

Annual Report
2008-2009

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 and such students are an integral part of the life of the institution.

The total number of patients treated during the year is as follows :

	Male	Female
<u>Child Guidance Unit:</u>	11	14
<u>Day Care Department:</u>	19	15
<u>In-Patient Department :</u>	299	129
Alcoholic	141	7
Drug Addict:	30	4
Others:	59	73

Out-Patient Department : 1485 (Male & Female)
Psychometric Testing: 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.

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 2008- 2009

Functional Education Class

A group of adults and teenagers with mental retardation and epilepsy, attend 4 Functional Education sessions per week with a Special Educator and Psychologist. Their curriculum includes Functional Numeracy (Money concept, time and calendar, weights and measures, etc) Functional Literacy, General Awareness and Social and Work Etiquette. The clients who have been attending since the beginning of 2008 have shown improvement in aspects such as ability to attend and stay on a task, concepts, communication, and are more motivated to learn and participate.

Assessments and Psychometric Testing

Various assessments such as tests of Psychodiagnostics, Neuropsychological functions, Intelligence, Personality, Aptitudes, Interests, Values and Emotional Maturity, are conducted on a

regular basis. Apart from In-patient and Out-patient clients, various referred cases also avail of these services. Test results help in providing appropriate treatment, and also in guidance.

Child Guidance Centre

Altogether, 40 children have been enrolled in the Child Guidance Centre. These are children with Mental Retardation, Specific Learning Disorders, Attention Deficit and Hyperactivity Disorder, Epilepsy, Autism, Substance Dependence, Post Traumatic Stress Disorders (including Child Sexual Abuse) and Adjustment Problems. After a medical consultation, the child is assessed. Parents are consulted regarding the developmental history of their child. Both parents and the child are counseled following which weekly, monthly or bi-monthly sessions are attended. Working with the child may include visits to the child's school, attempts to integrate them into mainstream schools or proper placement.

Day Care Services

At any given time approximately 15 to 20 patients attend Day Care Services. Most clients who attend the Day Care Services have been former in-patients, whereas a few out-door patients are included in day care directly. These are chronic patients and patients with Dual Diagnosis Mental Retardation. The processes of individual and group counseling, behaviour modification, functional education and integration back into the community are facilitated during this period.

Craft & Gardening

Worked into the daily routine of the patients are times for gardening, craft and other hobbies. The rationale behind such activities is that patients have an opportunity to use their creativity and talents, and be usefully occupied.

Other Activities

Over the Christmas and New Year Season the patients are involved in various competitions, games and cultural activities.

SAN-KER ACADEMIC AND RESEARCH CENTRE

Human Resource Development

In June 2008 our first batch of 11 Counsellors completed their **PG Diploma in Guidance and Counselling**. They are now working in schools and NGOs in Meghalaya. Their clients avail of medical and other help from SAN-KER. They are our ambassadors in the promotion of school and community mental health.

In August 2008 S.A.R.C. (SAN-KER Academic and Research Centre) became a **Special Study Centre of IGNOU (Indira Gandhi National Open University)**. We will be offering the following courses from the January 2009 session

1. DAFE – Diploma in HIV Aids and Family Education
2. DECE – Diploma in Early Childhood Education
3. CAFE – Certificate in HIV Aids and Family Education
4. CIG – Certificate in Guidance
5. BPP – Bachelor's Preparatory Programme

Nurses' Psychiatric Training : Student nurses from Dr. H. Gordon Robert's Hospital, Shillong, Khasi Jaintia Presbyterian Hospital, Jowai, Woodland Nursing Institute, Shillong and Rapsbun School of Nursing, Shillong attend a 6 Weeks Practical Training in Psychiatric Nursing.

In-service Training for Staff : We have worked on modules and will shortly be starting regular in-service training for all staff on the medical, psychosocial and advocacy aspects of psychiatric illness.

Outreach Rural Mental Health Programmes: As part of our efforts to get involved in rural community health issues, we have been visiting Umkei (Ri Bhoi District), Khliehriat (Jaintia Hills District) and Mawkyrwat (West Khasi Hills District) during 2008. The following table shows the number of patients who benefited at each camp.

Awareness, Advocacy and Networking:

Seminar on the Rights of Persons with Mental Disability, 26th April 2008

In collaboration with DLU (Disability Law Unit) Shishu Sharothi, Guwahati, SAN-KER held a Seminar on the Rights of Persons with Mental Disability on the 26th of April 2008. The Chief Justice of the Guwahati High Court, Shri J.C.Chelameswar, the Honourable Minister of Technical & Higher Education, Shri Manas Chowdhury, and other dignitaries who are in a position further the cause of persons with mental disability were present at the seminar. Following the Seminar, a proposal to ensure that rights of persons with mental disability are implemented, was submitted to the Commissioner of Disabilities, Government of Meghalaya, since implemented.

Celebration of SAN-KER Foundation Day, 9th June 2008

The 9th of June was celebrated this year by having the Graduation Ceremony of our first batch of PG Diploma in Guidance & Counselling, to stress the need for promotion of community mental health, beginning in the school. Honourable Minister of Technical & Higher Education, Shri Manas Chowdhury was present at the occasion.

Observation of International Day against Drug Abuse & Illicit Trafficking 26th June 2008

Various competitions and events over a period of a week were held within SAN-KER, stressing on the pitfalls of Drug Abuse. Teams from SAN-KER conducted awareness programmes in schools. At these programmes recovering persons gave personal testimonies, and encouraged discussion among the children about substance dependence.

Observation of World Mental Health Day, 10th October 2008

World Mental Health Day was celebrated with activities and talent shows in SAN-KER.

Participation in Events of World Disability Day – 3rd December 2008

On the 3rd of December 2008, two parties set off from SAN-KER in the morning to two different destinations. Three clients with Chronic Mental Illness spoke at the gathering of a Self Advocacy Group, The Association of Challenged Persons, at Bethany Society, Shillong. This is the first time persons with this type of Disability have been represented at meetings of the ACP, and serves as the beginning of their inclusion in disability advocacy movements in the region. Five clients with Mental Retardation attended a function at the Raj Bhavan, at which one played at the badminton display for the Governor.

Participation in Special Olympics

Special Olympics is an organization that prepares and organizes Olympics for athletes with Mental Retardation. Since the beginning of 2008 clients with Mental Retardation have been participating in the training/coaching events of Special Olympics. We hope that a few of our gifted athletes and sportsmen will represent the country at the next Special Olympics.

Networking with Other NGOs

During the year we have been interacting with NGOs such as Bethany Society, Impulse NGO, Child Line, Reach Shillong Ministries, Shishu Sharothi, Guwahati, and Foundation for Social Transformation, Guwahati, that are concerned with issues of rehabilitation and rights of persons and children with disability.