

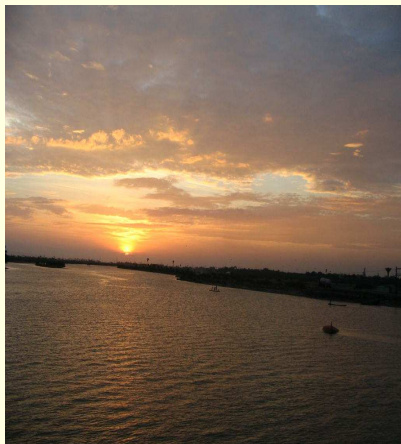
PSYCHOSOCIAL CARE EXPERIENCES & EXPERIMENTS FROM KERALA AND TAMILNADU

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★ *Dr.Chris Thiagarajan passed away recently*

PSYCHO SOCIAL CARE



- Occupies a significant place in disaster management.
- In the hour of dismay and darkness, it is strength within oneself to walk through the ruins of life.
- It is 'human warmth' in the whole disaster management.

TWO DECADES OF PSC



- Two decades of purposeful work and experience accumulated in this area,
- Prove that timely professional intervention, with appropriate human resources,
- Technical back up and sensitivity to affected people cannot only recover survivors from pathological numbness to life but recovers at faster rate.

UNIVERSE FOR META ANALYSIS



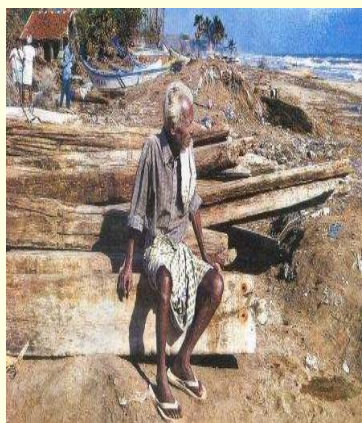
- Experiences,
- Episodes
- Encountered at the Allapadu Gram Panchayat Kollam Dt, Kerala
- Melmanakudi, Keelmanakudi and Manavalapuram of Kanyakumari District Tamil Nadu.
- Forms the universe for the current meta analysis.

PARTNERS IN CARE



- Key agencies involved in this work are
- DEEDS, Bangalore,
- NIMHANS, Bangalore
- Little Flower Convent at Melmanakudi of KK Dt. In Tamilnadu
- SAHAYI at Kollam Dt in Kerala
- Malteeser.

PROCESSES INVOLVED



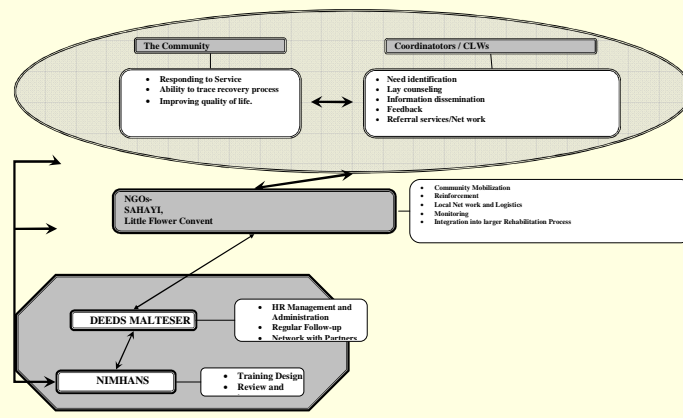
- Observation of the process of psycho social care among the survivors were observed
- Activities of psychosocial carers were supported and recorded
- Changes in individual, family and the affected community were periodically assessed through validated instruments.

OUTCOMES

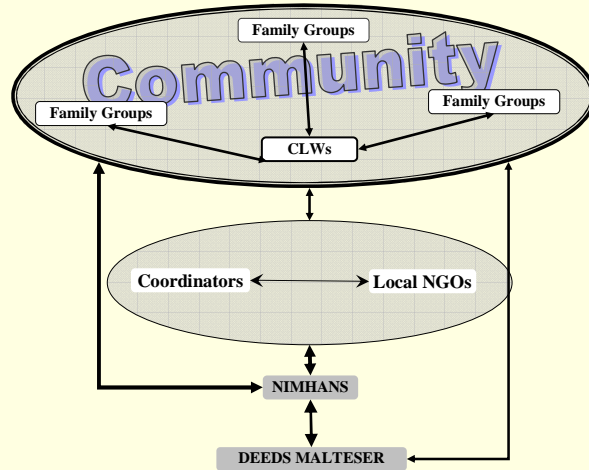


- The emotional recovery from the trauma is not only remarkable but also sustainable.
- This due to the presence of sizable number of Community Level Workers (CLWs) and continuous updating of their skill in this intervention.
- Men do spend their time in completing formalities for entitlements of rehabilitation,
- The women were the first responders for intervention in most situations.

ORGANISATIONAL COORDINATION MODEL FOR PSC



SERVICE DELIVERY



THE BASIC APPROACH

- The Basic approach
- Response to specific needs
- Net work support
- Normalization Model
- Stress management- Teachers, Children, CLWs
- District Mental Health Institutions/ Hospitals/Health Care personnel, Livelihood etc

VARIATIONS OBSERVED



- The family as a whole shares the trauma,
- The recovery among children and adolescent are faster.
- Idioms of distress among women is seen in the form of depression and somatisation.
- Gender based occupation of fisher folk is a significant in the occupational structure and social roles.

RECOVERY DYNAMICS



- Emotional recovery of men has a direct relationship with the involvement back into occupation.
- Such a recovery facilitates familial adaptation to faster reconciliation, since it is centered around men,
- Psycho Social Care intervention has taken all these factors into account.
- Hence, the model maybe one, but the process is closely linked to the context of the survivors.

SUSTAINABLE SUCCESS



- It is this kind of in-depth focus, that necessitates to design need based Psycho social care for children, women and key stakeholders in the community like teachers, Balwadi, Anganwadi workers and Panchayat leaders.
- Careful thought need to be given not only to normalization process of psycho social Care, but also to harmonization of the overwhelming response to disaster Relief, Rehabilitation, Recovery,
- Psycho Social care need work in tandem and in utmost co-ordination.
- Only then sustained success can be achieved.

POLICY FOCUS FOR MACRO INTEGRATION



- It is to be stated that psycho social care neither an end in itself nor and separate entity its success is linked to the accelerated rehabilitation process.
- All the stakeholders in this arena need to be sensitive to the impact of psycho social care on the people.
- Proper organized platform of sharing information and policy support will lead to a faster and stable rehabilitation process.
- The role of the Government both as catalyst and context based micro policy support is the key to success in Disaster Management.

SMALL BOUNDARIES



- We are also aware of the professional limitations of the CLWs and their capacities to deliver excel services.
- The ethical issues, burnout rate, counter, transparency etc., are closely monitored and addressed.

LIGHT HOUSE ON SHORES OF LIFE



- As we leave the shores of the survivors, we are aware that the work and the memories will be swept away with the tides of ever changing human relation.
- But we will leave with greatest satisfaction that the impact of psycho social care will be their as small “light house” on the shores of life, throwing light in their hours of darkness.