**ETSC- Nepal**

**Project: Community Health First**

**Psychosocial support program Report**

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* **Activities: 2 Strengthening referral system & Knowledge sharing for health services in PTSD approaches.**
* **IEC Materials published:**

Aiming of published information, education and communication materials is to changing or reinforcing psychosocial-related behaviors in a target audience, concerning a specific problem and within a pre-defined period of time, through communication methods and (Lessons from the past; perspectives for the future). So, we published psychosocial Boucher thousand numbers in content and distribute it in target areas of target people.

* **Psychosocial need assessment of client:**

Need assessment is the first step of screening the clients. there are one hundred seventy nine clients were assessed by psychosocial counselor and now they are providing facilities, treatment according to their need and recommendation by consultant to overcome from psychosocial problem.

* Padampokhari : 25 (adult)
* Gadhi : 26 (Children) + parents: 30
* Gadhi : 11 (Adult)
* Manhari : 03 (Adult)
* Handilkhola : 56 (Children)
* Handilkhola : 23 (Adult)
* Hetauda(Harnamadi) : 5(Adult)
* **Problem sharing:**

Clients shared their problem after the sessions of psychosocial problem and they feel that they were suffering from those problem. Some of the clients are shared their problem at the sessions.

* **Recommendation and Diagnosis of cases:**

After the sessions and assessment clients were recommended and diagnosed according to sign and symptoms and they were referred to the further treatment. There are thirty three cases were diagnosed to psychosocial problem.

* **Strengthening referral meeting:**

On the date 1st Sept 2016, Thursday strengthening referral system meeting was held with the participations of all the nine areas Health post in charge, community health mobilize and volunteers. At first we present all the data and activities which were done and which is ongoing process. And then after all of the participants are discussed about how to strengthen the psychosocial problem solving system. E.g. how support the clients, how to minimize the problem etc.

* **Activities: 3 Therapy for clients & Psychiatric support.**
* **Psychosocial healing sessions:**

Healing sessions is one of the comfort measures of psychosocial clients so, by the recommendations of psychosocial counselor after the screening the clients they were provided healing session according to their problem. Total no. of participants one hundred seventeen who take part in healing sessions.

* Padampokhari : 25 (adult)
* Gadhi : 26 (Children)
* Gadhi : 11 (Adult)
* Handilkhola : 56 (Children)
* Handilkhola : 23 (Adult)
* **Home visit and counseling to clients:**

A clients who need home visit and counseling after the diagnosis they have been provided counseling. Case study presents that after psychosocial counseling most of the clients overcome from problem. They are living now normal life, by doing their daily activities. The possible result of this activity is to overcome from psychosocial problem. Twenty three clients were provided home visit and counseling. Following are the schedule of home visiting and counseling:

* Chamar Singh Shangbo – two times
* Sapana Mijar – three times
* Mangal Singh Waiba – 3 timmes
* Kami Singh Gole – two tomes
* Tara Devi Pakhrin – 2 times
* Hari maya Shangbo – two times
* Yakki Ghalan – two times
* Ram maya Gole – one time
* Rupa maya Bomjan –one time
* Bikita Karki – two times
* Bipan saru Magar – two times
* **Play therapy:**

Clients especially children who have psychosocial problem is living their life separately without playing with other children. So in this case psychosocial counselor provides them different type of play therapy. Aim of this therapy is to divert the mind and bring out from depth through playing. Most of the clients were provided play therapy.

* **Psychiatric treatment. (Total no. of clients 6)**

After the diagnoses there are eleven cases are getting psychiatric treatment according to their diagnosis. We are providing them medicine n all. Below is the client's schedule that is under medication.

**Psychosocial counseling and treatment format**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **s.n.** | **Client's name** | **Counseling** | **Treatment** | **Remarks** |
| 1. | Chamar Singh Shayangho | Two times by Ms. Rupa Gurung(TPO) | 2 times by Dr. Mahendra raj Neupane(sangam medical) | 3 weeks Kosis Nepal for rehab. |
| 2. | Sapana Mijar | 3 times by Ms. Rupa Gurung(TPO) | 2 times by Dr. Mahendra raj Neupane(sangam medical) | - |
| 3. | Mangal Singh Waiba | Three times by Ms. Rupa Gurung(TPO) | 2 times by Dr. Mahendra raj Neupane(sangam medical) | - |
| 4. | Kami Singh Gole | 2 times by Ms. Rupa Gurung(TPO) | 1 times by Dr. Mahendra raj Neupane(sangam medical) | - |
| 5. | Tara Devi Pakhrin | 1 time by Ms. Rupa Gurung(TPO) | 1 times by Dr. C.P. Sedai (Triveni medical) | - |
| 6. | Harimaya Shayangbo | 1 time by Ms. Rupa Gurung(TPO) | 1 times by Dr. Mahendra raj Neupane(sangam medical) | - |

* **Support for psychosocial clients. (Total no. of clients 23)**

After the need finding of the clients twenty three clients are get psychosocial support. Eleven clients supported by Goat and thirteen were stationary and school dress.

* **Refer to rehabilitation center at KOSIS-N. (Total no. of clients -4)**

One clients was rehab through KOSIS-N and he is now oriented in his daily life. Want to do some small business so; he will be able to afford his expenses.

Three clients are still in KOSIS-N under rehabilitation process.

* **Psychosocial knowledge sharing workshop:**

On the date 4th Oct 2016 Tuesday, psychosocial knowledge sharing workshop was held. Twenty four participants are participate in this workshop including psychosocial concern organization, LDO, leader, DHO representative, nine areas health post in charge, hospital management committee president and psychosocial counselor. Presentation was presented by Mr. Prakash Khatiwoda, Ms. Rupa Gurung and knowledge sharing by Mr. Kritiman Tumbahanphe lots of experiences and knowledge was shared on the topic of psychosocial problem.

Thank you!!!!