



KOSHISH

COVID-19 Response *e*NEWS



Toll Free
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for Bagmati province
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for Gandaki province

Issue 05

Newsletter

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767 persons benefited with psychosocial support and care services during the month of August

With the aim of addressing the emotional and social needs of the people affected by COVID-19 crisis, KOSHISH has been providing tele-counselling services to residents of Province-2, Bagmati Province and Gandaki Province through online and toll free numbers. This has also been aimed to reduce the worry, anxiety and stress of the people who have been affected because of COVID-19 crisis. Professional Psychologists and Counselors in each of the provinces have been responding to the calls on sequential-basis.

During the month of August total 767 persons including 433 women received psychosocial counseling, psychological first aid, follow-up, and medication and relief material support.

Out of the total, 168 were from Province-2, 156 persons from Bagmati Province and 443 from Gandaki Province.

During the period, 7 women with severe mental health condition were admitted in the KOSHISH transit care center and are receiving residential mental health treatment service.

To make people aware on COVID-19 and to promote mental health during the current crisis situation, KOSHISH broadcast radio PSAs (Public service announcements) and disseminated information through social media for mass awareness.

23 PERSONS
(10 M 13 F)
PSYCHOLOGICAL FIRST AID
AND PSYCHOEDUCATION

272 SESSIONS
(1350 M 137 F)
COUNSELING

250 PERSONS
(100 M 150 F)
FOLLOW-UP

7 PERSONS
(5 M 2 F)
REFERRAL

200 PERSONS
(80 M 120 F)
MEDICINE SUPPORT

7 PERSONS
(7 F)
RESIDENTIAL SUPPORT

8 HOUSEHOLDS
RELIEF MATERIALS DISTRIBUTION

ToT on child and adolescent mental health in Covid-19 situation

10 psychologists from KOSHISH participated in a two days Training of Trainer (ToT) on child and adolescent mental health in Covid-19 situation. Child and Adolescent Mental Health Unit of Kanti Children Hospital in partnership with UNICEF had organized this event to prepare trainers for training teachers, parents and also directly working with children and adolescents on mental health issue. The ToT was organized virtually on 23rd and 24th August 2020. The psychologist who received this ToT will further conduct training to school teachers and caregivers about the identification, management and referral of psycho social issues among children and adolescents.

Coordination with local governments for the relief distribution process



A team of KOSHISH based on Pokhara, who are working for the mental health and psychosocial support in response to COVID-19 has visited the local government representatives of Tanahun, Gorkha and Lamjung district on the first week of August. The main objective of visit was to discuss about the name list of people including the persons with disabilities who are in extreme need of food and relief materials and who are in need of their daily medicines in the respective municipalities. During the visit, the team had also distributed the information leaflets about COVID-19 and mental health wellbeing to the local government representatives and requested to disseminate in the municipality area through

their local volunteers. The team have now prepared the list of beneficiaries in coordination with the concerned local governments to be supported for the medicine and relief materials and preparing for the logistic arrangement and distribution process. KOSHISH has been providing online and tele-counseling and also the psychological first aid to the people who are in need in Gandaki province through toll free number and social media. It has also creating awareness on COVID-19 and promoting mental health through broadcasting public service announcements on radio and television. The program has been supported by the Canadian Fund for Local Initiatives (CFLI).



Coordinator Mr. Guna Kumar Shrestha and Psychologist Mr. Saroj Simkhada during coordination meeting at Shuklagandaki Municipality, Tanahun.



Mayor of Vyas Municipality, Tanahun with the KOSHISH's project team during coordination visit.

Psychosocial support is progressive in Bagmati Province



KOSHISH conducted a seven-day residential training to its staffs in Tanahun district. The training was targeted to the newly appointed 8 Community Psychosocial Workers who will be working in Tanahun for upcoming 3 and a half years. The participants were trained on mental health and psychosocial support, disability rights and social mobilization. The training was conducted ensuring and applying all the safety measures with consent from the local authority.

The training was conducted in virtual mode and the instructors led with co-facilitation methodology due to the inevitable circumstances due to COVID-19 pandemic. Training was facilitated through sharing, group discussion, group work, role play, and power point presentation. 13 facilitators from KOSHISH's internal experts and one external resource person from the local government facilitated the training. The training was formally concluded by the Executive Director of KOSHISH Mr. Matrika Devkota. At the end of the training feedback were collected from the participants and the assessment showed a significant change in the participant's knowledge. Despite of some challenges while conducting the training virtually, it was fruitful and productive.

KOSHISH has been implementing the community mental health project in 6 local levels of Tanahun district in partnership with CBM since the beginning of this year. This multi-year project is being implemented after the successful completion of the 5 years pilot project in the same district.



A case story: Way back home

24 years old Radha (name changed) was recovering from her mental health condition. She was trying to adjust in her family and community after receiving short term residential psycho-social support from KOSHISH. Due to lack of family support she was again left in the road wandering alone.

One year back, she was rescued by KOSHISH team from the street and was provided with mental health and psychosocial support at transit home of KOSHISH. With the improvement in mental health condition, she was reintegrated back in her family. During reintegration, family counseling and psycho-education was also provided to her family and community people. When the outreach team tried to reach her through phone follow up, it was found that the family members had sent her in some organization. She stayed there for some time but she had problem adjusting there and without emotional support from family her mental health degraded. She then ran away from the organization and was found roaming around the street clueless with lack of insight. The outreach team again found



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her on the street in Lalitpur and brought her back to the transit home for care. In the Transit home her mental health condition is gradually improving with proper care and support. With time she will recover but the main challenge is what happens to her after recovery. Her family is reluctant to have her back home.

People with mental health issues are treated as a burden and inferior human. Some people even deal with hardships after recovery to settle in the community due to the stigma towards them. The community people even the family member discriminate the people with mental health problems.

Now, the Social Worker of KOSHISH has been coordinating with the family members of Radha and her nearest Ward representatives about her sustainable reintegration. KOSHISH hopes that Radha will be accepted by her family and community and she will be able to live with dignity.



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Support to Help combat the COVID-19 Crisis

Your donation can provide basic needs and essential drugs to people who are in need during the COVID-19 crisis in Nepal.