



## **2.2. Outreach Awareness Programme on the occasion of World Mental Health Day**

This World Mental Health Day (October 10, 2017) with the global theme being 'Managing Mental Health at Work Place' the newly conceived centre at RGU namely Centre for Youth Development and Leadership Studies (CYDLS) together with all the faculties and students from Department of Social Work has taken initiative to spread awareness on Mental Health & Hygiene in its immediate surroundings. A total of 50 students along with the faculty members of the department participated in the day long awareness programme. Awareness on mental illness, counseling, psychiatric first aid, medication and an end of mental health discrimination in every genre of social and professional life were showcased through street plays and were also demonstrated through rallies and slogans like 'healthy mind healthy life', 'stop the stigma of mental illness', 'mental illness is not a weakness, it's a sickness' etc. The program was conducted at five different locations across Papumpare district which included Chimpu Community-Itanagar, Max Market-Naharlagun, NERIST Entrance-Nirjuli, Shilpa Bakery-Doimukh, and Garage Colony-RGU.

Centre for Youth Development and Leadership Studies (CYDLS) at RGU envisions grooming youth as potential leaders in the process of social development. In its pursuit to address the issues and concerns facing the society and youth in particular the centre has been taking various initiatives for personal and professional development of the youth as well as their meaningful engagement in responding to the contemporary issues of the community.

As per the data available with R K Mission Hospital, Itanagar from 2012-2017 a total of 2048 people have sought psychiatric help which though being far less than actual patients suffering from the disease highlights the increasing



severity of the issue in the state. Studies suggest that Mental Health problems at early stage remain unrecognized and untreated. There is a tendency to conceal common psychiatric problems due to stigma which in due course gets severe. This outreach activity will serve for spreading awareness in its immediate surroundings which is the first pre-requisite in the course of a long term intervention in building a resilient and strong social fabric.

### **Suicide Prevention among Youth**

The Centre for Youth development and Leadership Studies (CYDLS) was established in the year 2016 by the Department of Social Work. It aims to promote psychosocial wellbeing of youth, develop their leadership qualities, sustainable development of community through youth engagement by providing them training and guidance. In order to operationalise the various objectives; the centre have three specific Cells to have a focused and dedicated approach: Counselling Resource Cell (CRC), Youth and Community engagement Cell and Training and Leadership Cell. Each cell is coordinated by one faculty each from the Department of Social Work. The Counselling Resource Cell (CRC) is coordinated by Miss Chaphiak Lowang, Assistant Professor Dept. of Social Work.

The CRC aims to develop life skills among youth of the university with a larger focus on building resilience against day to day struggles and challenges. With this aim to achieve the Centre acknowledges and planned to organize an awareness programme on 'Suicide Prevention' through which the students of the department could help themselves in identifying their risk and warning signs for appropriate intervention. Further, their learning could be implemented in the field through one-to-one or community engagement which could develop their leadership qualities and achieve professional growth at the same time.



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Suicide or Intentional self Harm is applied to all cases of death resulting directly or indirectly from a positive or negative act of the victim himself, which he knows will produce this result (Durkheim). Suicide in India is distinctive from western countries. In India it is because of psychosocial reasons and in the west it's more with alcohol use disorder and impulsive personality traits. The NCRB, 2015 records says that "Every hour, one student commits suicide in India" which accounts for the world's highest suicide rates among the age group 15-29 years.

The centre for Youth development and leadership studies (CYDLS) hence aims to prevent suicide among youth in the university through various interventions. To obtain the objective the coordinator of Counseling Resource Cell (CRC), CYDLS acknowledged the students of Master in Social Work (MSW) on various suicide concepts like suicidality, suicidal ideation, suicide attempt, and suicide completers through lectures, discussions, programme media, case analysis and providing factsheets from the journal like Pubmed. The students were guided to know the suicide risks and differentiate it from warning signs of suicide. And to understand that suicide can be prevented by strengthening our protective factors we can prevent suicide. Also for professional competency and development they were assisted on how to use suicidal and depression assessment tools while performing psychosocial intervention with the client and understand the suicidal mind and suicide theories for empathetic skills. Lastly factsheet on suicide were also provided. Later the students were to conduct an awareness programme on suicide prevention through various programmes and activities using various modus operandi.

With this objective of preventing suicide the students conducted 5 awareness programme at school, hostels and community of Rajiv Gandhi University. An



awareness programme was also conducted at Indo Global Social Service society (IGSSS) for the youth of 6 villages identified by the organization. In total, 207 participants have endorsed as a participant in suicide prevention excluding the student participants (45 in total) of Himalayan University where suicide prevention programme was conducted by IGSSS in collaboration with students of MSW from Department of Social Work, RGU. Lastly the report highlights some previous intervention implemented in an attempt to prevent suicide by building resilience in the year 2016 and 2017.

### **Objectives**

The Centre for Youth development and Leadership Studies (CYDLS) in participation with students of social work aim to prevent suicide in the university campus and community at large through the following objectives:

- 1.1 To aware the students of third semester on suicidality, risk factors, warning signs and preventive measures through class lectures using programme media, discussions and case analysis.
- 1.2 To familiarize the students with suicidal assessment and Depression assessment tools used by Psychiatric social worker in psychosocial intervention by self assessment.
- 1.3 To reach out to community at large through various programmes conducted by the students and the coordinator through grapevine mode of communication.
- 1.4 To develop a professional competency among social work students on preplanning, implementation and evaluation of a programme by intervening in field individually or in group.



### Programmes Implemented on Suicide Prevention

September 10<sup>th</sup> is World Suicide Prevention Day. Observing the day, the Centre for Youth development and Leadership Studies (CYDLS) through its Counseling Resource Cell (CRC) have organized an awareness programme on Suicide Prevention for the students of 3<sup>rd</sup> semester 2018. The awareness program aims to acknowledge the students on various suicide concepts and its importance in suicide prevention. It also emphasis in understanding the risk factors and identifying the warning signs in preventing suicide. This schedule of programme implemented is as shown below with brief contents and expected outcome:

<b>Date</b>	<b>Time/Place</b>	<b>Programme</b>	<b>Activities/Modus Operandi</b>	<b>Resource Person</b>	<b>Target</b>	<b>Expected Outcome</b>
6 <sup>th</sup> Sept 2018	11 am to 1 pm in RGU	Suicidalit y (Ideation - Attempt-Complete rs)	Lectures, Discussions, programme media, case analysis, articles from pubmed	Ms Chaphia k Lowang, Cordina tor CRC, CYDLS	MSW 3 <sup>rd</sup> Semester students ()	Concept clarity on suicide, know risk/waning/prot ective factors, suicide and depression assessment, learn preplanning, implementation and evaluation of a programme
9 <sup>th</sup> Sept	10 am to 4.30 pm at	Life Skills and Sexual	Lectures, Discussions, exercises:	Ms Chaphia k	Students from 6 villages	Enhance Interpersonal skills through



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2018	IGSSS	Reproductive & Health Rights Workshop organized by Indo Global Social service Society (IGSSS)	Suicide and Depression Assessment (BDI & SADPERSONS), SWOT Analysis, Self Awareness	Lowang, Assistan professor, Dept. of social Work, RGU	near Itanagar (total participants = )	communication skills, develop empathy through family life cycle stages, self assessment of suicide and Depression, significance & prevalence of suicide and depression in India and in Arunachal Pradesh
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*Table 1: Awareness programme on Suicide prevention organized by the CRC Coordinator, CYDLS for the students and community.*

The awareness programme did not end at this. Further, the students were encouraged and guided to organized such awareness programme in the university at various hostels and communities. They were also encouraged to organize and implement the same at the community, schools and colleges in the Papumpare District. The programmes implemented in the month of September and October by the MSW 3<sup>rd</sup> students are given below:

Date	Time/Place	Programme	Activities/Modus Operandi	Name of MSW	Target	No of participants
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				3 <sup>rd</sup> semeste r		ts
19 <sup>th</sup> Sept. 2018	2 pm to 3 pm	Awarene ss on Suicide Preventio n	Discussion and Interaction	Govin Burman, Juni Taku, Taro Romi, Simi Mena, Deyir Tali, Mebing Tsangdo	Govt. Second ay School, RGU (class VII, IX, X)	100 students participat ed (97 students & 3 teachers)
20 <sup>th</sup> Sept. 2018	6.00 pm to 7.30 pm	Awarene ss on Suicide Preventio n	Ice breaking, Programme media, power point, exercise on BDI, discussion	Miss Toko Jiri	Girl Hostele rs at Kameng Halls of residen ce	16 hostel participan ts
23 <sup>rd</sup> Sept. 2018	7 pm to 8 pm	Awarene ss on Suicide Preventio n	Programme media, power point, pamphlets, BDI &	Partha Jyoti, Khiapgi Agi, Bharat	Male Hostele rs at Tawang Chu	39 male hostellors participat ed



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			SADPERSON S assessment	Gyadi, Eha Migri.	halls of residen ce	
8 <sup>th</sup> October 2018	5 pm to 6 pm	Awarene ss on Suicide Preventio n	Interaction and Discussion	Ngurang Amang, Kasimang Jamoh, Tana Nadap	Subansi ri halls of residen ce	17 participan ts
24 <sup>th</sup> Sept. 2018	4.00 pm to 7.00 pm	Suicide Preventio n	Ppt, SADPERSON S, Interaction	Yapi, Priyanka, Bamin, Ishiya, Rimashre e, Amo, Dani, Goda	Shiv Mandir Colony, RGU	08 participan ts

*Table 2: An awareness programmes conducted by the MSW 3<sup>rd</sup> Semester students.*

### **PROGRAMMES AND ACTIVITIES IN PREVIOUS YEARS (2016 to 2017) ON SUICIDE PREVENTION**

The Department of Social work and the Centre for Youth development and Leadership Studies have emphasized on developing resilience and promote psychosocial well being of the students of the department as well as the students of the university. The Department and Centre have previously organized lectures and workshop through resources available in the department and near to the state. The following table briefly highlights the programmes and





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activities undertaken by the department and centre on suicide prevention and on mental health well being of the youth in the university:

Date	Time	Programme	Resource Person	Target	Outcome
9 <sup>th</sup> /10 <sup>th</sup> March 2016	10 am to 3.30 pm	Awareness on Depression and Substance Abuse	Dr Bornali Das, Psychiatric Social worker, GMCH, Assam	Social Work students	Identify self in risk factors for suicide, 9 students in one to one counseling
19 <sup>th</sup> to 20 <sup>th</sup> April 2017	10 am to 4.00 pm	Two days Workshop on Mental health and Emotional well being	Mental Health professionals from LGBRIMH, Tezpur, Vice Principal School of Nursing Guwahati, Psychiatrist Itanagar, Psychaitric Social worker, GMCH Guwahati	2 students from every dept in University & Dept. of SW students	Prevalence of Depression and Suicide among youth, identifying risk and protective factors, suicide prevention: enhancing skills for self confidence and self esteem, positive mental health, strengthening gatekeepers, Training



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					Emotional First Aid
September 2017 (Monday to Thursday)	1.30 pm to 2.30 pm	Stress Management and Crisis Intervention	Ms Chaphiak Lowang, Asst. Professor Dept. Of Social Work, RGU	Open Elective Students, MSW students	Facilitating problem solving skills, use time management matrix in problem solving, critical thinking in decision making, understand crisis model and crisis intervention

Suicide among youth in India is a matter of concern. The country accounts for the world's highest suicide rate among the age group between 15-29 years. The NCRB report in the year 2015 says that every hour one student commits suicide. Suicide an act of killing oneself is a cry for help. The individual are in psychological pain which is unbearable for them and cessation of this pain is the only option they view. For the style of coping they mostly use is 'black or white thinking'. They fail to see the middle path. Deep down they are ambivalent in nature. They wish to die and at the same time they simultaneously wish to be rescued. Therefore we need to look out for warning signs and through awareness at primordial, primary and secondary level intervene in reducing the risks factors. Awareness programme in the form of brief intervention could



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reduce the intake of ethanol and workshop on life skills could enhance an individual's life competency making him more resilience.

Suicide occurs when there is intensification of risk factors, failure in identifying warning signs and weakening of protective factors. The theory by Klonsky and May 2014, says that the combination of pain and hopelessness is required to bring about suicidal ideation. Someone in pain but with hope for a better future will continue to engage with life. Similarly, someone who feels hopeless about the future but without day-to-day pain will not consider suicide. Thus Pain + Hopelessness = Suicide. And the best way to prevent suicide is by strengthening protective factors to minimize hopelessness. Being a good listener, an empathetic person and an acceptance over social stigma could assist in suicide prevention. The provision of suicide hotline in every state and availability of professional counselor at school, colleges and universities could prevent suicide at a great extent.

Suicide prevention is the need of the hour. But with the present deficit status of mental health professionals, high social stigma and 0.06% of mental health national budget; we have a long way to go. But it is not impossible. With awareness programme and guidance we can prevent suicide to a great extent. The month long Suicide Prevention Programme outreached a total of 46 participants by Coordinator of CRC and a total of 189 participants by the MSW III Semester students. And in an extended programme by IGSSS a total of 45 students participated in the suicide prevention programme. Thus, the suicide prevention programme benefited a total of 280 participants in list.