

Course Coordinating Team

Course Coordinator: Prof. Meerambika Mahapatro
Co-coordinator: Dr. Monika Saini
Dr. A. M. Elizabeth
Course Associate Rita Rani



About the Institute

The National Institute of Health and Family Welfare is a premier autonomous Institute, funded by the Ministry of Health and Family Welfare, Government of India. It has kept pace with the new thinking and substantially contributed to the health manpower development in the country.

NIHFW serves as an apex 'technical institute' as well as a 'think tank' to promote national health and family welfare programmes in the country through education and training, research and evaluation, consultancy and advisory services.

Venue

Teaching Block
National Institute of Health & Family Welfare
Munirka, New Delhi 110067.

Course Fee

There is a course fee of Rs. 5000/- per participant which can be paid by only online banking. This also includes for course materials, working lunch, mineral water, morning and evening tea with snacks for each participant. Boarding, lodging and TA/DA expenses will have to be borne by the sponsoring organizations/ participants themselves. The bank details are

Name of the beneficiary: Director NIHFW
Bank Name & Branch: SBI, NIHFW, Munirka, New Delhi
Account No.: 10932790787
IFSC Code No.: SBIN0010439
Branch Code No.: 10439
MICR Code No.: 110002429

Accommodation

Moderate boarding and lodging facilities at nominal rates would be provided to the participants only, within the Institute's Campus. Hostel email is hostel@nihfw.org and reception phone number are 011-26165959, 26166441-ext-154

Last Date for Receiving Nominations

August 14th 2022

(Participants are requested to make travel plans on receipt of confirmation for participation from NIHFW)

Further Correspondence to be addressed to

Prof. Meerambika Mahapatro
Course Coordinator
National Institute of Health and Family Welfare
Munirka New Delhi – 110067
E. mails dss@nihfw.org
Phones: 011-2616 5959/2616 6441/2618 8485/2610 7773, Ext. 234, Mob. 9968277292
Fax: 91-11-2610 1623
<http://www.nihfw.org/>

TRAINING COURSE ON MENTAL HEALTH FOR HEALTHCARE PROVIDERS

29th August- 2nd September 2022



आरोग्यम् सुखसम्पदा

Department of Social Science
The National Institute of Health and Family Welfare
Munirka, New Delhi-110067

Introduction

Mental health refers to cognitive, behavioral, and emotional well-being. Mental health can affect physical health, relationships, and daily living. Several factors can contribute to mental health disruptions. Conditions such as stress, depression, and anxiety can all affect mental health and disrupt a person's ability to enjoy life. It is therefore important to balance between life activities, responsibilities, and efforts to achieve psychological resilience. According to WHO mental health is "more than just the absence of mental disorders or disabilities." In addition, WHO emphasizes that preserving and restoring mental health is crucial on an individual basis, as well as throughout different communities and societies. Taking cognizance of this negative impact, the government of India introduced a Mental Health Policy to build a robust response to the complex problem.

The Mental Healthcare Act, 2017 (MHCA) was enforced on 29th May 2018 in compliance with India's obligations under the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD). The MHCA brings forth a paradigm change in the provision of mental healthcare and treatment of persons with mental illness through a two-pronged approach (i) protecting and fulfilling the rights of persons with mental illness by regulating mental health professionals and mental health establishments (ii) ensuring the right to access mental healthcare and treatment by placing obligations on the Central and State Governments

However, while the MHCA has been in force for over two years there remain significant gaps in implementation at the ground level. To address these gaps, stakeholders and policymakers must build a practical understanding of the systemic changes required for the implementation of the law.

As part of this online training, we will build capacities of various stakeholders including mental health professionals, law enforcement officials and other

health professionals to promote in quality, effectiveness in service delivery and implement MHCA 2017 using a rights-based approach.

The three days' orientation program proposes to conduct online capacity building of mental health professionals via Google Meet platform. In total, there will be seven batches. The participants would be provided with the Mental Healthcare Act, 2017 Reference Manual post-training for their reference.

General Objective

To sensitize and enhance the knowledge on the Mental Health challenges and care of healthcare personnel working at different level.

Specific Objectives

At the end of the training programme, the participants will be able to:

- Describe the concept Mental Health, and Mental Illness.
- Explain factors (burn out) affecting mental health of the healthcare provider
- Elucidate effect of positive psychology (placebo effect, coping skill and resiliency) on the quality of life of the healthcare providers as well as the patient.
- Discuss on communication skills for better outcome
- Describe the salient features of policy and programme including Mental Healthcare Act, 2017

Course Contents

Following Topics/Contents will be covered during the Training:

- ♦ Concept Mental Health, Mental Illness, Unsound Mind and Capacity
- ♦ Coping Skill and Resiliency
- ♦ Policy and Programme
- ♦ Mental Healthcare Act, 2017
- ♦ Advance Directive and Nominated Representative · Admissions, Treatment & Discharge Procedures

Prohibited Procedures, Restrictions and Research by professionals

- Mental Health Review Board
- ♦ Rights of Persons with Mental Illness Duties of Law
- ♦ Enforcement Officials
- ♦ Offences & Penalties, Mental Health Establishments & State Mental Health Authority

Methodology

The training course would be based on online teaching methods keeping on Experiential and participatory techniques. The medium of instruction will be English/Hindi according to the preference of participants. There will be field visit for practical orientation to the theme of the training. The following participatory approach will be adopted

- ♦ Lecture Discussion
- ♦ Case Study
- ♦ Use of Audio Video Aids

Nature of Participants

The numbers of participants will be 25-30. The Government officials, Program Officers and other officers involved in planning and implementation of National Health Programmes, Faculty and trainers of medical colleges and training Institutes, Psychiatrist, Medical Officers/ Hospital Superintendent, Psychiatric Nurse, Clinical Psychologist, Psychiatric Social Workers, State Helpline Counsellors, District Mental Health Professionals, National level NGO/mother NGO working with govt., nodal officials dealing with such cases, and human rights officials will be accommodated.