



Institute for
Psychological
Health

Mental health for all !

MANAS

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SUPPORT GROUPS

Manas - IPH'S Mental Health Newsletter

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Editor's desk

The Pillars of Support

The story goes back to a humid morning, circa 1981, to a dilapidated space with a board, 'Child Guidance Clinic', on the campus of KEM Hospital, Mumbai. As curious faces started dropping in, the ward boys brought in some patients in the 'patient's uniform', and then preferred to stay back, some distance away, as spectators. It was a good bunch of twenty people. All fighting to stay away from the first peg of alcohol, and I, the junior-most resident, was all geared up to conduct the first 'Group Meeting' of my life.

Cut to the spacious air-conditioned conference rooms at IPH, Thane and IPH, Pune, where I am navigating a meeting of 'Support Group Coordinators', my colleagues from both these centres. Today, IPH conducts a total number of 19 support groups (nine, at Thane and 10, at Pune), in whose monthly

meetings, more than 5000 individuals participated in the last one year, many more consistently than others.

The themes of these support groups include several psychiatric disorders as well as problems of physical health influenced by the mind (the Cancer and Diabetes Support Groups in Pune).

It's not only people having Schizophrenia, Anxiety, Depression, OCD, Epilepsy, and Addiction, who participate in these, but also their caregivers. Parents of teens and youth who have severe behavioural problems join LOC (Locus of control) a unique group going steady for a decade. Parents of special kids attend Anway (at Pune) and Samyoga (at Thane). The LGBTQ population attends a therapy group SAAHAS at IPH, Thane. Even kids of different age groups, whose parents are in the process of recovery from addictions, are members of 'Ankur'. The twentieth support group will start in Thane in the coming three months with a theme of rising from Depression and Anxiety with an apt title - 'Cape of Good Hope'.

Aren't all support groups just that? -

They form a platform wherein all people associated with a mental health condition come together with equal involvement. Clients, families, volunteers and mental health professionals. Western Literature gives definitions of 'Support

Groups', 'Therapy Groups', and 'Psycho-educative' Groups, etc. But in the Indian reality at the grass-roots, 'Coming together' still matters.

Some mental health professionals from the Australian continent were aghast when they saw more than a hundred caregivers of schizophrenia attending a 'Group' session. I had to tell them that the definition of a Group is proportionate to the population.

Such groups are the Bridges of Bonding in effective delivery of Mental Health Care. They help weaken the social stigma and enhance the participation of all stakeholders, helping even the mental health professionals to come closer to the stories and scripts that their patients live.

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Through these activities, longstanding projects can get generated. The support group of the caregivers of schizophrenics metamorphosed into a day-care workshop and production unit for the rehabilitation of these people. The psycholo-

gist coordinating this not only earned a Doctorate but could also author a comprehensive book for lay people on the subject of recovery from Schizophrenia.

Yet this ever-available avenue that hardly involves any capital expenditure does not find wide application when you look at the growing number of Mental Health professionals. The comfort zone within the clinic with one-on-one communication may be a reason. Or is it the challenge of running the activity creatively and consistently? Proba-

bly both. Sometimes, the representatives of the clinical condition are more enterprising than the professionals. Yashoda Wakankar, who coordinated the Samayog Group for Epilepsy in Pune, and Dr Maya Tulpule, who runs a group for people with leucoderma (again in Pune) are some examples. In such cases, professionals need to join as volunteers and contribute. **Let us use the 'Group Learnings' of our culture to create effective coping with Mental-Physical Health conditions.** We Indians have a wide overlap between the personal and

the social spaces of emotions. Let's take advantage of this and unite for making our inner emotional spaces both empathic and more empowered for effective coping.



Dr. Anand Nadkarni
Managing Director / trustee

“ **NOBODY CAN GO BACK AND START A NEW BEGINNING, BUT ANYONE CAN START TODAY AND MAKE A NEW ENDING**

- ~Maria Robinson



IPH Thane

Launched on 23rd March 1990 with humble beginnings, IPH today is a colossal unique NGO with its premises in Thane and Pune. It operates a number of Support groups & Developmental groups along with services ranging from a full fledged Audio Visual Unit to a Telephonic helpline and its independent Learning Centre.

IPH believes in an 'Umbrella

approach' of piloting varied services & being holistic in mental health. It is a unique blend of individual and family intervention alongwith integration of curative and developmental models.

IPH functions at all three levels namely in-house work with individuals with problems & their care givers, Community outreach programs on awareness building

and Industrial Training workshops.

In pursuit of its goal, IPH would like to consider itself as a laboratory of community mental health, a place where competent service, community participation and creative education go hand in hand. IPH has been conducting innovative programs and projects in the field of mental health over the last 29 years. Our Mission : Mental Health For All.



150+

Volunteers associated with IPH,Thane



50+

Non Clinical Staff working in IPH,Thane



65+

Clinical Staff working in IPH,Thane



15223+

Maitra Telephonic Helpline Calls successfully attended till date



69772+

Clients treated by IPH, Thane in the past 10 years



3400+

Charity OPD

IPH Pune

23 rd March 2018 was an eventful day in the history of IPH with the launch of its Pune Centre. Pune is now a growing educational hub with Cultural diversity & its own challenges. Its a blend of increasing

population of young students; professionals and senior citizens along with psychiatrists in clinical practice. It was essential to have a team approach and participation of volunteers too. There was felt a

need for a laboratory that will promote mental health and help in alleviating symptoms of mental disorders. IPH has developed a rich network in Pune city within one year of its functioning.



2000+

Clients treated by IPH, Pune



30+

Volunteers associated with IPH, Pune.



10

Non Clinical Staff working in IPH, Pune



18

Clinical Staff working in IPH, Pune.



The Journeys

to Look Forward to

'S', our OCD warrior was sharing her small success with the group. It was about how she could manage to make use of a pair of footwear she earlier considered contaminated.

We have chosen to call ourselves OCD Warriors. I like this term, to me it sounds all-inclusive – you could be an 'OCD Warrior' in any capacity – you could be diagnosed with OCD yourself, could be a caregiver to someone who has been diagnosed, could be a Psychotherapist helping someone with OCD, or could be a Psychiatrist treating him / her. The term could include you in all these capacities.

I remembered S's very first attempt at counselling with me few months ago. Psychotherapy for OCD includes an important step of helping the family stop 'proxy compulsions' – doing as per the person with OCD asks them to do. The mere idea of putting up with her husband not washing his hands as per her demands overwhelmed her. She decided that if therapy is about enduring so much of anxiety, she does not want to opt for it. Respecting her decision, she was told to attend only the support group instead, and to ask for an individual psychotherapy session only after she feels up to it.

And there she was today...acknowledging small steps as worthy



moments of success, and openly sharing them with the group; being regular in her individual counselling sessions; working on her compulsions the way she could. May be the strength to endure this anxiety, to work on it, to face it, is what the support group has given her.

Another OCD warrior, Mr. 'A' has his own journey. It gives me immense pleasure to hear him say things like 'ultimately, we have to accept that life can be uncertain'. He has severe

obsessions about making mistakes in any small part of his work, and obsesses over what if he has to bear significant consequences of his feared mistakes. Every single counselling session with me, he asks me in a voice full of hope – 'So is there any other technique of dealing with these obsessions?' From a scientific point of view, there isn't. The most effective way of dealing with obsessions is to face it head-on and say 'I'll deal with it'. Our discussion thereafter repeatedly gets us back to the fundamental need for making peace with uncertainties in life, and I know this person struggles with doing that. And then in one of the support group sessions, he unexpectedly throws in a sentence like the above which tells me that he is inching somewhere closer to the acceptance of life's uncertainties. Closer than he

was before. I think in his case, support group is helping him come to terms with it, by deciphering it time and again from the stories of other participants.

Mrs. 'C' has a journey too. I have seen this lady in my individual sessions endlessly distressing about how her husband is not 'clean enough'. That was her reality – to deal with these 'starkly unclean behaviours' of her family on a daily basis. From showing very poor understanding of what she has in her control in the given situation, this lady can now be heard saying 'I know my husband is going to stick to his ways. I have learnt to not trouble myself with this anymore'. She is the one who keeps talking about some of our focused sessions – like the one about 'habituation'. She says some analogies that we cooked up in the course of our monthly discussions have immense-

ly helped her. Such acceptance of situation has culminated from what earlier sounded like relentless struggle to comprehend her boundaries. I know our support group has silently helped her make this shift.

Mrs. 'E' is a different warrior. She does not come to me, or even to any of the psychiatrists in IPH. Still, she is one of the most sincere and regular participants of the group. She participates through discussion, through sharing her struggle with her obsessions, patiently repeating to the other participants her understanding of how to deal with obsessions. Not just that, she volunteers, offers her help in designing and managing our sessions. All with a sheer need to share the process of her struggle so others can take their learning from it.

These are few glimpses of the way I see my dear warriors put up with their ongoing struggle, and evolve over time. I am growing pretty fond of them, looking at them as my warrior angels who will not only evolve themselves, but also will contribute to the evolution process of others – the existing participants and those who will keep becoming the part of the group.



Ms. Kavitagauri Joshi
Clinical Psychologist
Co-ordinator, OCD Support Group



15 YEARS TRUST

In Major Depressive Disorder
STALOPAM
Escitalopram 5 / 10 / 20 mg Tablets
...Say **yes** to life

DAYO OD 250, 500, 750, 1000 mg
Divalproex sodium extended release tablets
First Line **Moodstabiliser**

ARZU 10, 15, 30 mg
Aripiprazole tablets
Desire to take control

In Schizophrenia & Bipolar Depression*
Lurafic 40, 80 mg
Lurasidone Tablets
Begin Again...

*Substituted with a bipolar depression and approved by CDSCO, India, approved for the treatment of Schizophrenia. Please refer to the complete details.

LUPIN MINDVISION

SAAHAS

(An Innovative Therapy Group)

SAAHAS is a therapy group meant for the LGBTQIA+ community (lesbian, gay, bisexual, transgender, queer/questioning, intersex, asexual, and others). The acronym SAAHAS stands for Sexuality Acceptance Awareness Health and Support, and the word itself means 'courage'. SAAHAS has been running since June 2018. We believe that it is the first such therapy group in India.

SAAHAS was born out of the realisation that there is a great need for mental health services specially designed for LGBTQIA+ people, but there are few mental health professionals who are knowledgeable and sensitive to the needs of the community.

A therapy group is different from a support group or an advocacy group. We provide psychotherapeutic inputs to help group members to work on their mental health issues, and build their emotional resilience to deal with the stressors that LGBTQIA+ people have to deal with in a heteronormative society (a society where only heterosexual relationships are acceptable as the norm). We focus on both intervention and prevention of mental health issues.

The sessions are all free of charge, because we are committed to the idea of making mental health care accessible. SAAHAS is an LGBTQIA+ only safe space. The approach that we use is a combination of Queer



Affirmative Therapy and Cognitive Behaviour Therapy (CBT). Queer Affirmative Therapy is an approach to therapy that is grounded in respect and validation of LGBTQIA+ individuals' identities, struggles and strengths. The idea is to treat the effects of stigma rather than to treat individuals per se, since it is the stigma that they face and minority stress that may make LGBTQIA+ individuals more vulnerable to mental health concerns. CBT on the other hand is the most widely used and evidence based therapeutic approach that has been found to be extremely effective for

many mental health issues.

Saahas is an lgbtqia+ only safe space. The approach that we use is a combination of queer affirmative therapy and cognitive behaviour therapy (cbt). Queer affirmative therapy is an approach to therapy that is grounded in respect and validation of lgbtqia+ individuals' identities, struggles and strengths.

In addition, the group setting helps, because you can share your concerns with others with similar issues and learn from each other. Having a safe space to do this is important because being queer and talking about mental health are both stigmatised. Being a part of group therapy helps people to feel less isolated and build their social support networks.

So far we have had 13 sessions. We have had sessions on coming out, dealing with family members, isolation and loneliness, relationships, self-esteem, body image, anxiety, media, healthier ways of thinking, sex, boundaries, and on pride. In each session we discuss the societal aspects that add to stressors in

these areas for LGBTQIA+ people, but we also provide clinical inputs in terms of what are healthy or unhealthy ways of coping and thinking in reaction to these stressors. Twenty-eight individuals have attended at least one session. Our first year's feedback suggests that participants found it beneficial -

they felt less isolated, more confident and skilled with respect to dealing with stigma, better able to accept themselves, and more emotionally healthy.

We've published a research paper on our learnings from the group, in the hope that other mental health

professionals can replicate the model and reach out to more people.



**Adwaita
Nigudkar**



**Jagruti
Wandrekar**

Clinical psychologist and
SAAHAS coordinator

(मैत्र मेळाव्याच्या निमित्ताने एका मैत्र संवादकाने लिहिलेली ही कविता आहे. मैत्र ह्या टेलिफोनिक हेल्पलाइनवर आपल्याला फोन करणारी व्यक्ती दिसत नसते, पण तरीही एक संवाद घडत असतो. या कवितेमध्ये अल्याडचे शब्द हे फोन करणाऱ्या व्यक्तीचे आहेत तर पल्याडचे शब्द हे मैत्र संवादकाचे आहेत.)

अल्याडचे and पल्याडचे

शब्द अल्याडचे

शब्द थोडे साशंकतेचे

शब्द आसवात भिजलेले

शब्द कधी दुःखी एकाकी

शब्द वाट हरवलेले

शब्द हटवादी मीपणाचे

शब्द हरलेले थकलेले

शब्द कधी फक्त व्यक्त होणारे

शब्द कधी लबाड कावेबाज

शब्द कधी निःशब्द निराधार

शब्द कधी फक्त कौतुकाचे

शब्द पाल्याडचे

शब्द आश्वासक सुरांचे

शब्द धीराचे सहृदयतेचे

शब्द सह अनुभूतीचे मैत्रीचे

शब्द आपलेपणाचे सोबतीचे

शब्द पल्याडचे

शब्द दिशा दर्शवणारे

शब्द समजुतीचे आरसा दाखवणारे

शब्द हाथ देणारे साथ देणारे

शब्द होती कान ऐकणारे

शब्द जाणणारे मार्गावर आणणारे

शब्दच होती तयांचा आधार

शब्द समाधानाचे धन्यवादाचे

शब्द होऊन जाती हलके दिशा स्वीकारुनी म्हणती धन्यवाद मैत्र

शब्द म्हणती फिरुनी भावनिक गरजेसाठी मैत्र येथे आपल्यासाठी



Kalpana Bagdekar

Maitra Communicator



LOC

(Parental / Caregiver Support Group)

When you read the name you promptly think: Enemy! War! Tension! Be alert - Ready to defend-even Kill or die. That's what happens at the L.O.C.: The Line of Control. But how can that be the name of a support group? Because for us L. O. C. means the "Locus of Control".

In parenting (and most relationships) when power dynamics is at play, and emotional investment is high, there is a thin line between exercising appropriate authority and being dictatorial or micromanaging childrens lives, especially during the teenage years and early adulthood. Similarly, we must differentiate between the usual teen angst, rebelliousness and conflict with parents and extreme behaviour causing possible harm to the person and the family. This could be physical, psychological, financial, and social - and stretch over several years causing burnout, and/or the breakdown of the family, and lead to propensity for illness. This is why Dr Kamaljit Singh (Psychiatrist) and I, Sulabha Subramaniam (Therapist), thought of starting a support group for parents/caregivers of persons with such serious behaviour issues. We had seen parents forcibly bringing in children (in the 13-20 age group), expecting that we magically change them, which was impossible. Kids would lie, be impassive or arrogant, and even pretend to agree, but not



change. But in separate sessions with parents, when we could help them strategise and use appropriate assertiveness while preparing for possible consequences, things improved over time. A great deal of stress was on the caregivers taking charge of their thoughts and emotions and having goal clarity and persistence. With years of such insightful experiences of how much better the results achieved were, rather than being stuck in a loop with the "troublesome teens", we decided to start a support group - where parents could share their

problems and experiences and help each other under expert guidance. Thus, L.O.C. was initiated in February 2010, facilitated by Dr Kamaljit and Me. This support group is held on the first Sunday of every month, from 3p.m.-5p.m.

Any caregiver in whose family one or more members have extremely disturbing behaviour, unacceptable by family and society at large, and when the usual methods of disciplining, appealing to commonsense, pleading, cajoling don't seem to work, can become a member of the group. Such caregivers face stigma, insecurity and feel responsible and stressed out, and are in despair. One or both parents, grandparents, siblings (age 18 and above), spouse or even closely involved relatives and family friends attend the group.

Most of the persons having behavioural problems are seen to have traits which are hallmarks of what could later develop into cluster B type personality disorders. It is required that a mental health professional assess the case and

then recommend inclusion of the caregivers to the group.

In the last nine and a quarter years, 1729 caregivers have attended the group meetings, most of them for several months in a row till they overcome trauma and learn to deal with the situations. Some come for years even after their own life is back on track to help newcomers open up and share their learnings. Caregivers from all over Thane, Mumbai and Maharashtra have benefitted from the group. The topics for sessions are not pre-decided, but are taken up as per the

need of issues. The main purpose being to resolve stress and open up the caregivers potential to cope and generate solutions. We call our Troublesome Teens STARS, who over time, realise that they are indeed not the centre of the universe. We had once invited one such reformed STAR to speak to the group, which was very insightful and highly appreciated. The identity and other details of the group members are kept confidential to respect their privacy.

We believe this is the only support group in such a sensitive area and would like more people to benefit

from the insights and techniques evolved over the years, the efforts for which are on. We hope to relieve many more caregivers of their burden and prevent burnout. Our effort is to bring back into our folds, as many of them who had strayed off track.



Sulbha Subramaniam

Senior counselor and
LOC coordinator.

Testimonials

LOC Support Group Feedbacks.



LOC has been a great learning for me. The sharing with all the parents, their experiences, the struggles and the guidance has taught me to think strategically rather than emotionally. This has helped me deal better with my child and the extremes in her behaviour, as well as handling other individuals in general. It also helped me evolve. Life can be happy and fulfilling even with challenges is a major takeaway from the group as we share. I am eternally grateful to the group and our mentors Sulabha Mam and Dr. Kamaljit for all their support.

Dr. Bendre



आधारवड

माझ्या काही कामानिमित्त मी काही दिवसांपूर्वी पॉडिचेरी गेले होते. अर्थातच अरविंदो आश्रम आणि Aurovilles ही दोन ठिकाणं पाहिल्याशिवाय परत यायचं नाही हे नक्की केलं होतं. माझी कामं संपल्यावर आधी आश्रम पाहिला. तिथली ती मनाला भावणारी शांतता, तिथल्या वातावरणात भरून राहिलेला एक मंद सुगंधी दरवळ अगदी विलक्षण आणि आल्हाददायक होता. मी आणि माझा नवरा काही वेळ एकमेकांशी काही न बोलता ती शांतता अनुभवत होतो, मनात खोलवर साठवून ठेवत होतो.

दुस-या दिवशी सकाळी लवकरच Aurovilles मध्ये पोहोचायचं होतं. एक तर आधी त्या meditation chamber मध्ये meditation करून मग आख्या दिवस तिथे फिरून सगळं पहायचं होतं. सगळ्या सूचनांचं पालन करून त्या meditation अवर्णनीय काहीसा शब्दातीत अनुभव घेतला. अगदी त्याच्या स्थापत्यापासून बाहेर येऊन, त्या वडाच्या झाडाखाली येऊन बसेपर्यंत जे काही वाटलं ते शब्दांत मांडताच येणार नाही असंच होतं. असो Aurovilles विषयी एक वेगळा लेखच लिहावा लागेल इतकं सारं काही आहे सांगण्यासारखं.

ज्यांनी Aurovilles पाहिलंय त्यांना माहीत असेल की meditation करून आपण बाहेर आलो की ज्या वटवृक्षाच्या छायेत आपण बसतो तो किती भव्य आहे. त्याखाली बसणं म्हणजेही एक अनुभूती असते. त्या वृक्षाचं वैशिष्ट्य असं की त्यापासून निघालेल्या पारंब्यामधून आजूबाजूला नवीन वृक्ष तयार झालेत. स्वतंत्र तरीही संलग्न....किती सुंदर. तिथून उटूच नये असं वाटतं. तो वृक्ष आपल्या मनात घर केल्याशिवाय रहातच नाही मुळी. योगायोग पहा की ह्यावेळच्या आमच्या Manas चा विषय आहे Support groups.

मला तो वटवृक्ष आणि आमचं आयपीएच एकसारखेच दिसले एकदम. मला असं वाटलं की खरंच आयपीएच हा समाजातील एका मोठ्या वर्गाचा Support group च आहे जणू आणि खरंच तो तसा आहेच की. मानसिक आरोग्याच्या क्षेत्रामध्ये जाणावजागृतीपासून थेट उपचारांपर्यंतचा. सर्व



स्तरांवर फक्त मार्गदर्शन नाही तर काही समस्या असेल तरी आम्ही आहोत म्हणून आश्वस्त करणारा. खरंच ३० वर्षांच्या सातत्यानी केलेल्या प्रवासात स्वतःचा brand निर्माण करणारा सखा, सोबती, मित्र आणि अजूनही बरंच काही. आयपीएच नावाचा हा Support group इतका व्यापक आहे की समाजातील प्रत्येक घटकाला सामावून घेणं हे तर त्याचं ब्रीदवाक्यच. मानसिक आरोग्या. विषयी असणारं अज्ञान आणि गैरसमजुतींमुळे हे क्षेत्र तसं कलंकितच होतं आणि अजूनही आहे. पण समस्या आणि आव्हानं तर होतीच. मग आयपीएचमुळे काय झालं तर जेव्हा एखादी व्यक्ती इथे मदतीसाठी यायची तेव्हा असं लक्षात यायचं की अरे मी एकटा/एकटी नाही तर अशा समस्या अनेकांना आहेत आणि मी मदत घेणं गरजेचं आहे. माझं दुःख, माझा त्रास ऐकून घेणारं आणि तरीही मला कोणतंही

लेबल न चिकटवणारं माझं असं कोणीतरी. फक्त माझ्या समस्येसाठी नाही तर माझ्या विकासासाठी सुद्धा प्रयत्नशील असणारं, मार्गदर्शन करणारं आणि मला समाजात आहे तसं स्वीकारणारं सामावून घेणारं कोणीतरी. Support group म्हणजे तरी कायतर माझ्यासारख्यांचं म्हणणं ऐकणारं, मला दिशा दाखवणारं, मी हताश निराश झालो/झाले तर मला coping शिकवणारं आणि मी एकटा नाही याची जाणीव करून देणारं कोणीतरी. म्हणून संपूर्ण समाजाला सामावून घेण्याचं अवघड काम इतकी वर्षे सातत्याने करणारा हा आयपीएच नावाचा support group त्या वटवृक्षासारखाच....स्थिर अविचल. त्याच्या पारंब्यातून जन्मलेले हे बाकीचे Support group अगदी तस्सेच स्वतंत्र तरीही संलग्न. या वटवृक्षाखालीही असंच काहीतरी मिळत जातं शब्दांच्या पलीकडलं. LOC सहचरी,समयोग, साहस, Perfect, Trendsetters, उत्तेजन, सुहृद, अंकुरहे छोटे वृक्ष त्या त्या गटापुरते मर्यादित पण संपूर्ण समाजाला सामावून घेणारं आयपीएच हे त्या Support group चं एक व्यापक रूप, आपला परीघ रुंदावणारं.

त्या Auroville मधल्या वटवृक्षासारखा हा आमचा ठाण्यातला वटवृक्ष. मनामनात घर करून रहाणारा, सावलीदेणारा आणि सर्वांना सामावून घेणारा.



डॉ शुभांगी दातार
क्रिडा मानसतज्ञ



Support Group

Aamhi Mantramukt – the OCD Warriors



For whom :- Persons with Obsessive Compulsive Disorder (OCD)

Goal/Purpose :-

- Emotional support to the strugglers themselves and their caregivers.
- Platform for voicing their concerns and working out solutions in the peer setting
- Learning about the disorder, about anxiety in general, and applying the learnt concepts to daily lives on a continuous basis

When it is held :- On the Second Saturday every month

Topics covered

- Mind-body connection, stress, psycho-education about anxiety and OCD, etc.
- Some more serious topics like suicide have also been covered on the special request by the members.

Facilitators:- Kavitagauri, Dr. Wilona, Preeti Gadiyar.

SAAHAS (Sexuality Acceptance Awareness Health and Support)



For whom :- A queer-only safe space dedicated towards addressing the mental health needs of lesbian, bisexual, gay, transgender, gender non-conforming, intersex, asexual, and other members of the queer community.

Goal/Purpose :- A therapy group attempting to build emotional resilience to deal with the challenges in normative society.

When it is held :- One Sunday every month

Topics covered

Coming out, relationships, dealing with family members, anxiety, cognitive distortions, sex, body image, self-esteem, isolation, role of queer media, and queer pride.

Facilitators:- AdvaitaNigudkar and Jagruti Wandrekar.

Ankur



For whom :- Young and adult children of addicts.

Goal/Purpose :- •

- Increasing awareness regarding Children of Alcoholics [COAs group]
- Learning to deal with emotions effectively
- Psycho education about addiction
- Building resources for kids and teenagers
- Communication with parents to understand experiences from child's perspective.

When it is held :- Second Sunday every month

Topics covered

Emotional management, understanding mistakes, communication etc. With adult children topics such as, addiction, disease model and masked emotions are covered as per the need.

Facilitators:- Mrunmayee Agnihotri

Muktangan Thane Vyasnmukti Follow up Group



For whom :- Persons with addictions (Primarily substance)

Goal/Purpose :- •

- Emotional support to the participants recovering from addictions.
- Platform for voicing their concerns and questions in a safe setting
- Motivating them to overcome the challenges in the process of Sobriety.

When it is held :- The Second Sunday of every month

Topics covered

Sharing by addict friends about their recovery, question answers sessions regarding different difficulties about addiction and the recovery process.

Facilitators:- Madhav Kolhatkar

Muktangan Sahchari: Follow up group



For whom :- Female caregivers of addict persons
(Sahchari)

Goal- for their emotional well-being

- Educate and empower women for her their own emotional well being.
- Develop appropriate coping styles through sharing and enhancing the feeling of oneness.

When it is held :- The Second Sunday of every month

Topics covered

Sharing -grievances and happy moments, new ways of coping with stress etc. Topics as per the current need of the group are always welcome.

Facilitators:- Madhavi Kulkarni

Jagruti palak shala



Initiated:- Jointly by Jagruti palak sanstha and IPH

For whom :- a day care rehabilitation centre for adults with intellectual and developmental disability

Goal/Purpose :-

- To address issues faced by individuals with intellectual and developmental disabilities and their parents
- To empower them with hands-on skills of day to day living.

When it is held :- One in one and a half month

Topics covered

Lecture series by professionals of IPH on emotional burnout ,communication ,socialisation, development of individuals with disabilities through activities of daily occupation and limitations of psychiatric medicines in individuals with disabilities.

Facilitators:- Urvi Karnik

SUHRUD, group of caregivers of schizophrenia



For whom :- Caregivers of Schizophrenia

Goal/Purpose :-

- To provide emotional support.
- To help in sharing the issues of the caregiver.
- Psychoeducational information about the disorder.

When it is held :- The first Saturday of every month

Topics covered

- Psychoeducational inputs on varied mental health issues of the person with schizophrenia.
- Developing better coping skills of the caregiver.
- Handling the emotional burnout of the caregiver.

Facilitators:- Dr Thatte, Dr Savita Apte, Asmita, Uttara, Kalpana

Samayog, psychoeducational group for parents of children with autism



For whom :- Parents of individuals with autism

Goal/Purpose :- •

- Psychoeducation and empowerment of parents about autism.
- Learning to deal with emotions effectively.
- To reduce distress level in parenting.
- Creating community awareness about autism.
- Making parents advocates of autism.

When it is held :- The First Sunday of the month

Topics covered

- Conducting baseline service on knowledge, emotional literacy and distress.
- Screening of films.
- Stress management
- Preparing case studies
- Preparing a bank of research
- Awareness camps and recreational activities.
- Organising more workshops by professionals.
- Online portals for better and easy participation of parents.

Facilitators:- Sonali Medhekar, Dr Shriharsh Jahagirdar, Mahalaxmi, Gitanjali Tambe

Uttejjan epilepsy support group



For :- People and/or persons with epilepsy and their caregivers

Goal/Purpose :- •

- Empower people with epilepsy in varied ways and reduce stigma of epilepsy.
- To increase awareness in the society.
 - To increase the person's coping skills and acceptance of epilepsy.
- Befriending antiepileptic medicines.
- To provide relief and stress free life to people with epilepsy and their family members

When it is held :- The fourth Sunday of every month

Topics covered

Anger and stress management ,managing emotions, developing better coping strategies, brain origami, yoga treatment and developing appropriate strategies in parenting.

Facilitators:- Dr Mrunalini Palshikar, Alpa Chande, Dr Ashwini Marathe and Rama Ramachandran.

Testimonials

“

LOC मध्ये यायच्या अगोदर असे वाटत होते की आमचाच मुलगा असा आहे. आम्हाला खूप त्रास झाला होता काही वर्षे. LOC मध्ये आल्यावर कळले की आपण चिडचिड न करता शांतपणे कसे बोलावे. Practically कसे वागावे हे वक्त Kamaljeet sir & Sulabha madam नी छान guide केले. LOC group मुळे माझ्या मनातील भिती, राग कमी होण्यास मदत झाली.

— सौ पूर्णिमा पंडारे ”

ANKUR

“

1. I like Ankur because no one scolds us here. I feel comfortable and excited for activities and new things that Tai teaches. (7 year old)

2. I learn so many things about my emotions and their management. I understand that it's not completely my fault and I can take care of myself when needed. (16 year old)

3. I came here with big problems of anger. But now I have small anger, and tell my other Ankurians how to have small anger. (12 years)

”

Sahchari Support Group

“

व्यसनाचा सर्वात जास्त त्रास घरातल्या महिलांना होतो. तरीही व्यसनी व्यक्तीला मदत करण्यासाठी महिलाच आघाडीवर असतात. म्हणूनच मुक्तांगणतर्फे महिलांसाठी “सहचरी” हा आधार गट चालवला जातो. घरातल्या व्यसनी व्यक्तीला व्यसनसोडण्यासाठी योग्य मदत करा पण त्याच बरोबर स्वतःलाही मदत करा. स्वतःच्या तब्येतीकडे लक्ष द्या , स्वतःच्या पायावर उभे राहण्याचा प्रयत्न करा, असे या गटात सांगितले जाते. अनेक गावांमध्ये आता सहचरी गट कार्यरत आहेत. पूर्वी कोलमडून गेलेल्या पण आता खंबीर झालेल्या या सहचरींचा मुक्तांगण परिवाराला अभिमान वाटतो. ठाण्याच्या सहचारी गटातील सर्व सहचरींचे अभिनंदन आणि शुभेच्छा.

Mukta Puntambekar ”

Muktangan Mitra



मुक्तांगण परिवाराबरोबर पाच वर्षांचा प्रवास आणि ठाणे फॉलोअप यामुळे आमच्यामध्ये आमूलाग्र बदल झाला. जशी माणसाला जीवन जगताना मूलभूत सुविधांची गरज असते तशीच गरज मुक्तांगण फॉलोअप ची आहे असे आम्ही समजतो. घरात व्यसनी माणूस मग तो कोणीही असो, त्याच्याबरोबर तुम्ही कसे वागायचे, थोड. क्यात व्यसन हा एक आजार आहे आणि आजारावर आपण औषधोपचार करतो तसेच व्यसनी व्यक्तीला ही सांभाळावे लागते याचे ज्ञान मुक्तांगण ठाणे फॉलोअप मध्ये मिळाले.

दैनंदिन जीवन जगत असताना बऱ्याच अडचणी, संकटे, समस्या निर्माण होतात त्यांना सामोरे जाण्याचे ज्ञान अवगत झाले. व्यसनी माणूस हा फक्त आपल्याच घरात नाही तर आपल्यासारखे खूप आहेत याची माहिती मिळाली. शेअरिंग करताना आपले दुःख हलके होते याची प्रचिती आली, त्यातून आपल्याला मार्ग मिळतो. डॉक्टर आनंद नाडकर्णी सर त्यांचे सहकारी डॉक्टर्स आणि माधव कोल्हटकर सर यांच्या सहवासाने घरी जाताना नक्कीच काहीतरी नवीन घेऊन प्रत्येक माणूस जातो अगदी नवीन आलेला माणूस प्रथम दुःखी दिसतो पण जाताना नवीन आशेचा किरण प्रत्येकाच्या चेहर्यावर दिसतो.

आपण जरी दुसऱ्याला बदलू शकलो नाही तरी आपण स्वतःमध्ये हळूहळू बदल घडवण्याचे काम करू शकतो. असे ज्ञानदानाचे काम मुक्तांगण संस्था आणि आयपीएच ठाणे करते. मला या परिवारामध्ये काम करण्याची संधी मिळाली. या परिवाराचे मी आभार मानतो.

ABC



IPH Pune

A meeting of all support group coordinators was hosted on 5th May with Dr. Anand Nadkarni.

Team discussed about their experiences, learnings and challenges and Dr. Nadkarni gave guidance on multiple topics. Action plan discussed was -

1. Publishing the calendar well in advance
2. Inviting more and more experts and guests rather than only sharing
3. Honorarium to be given to the guests
4. A session is planned in July for taking Group session by Dr. Nadkarni



Pune Support Groups

Sr No	Support Group Name	For whom	When is it held	Topics Covered
1	Anvay	Parents of Special Children	Third Friday 4 to 6	Selecting right school, what is right parenting, stress management, art of asking help
2	Cancer	Cancer Patients	Second Wednesday 4 to 6	Lymphodema care, Dietary guidelines, sharing, dance therapy, art therapy
3	Sahjeevan-Addiction	Recovering addicts and their spouses	Third Monday 6-8	Understanding in relationships, creating joy in life, importance of communication, Trust and Love, dealing with hurt in addiction
4	Schizophrenia	Shubharthi and Shubhankar of schizophrenia	First Wednesday 6-8	Pharmacological Management, Self Help Statements, Sharing, Quality of sleep
5	Depression Anxiety	Shubharthis of Depression and Anxiety	Third Wednesday 6-8	Role of self talk in depression/anxiety, cognitive disputation and thought journaling, sleep disturbances, mindfulness
6	Perfect group	Shubharthis of OCD	Second Friday 6-8	Pharmacological Management, belief system in OCD, food habits,
7	Madhyanha	Supraseniors' caregivers	First Monday 6-8	Dementia patients care, sharing, medicine management
8	Madhusneh	Diabetes	Second Monday 6-8	Diabetes and care of foot, sharing, Dietary habits
9	Dance Movement Therapy		Fourth Wednesday 4-6	
10	SAFE	LGBTQIA community	Fourth Friday 6-8	Process of Understanding and coming out
11	Umed	Parents, Psychologists and social workers in area of child sexual abuse	Fourth Monday 6-8	
12	Grief	People going through loss of dear one	Fourth Wednesday 6-8	Understanding grief



Our Unique Initiatives

Vocational Guidance



Vocational Guidance services have been operative at IPH since the last 29 yrs. Every year 700 to 800 students avail of this service and give a very positive feedback of the direction they get regarding their future career. Students come from all over India. We conduct separate batches for English and Marathi

medium students. Our uniqueness is conducting special tailor made Career guidance batches for children with Learning Disabilities, Slow Learners, Graduates etc.

Cool Club



Cool Club is an innovative club for teenagers: This club meets once a month on the First Sunday for 2 hrs each..There are thought provoking sessions to enhance Personality

Development through varied inter-active activities, games, guest lectures, Outings etc.

Tridal



Tridal is a rehabilitation workshop for people recovering from schizophrenia (shubharthis). It's run by the caregivers and non caregiver volunteers under the guidance of professionals from IPH.

Tridal gives a platform to shubharthis to express themselves in a safe and secure environment. This

effort helps them to develop a sense of belongingness.

The work done by them is monitored by trained volunteers and the profit is distributed amongst the shubharthis themselves.

Acceptance by society has gone a long way in rehabilitating them.

Forthcoming Events

IPH Thane



Credits

Editorial Team: Pratima Naik, Vaidehi Bhide, Mrunmayee Agnihotri
From Expert Editors: Archana Pai Kulkarni
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