**COMMUNITY MENTAL HEALTH PROGRAM (CMHP), BELAGAVI JULY TO SEPTEMBER PROGRESS REPORT**

Community Mental Health Program (CMHP) at APD Belagavi has been in operation since July 2018. According to the 2011 census, **1553** persons are suffering from mental illness in Belagavi. The Program is active in 2 blocks. (Belagavi and Bailhongal) of Belagavi District of Karnataka

This Program is collaborating under DMHP (District Mental Health Program) of govt. health department at Belagavi. We have identified **480** PWMI (People with mental illness) from Belagavi and Bailhongal blocks through Asha workers, Anganwadi teachers, and student volunteers. These PWMI were linked with Govt. hospital to received treatment from and participated in Monochaithanya camps run by Govt. Due to this they are on regular treatment with the follow up of Asha workers.

**SENSITIZATION PROGRAM**

We organized sensitization program for Asha workers, Anganwadi teachers, Multi-purpose Rehabilitations Workers (MRWs), Village Rehabilitations Workers VRWs), community people and other volunteers. The objective was to reduce stigma and misbeliefs about mental illness and make them aware and responsive to people suffering from mental illness. The sensitization program runs for 5 to 6 hours and covers symptoms of mental illness, treatment, importance of mental health and social security schemes. Through this program 259 different stakeholders were oriented and can now identified people with mental illness.

**CAPACITY BUILDING PROGRAM (CBP)**

Capacity Building Program (CBP) was done with the objective of training Asha workers intensively so that they were able to bring about social and behavioral change in the patients. The program focused on understanding mental health, importance of early identification, side effects of treatment, and social security schemes for mentally ill patient’s people, resources for rehabilitation of patients and role of Asha workers in community mental health to achieve measurable and sustainable results.

We built the capacity of 65 Asha workers of Bailhongal through 2 days capacity building program. The program included training classes, motivational videos, and various activities. For this program, we invited resource persons from Government hospital (Psychiatrist), District Mental Health Program. Our own resource person from APD also trained the Asha workers.

After the Capacity Building Program, the trainees Asha workers were tested through question paper about their knowledge of mental health.

**IDENTIFICATION**

After sensitization and CBP we conducted, mental health survey along with Asha workers and volunteers in villages for identification of mental health patients. We recommended the identified people with mental illness for treatment at government hospital and follow-up through Asha works.

**PARENTS MEETING**

We also organized parents meeting (1 day) for 45 caregivers and PWMI, to strengthen their knowledge and create awareness among them. We also reviewed the current status of PWMI and suggested future actions for recovery.

**FOLLOW UP CASES**

Now we are doing follow up of 401 PWMI. These peoples were identified by Asha workers and different volunteers after Capacity Building Program and Sensitization. We ensure that they receive free treatment from a government hospital or nearby Public Health Center every month. We also follow up with Asha workers about regular treatment, side effects, and rehabilitation of these 401 PWMIs.

We are happy that 3 of them have fully recovered, joined the hospitality course run by APD and secured job for themselves.