



ABSTRACT FORM

| | | | |
|---|---|---------------------------|--------------|
| Name/Nome | Ms Savita Apte | Country/ Paese | India |
| Affiliation/Organizzazione <i>(University/Agency/NGO)/(Università/Azienda/ ONG)</i> | Institute for Psychological Health (IPH) www.healthymind.org www.tridaliph.com | | |
| Address/Indirizzo | 9th Floor, Ganesh Darshan Towers, LBS Rd, Hariniwas Circle, Opp Maharashtra Plywood, Naupada, Thane (W), Maharashtra, INDIA 400602 | | |
| Phone-mobile/Telefono | +91 9821543579 | Fax | |
| E-mail | savitaiph@gmail.com | | |
| Title of the contribution/Titolo del contributo | Tridal: An experiment in mainstreaming low functioning schizophrenia patients in community & journey beyond. | | |
| Objectives/Obiettivi | <ul style="list-style-type: none"> • To help the low-functioning Schizophrenia patients to develop functioning and social skills. • To develop a support system for the low-functioning schizophrenia patients. | | |

Contents-text/Contenuto-testo:

Max. 400 parole/words

Institute for Psychological Health (IPH) is an NGO established in 1990. IPH works in the field of community mental health with focus on Destigmatisation. Among our numerous activities related to Mental Health, **Tridal** is a rehabilitation workshop for low functioning schizophrenia patients. Schizophrenia is one of the most debilitating mental illnesses, affecting more than 1% of the world population. A person suffering from schizophrenia experiences positive and negative symptoms. Positive symptoms include hallucinations, delusions, lack of attention and concentration etc. Negative symptoms include lack of interest and motivation to do anything, lethargy, excessive sleep and being non-functional to a great extent. It is observed that with the present revolution in pharmacology, control over positive symptoms is easier. Important challenge is to deal with the negative symptoms. Family members are burden with taking care of this non-functioning patient. At IPH we meet many such families where their patients are unable to go out and work for reasons related to positive and negative symptoms. Caregivers of people suffering from schizophrenia started their support group at IPH in 2003. After they regularly started meeting they felt the need to do something for their non-functioning patients at home. 'Tridal' was established in 2005 to serve this purpose. Tridal aims to help the patients establish their functionality and gain a respectful way of living. . Initially Tridal was thrice a week group activity. Gradually it developed into a rehabilitation workshop. Low-functioning patients come daily for 4hrs & are busy making different products namely food, decorative & stitched items. Tridal is completely run by trained community & caregiver volunteers. Tridal started giving

some honorarium to the patients once in 6 weeks from the profits earned by selling the products made by them. Today turnover of Tridal is around 10 lakhs rupees per annum. Many other activities for cognitive stimulation, emotional growth, effective verbal expression and socialization are conducted, especially considering that most of them had been homebound for more than 5 yrs. This workshop is one of its kinds not only in our state but in India. Around 22 patients attend Tridal regularly. They are ferried to Tridal by a donated bus. IPH aims to help other groups in Maharashtra (India) to establish a set-up like Tridal.