



Chhattisgarh Agricon Samiti



TRAINING

MODULE

20-30 min



Chhattisgarh Agricon Samiti

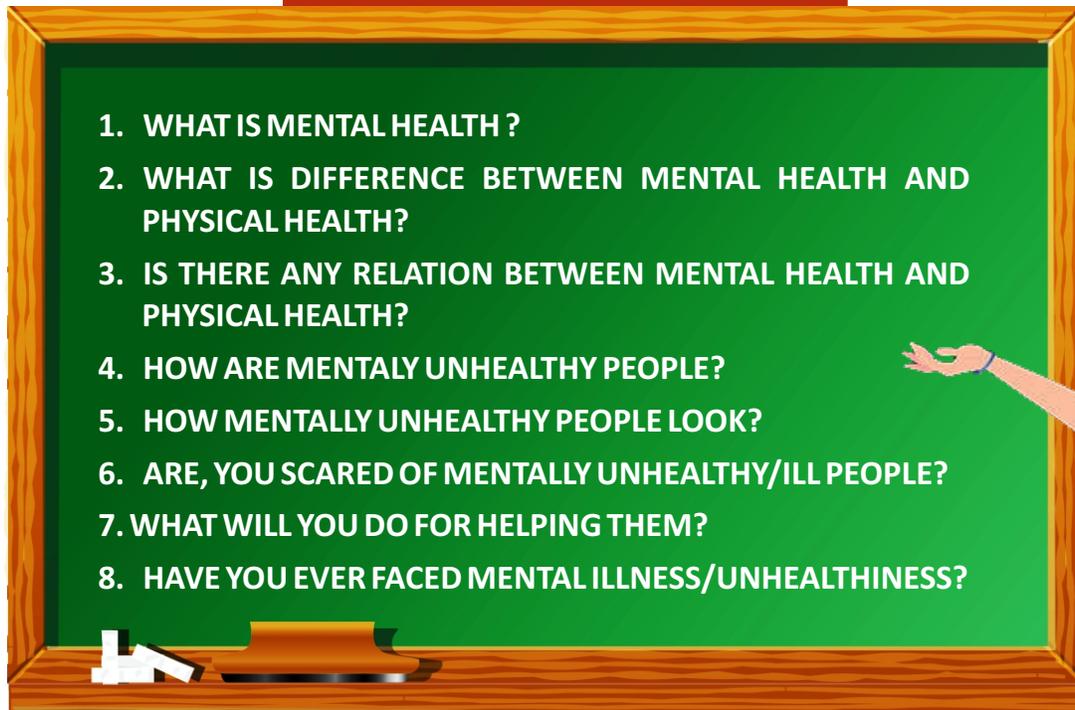


ABOUT US

Chhattisgarh Agricon Samiti is a non-governmental organization. It works with more than 75000 families in over 700 villages in 15 districts of Chhattisgarh. Chhattisgarh Agricon Samiti has been working in the rural areas of Chhattisgarh to enable Better Livelihood opportunity with better natural resource management.

We are working in Mental health since last 4 years. We started working in mental health after orientation and briefing of Bapu Trust, pune. Bapu Trust mentored and supported us to understand various aspect of Mental Health and wellbeing. We receive financial support from Paul Hamlyn Foundation, UK.

1. QUESTIONNAIRE



1. WHAT IS MENTAL HEALTH?
2. WHAT IS DIFFERENCE BETWEEN MENTAL HEALTH AND PHYSICAL HEALTH?
3. IS THERE ANY RELATION BETWEEN MENTAL HEALTH AND PHYSICAL HEALTH?
4. HOW ARE MENTALLY UNHEALTHY PEOPLE?
5. HOW MENTALLY UNHEALTHY PEOPLE LOOK?
6. ARE, YOU SCARED OF MENTALLY UNHEALTHY/ILL PEOPLE?
7. WHAT WILL YOU DO FOR HELPING THEM?
8. HAVE YOU EVER FACED MENTAL ILLNESS/UNHEALTHINESS?

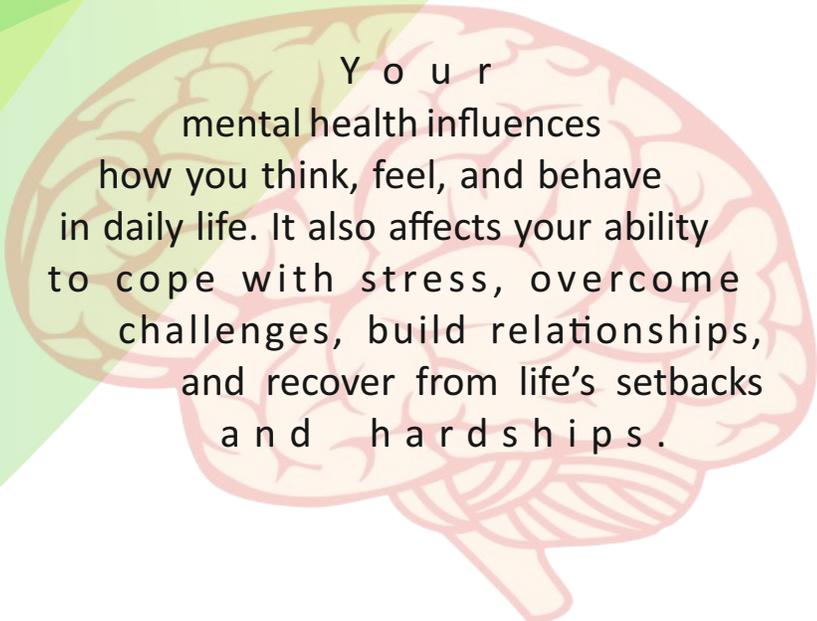


2. ACTIVITY

CLAPPING



WHAT IS MENTAL HEALTH?



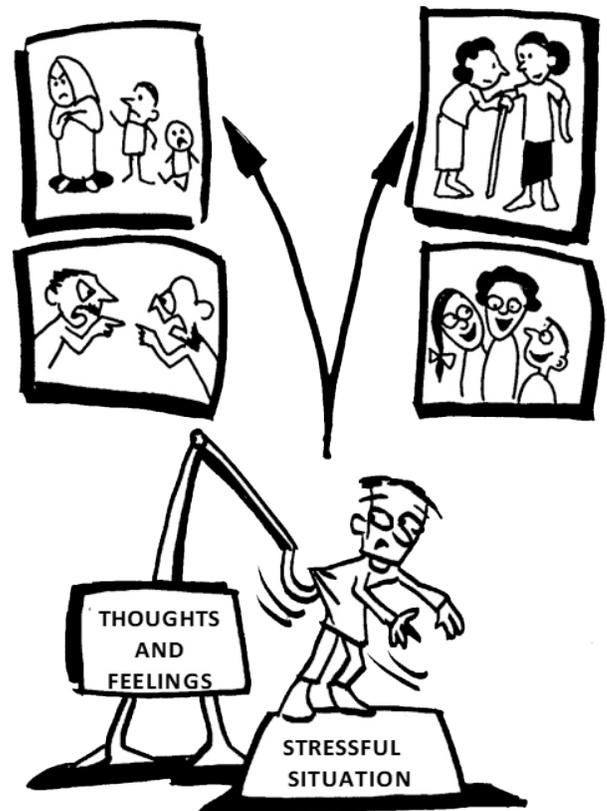
Your mental health influences how you think, feel, and behave in daily life. It also affects your ability to cope with stress, overcome challenges, build relationships, and recover from life's setbacks and hardships.

Strong mental health is not just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental health refers to the presence of positive characteristics.

People who are mentally healthy have following values:



All people want to have these values but when people are in poor mental health condition they are drifted away from these values



As shown above in the story board when we are having negative thoughts or when we are in stressful situation then we tend to drift away from our normal self and from the values we must have.

When we are not in healthy mental state, we lack some of these values. Having solid mental health does not mean that you never go through bad times or experience emotional problems. We all go through disappointments, loss, and change. And while these are normal parts of life, they can still cause sadness, anxiety, and stress.

But just as physically healthy people are better able to bounce back from illness or injury, people with strong mental health are better able to bounce back from adversity, trauma, and stress.

WHAT IS MENTAL WELLBEING?

Mental wellbeing is an integral part of our overall health. Society often thinks of health as something biological and physical: the condition of our bodies, how healthy we eat, the physical exercise we do. A key component of health is missing from this, though. It is mental wellbeing, which encompasses our inner workings and the way we describe how we are in our lives.

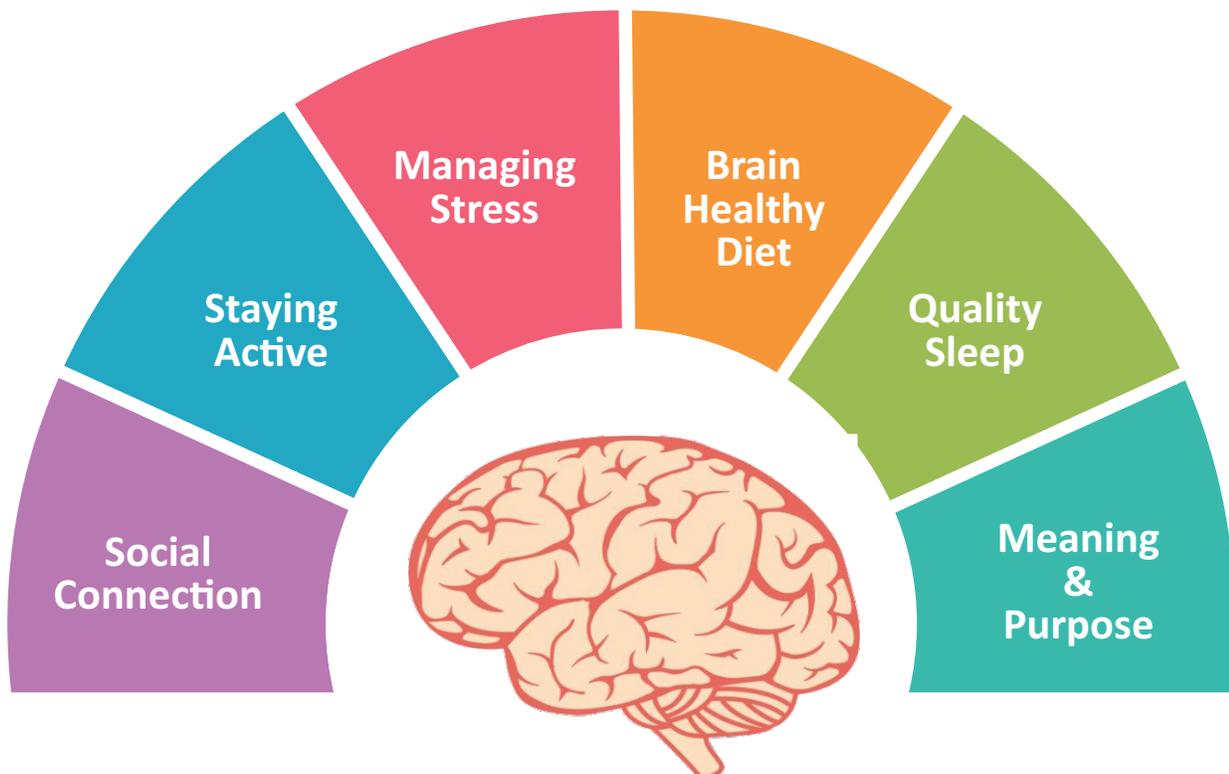
Mental wellbeing, in general, is the state of thriving in various areas of life, such as in relationships, at work, play, and more, despite ups and downs. It is the knowledge that we are separate from our problems and the belief that we can handle those problems.



Examples of mental wellbeing :

- The man who loses his job and uses his love of learning to take some classes to start a new career path that better matches his passions
- The woman who makes it a point to attend or visit concerts, plays, and museums because she feels joy and inspiration when she does
- The teen athlete who is cut from a team so, with determination and grit, trains hard to make the team next season
- The man whose wife had an affair lets go of bitterness and resentment by forgiving her and divorcing her civilly and then moves on with his life
- The human being with anxiety and depression who gets out of bed every single day, creates a goal for the day, and takes small steps toward it and acknowledging the bravery and progress at the end of the day

Constituents Of Mental Wellbeing



{ Video on mental health and well being }



Video Link :

ACTIVITY 2

SHAMMI
 A black silhouette of a person in a dynamic dancing pose, positioned between the letters 'H' and 'M' of the word 'SHAMMI'.
DANCE

COMMUNITY PERCEPTION ON MENTAL HEALTH

The answers provided by people in questionnaire in beginning is community's perception on mental health.



CURRENT AWARENESS

Why we often neglect our mental health needs

Even in today's advanced world, many of us are often reluctant—or unable—to address our mental health needs. This can stem from a variety of reasons, including:

- Physical issues. They are seen as a sign of weakness or somehow as being our own fault.
- Some people mistakenly see mental health problems as something we should know how to “snap out of.” Men, especially, would often rather bottle up their feelings than seek help.
- In our fast-paced world, we're obsessed with seeking quick, simple answers to complex problems. We look for connection with others by compulsively checking social media instead of reaching out to people in the real world, for example. Or to boost our mood and ease depression, we'd rather pop a pill rather tackle the underlying issues.
- Many people think that if they do seek help for mental and emotional problems, the only treatment options available are medication (which comes with unwanted side effects) or therapy (which can be lengthy and expensive). The truth is that, whatever your issues, there are steps you can take to improve the way you feel and experience greater mental and emotional well-being. And you can start today!

PROPOSED AWARENESS

Our goal is to create awareness about mental health in our community to achieve the inclusion and equal opportunities for people with psychosocial disabilities

“ When a person is physically ill, he/she is having fever or headache then what we do, what we suggest them?

Ans: we try to provide them with medicine related to their problem

Now, if a person is in poor mental health condition (anxiety or depression). Then what will we do ???

We do not know the answer to this question,

Aim of our project is to create a community who knows answer to this question, a community which is aware of what mental health is, which knows how to help a person in gaining back his positive mental health, how to help a person in times of poor mental health, how to behave with mentally unhealthy people”

- Knowledgeable and aware community/ groups with positive approach towards Mental Health.
- Identification of people with psychosocial disorder.
- Helping identified people from poor mental health towards positive mental health.



OUR PROGRAM GOAL

This gap in current awareness and proposed awareness is our program goal

QUESTIONNAIRE REPEAT

MODULE 2 (10-15min)

2. QUESTIONNAIRE

1. CAN MENTALLY ILL PEOPLE BE CONSIDERED AS PHYSICALLY DISABLED PEOPLE?
2. WHAT ARE THE RIGHTS OF PEOPLE WHO ARE MENTALLY UNHEALTHY?
3. IS THERE ANY DIFFERENCE BETWEEN MENTALLY ILL AND PSYCHOSOCIAL DISABLE PERSON?



UN CRPD (United nations Convention on the Rights of Persons with Disabilities)

The United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) is an international treaty which identifies the rights of disabled people as well as the obligations on Parliament and the Assembly to promote, protect and ensure those rights. It aims to ensure that disabled people enjoy the same human rights as everyone else and that they can participate fully in society by receiving the same opportunities as others.

India signed the United Nations Convention on the Rights of Person with Disabilities (UNCRPD) and subsequently ratified the same on October 1, 2007.



The points of NMHP on which we work are :

- 5.6 Community participation for mental health and development
- 5.6.3 Implement program to help person with mental health problems to perceive education and vocational training scheme.
- 5.6.5 Co-ordinate action between different government departments and Ministries between Government and civil society and private sector.
- 5.6.6 Involved person living with mental illness and caregivers in village health sanitation water and nutrition committee.

5.2 Promotion of Mental Health

- 5.2.1 Re-design Anganwadi center to the early childcare development and emotional need of children below 6 years. Separate attention should be given to children under the age of 3 year introduce mother child session on presenting skill education address threats to healthy mother child bond.
- 5.2.2 Train Anganwadi workers and school teachers with knowledge and skills that support and build the self-confidence of parents and caregivers in understanding the physical and emotional need of children.
- 5.2.9 Reliable mental health information should be easily available this will inform people to protect and promote their mental health.
- 5.2.11 Provide adequate nutrition to prevent mental health problem and mental illness.
- 5.2.12 Implement program to reduce risk factor for women's



mental health such as at act of violence against women.

5.2.15 Practitioners of Ayurveda and yoga systems are resource Who need to be included as activist for promotion of Mental Health.

5.3 Prevention of mental illness

5.3.1 Address stigma discrimination and exclusion.

5.3.1.2 Encourage person with mental health problems to participate in social and economic activities actively and fully.

5.3.1.4 Create an environment where person with mental health problems are able to take part in regular activities.

5.3.1.7 To undertake communication program to reduce stigma.

5.3.2 Implement program to address alcohol abuse and other drug of abuse.

5.3.3.4 Train key community leader in recognizing risk factor for suicide.

5.3.3.5 Set up crisis interventions centers and help lines as part of the district Mental Health Program.

5.3.3.7 Address alcohol abuse and depression key risk factor for suicide and attempt suicide.

5.4 Universal access to mental health services

5.4.2 Increase availability of a range of community-based rehabilitation service including Day Care Centre.

5.4.5 Implement community-based program to support families and caregivers to Foster recovery for person with mental health problem and mental illness.

5.4.7 Implement programs for screening early identification and treatment of Mental Health Program and mental illness.

5.4.10 Develop a comprehensive mental health information system for data collection and digitization of data.

REPEAT QUESTIONNAIRE

MODULE 3 (10-15min)

2. PSYCHOSOCIAL DISABILITY

QUESTIONNAIRE

1. IS THERE ANY DIFFERENCE BETWEEN MENTALLY ILL AND PSYCHOSOCIAL DISABLE PERSON?
2. IS THE CURRENT MEDICAL OPTION NOT THE BEST OPTION FOR TREATMENT OF PEOPLE WITH POOR MENTAL HEALTH?
3. WHAT DO YOU UNDERSTAND BY PSYCHOSOCIAL DISABILITY/POOR MENTAL HEALTH?
4. WHAT ARE SYMPTOMS OF BEING MENTALLY UNHEALTHY?
5. CAN A PSYCHOSOCIALLY DISABLED PERSON BE CURED WITH ONLY MEDICINE?
6. DOES A PERSON WITH PSYCHOSOCIAL DISABILITY HAVE RIGHTS?



VIDEO (UNCRPD)

Lets have a look at what is CRPD

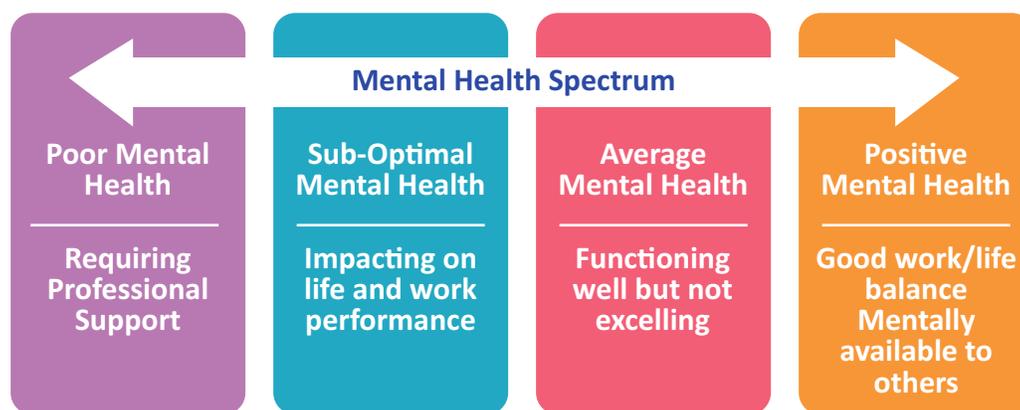


The term “psychosocial disability” is meant to express the following:

- a social rather than medical model of conditions and experiences labeled as “mental illness”.
- a recognition that both internal and external factors in a person’s life situation can affect a person’s need for support
- a recognition that punitive, pathologizing and paternalistic responses to a wide range of social, emotional, mental, and spiritual conditions and experiences, not necessarily experienced as impairments, are disabling.
- a recognition that forced hospitalization, forced drugging, electroshock and are forms of violence and discrimination based on disability, and cause physical and psychic injury resulting in secondary disability.
- inclusion of persons who do not identify as persons with disability but have been treated as such, e.g., by being labeled as mentally ill or with any specific psychiatric diagnosis.

Psychosocial Model

One should work on the cause of the problem. Mental illness cannot be cured with only medications, people with poor mental health require care and support so we need to work on the cause of their problem. People’s behaviour influence health and behaviour can be changed



this band explains that a person with poor mental health can be brought back to positive mental health with psychosocial model. There is difference between mental illness and poor mental health, if people with poor mental health are not provided with proper support and care they may go towards mental illness.

SYMPTOMS OF POOR MENTAL HEALTH

- Not taking care of their appearance and/or hygiene.
- Absence from school (or sickness – often in adolescence, young people will experience physical symptoms of anxiety or stress before they can necessarily articulate the issue; for example, being sick before coming school).
- Socially isolated and/or withdrawing.
- Erratic behaviour or mood swings.
- Risk-taking behaviour.
- Anger and aggression.
- Not being able to concentrate and seeming distracted.
- Avoiding friends and avoiding activities they used to find fun.
- Missing daily routine/unable to perform day to day activities
- Seeming jumpy or nervous for no obvious reasons.
- Panic attacks.
- Getting tired very soon
- Change in appetite
- Lack of aspiration or not being able to predict positive things happening in the future

Small discussion

Have you faced such symptoms
at any time in your life?

When?

How you dealt with that situation?



QUESTIONNAIRE REPEAT

MODULE 4 (10-15min)

Poor mental health to positive mental health

There can be various conditions of poor mental health in which a person may face the following:



SYMPTOMS WITH EXAMPLES

1) Not taking care of their appearance and/or hygiene.

(i) Person separated from partner thinking of old memories and not taking care of him/herself.

2) Absence from school (or sickness – often in adolescence, young people will experience physical symptoms of anxiety or stress before they can necessarily articulate the issue; for example, being sick before coming school).

(i) A student bullied by other and chosen subject as per parent's expectations

(ii) Hindi medium student admitted to English medium school.

(iii) student score very less marks or fail in exam

3) Socially isolated and/or withdrawing.

(i) Unemployed Educated person feel hesitation to visit his neighborhood

(ii) Over aged unmarried person refuses to go to relative's marriage

4) Erratic behaviour or mood swings.

(i) when a child wants to share something but unable to say will behave erratically.

(ii) person who is working in pressure in office frequently face swing in mood after returning to home.

5) Risk-taking behaviour.

- (i) Farmer's crop destroyed due to heavy rain and he is unable to pay loan taken from market may commit suicide
- (ii) A person facing rejection in relationship.



6) Anger and aggression.

- (i) Person doing more than one work at a time and pressurized to work more and fast
- (ii) Family conflict or unwanted marriage.

7) Not being able to concentrate and seeming distracted.

- (i) Student unable to concentrate in the subject in which he is not interested.
- (ii) Woman seems distracted when her husband having Extra marital affair.

8) Avoiding friends and avoiding activities they used to find fun.

- (i) A businessman faced loss in business and unable to return credit to friends.
- (ii) Friends repeatedly making fun of poor friend.

9) Missing daily routine/unable to perform day to day activities.

- (i) Due to anxiety/depression.

10) Seeming jumpy or nervous for no obvious reasons.

- (i) Person handling more than one work at a time.
- (ii) A person who has to present his work in front of his seniors seems jumpy.



11) Panic attacks.

- (i) Person who has seen an accident in which people died or got badly hurt.

12) Getting red very soon

(i) Not able to sleep, due to overthinking about some problem and then feeling red during day to day activity .



13) Change in appetite

(i) Person who Loses his close friend may face change in appetite.

14) Lack of aspiration on or not being able to predict positive things happening in the future

(i) Students fails to clear compe ve exams again and again may have lack of aspira on or unable to predict posi ve things happening in the future.

After recognizing people with such symptoms that is people with poor mental health/psychosocial disability, what will you do with such person, how will you help them?

- Talk to them,
- Talk to their family
- Try to understand their problem
- Try to find out reason of their problem

After knowing in brief about the person

- Try to help them at your own level
- Contact concerned person (team of CG Agricon working on mental health)





What will our team do??

- If the person with poor mental health is ready to talk to us then we will get some assessment forms filled by them, so that we can understand the depth of their problem.
- If the person is uncomfortable with our team member, then we will help them through someone with whom that person is comfortable or through the person who has observed symptoms of poor mental health in that person.

After analysis of assessment forms, we will prepare schedule to support that person.

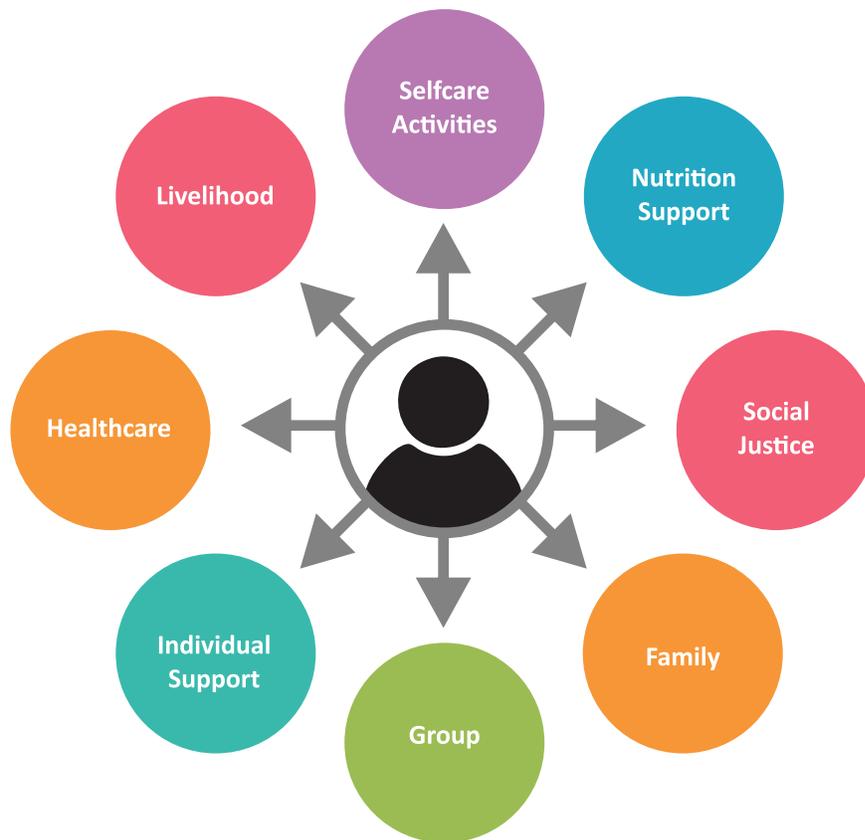
We have a support framework developed by Bapu Trust, pune through which we support people with psychosocial disability for transition towards positive mental health.

We will plan the schedule with consultation of the person with psychosocial disability ,this plan can be of 1 or 2 years or till the person achieves the state of positive mental health.



Support to Psychosocial Disabled Person

Support will be provided on the base of intervention plan and 8-point framework with the consultation of the person and with the support of family members.



1. Selfcare activities: The term self-care describes the actions that an individual might take to maintain good physical and mental health. It refers to one's ability to take care of the activities of daily living, such as feeding oneself, showering, brushing one's teeth, wearing clean clothes, and attending to medical concerns. Physical self-care, such as sleep and exercise. Self-care can also refer to activities that an individual engages in to relax or attain emotional well-being, such as meditating, or visiting a counselor.

2.Nutrition support:

Nutrition and diet also affects the mental health and well-being of a person. We will assess the nutrition and diet and prepare a healthy Diet Chart that supports good mental health. As we are working in rural areas, we will be looking at local available vegetables, fruits etc. to fulfill the nutritional requirement.

3.Social Justice:

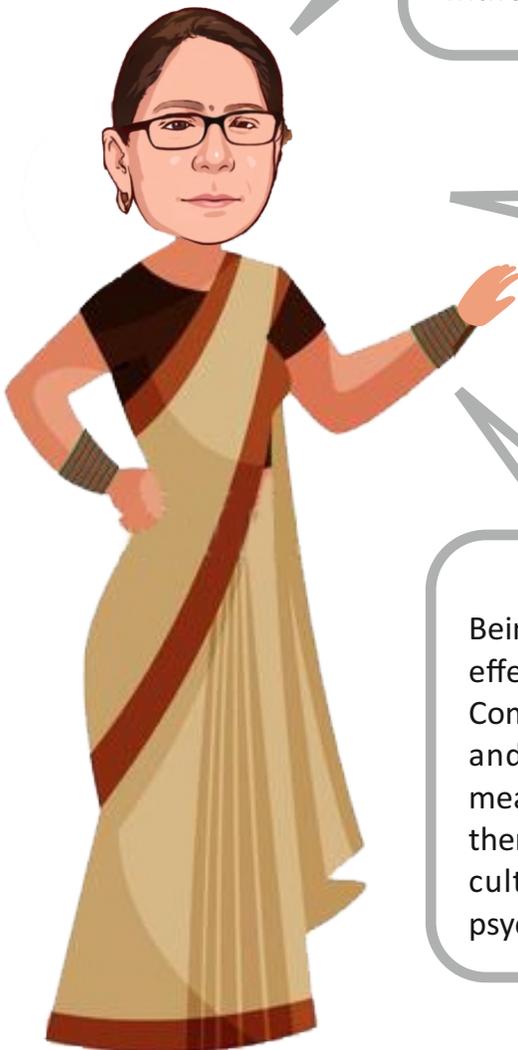
Society can help reduce social stigma and discrimination by reducing the social isolation, neglect. Effective community management of mental disorders also helps people realize that people with psychosocial disabilities can live productive lives, contribute to society, and be integrated with society. Along with encouraging community we will also focus on linking the person with social justice schemes and entitlement.

4.Family:

Family plays an important part in helping people to reach positive mental health we will Identify the gap and provide consultation to family members to make a friendly and healthy environment for person with psychosocial disability.

5.Group:

Being part of a community/group can have a positive effect on mental health and emotional wellbeing. Community involvement provides a sense of belonging and social connectedness. It can also offer extra meaning and purpose to everyday life. We will Explore then nearby social groups like puja mandals, SHG or cultural groups etc. for inclusion of person with psychosocial disability and better social support.



6. Individual Support:

Individual support in Mental Health services is critical to increasing their effectiveness. The approach is not simply asking people what they want or offering choices but it means that all support is guided by what the person wants out of life, and that services are structured in order to make this possible. We will try to provide and explore the possible individual support on need basis.

7. Healthcare:

Explore and identify government or private health or medicine services like allopathy, homeopathy, and Ayurveda. Identification of resources, doctors and make possible linkages for support.

8. Livelihood:

Inability to engage in livelihood activities can be a source of considerable distress we will explore the possible livelihood source on basis of his/her skill and ability. It can be provided through skill training, bank linkages linking to MGNREGS, SHG, NRLM activities etc.



HEAD OFFICE

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BILASPUR OFFICE

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BASTAR OFFICE

**Block Samanvayak, Yuvoday Sahayata Kendra.
Janpad Karyalay. Tokapal. Bastar .
Mob No. 9644403272**

**Designed By
SUMIT YADAV**

