

Santhi Bhavan

Norbertine Mental Health Centre for Research and Training



ANNUAL REPORT 2018-19

Santhi Bhavan - Norbertine Mental Health Centre for Research and Training is a Psycho social initiative by Norbertine Fathers of Mananthavady. It functions under the guidance of the Santhi charitable society.

Based on the motto 'where there is peace there's life', Santhi Bhavan become a well-known Mental Health Centre in Calicut by providing Mental Health Services and training based on the needs of the modern society.

Our Philosophy : Mental wellbeing through empathetic intervention and accompaniment

Our Motto : Jaham Santhi Waham Jeevan - ' Where there is peace, there is life '



St. Norbert – The Minister of Peace

St. Norbert, the founder of the Norbertine order, began his work as a messenger of Christ's gospel in AD 1118. This order, begun in Premonstratense in France, had spread all over the world by mid twelfth century.

At a time when religious harmony and public morality were on the decline, disrupting the life of the common man, Norbert appeared as a messenger of peace and reconciliation. Though he had led a carefree life as a clergyman, after conversion he made a deep effort to love and understand the church of Christ. Realizing that the church of the middle age had moved far from the teaching of Christ, he took a firm decision to reform the established church and bring back the true Gospel of Christ among the faithful. Soon, he had gathered a few of his like-minded friends and had transformed them into a religious community. He asked his disciples to be prepared for any work at any time.

The message and charisma of St. Norbert is embodied in the religious order which has been instrumental in forming and reforming the church of Christ, over the centuries. Today, the Norbertine order stretches its wings through pastoral activities all over the world, breaking the boundaries of language, culture, colour and creed. As the new millennium brings with it many new challenges, out of regard for the need of time, the Norbertine order has begun many pastoral activities. Santhi Bhavan is one such. It will serve to spread Christ's message of peace and healing, a message which St. Norbert dedicated his life to propagate in his time and milieu.

Message from the Director

Santhi Bhavan, Mental health centre for research and training, Calicut over the years rendering an outstanding service to common people. What began as a passionate outburst, the empathetic response to the needs of mentally ailing, has grown into a centre that offers a range of holistic mental health services across three districts of Kerala. 2018 was a fast-paced, eventful, and successful year with several significant changes. Santhi Bhavan providing capacity building and technical support services on mental health interventions for organisations, Schools, Teachers and Social work Professionals across Kerala, and most importantly nurtures multiple cadres of mental health and development professionals and significantly contributes to bridging the human resource gap.

The cornerstone of Santhi Bhavan care services rest in the ideology that the right to choice is fundamental, and that clients are full participants in the process of recovery and rehabilitation.

Mental disorders are disabling, burdensome, stigmatising, and lead to marginalisation and deprivation of right to live with dignity. Despite the availability of very effective, safe, and economical interventions in mental health care, many people who need care do not receive it due to reasons such as poor access to mental health, poor equity in distribution of services and inability to reach out proactively. Delay in appropriate care results in persistent symptoms, progression in disability, worsening poverty and poor quality of life. Wandering away from the family on the background of severe mental health problems coupled by poor safety networks at the level of family, community and the larger society is increasingly emerging as a reality in the present day context.

We hope to contribute meaningfully coming years to become stakeholders in mental health care and lastly to develop a strong sensitive cadre of highly trained mental health professionals to fill the gap of mental health on our State, thus we continue to bring value and enhance lives in our community.

I would like to express my gratitude to everyone who has supported us and made 2018 a fulfilling and successful year for the Santhi Bhavan Calicut.

Director

Fr. Jovial Vadakel O Praem

Santhi Bhavan

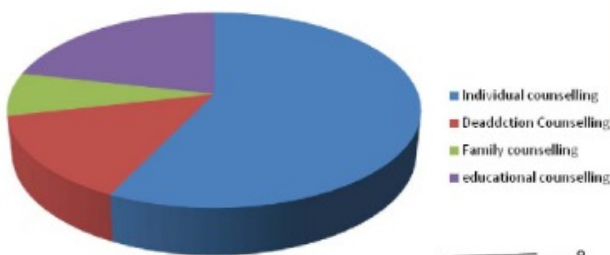
Norbertine Mental Health Centre for Research and Training



1. Santhi Bhavan-Centre for Mental Health and Wellbeing

Counseling Services

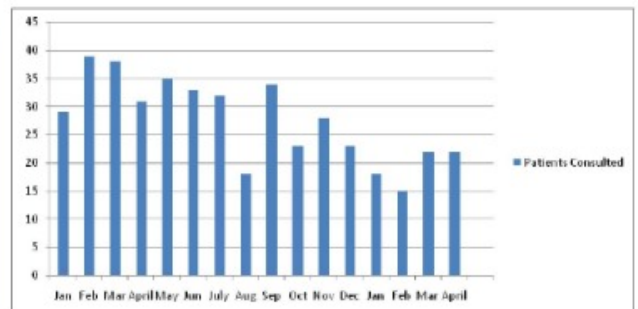
Total Number of counselling provided



We had come across a handful of people with emotional and psychological problems and we were able to redirect them to life with new vision and it was made possible with the help of well qualified and experienced professionals.

Psychiatric Clinic

Santhi Bhavan has OP Clinic for Psychiatric Patients. In the clinic Psychiatrist examines the patients and gives needed assistance like medicine, counseling and other therapies. Every month there are Two Psychiatric consultations. Patients from Wayanad, Calicut, Malappuram and Kannur are mostly making use of our psychiatric clinic.



Impact

Almost 90% people had become Psychologically fit. As we try to reduce the stigma about psychiatric problems peoples were able to receive our services 24X 7.

De-Addiction camp for Alcoholic addicted

It was an integrated treatment program aimed to help the alcoholics and Drug addicts, to become sober and by that to lead a happy family life. During this program physical and psychological treatment given to the patients with the help of Psychiatrist. And we also provided Counselling, Awareness classes, AA and 12 steps orientation and family counselling.

Testimonial

"I was a chronic alcoholic and was not able to live without alcohol. After attend the program organized by Santhi Bhavan, I am sober and now I have a happy family. Thank you Santhi Bhavan"

Maresh-Participant

II. Norbertine Mental Health Centre for Research and Trainings

Santhi Bhavan conducts trainings and workshops with the intention that there should be quality professionals in the realm of Mental Health. Moreover we provides internship facilities for students.

Training on Family Counseling

Santhi Bhavan conducted Family Counseling training for Social Workers, counsellors, Teachers and Home Makers. The program was conducted for 5 days and the topic covered were counseling theories, concept and foundation of families, skills and techniques on how to use the concepts and theories in counseling sessions and different therapeutic approaches in family counseling.



Testimonial

"Got clear out look for attending a family problem in counseling session. Increased self-confidence to deal with family counseling session. So good to be here at Santhi Bhavan"-

PrakashPeter, Participant

Impact

By this training we were able to train 25 dedicated and helping minded family Counsellors and now all of them are working in family counseling realm in different places.

One day conference on Enlightening the updates in Mental Health Nursing

As a part of SanthiBhavan's Human Resources Development Programme, We conducted LUMIER-2018. It was Kerala Nurses and Midwives Councils 5 Credit Hours program. Lumier-2018 was to create awareness among nurses about various aspects of mental health nursing and to emphasize the role of the nurses in taking care of mentally challenged and their families. The training was conducted for Nurses leaders, Staff nurse and, Nursing Students.



Intimacy Deepening Psychological Workshop For Couples. (My True Heart)

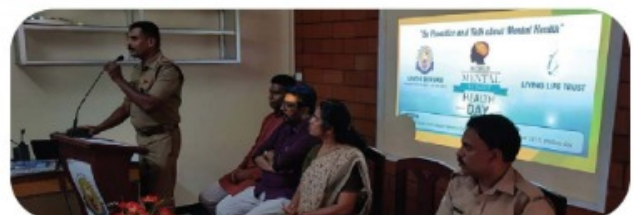
'My True Heart' was a Psychological workshop aimed to strengthen the bond between husband and wife as well as prepare partners to face all the difficulties in family life together with a better understanding.

Testimonial

"It was a psychological workshop that helped me to realize the factors which affect family life and the ways to overcome the difficulties. It was good"
Rajeev, Participant.

Mental Health Day observation-2018

We observed World Mental Health Day-On 2018 October -10, in association with Living Life Trust.



Workshop on Promotion of Mental Health and Psychological Wellbeing of Adolescence using Life skill approach (PMHWB-LS)

It was a workshop which was conducted in collaboration with the nationally important organization NIMHANS-Bangalore. Trainers from NIMHANS lead this workshop. The PMHWB-LS was highly creative, skill based programme designed to promote positive mental health and psychological wellbeing of adolescents.



Impact

*Total 44 Professionals Participated in PMHWB-LS
Almost all the participants were able to give this training with the help of some other organizations*

Intensive Certificate Training In Advanced Counseling Practice ICTACP

ICTACP is a advanced Counselling Training Programm For Social workers, Formaters, Teachers, It was an interactive skill based training on counselling and psychotherapy- pericularly for those who wish to pursue a profession in counselling.

Testimonials

"I like it very much, I got more confident to do counselling .and it also helped me to improve my counselling skills"

Vijayan, Participant

Testimonials

"It was a very nice program conducted by Santhi Bhavan in collaboration with NIMHANS. and it is useful for the future to give classes and orientation for the adolescents"

Abdul Samad, Participant



Internship for Psychology, MSW and Nursing students

We provide internship and field work training facilities for Psychology, MSW and Nursing students. By this training students were able to put their theoretical knowledge in to practice and were able to improve the professional growth by interacting with the inmates in Jeevavihar. Till now students from Bangalore and Kerala had completed their internship from the center.



III .Other Outreach Programme

Other than mental health activities we do actively participate in socially relevant issues.

World Blind Walk-2018

For the betterment of blind people we conducted a programme called 'Blind Walk' in collaboration with the Bangalore based organization, Project Vision. The aim of the programme were to give support to the blinds and improve the social awereness about eye donation. On the day of world disabled day in December -3 we conducted blind walk from Manachira squire. 1000 persons from all walks of life participated in it and they took eye donation pledge.



Pledging themselves as 'volunteers of sight'

blindwalk.org/india/pledge.html World Blind Walk 2018



Impact

- Give awareness about eye donation to the general publics
- 750 persons signed in eye donation pledge

Eye Camp

In Collaboration with Calicut medical college ophthalmology department and some other social service organizations ,we conducted eye camps and cataract surgery identification camps in Calicut,Palakkad and in Wayanad districts.

Impact

From diferent places 1000 persons participated in the camps and among them 130 had undergone surgeries and regained their good vision



Disaster Managment Program Flood Relief Activities

On August 2018 Kerala had hit with the worst environmental disaster due to un-Predicted rain and soil erosion. When the keralities were struggling to exist ,we were able to provide our helping hands to people with the the help of some other good samaritains. We mainly focused on relief camps in Calicut ,Wayanad,Alapuzha, and Ernakulam. We distributed Edible things ,Drinking waters,Dress ,Sanitory Napkins,Water filters and so on . Moreover we corporated with Bangalore based NGO ,Project vision to build temporary shelters.



Santhi Charitable Society in flood affected areas

Wayanad

Heavy rain with over flowing rivers and landslides destroyed many regions of wayanad. On 14th and 15th August ,Staffs from Santi Bhavan had visited the affected villeges and distributed the basic necessities like food and cloths. The team was leded by Fr. Jovial -Director of Santi Charitable Society. The team was contacted all relevant villege and Thalluk officers and done the relief activities based on their instructions. The list of visited villeges and camps given below,



| Name of villege | Camp | Number of Families | Number of persons |
|-----------------|---------------------|--------------------|-------------------|
| Vellamunda | GHS Pulinjil | 63 | 67 |
| Payyampally | Arattuthara LPS | 28 | 110 |
| Payyampally | St.Catherins School | 60 | 240 |
| Mananthavady | Mananthavady HS | 13 | 35 |
| Kallodi | St.Josephs School | 50 | 262 |
| Panamaram | Govt .High School | 650 | 1200 |
| Anjukunnu | Palukunnu | 58 | 87 |
| Pakkam | Dasanakkara | 5 | 12 |
| Pozuthana | Meenmutty | 35 | 64 |

Calicut

When the flood had hit many areas of Calicut,Santi Charitable Society joined their hands with work-force to help the needy. Onaugust 16th to 18th our team had visited the camps and given needed things to the individuals and families. To help people who had affected with kadal lizard in Maradu and Bodhishwaran, We visited and gave rice and vegetables to them the team was able to provide psychological support to their mental agonies. Also our team visited camps in Peruvayal, Mavoor,Manakkad .We gave some necessary things like nighty,Bedsheets,Mat,and under garments to the peoples.



| Name of villege | Camp | Number of Families | Number of persons |
|-----------------|---------------------|--------------------|-------------------|
| Maradu | Bodiswaran | 15 | 50 |
| Peruvayal | St.George UP School | 150 | 256 |
| Cheruppa | ManakkadGovt.school | 70 | 120 |



Alappuzha

Chenganoor

Team from Shanthi Charitable Society had visited flood visited areas in Chenganoor from August 21st to 23rd. People had lost everything in a night and the rich and poor had become alike. The sight for people begging for basic things like drinking water and undergarments were unbearable. We went to many camps and distributed dresses, basic amenities, sanitary pads, drinking water soaps, sugar and rice to the people. We had visited areas like Kallissery, Umayattumkara, Neervilakam, Malankara, which was far away from Chenganoor central and distributed needed things to the people. In this area we directly provide things to almost 500 families. We gave psychological support to many persons and we prepared cleaning lotions and distributed. We were able to learn 50 people to making the lotion.

| Name of village | Number of Families | Number of persons |
|-----------------|--------------------|-------------------|
| Kallissery | 45 | 64 |
| Umayattumkara | 35 | 50 |
| Neervilakam | 52 | 75 |
| Malankara | 32 | 42 |



Kuttanadu

It was another region which was hit by the floods worstly because of its landscape it had become fully emerged in water within a short time. Our team visited the region during August 27 to 30. From the news, we realized that the scarcity of water was the main issue in this region. So we focused on it. We distributed a small American-made equipment named Ozen to people in Alappuzha and outskirts of Kuttanad. With the help of such equipment, people can purify the dirty water within seconds. We distributed this with the help of different parishes under Alappuzha and Changanasseridioses, and Kerala IT Employees Association and also JCI Alappuzha. The distributed equipments cost 2 Lakhs. We distributed these equipments in Panthangiri, Thayangiri, Kodukunnam, Thekkekara, Vadakachekeri, Payipra, and Chemangara.

| Sl. No | Name of village |
|--------|-----------------|
| 1 | Panthangiri |
| 2 | Thayangiri |
| 3 | Kodukunnam |
| 4 | Thekkekara |
| 5 | Vadakachekeri |
| 6 | Payipra |
| 7 | Chemangara. |

Mental Health Services to School and Parishes

Santhi Bhavan had organized mental health services and classes in selected schools and parishes in Calicut district. We conducted classes about Spiritual Parenting for parents and personality development for children in Poovaramthode, Thiruvambadi. In Kanoth School we organized class for parents about parenting.



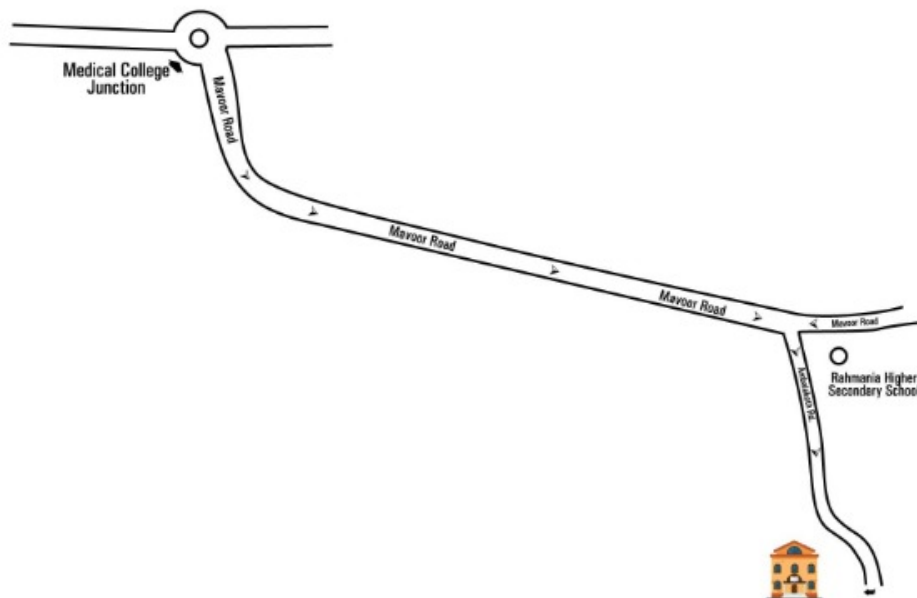
IV - JeevaVihar- Psychosocial Rehabilitation Centre

Jeevavihar psycho-social rehabilitation centre is functioning as a half way home to serve as 'home-in-between', a bridge between medical treatment and outer world for post psychiatric rehabilitation and mainstreaming of individuals. We rehabilitate the persons with psycho-social disabilities through creative, re-creative and educative programmes, we seeks to integrate post psychiatric individuals into the social, economic, cultural and spiritual world. Our Psychiatric rehabilitation programmes works to assist individuals living with mental illness to reach a higher level of independence. The programmes assist the participants with accessing and coordinating services and resources in their communities and works to ensure that each individual has access to the best possible treatment and care.



OTHER AMENITIES

- Individual and Group Retreat facilities for Priest and Sisters
- Well established seminar hall with projector and sound system
- Accomodation for 40 persons
- A/C and non A/C rooms are available



For more information you may contact.

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