



Schizophrenia Research Foundation (India)

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Schizophrenia Research Foundation, SCARF (I) Monthly Newsletter - February 2022

SCARF India is a nonprofit organization based at Chennai, Tamil Nadu, offering a multidisciplinary, comprehensive range of psychiatric care and rehabilitation services. SCARF has been a World Health Organization (WHO) Collaborating Center since 1996. You're reading the first newsletter for 2022. From now on, you'll receive updates from us every month.



SCARF steps into a new year on a sober note with the passing of our beloved Madam Dr M Sarada Menon (1923 - 2021)



Arts Based Training Workshop

The faculty at SCARF attended a 5- day hybrid workshop on arts-based interventions, delivered by Ms. Preetha, a trained arts and movement therapist. The lessons of the workshop will help integrate arts-based interventions into regular psychological services offered at SCARF for the benefit of our patients.

Disability day Celebrations at Residential Centres

The annual disability day events were held at all three centres.

At **Bhavisya Bhavan**, the centre for women and elderly men, The disability day events was held in the presence of singer Ms Devie Neithiyar, daughter of Padma Bhushan TV Gopalakrishnan. The residents showcased their talents in singing dancing and dramatics. She interacted and encouraged all the participants and also entertained them with her prolific singing. She along with Dr R Mangala and Ms P Karpagavalli helped in judging the various contest that were held which included kolam, drawing, essay writing. Several games and activities were conducted throughout the day which the residents actively participated.

Disability day was looked forward with great interest by all the residents of **Bhagwan Mahavir Manav Sanmarga Seva Kendra (BMSSSK)**, the centre for men. We were happy to have the Deputy Superintendent of Police of Mahabalipuram, Mr Jagadishwaran as our chief guest. We are grateful for members of Lions club of Mahabalipuram for taking the effort to engage our residents through several games and fun activities which our residents thoroughly enjoyed the day.

Sarada Menon Residential Center (SMRC)

Since our outpatients were not visiting our day care centre due to Covid-19, the disability day program was restricted to the inpatients of SMRC. Various competitions were held to bring out the hidden talents of our clients in various art forms and games. Several fun activities were lined

up throughout the day.

The clients with the able guidance of Ms Sarah Daniel and Mr Paul Solomon put together a two-hour variety entertainment program. Dr TC Ramesh Kumar and Dr R Mangala participated in the event and gave away prizes to all participants.

Disability Certification Camp at SCARF

SCARF organised a camp for certification of disability for persons with mental illnesses and intellectual disability. 200 participants including inpatients of the residential centres were assessed and given disability certificates. Based on their place of residence the beneficiaries were registered with their respective District Disability Welfare officers' for the process of getting UD ID Cards.

The patients and families were very grateful for the efforts taken to help them. This was made possible due to the untiring efforts of SCARF team and excellent support and cooperation given by the office of the Disability Commissioner (Govt of TN), staff of SRTC, KK nagar, various DDWOS and the two psychiatrists - Dr S Karthickeyan MD and Dr K Nirmala – from DMHP Chennai.

We plan to organise more such camps in the coming months.

PIECES Workshop for Staff & Caregivers

PIECES is a project that explores, adapts and tests a low-cost, generic approach that makes use of existing resources to improve community based care for patients with psychosis. As the first step the clinical team was introduced to the concept of using theatre to improve public understanding of mental health issues.



The participants were enthusiastic in learning the concepts of TOO and found it very engaging and useful. A similar workshop was conducted for the caregivers for persons with mental illness. This entire program was put together by the members of EVAM.

Peer Support

Peer support for persons with serious mental illness is gaining a lot attention in recent times. This involves persons with lived experiences helping those with similar experiences who are in the process of recovering. Over the years we have noticed that some of our clients have developed close bonds with each which helped in their process of recovery. This, they say brings a sense of belonging and feeling connected.

In a survey conducted at SCARF with patients families and mental health professionals, we found that peer support is acceptable in over 80 percent of those surveyed. Encouraged by this survey, SCARF is working to put together a structured peer support program. We will hear more about this in the coming months.

Obituary Note

It's with great sadness that we share this news Mr. A. Damodaran, a generous and kind donor of SCARF has passed away on February 22, 2022.

"Mr A Damodaran who gave us the land for construction of the dementia care centre at Tamabaram passed away today. There are very few who will give away their home built out of their savings for a cause. Will always be remembered for that"

- **Dr R Thara, Vice Chairman & Co Founder, SCARF India**



"May he Rest in peace. In my last conversation, with him, before he became unwell, he said he was at peace that his land was being put to good use!"

- **Dr R Padmavati, Director, SCARF India**

Forever in our hearts

From Team SCARF

Thank You For Your Support !

Physical Activity Based Intervention by Psychosocial Rehabilitation team of SCARF



During the COVID-19 lockdown, several of our clients were unable to come for rehabilitation services in person. This led to both physical and mental health problems in patients and families became more concerned. To break the sedentary routine during this period we planned to initiate supervised group physical activity through an online platform. It was conducted 30 -34 mins, 5 days a week. This was well received by both patients and their families and there has been noticeable improvement in the clients. What started with a two or three participants each in the male and female groups has now increased to over 20 numbers in each group

Going to its acceptance and success we plan to continue this service even after the base of the pandemic.

Insurance



Insurance coverage for persons with mental illness continues to be illusive and our efforts for breakthrough continues.

We continue to approach several insurance companies to urge them to offer coverage for persons with mental illness for

- a) Physical ailments
- b) Treatment for mental health

Various other avenues including the CM health insurance scheme of Tamil Nadu are also being explored

In this connection, Ms Jainey Joseph presented a paper at the 28th National Conference of Indian Association for Social Psychiatry (NCIASP 2021) on Health Insurance for persons with mental illness: Current status and the way forward

Workplace mental health by Youth Mental Health team

A 6-session training workshop for youth has been initiated and running successfully at a finance based start-up, Inition Partners LLP, as a part of the Workplace Wellness Enhancement (WWE) program, over the past 3 months. The training program focussed on catering to the organization's needs of improving communication, workplace relations, resilience and wellbeing of the employees in the firm. The program targets to deliver basic mental health literacy and positive psychology, at workplaces, as a means to alleviate stigma and improve help-seeking amidst the youth. The training program has been formulated to deliver the module in an interactive and engaging fashion, palatable to the youth of the community.

ICoNS X Edition Announcement

This year International Conference on Schizophrenia is likely to happen on **August 25th - August 27th, 2022**

Theme: Exploring links between research and interventions in Psychoses

Visit www.iconsosscarf.org for more updates

In the Pipeline:

- We are working on the SCARF Mental Health Podcast
- Virtual Events are planned for Women's Day
- Media for Mental Health Awards will be held virtually on 4th March 2022
- Free course on sensitive reporting on mental health for journalist and media students will be soon available on our SCARF website

Thank You Donate Today!

Mental health service is a need for all. Help us serve people with mental illness and provide better mental health care for all

Visit <http://www.scarfindia.org/donations/>

