

COOJ Community Program

As part of our efforts to spread awareness and care in mental health, we constantly have public awareness programs like talks, discussions and movie screenings. We continue the monthly outreach clinic in Vasco which has seen a growth in the number of patients. A mental illness detection camp was organized in Bastora which saw many people being diagnosed for the first time.



Movie Screening



Goa River Marathon



COOJ Products

Thank You

Our sincere appreciation to everyone who has supported the journey of COOJ through 2015. Hoping that together we continue building a more aware, tolerant & just society towards mental health care



Team COOJ

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Catch us on Facebook: COOJ Mental Health Foundation , You Matter by COOJ



Note from the Director.....

My pen is back on the paper reminiscing on the year gone by. I am grateful for the many goals we planned and were able to reach beyond expectations. It also helped us recognize areas in which we can improve. All part of a learning curve that will hopefully enable us to strengthen our systems. Our goal is to continuously improve the programs we offer, thereby ensuring that all services provided are the best possible. COOJ has witnessed a year of overall growth seen in the numbers availing our services, the quality of care, and the expansion of our reach to newer areas. 2015 completed 15 years of our existence and definitely with determination and a sustained effort, we hope to fulfil our vision of creating a just, humane, healthy, and more tolerant society wherein every individual regardless of their level of ability is given the opportunity to achieve their full potential. Thus, enhancing individual respect & dignity through a better quality of life.



Dr Peter Castelino

COOJ Rehabilitation Program:

This program, which strives to optimize the potential for independence for adults with psychological disabilities has centres both in Bastora located in North Goa and Vasco in South Goa. Functioned by psychologists, a psychiatric social worker, music, and dance therapists, vocational guides and volunteers, the therapeutic programs are designed to facilitate reduction of disability levels and enhancement of skills. Every individual served by COOJ is set with goals based on needs, preferences, desires & dreams. Together we work to make those dreams a reality.

Cognitive rehabilitation has remained the central focus of all our activities through the years. Music therapy continues weekly and dance therapy for most of the year. **Vocational training** included many more products being made. Thanks to the purchase of a manual paper bag making machine, the production has increased allowing our clients to earn better incentives.

Various therapeutic activities were carried out like cooking, vegetable carving, flower making, singing, karaoke, calligraphy training. Days like occupation day, twin day, carnival, St John's feast day and all festivals were celebrated. Our clients enjoyed a fine dining experience at Fr Agnells Institute of Food Craft and Culinary Sciences where they were taught the basics of restaurant etiquette. This was an exciting day for all especially for those clients who had never had a restaurant experience. The carom competition saw our client's competitive side as each one played their best for the winning positions. The monthly movie screenings which are both entertaining as well as educational are always looked forward to.



Our annual picnic took us to the Pascoal Spice farm in Ponda which was a great learning experience enjoyable to all. We returned back with lots of pleasant memories, a better understanding of growing spices as well as closer bonds in friendships.

Summer Camp Activities at COOJ- Vasco



Annual Picnic



World Schizophrenia Awareness Day was observed by the clients of COOJ as they participated in the 3rd Inter- rehabilitation competitions hosted this year by Chaitanya Mental Health Care Centre, located at Tivim. Once again, we returned with the runners -up trophy!! Once again our spirits not dampened.

COOJ participated in the **World Disability Day** program organised by DRAG in association with the Directorate of Social Welfare on the 4th of December by disseminating information about psychological disabilities and the process of rehabilitation.

Friends Club meetings continued to be held once a month at both centres. In November, the members all of whom have some form of a psychological disability, organised their first Annual General Body meeting with felicitations to past presidents and committee members. The members continuously plan activities like outings, talks, discussions etc. A major project being undertaken is linking up with the Elder care program running at the Senior Citizen's Home, Uccassaim wherein the members conduct activities twice a week for the inmates. This has turned beneficial for both our members as well as the seniors.

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Karaoke at COOJ



Friends Club AGM

COOJ Suicide Prevention Program



Listening Helpline
0832-2252525
Mon-Fri 3-7pm

Helping people deal with emotional stress, thus saving lives has been the core of the COOJ Suicide Prevention program -You Matter.

The components of the program has been :

- Awareness
- Interventions
- Training
- Networking
- Activism

The **Listening Helpline (2252525)**, operational from Monday to Friday saw a steady increase in the number of calls. The need of the hour is recruiting more volunteers in order to increase the work timings. The "Mindfulness based Active Listening Program" saw us expand our team with 4 new recruits, bringing our total number of volunteers to 15. We also launched the **post-vention program** where in we provide emotional support to those who have survived attempted suicide, as well as to those families bereaved due to it through both house or hospital visits.

As part of our efforts in reaching out to the community, a month long Yellow Ponda Suicide Prevention Campaign was organised from 15th August to 13th September. The goals were to spread awareness, training gatekeepers and network building.



Gatekeeper Workshop for the Police



Flash Mob



Winners of All Goa Short Film Contest



At Befrienders India National Conference

By following the Befriender International practice guidelines, COOJ was awarded temporary membership recently at their National Conference held in Calicut.

What we have achieved so far

- Started a Helpline 0832 2252525 Mon-Fri 3-7pm.
- Conducted 24 gatekeeper workshops
- Conducted Stress Buster programs in colleges & schools
- Celebrated World Suicide Prevention Day every year
- Conducted inter-collegiate competitions
- Conducted 2-3 public awareness programs every year
- Conducted 2 month long campaigns



Cycle Rally

COOJ Elder Care Program



Group Activity



Golden Stage Senior Day



Enjoying A Day Out at The Backyard

This program was started with the main goal of improving the quality of life of senior citizens. Our current focus has been to achieve this by building capacity in old age homes. This includes activities that would reduce loneliness and increase their morale. A project in each home is of 8 months duration, during which time we try to build up a system using resources from the community, the home, as well as ours. This is done in the hopes of creating a system wherein various activities both recreational and therapeutic are introduced into the schedule of the home. The expected outcomes are improved mental health, lesser degrees of loneliness and an overall positive outlook.

This year saw us completing the project in Aldona and in Uccassaim senior citizen homes. Two programs were also held where seniors from these homes got to integrate with the community, one in Aldona when we organized the Golden Stage Senior Day and one as part of the Dan Utsav where the seniors of 2 homes were given a day out thanks to the generosity of the Backyard as well as some of our friends.