



Schizophrenia Research Foundation, SCARF (I) Newsletter - June & July 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.

NATIONAL INSURANCE AWARENESS DAY PROGRAMS

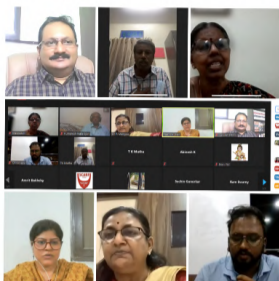
PANEL DISCUSSION - "Mental Health Insurance: Elusive or Inclusive?"

June 28, 2022, is observed as National insurance awareness day. SCARF held a panel discussion on the topic "Mental Health Insurance: Elusive or Inclusive?" featuring eminent panelists. The panelists discussed

- Insurance policies today
- Accessibility in availing insurance policies.
- Mental Health Act, 2017
- Loopholes

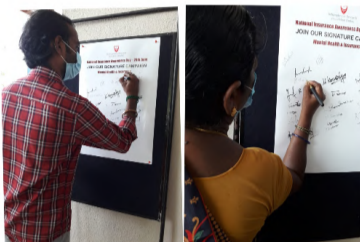
The webinar had a pan-Indian audience and was received and covered in the press well.

The webinar is available on YouTube: <https://youtu.be/Obaus0Plej>



SIGNATURE CAMPAIGN - JUN 28 - JULY 3, 2022

A signature campaign was organized to raise awareness about mental health insurance and to showcase solidarity for a week at SCARF. The campaign created great momentum and participation among patients and staff throughout the week.



Namma Area - A Hangout Space for Mental Health Service Users

SCARF India has opened a hangout space for mental health users. It was inaugurated on May 24 marking World Schizophrenia Awareness Day. The space is the first of its kind in Chennai and it focuses on mental wellness of persons with psychosis. In this space, patients can read books, make art, socialize, play board games or just relax. Namma Area is a part of PIECES, a project supported by the National Institute of Health Research.

Namma Area is active from June, 2022. This space is located on SCARF premises and will function on Tuesdays and Thursdays from 2 pm to 6 pm.

News article on Vikatan

<https://www.vikatan.com/social-affairs/medicine/scarf-opens-namma-area-for-schizophrenic-patients>



Webinars

YOGA AND MENTAL HEALTH

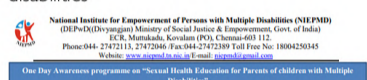
In connection with International Day of Yoga, which falls on June 21st every year, Dr. R Padmavati participated in a webinar conducted by SAARC Psychiatry Association on June 19th to raise awareness of the benefits of yoga and mental health. The program was a success and many people participated with eagerness and enthusiasm.

ACSR WEBINAR – Research Experience Sharing: Neurocognitive markers in psychosis

The clinical team at SCARF took part in a webinar by Asian College of Schizophrenia Research (ACSR) on June 22. Eminent panelists from across countries shared great insights and research experiences on the topic.

ONE DAY AWARENESS PROGRAM BY NIPMED

Mr. D. Koteswara Rao spoke about "Social Perspectives On Sexual Health Education" for the one day awareness program on sexual health education for parents of children with multiple disabilities.



One Day Awareness programme on "Sexual Health Education for Parents of children with Multiple Disabilities"

Programme Schedule	
Date: 20.07.2022	Venue: Conference Hall
Coordinator: Dr. K.K. Dhanaraj Department: Department of Special Education	
Programme Agenda	
Shri. Nandakanta Rout, Director, Shri. S. Sankaranarayanan, DPE (Admin), Shri. Dr. A. Ananth, DR (DR), Shri. P. Ramesh, HOD, Special Education	
Chief Guest	
Shri. A.R. Rahul Reddy, IAS, District Collector, Chengalpattu.	
Training Schedule	
Session 1 10.00 AM - 1.00 PM	Session 2 2.00 PM - 4.00 PM
Dr. Sun. Shankar Raj, Undersecretary, Social Health	Dr. Sun. J. Vijayakrishnan, Medical supervisor on special needs education
Dr. M. Shrinivasa: The need of social health education	Mr. S. K. Anandharajasekar, Psychological perspectives on social health education
Mr. Ganeshkannan: Techniques and application of Social Health Education	Dr. D. Koteswara Rao, Social perspectives on social health education
Dr. P. Vinodkumar: Handling stress about sexual health	Dr. Ramesh Raju, Legal Perspective on sexual health
Module/Topic	Module/Topic
Venue of 10 Banks & National Anthem	Project Coordinator: Dr. K.K. Dhanaraj

Community Awareness program in Pudukottai

The Pudukottai Community team of SCARF organized an awareness program in connection with World Schizophrenia day on June 2 for the workers employed under the MNREGA scheme.



ART & MENTAL HEALTH - ART EXHIBIT

Art and Mental health - An exhibition of creative artwork done by persons with lived experience of mental illness was held from 18 July 2022 to 21 July 2022 at the art gallery at Amethyst cafe. Around 60 paintings of a wide range of styles were displayed and had an overwhelming response from everyone. Almost all the exhibits were sold out and the proceedings from the sales were given to the artists. The response from the public and the colleges was overwhelming. The visitors had a chance to interact with the artists which helped dispel some of the myths related to mental health.

The event was able to break boundaries and was covered well in the press.

- <https://www.thehindu.com/news/cities/chennai/exhibition-on-art-and-mental-health/article65651674.ece>
- <https://timesofindia.indiatimes.com/city/chennai/exhibition-of-work-by-artists-with-mental-health-disorders-opens/articleshow/92965855.cms>
- <https://www.newindianexpress.com/cities/chennai/2022/jul/19/art-making-as-therapy-2478354.html>

DISABILITY CERTIFICATION CAMP

A two-day disability certification camp was held and was coordinated by staff and students. More than 40 benefited from this camp. Over 44 patients benefited from the camp.

CAREGIVER EDUCATION PROGRAM

The Caregiver Education Program has been running over 20 years in SCARF for family members/caregivers of persons with schizophrenia. On June and July CEP was held at SCARF Auditorium in person.



- Better knowledge about illness and treatment adherence
- Learning coping strategies
- Care giver share and support each other
- Reducing stigma
- Disability certification and other benefits

BENEFITS

In the Pipeline:

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.iconsoscarf.org for more updates

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/>

"Battle of the Buffet" event as part of Daan Utsav celebrations

One of the biggest Fundraising event planned to be organised for the cause of mental health