/care givers of patients with mood disorder.

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	Male	Female
<u>Child and Adolescence Unit:</u>	11	14
<u>Day Care Department:</u>	19	15
<u>In-Patient Department :</u>	288	135
Alcoholics :	103	8
Drug Addicts :	47	0
Others :	78	74
<u>Out-Patient Department :</u>	1485 (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.

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Special Activities during the year 2011-12

- 19th April: Seminar on Community Mental Health to address the growing challenges of Mental Illness in Meghalaya was organized in collaboration with Martin Luther Christian University.
- 9th June: 21st Foundation day of SAN-KER a Seminar on Domestic Violence was held. Resource persons included Police, Ms Nakilin Shylla ,Dr. Marina Shylla, Mrs Patricia Mukhim, Farida Warjri, Rev. Reuben Laloo and Mr. Carmo Noronha .
- 25th June: A Walk was organized in collaboration with the Jingiaseng Dong Mission, Mawkhar to mark the International Day against Drug Abuse and Illicit Trafficking. A painting competition on the effects of substance abuse was also organized for school children of the locality.
- 10th October: World Mental Health Day was commemorated at SAN-KER by organizing a programme to sensitize the community on the need for mental health awareness.

- November: SAN-KER along with Bethany Society and Martin Luther Christian University initiated a project: “Mental Health Project for Meghalaya” to cater to the needs of people of the state of Meghalaya. This programme is funded by the Hans Foundation, New Delhi.

The Project aims to create awareness among the people about mental health and to provide mental health services to the community especially to the BPL citizens living in villages covered under the CBR Programme of Bethany Society.

Since then we have held the following programmes:

- Training of Community Based Rehabilitation (CBR) Workers of East Khasi Hills, West Khasi Hills, Jaintia Hills and Garo Hills Districts of Meghalaya was conducted, on a regular basis ,from 1st Feb 2012 till 4th Oct 2012 to teach the workers to identify chronic mentally ill patients, provide medication and conduct follow-up of these patients. This is followed by organizing Mental Health Camps in the different Districts of Meghalaya.
- Seminar on Mental Health of Children was held on the 26th March 2012 at Pine Wood Hotel, Shillong where the Chief Guest was Mr. Charles Pyngrope, Honorable Speaker of Meghalaya Legislative Assembly and with Dr. Raman Krishnan from the Child Psychiatry Unit of the Psychiatry Department of CMC, Vellore as the main resource person. Various other resource persons from different field also highlighted the need for awareness on mental health of children to create awareness for teachers to identify the problems faced by children and adolescents in the classroom.