**COMMUNITY MENTAL HEALTH PROGRAM (CMHP),**

**July to September 2020 progress report**

APD’s pioneering work in community mental health (CMHP) from the year 2004 has resulted in the recovery of over 20,000 persons from mental illness in Karnataka and was honored by NIMHANS Award in the year 2018-19. APD has devised a virtual project to continue to reach out to cover 3700 PWMI, by ensuring psychiatrist consultations, continued treatments, psycho-socio – rehabilitation including counseling, tracking the progress of PWMIs, delivering medicines through Zero contact delivery(Social distancing rule), and support services to their caregivers. This unique initiative is being supported by all stakeholders working for the eradication of mental illness and promoting mental health.

The Community Mental Health Program (CMHP) at APD Davanagere has been operation since 2011 April. According to the 2011 census, **290** persons are suffering from mental illness in Davanagere. The Program is in action in 6 blocks of Davanagere District of Karnataka state. In Kalburgi CMHP has been operation since 2019 May. The Program is inactive in 2 blocks. (Kalburgi and Jewargi) of Kalburgi District of Karnataka

This Program is collaborating with NIMHANS Bangalore and DMHP Davanagere & Kalburgi (District Mental Health Program) of govt. Under CMHP program 1200 ( Davanagere -1000 & Kalburgi-200) PWMI accessing rehabilitation service in Davanagere and Kalburgi. APD and health department and follow up 1200 through Ash workers, Anganwadi teachers, and Student volunteers. PWMI got free treatment from a government hospital and Monochaithanya camps running by govt. And they are on regular treatment with the follow up of Asha workers.

**MANOCHAITHANYA CAMP**

Every month First, Second, Third and Fourth Tuesday conducted Manochaitnya camp (**Super Tuesday**) at Channagiri, Jagaluru, Honnalli, Harihara, and Harapanahalli taluk Government hospital along with NIMHANS hospital and DMHP team **600** PWMI have taken treatment every month and new cases also got treatment and follow up for next month.

Every month 3rd Friday Manochaitnya camp (**Super Tuesday**) at Jewragi taluk hospital along with DMHP 40 PWMI have taken treatment and new cases also got treatment and follow up for next month.

**TELE CONSULTATION**

Dr. Shivakumar from NIMHANS hospital and Dr. Nithin supporting for Teleconsultation program. Every month 1st Tuesday, 3rd Tuesday, and 3rd Friday team had conducted Teleconsultation through Skype and 230 PWMI got to follow up treatment through Teleconsultation.

**COUNSELING SUPPORT**

Here we are doing 2 types of counseling one is direct counseling (face to face) other is telephonic counseling. From July to September we did 32 counseling sessions for PWMI, caregiver, school children and college students.

**FEDERATION MEETING**

During these 3 months, we have conducted 06 caregivers meeting in Harapanahalli, Harihara, Davanagere, Honnalli, and Channagiri Taluk to build a parent's capacity. Every month 1st Saturday at Harihara (Taluk Hospital office), Every month date 2nd Wednesda Harapanahalli (MR special school), 3rd Wednesday ITI collage Davanagere, 4th Friday Honnalli taluk ( Erakalu matta), and Channagiri taluk 4th-week Nalluru. We are conducting parents meeting every month, during the meeting, we are collecting parent's issues and try to address. We have done orientation on COVID 19, NIGAMA Schemes, NABARD loan, Leadership, Community leadership, Govt. Schemes, bank loans, and APD activities.

**LIVELIHOOD**

**16** Stabilized PWMI got 5 thousand rupees loan from Taluk level federation for start Agro-based self-employment.