

# COOJ thru 2017

## NOTE FROM THE DIRECTOR

With every program pushing to extend its boundaries of service, 2017 saw the birth of much needed new projects which align with our goal to promote mental health to all.

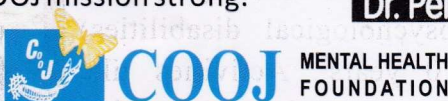
Our rehabilitation program inaugurated the COOJ Shoppee & Integrated Services Centre which provide both skill development as well as opportunities for gainful work, thereby opening the avenues to employment of people with psychological disabilities. The Elder care expanded its services to include people living with dementia. The opening of the Senior Therapy Centre has provided a base through which therapeutic non-residential services are offered. Our Suicide Prevention work saw us build on the existing goals of awareness, training, befriending and networking with an exponential increase in the number of calls received on our helpline.

Much of our success is the direct result of your unwavering commitment to the work we do. Your support—time, talent, and treasure—is integral to ensuring COOJ's continued excellence. Whether you volunteer at the Senior therapy centre, or the Distress Helpline, or outsource work our Shoppee or make a gift, you are contributing to our vision.

Thank you for your past and future participation and generosity. Together lets keep the COOJ mission strong.



**Dr. Peter Castellino**



### Core Projects

Rehabilitation  
Program

Community  
Program

Geriatric & Dementia  
Care program

Suicide Prevention  
Program



# Rehabilitation

Our center continues to be on the pursuit of empowering psychologically disabled adults to achieve “personally fulfilling, socially meaningful & functionally effective interaction” to live a productive life.

Our **New** Venture

**COOJ Shoppee  
& Integrated Services**

Centre for employment  
of people with  
psychological disabilities

**Inaugurated on  
24th May 2017**



Supported by Parkkot Maritima Agencies Pvt Ltd

Kindly encourage the employment of people with disabilities by outsourcing work to us & purchasing our product

**Our Goal** skill development & main streaming

Therapeutic activities like cognitive remediation ,vocational , music , dance & art therapy, counseling etc are continued at the individual , group & family level.



Fancy dress competition



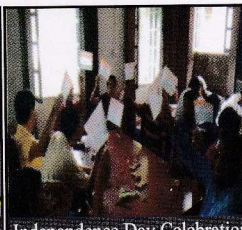
Kite Making



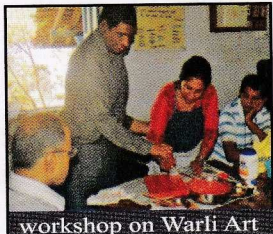
Annual Picnic



Film Festival on Life Skills



Independence Day Celebration



workshop on Warli Art

The friends club, (members who have psychological disabilities) completed 10 years.. Activities like presentations, competitions, cleaning drive, Fruit Fest, etc were held The new managing committee took oath at the Annual General Meeting held on 15th Nov 2017. Membership strength 26



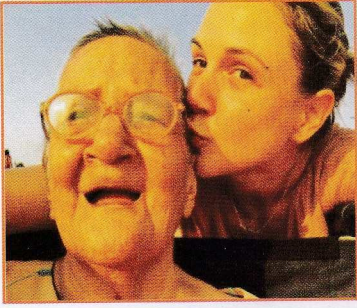
Presentation on Fruits



Workshop on growing food organically



# ElderCare



The COOJ Geriatric and Dementia Program was started with the goal of improving the quality of life of senior citizens. It promotes health, well-being, & independence through recreation, creative & therapeutic activities, support services & information.

Our area of work spreads across the overall geriatric population & also provides specific rehabilitation services for people with dementia.

## What's New

**COOJ Senior Therapy Center** — opened in June, 2017 is a one of a kind, day facility for seniors, with or without dementia, which conducts various activities that focus on active living & general interest of the elderly.

A typical day consists of

- Physical Exercises
- Social Time
- Creative Activity
- Cognitive Work



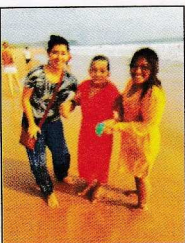
Supported by Parkkot Maritima Agencies Pvt Ltd & Delta Switzerland

**Memory Clinic** which provides assessment and treatment opportunities for those suffering from memory problems. (Wednesday mornings by appointment only)

## Community Social Program

### The Golden Stage,

held in February saw as many as 300 elders from several aged homes and the community, dance to the tunes of Elvis Presley!



### Beach visit

for the residents of the Guirim Aged Home provided a splashing time, even for those on wheelchairs!





# Suicide Prevention

2017 saw us determined to reach our goal of spreading awareness around the WHO theme for World Suicide Prevention Day, 'Take a Minute & Change A Life'. The "Yellow Bardez" campaign was inaugurated through a program which included a candle light memorial walk held at and in association with the District Hospital, Mapuca on 10<sup>th</sup> Sept. During the campaign, we conducted



11 gatekeeper programs for audiences like teachers, police, media, students, doctors, etc. Talks, film screenings & a cycle rally were held. We partnered with organisations like Goa State

Commission for the Protection of Childrens Rights, Rotary Club of Porvorim & Mapuca Elite, JCI, Schools, Colleges etc

**Gatekeeper** Programs are 90 minute workshops, open to anyone that equip participants in the basics of suicide covering topics like epidemiology, myths and facts, risk factors, warning signs, risk assessment and intervention.

**DISTRESS HELPLINE**  
**2252525**

Monday to Friday, 3-7 pm

The COOJ Helpline saw a sharp increase in calls from an average of 15 calls a month to around 100 of all distress levels. Volunteers are trained on Mindfulness Based Active Listening. There is a need to increase the service hours for which we are looking out for more volunteers. This year we conducted two trainings for recruiting new volunteers.

Gatekeeper for Doctors



Gatekeeper for Police



Cycle Rally

EMAIL BEFRIENDING [youmatterbycooj@gmail.com](mailto:youmatterbycooj@gmail.com)  
Received around 252 emails throughout the year



# Let's talk - Mental Health

## WORLD HEALTH DAY

7th April

Theme : Depression

COOJ in association with Mapusa Municipal Council organised a public awareness



## WORLD SCHIZOPHRENIA DAY

24th May

a day where we witnessed abilities of people with schizophrenia



## WORLD SUICIDE PREVENTION DAY

10th September

In association with District Hospital, Mapusa



## WORLD ALZHEIMER'S DAY

21st September

Theme :

Remember Me

a stakeholder program was organised to educate about the disease



## WORLD MENTAL HEALTH DAY 10th October



Drive for Mental Health in the villages of Bardez



# Capacity Building Programs



workshop on suicide prevention by Dr Monika Muller in association with Psychiatric Society of Goa



Befrienders India Conference



workshop on dementia care by Ms Livia Winzeler



Products made by Us...

## Our special gratitude

to every person who has contributed to fulfilling our mission in 2017 especially our top donors Parkkot Martima Agencies Pvt. Ltd, Delta, Switzerland and a well-wisher.



## the Team that makes it all happen...

### Our Contacts

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