



**ANNUAL
REPORT
2018-19**

REHABILITATION PROGRAMME

ELDERCARE PROGRAMME

SUICIDE PREVENTION PROGRAMME

COMMUNITY PROGRAMME

NOTE FROM DIRECTOR



DR. PETER CASTELINO
MANAGING TRUSTEE

Once again, I'm honored with the annual privilege of writing out this message which is reflective of the year gone by wherein COOJ continued in its responsibility to champion the cause of promoting mental health in our State. It is always heartening to be a part of the journey of human stories. Through our efforts, many such stories have emerged with varying outcomes, enriching us with learnings to chart out courses as we strive to optimize the fulfillment of our mission.

The direction we steered in was to augment our existing programmes as we realised emerging needs. Constantly brainstorming lest we suffer complacency in a

sector which is exceedingly dynamic, has been our strength. The Mental Health Care Act 2017 has favoured the needs of the consumer and has definitely exposed the stark reality in the deficiency of services across its spectrum. Furthermore, the push of the WHO towards a focus on non-communicable diseases globally with an emphasis on mental health is an added force guiding us.

Endeavouring to work with the strengths of persons with psychological disabilities, our rehabilitation program hosted, for the first time, an Annual Sports Day, which turned out to be a huge success. The 2nd Annual Film Fest on the theme communication skills concluded with us proudly acknowledging that we were on the right path of expanding the methodologies used in rehabilitation. The COOJ Shoppee and Integrated Services Centre which is in its second year of existence continued to train clients as apprentices for employment. The ElderCare program, steered either through the Senior Therapy Centre or the Community Outreach, has been fulfilling the goals of improving quality of life of our seniors living with or without dementia. Our Vasco branch inaugurated our 2nd Senior Therapy Centre on 1st October 2018, being World Elders Day. The COOJ Suicide Prevention Distress Helpline along with email befriending has allowed us to reach out to people in distress with and without suicidal ideation. We continued to keep training as our goal. We welcomed a number of students as interns and organized community training to build gatekeepers of mental health & suicide prevention. This year our public awareness drive took us to Bicholim and Sanquelim.

Challenged with a limited resource pool, we are ever grateful to all the volunteers who have stepped in to work towards our mission. We are also humbled by the financial support from the community and corporates. Our hope is in the expectation to continue seeing this support in the future.

TOGETHER WE CAN MAKE A DIFFERENCE.



REHABILITATION PROGRAMME

HELP EACH INDIVIDUAL, REGARDLESS OF THEIR LEVEL OF MENTAL ABILITY, TO ACHIEVE THEIR FULL POTENTIAL

FY 2018-19, we continued to promote mental well-being and recovery through regular therapeutic interventions, which included COGNITIVE REMEDIATION, COUNSELLING, VOCATIONAL TRAINING, SOCIAL and MANAGEMENT SKILLS TRAINING and EXPRESSIVE THERAPIES, all of which were conducted in a JUST, HUMANE and TOLERANT environment.

OUR MILESTONE ACTIVITIES



SPORTS DAY



FILM FESTIVAL



MUSIC THERAPY



ENVIRONMENT DAY

- SPORTS DAY: Organised for the first time on 25th May 2018, in observance of World Schizophrenia Day for people with Psychological Disabilities. The event had **55** participants.

- 2nd Edition of FILM FESTIVAL on Communication Skills organised in collaboration with Rotary Club, attended by **74** participants.

- IMPORTANT DAYS & FESTIVALS that are observed to keep the clients connected with their culture & environment like World Environment Day, Republic Day, Diwali etc were celebrated in the truest of their spirit.

These events besides providing opportunities to our clients to learn organizational skills also gave them a platform to master the art of public speaking.

VOCATIONAL CENTRE: A total of **45** people attended the vocational programme. Products are handcrafted with the goal of earning incentives. **There was an increase in sale of the newspaper bags by 25%**

EMPLOYMENT TRAINING AND INTEGRATED SERVICES: This training centre turned a year older on **24 May 2018**. It opened up opportunities for **4** new apprentices to undergo employment training.

FRIENDS CLUB: The club has grown to a total membership of **55**. The members continued to have their monthly meetings and conduct activities of interest to them like Mathalon, a quiz based on mathematical operations and workshops on Jazz, Photography, Baking etc.

CARER'S HOPE MEETINGS: Organised Quarterly, this year's themes were based on Effective Communication Skills and Empathy.



ELDERCARE PROGRAMME

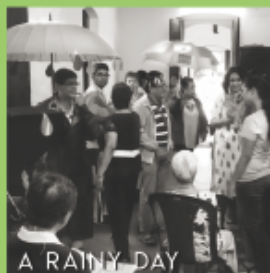
IMPROVE QUALITY OF LIFE OF SENIOR CITIZENS BY PROMOTING HEALTH, WELL BEING & INDEPENDENCE

FY 2018-19 was an eventful year for the COOJ Eldercare Program catering to the mental health needs of senior citizens in Goa. It marked the beginning of a structured and established centre, armed with new physical space, proper equipment and our learnings in the pilot phase. So far, more than **33** seniors have benefited from our services as we launched a new Senior Centre in Vasco.

OUR MILESTONES



SUMMER BONANZA



A RAINY DAY



WORLD ENVIRONMENT DAY



5TH GOLDEN GAMES

SENIOR THERAPY CENTRE

Various activities were designed to provide opportunities for the elderly to maintain their sense of purpose through skill enhancement and development, while providing social connectedness – usually overlooked in geriatric mental health.

- COOJ ANNUAL PICNIC hosted in April, combined Social Skills with Play Therapy
- WORLD ENVIRONMENT DAY in June was celebrated by providing the elderly hands on Horticultural and Art Therapy
- A RAINY DAY: Monsoon themed day in August, integrated Role Play, Movement & Dance Therapy to create Live Performances.

AWARENESS PROGRAMMES (ANNUAL REACH - OVER 400 PEOPLE)

This included an Interactive Session on Geriatric Mental Health for Rotary Club of Porvorim, a televised Panel Discussion for Girls Islamic Organisation, a Marathon in association with Goa River Marathon & 2 Movie Screenings to raise awareness for Alzheimer's Diseases. These were supported by distribution of Awareness Pamphlets across various public spaces.

- NEEDS ASSESSMENT SURVEY conducted in association with Goa Institute of Management to assess physical, social & emotional needs of elderly people in Goa
- CAREGIVER SUPPORT: 3 Support Meetings conducted to address the concerns of caregivers of people with dementia

COMMUNITY INITIATIVES

- GOLDEN GAMES: 5th Annual Senior Citizens event, wherein **350** senior citizens participated from over 20 old age homes
- MEDICAL CAMP: Free Medical camp organised for over **200** Senior Citizens at the COOJ centre, addressing early signs of various mental health concerns



FUN FAIR



AWARENESS DRIVE FOR ROTARY CLUB, PVM



SUICIDE PREVENTION PROGRAMME

REDUCE THE RATE OF SUICIDE IN GOA THROUGH WIDE-SPREAD AWARENESS & TRAINING, ACTIVE INTERVENTIONS & NETWORKING WITH VARIOUS KEY STAKEHOLDERS

FY 2018-19 ushered in new partnerships. This helped us in building up our RESOURCES to provide quality BEFRIENDING services as well as in increasing our VOLUNTEER base to spread awareness all over Goa.

OUR KEY ACTIVITIES

- WORLD SUICIDE PREVENTION DAY observed in partnership with Directorate of Youth & Sports Affairs. Prominent Members from the society alongwith students participated in lighting the Candle of Hope & a Drum Circle conducted by noted musician Carlos Gonsalves.

- Our helpline volunteer was sent to attend NATIONAL BEFRIENDERS CONFERENCE in November. She brought back a lot of learnings like being a committed volunteer, dealing with sexual callers etc

- 2 TRAINING PROGRAMMES with volunteer count increasing from 12 to 19.

- 9 GATEKEEPER WORKSHOPS & 2 LIFE SKILLS WORKSHOPS at various Organisations to exhibit their role in identifying people with high risk to suicides.



GATEKEEPER WORKSHOP AT IHM, GOA



GATEKEEPER WORKSHOP AT ST. XAVIERS COLLEGE, MAPUSA

DISTRESS HELPLINE: MONDAY to FRIDAY, 1PM - 7PM
2252525

PERFORMANCE: COOJ DISTRESS HELPLINE

- The Helpline completed 5 years of service on Sept 03, 2018
- Timings increased from 3 pm - 7pm to 1pm - 7pm (Mon - Fri)
- Total Calls received (FY 2018-19) - 1804 calls
(732- fresh callers, 911- Repeat callers, 475 Suicidal callers)

Annual Growth in Calls received - 136%

The HELPLINE continues to function under the guidelines of Befrienders Worldwide.

PERFORMANCE: EMAIL BEFRIENDING

FY'17-18 emails received- 246 emails

FY'18-19 emails received- 430 emails

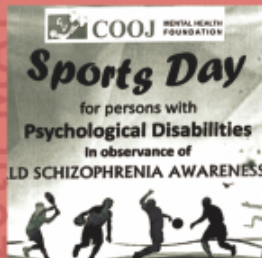
Annual Growth in Emails received - 75%



COMMUNITY PROGRAMME

CREATE AWARENESS TO REDUCE STIGMA & DISCRIMINATION & TO RECOGNISE THE IMPORTANCE OF MENTAL HEALTH AS AN INTEGRAL PART OF OVERALL HEALTH

25th MAY



WORLD SCHIZOPHRENIA DAY

1st Sports Day for persons with psychological disabilities co-organised by COOJ and Chaitanya was held at the ground of Holy Cross School, Bastora.

10th SEPT



WORLD SUICIDE PREVENTION DAY

Co-partnered with Directorate of Youth & Sports Affairs to spread awareness across the theme of "Working Together to Prevent Suicides" at the sports com-

21st SEPT



WORLD ALZHEIMER'S DAY

'A Run to Remember' - organized in association with Goa River Marathon & Vasco Sports Club to raise awareness of Alzheimer's Disease, along with 2 Movie Screenings.

10th OCT



WORLD MENTAL HEALTH DAY

Drive for Mental Health, focussing on Young People and Mental Health in a Changing World, organised in Bicholim and Sanquelim.

10th SEPT



CAPACITY BUILDING PROGRAMMES

Workshops on different themes of mental health, addiction, suicide prevention, relationships, soft skills etc. were conducted in the community. Total no. of educative programs

COMMUNITY MENTAL HEALTH OUTREACH CLINIC at Vasco continued to see patients on the 2nd Wednesday of every month for 3 hours. Total No of patients seen in 11 clinics - **134**

BALANCE SHEET (AS ON MARCH 2019)

LIABILITIES	Amount	ASSETS	Amount
Reserves		Fixed Assets	
Corpus Fund	1,15,000.00	(As Per Schedule Enclosed)	32,13,588.85
General Fund	27,37,733.00	Investments	
Balance in Income & Expenditure Account		(Fixed Deposits with banks)	
Balance as on 01.04.2018	51,54,589.61	Bank of Baroda	2,29,723.00
Add: Surplus during the year	7,08,760.49	Canara Bank	8,00,000.00
Current Liabilities		Catholic Syrian Bank	75,000.00
Allowance Rehab Payable	5,000.00	DCB Bank	4,59,310.00
Salary Head Office Payable	49,355.00	IDBI Bank	4,00,000.00
Salary Suicide Prevention		Current Assets	
Prog Payable	36,000.00	Security Deposit	10,518.00
Salary Rehab Payable	70,000.00	Advance to Staff	22,000.00
Salary Elder Care Payable	34,000.00	IT Refund Due AY 2015-16	26,129.00
Telephone Charges Payable	537.00	TDS Receivable AY 2017-18	18,409.00
Water Charges Payable	1,897.00	TDS Receivable AY 2018-19	7,676.00
Electricity Charges Payable	773.00	TDS Receivable AY 2019-20	23,317.00
Helpline Landline Charges	1,173.00	Cash and Bank Balances	
Leave encashment payable	7,211.00	Cash on Hand - Vasco	143.00
TDS	(4,494.00)	Cash on Hand - Mapusa	24.00
Total	89,29,535.10	Bank of Baroda	13,25,514.79
		Bank of India	5,98,373.09
		Dena Bank	39,100.00
		PNB A/c no 20308	4,87,340.83
		PNB A/c no 14963	11,93,368.30
		Total	89,29,535.10

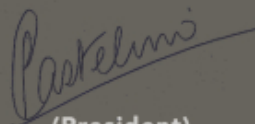
As per our report of even date
For Nandan Sirsat & Associates
Chartered Accountants
Frm Reg No. 137923W

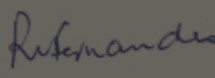

Nandan Motilal Sirsat
Proprietor
M No 158694



August 8, 2019
Mapusa - Goa

For COOJ Mental Health Foundation


(President)


(Treasurer)

COOJ INTERNSHIP PROGRAM

Our internship program offers a hands on exposure to the daily functioning of a Rehabilitation Centre, Training in assessments, Cognitive Remediation Techniques, Vocational Training, and Group Therapy in the Adult as well as the Senior Therapy Centre. COOJ had taken in 12 interns during the FY 2018-19.

VOLUNTEERS

A total number of **68** volunteers assisted us in our work this year. Of these, **23** did so on a regular basis. Our sincere thanks to each of them who have devoted their time and efforts to the building of our cause.

SUPPORT US

Seeking committed Volunteers to assist us with various activities such as:

1. Taking Calls on the Suicide Helpline
2. Assisting in Vocational Training
3. Assisting in ElderCare Programme
4. Marketing Services
5. Fund Raising
6. Graphic Design
7. IT Support



TEAM COOJ

Trustees:

Founder Trustee - Mrs. Theresa Trinidad; **Managing Trustee** - Dr Peter Castelino;

Secretary - Mrs. Lakshmy Unny; **Treasurer** - Mr. Romuald Fernandes;

Deemed Trustees - Dr Justiniano Pereira & Mrs Hema Unny

Administrator & Accountant - Rashmi Palav

Programme Coordinators:

Rehabilitation - Neetha Mascarenhas; **Elder Care** - Aarti Sinha; **Suicide Prevention** - Donella Noronha

Counselling Psychologists - Dayle Rodrigues, Aldela Fernandes, Liza Barboza | **Vocational Instructor** -

Martha Fernandes | **Distress Helpline Assistant** - Daniella Pinto | **Trainee Counsellor** - Andrea D'souza

Office Assistants - Vincent D'sa, Daniella Fernandes, Karl Dias | **Housekeeping** - Lata Desai, Vijeta Kandolkar

OUR SPECIAL GRATITUDE

Team COOJ comprises of not just the management & staff but each and every person who has supported our Mission and Vision with their Time, Skills, Effort, Donations and Well Wishes. Our Sincere Gratitude to all of you and hope that you will continue to join hands with us in all our future endeavours.

BASTORA
CENTRE

Add: House No. F1, Boa Vista, Bastora, Bardez, Goa 403507

Tel: +91-832-2260080 | +91-98225-62522

Email: COOJTRUST@yahoo.co.in

VASCO
CENTRE

Add: Behind Suvidha Complex, Next to Ramanilyam, Kharewaddo, Vasco

Tel: +91-832-2501684

Email: SAHODAYAVASCO@gmail.com

URL

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