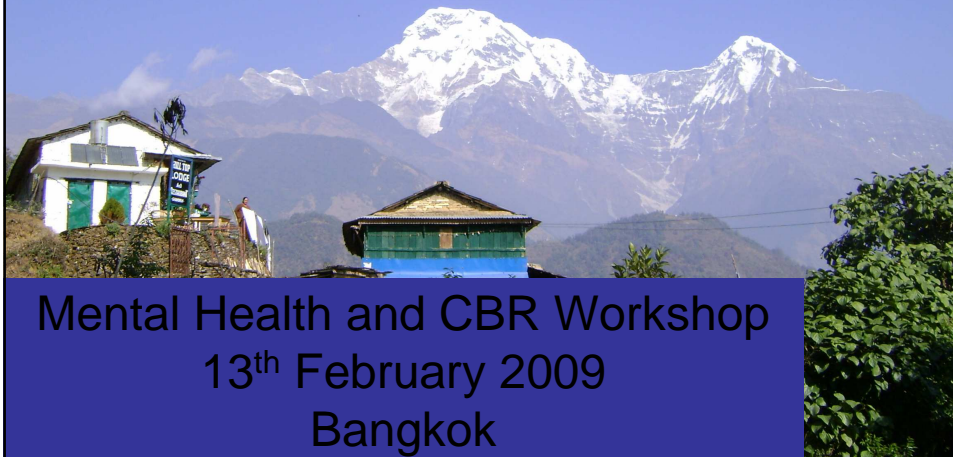


Community Based Psychosocial Support: Kopila Nepal's experience



Introduction

- Established and registered in 2001 as an NGO.
- Working in remote village of Western Nepal on education, child rights protection.
- Made a qualitative study on the “effect of armed conflict on children” in and around Pokhara, 2004.
- Started 2 year pilot project on “Psychological Trauma Community Based Education and Treatment” from 2007- 2008 in 14 village development committee.

Mental Health in Nepal: An Overview

- “Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity”.

The WHO Constitution 1946

Health can not be complete without mental health.

- Studies in Nepal have shown that 25-30 % of the general population has one or more mental disorders.
- Approximately 20-25 percent of all outpatients attending primary health care services are showing some sort of mental or behavioral disorders often presented as multiple physical complaints.
- There is inadequate awareness among decision makers, social leaders and the general population about the Psychological problems and their consequences.

• Source: Dr. Lamichhane, WRH Pokhara

Objectives of the Project

- Create awareness on the causes and consequences of psychological trauma.
- Enable children, parents and teachers to identify children with psychological problems through a participatory awareness approach.
- Provide pilot counselling to those who are experiencing psychological problems.
- Reflect on and evaluate all aspects of the two year programme and document “lessons learned” in order to improve the programme in future.

Methodology/strategy

- Training and awareness
- Group work facilitation
- Pilot counselling
- On going monitoring and evaluation



Tools

- “Hero Booking” for Children and Parents
- “My Desired Childhood Booking” for school teachers
- Flip charts and posters
- Impact of event scale, rating scale, journals and interview



Activities

- Base line survey in 14 VDCs
- Development of awareness and education materials and pilot testing
- Awareness raising and interaction
- Training to parents, children and teachers
- Hero booking and my desired childhood exercise in the groups
- Individual Counseling
- Ongoing monitoring and evaluation

Achievements

- 2000+ persons are trained on psychological trauma, causes, symptoms and it's effects
- Children and parents prepared their ' Hero Book'
- Teachers have made their 'Desired Child Hood Book'
- Community people has been started to refer clients to Kopila Nepal and other organisations
- Nine people have fully recovered from psychological trauma through the counselling

Achievement contd..

- Children produce radio programme on the issue and broadcast from local radio
- Child clubs produce wall magazine to create awareness on psychosocial issues
- Pilot groups facilitate Hero Booking and My Desired Childhood to other groups
- Groups are able to identify and refer to appropriate organisation for treatment

Lessons learned

- Hero Book and My Desired Childhood methodologies are effective for self reflection and self discovery
- Working with small group is more effective to empower the people
- Understanding local culture is very important
- Two years is too short to make sustainable change in the community

Conclusion

- Psychological problem, in developing countries, is compounded with several other factors like poverty, diseases, disability and therefore, a comprehensive approach should be taken to address the issue.

