

AIMS

- 1) To ensure availability and accessibility of minimum mental health care for all in the foreseeable future, particularly to the most vulnerable and weaker sections of the population.
- 2) To encourage the application of mental health knowledge in general health care and social development.
- 3) To promote community participation in the mental health care service development and to stimulate efforts towards self-help in the community. .
- 4) Early detection and treatment of patients with in the community itself
- 5) To reduce stigma attached towards Psychiatric illness through change of attitude and public education.
- 6) To treat and rehabilitate Psychiatric patients discharged from the Mental Hospitals with in the community.

Components of DMHP-Kannur

1) Providing mental health care to the community.

The team of DMHP consisting of Psychiatrist, Social worker and nurse visits selected government hospital and health centers on specified dates and provide clinical services to the public. The team should visit the centers once in a month. The doctors of the local hospitals should conduct clinics for the patient in their area, alternating with the visit of the team every 2 weeks. Thus patients will be seen once in every 2 weeks.

Medicines will be procured and given to patients free of cost as part of the programme.

Psychosocial treatment, education of the family and patients etc shall be done by the Psychiatric social worker.

2) Training for medical and paramedical personnel

Training programs have to be organized for doctors and other staff in the health services dept. Community leaders can also be given appropriate training.

The first programme was organized at Kannur from 17th of April to 20th of April. There was 3 day training for the doctors of Health services through whom this is being implemented.

Another training was conducted for the field workers and supervisors. This was based on a module stressing case identification, steps for providing immediate relief, ensuring follow up and continuity of care as well as provided information, education counseling etc. The programme was inaugurated by the Principal MC Calicut. Classes were conducted by eminent experts.

3) Information, Education and Communication activities

Targeted at the public at large. Using posters, leaflets etc and the involvement of NGO sector. All NGOs working in Kannur will be involved in these activities. Classes will be arranged for Anganwadi workers, Kudumbasree volunteers, NYK volunteers and the public.