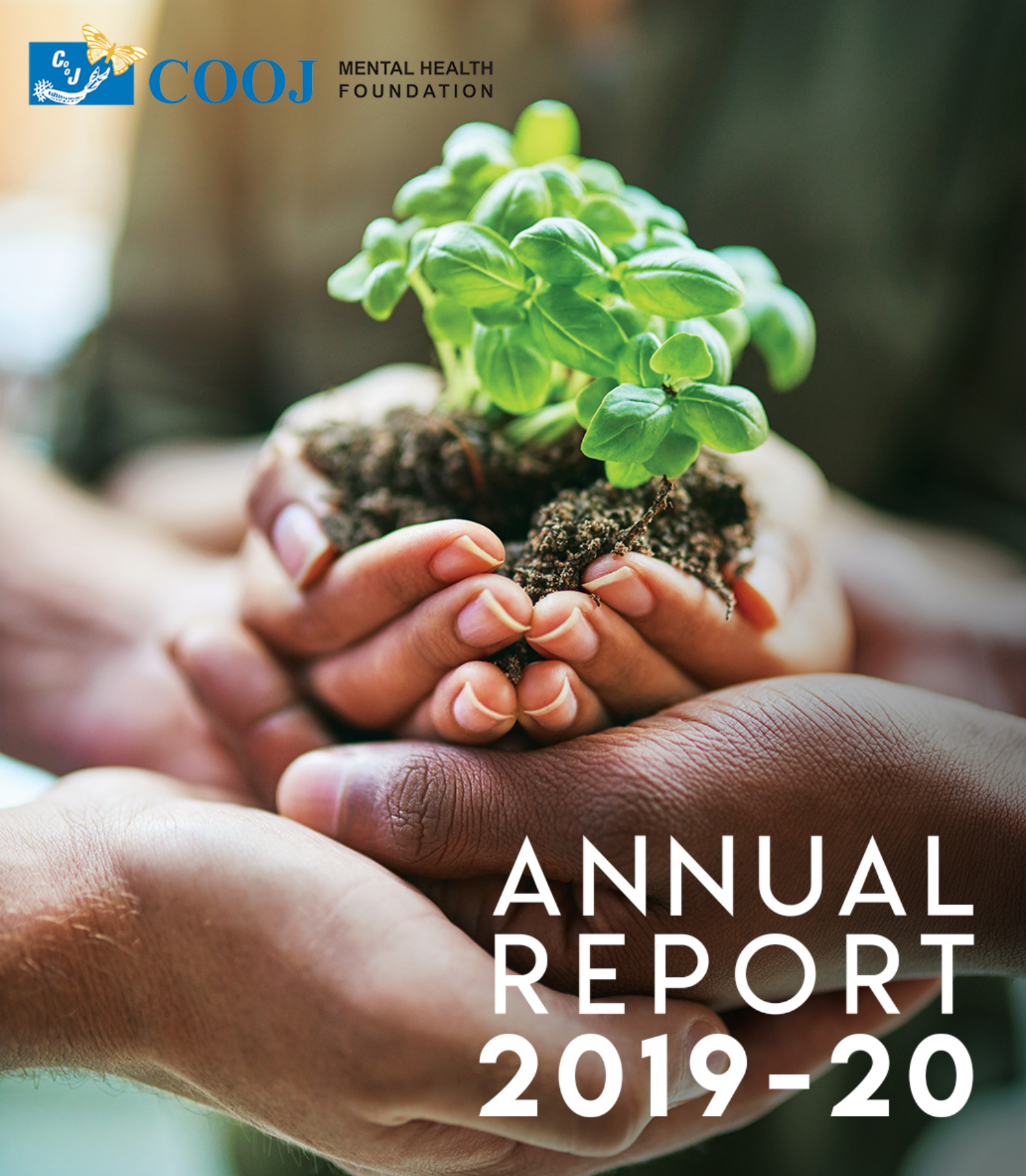




COOJ

MENTAL HEALTH
FOUNDATION



ANNUAL REPORT 2019-20

REHABILITATION

GERIATRIC & DEMENTIA CARE

SUICIDE PREVENTION

COMMUNITY OUTREACH

NOTE FROM THE DIRECTOR

The year of 2019-20 was a mixed bag, with plenty of new experiences and opportunities for learning. We saw ourselves go through a variety of situations which gave us the courage to forge a bit more and take those risks, which gave us newer insights into what we can do. Mental health is definitely a challenge; with so many grey areas, which when positively approached can become the springboard to discovering novel approaches to care. Stigma, lack of acceptance, rigid mindsets, and cultural belief systems fuel us to branch out into more acceptable means to reach out. With around one out of every 4-5 people experiencing a mental health issue, we strive to develop programs that are effective as well as sustainable and wide reaching.



Dr. Peter Castelino
DIRECTOR

Besides depression, the most common neuropsychiatric illness is Dementia, a major contributor to disability in people above 60 years of age. In 2010, there were 3.7 million Indians with dementia and the total societal costs was about 14,700 crores. While the numbers are expected to double by 2030, costs would increase by three times. Research indicates that up to 90% of the time, challenging/psychiatric behaviors that occur in persons with dementia may be caused by either factors in the environment or by a caregiver approach. The increasing numbers of dementia patients entails the need for specialized dementia care units. Dementia day-care centers, care homes and caregiver support programs have yet not been developed in India, and this is the need that must be addressed to meet the challenge of dementia care in India. *COOJ has set up **senior therapy** centres in both districts of Goa to provide psychosocial assistance to elders with geriatric mental illnesses as well as to those seeking to improve the quality of their lives. Besides this we actively provide caregiver support both individual and institutional.*

Around 800,000 people commit suicide every year in the world. India has the highest suicide rate in the South-East Asian region, according to the WHO's latest report, which pegged India's suicide rate at 16.5 suicides per 100,000 people. *Our **suicide prevention** program aims to work through the universal, selective and indicated prevention strategies, laid down by the WHO. This year, our program resulted in us imparting more trainings; increasing the number of people who are better equipped in crisis management. Our reach numbers increased of those experiencing suicidal ideation, who reached us via our helpline services, emails and calls.*

Skill building remains the focus of the **psychosocial rehabilitation** program, which has provided varied opportunities for development of our clients with psychological disabilities. We successfully organised the 3rd Film Festival and the 2nd Sports Day, both annual events for people with psychological disabilities which drew enthusiasm from the participants. Trainings continued with the internship program to those interested in practical hands on experience.



This Annual Report sets out what we have achieved in 2019-20. The programs we celebrate in this year's report are strong examples of what happens when we expand our expectations for care. This would not happen without your support and encouragement. We continue to acknowledge the selfless service of our volunteers without whom we would not have been able to fulfil our objectives. We humbly look forward to this continuous act of trust.

As a team, we continue to work on strengthening the organisational capabilities, so we can reach more people with our effective and scientifically proven interventions, and thereby contribute to a more mentally stable world. **We envision a community where mental health is as much a priority as physical health.** We are confident that in years to come we will look back with pride on the role we played in converting awareness into much needed change.

REHABILITATION PROGRAMME 2019-20



WE HELP EACH PERSON ACHIEVE THEIR FULL POTENTIAL, NOT WITHSTANDING THEIR ISSUES OF MENTAL ABILITY

The main goal of our rehabilitation program is to teach emotional, cognitive, and social skills that help those diagnosed with mental illness, live and work in their communities as independently as possible. It involves a step by step process to assist our clients to discover and recover meaningful roles in their life, through the development of right skills, resources, knowledge and supports. Our team strives to enable them to successfully rebuild social connectedness to their family and community.



As we continued to promote mental well-being and recovery for our clients through regular cognitive-based therapeutic interventions, this year we especially focused on overall personal development through various **self-awareness** and **self-empowerment** activities; like 'follow your dreams', self-affirmations, social qualities, 'what is in my control', 'If I woke up as someone else for a day'. Furthermore, through individual and group-based interactions, various therapeutic techniques were explored such as, role play, expressive therapy, mindfulness, storytelling, film reviewing, etc. Event based activities also included social skills building and expressive therapy such as show your talent, as well as, art of public speaking through performance and presentations.

NEW PSYCHO-THERAPEUTIC ENGAGEMENT ACTIVITIES CONDUCTED



During year 2019-20, two new psycho-therapeutic concepts were designed and implemented by our team, aimed at increasing self-awareness and empowerment, while ensuring their engagement in positive and socially reinforcing ways.

• THERAPEUTIC COMMUNITY:

This concept was introduced in order to help our clients actively tap into their potential by assigning daily duties, which they can carry out with minimal supervision. We saw positive results as it gave them a sense of responsibility and empowered them to venture into novel tasks in a safe environment.

• COOJ TALKIES | 'Where Media Meets Talent'

Through this concept, communication and other social skills learnt were practiced and showcased using the medium of the media. The first episode 'Everything under the Sun' was a talk show, where our clients were interviewed about their favourite topics. Professional Training was conducted in confidence, fluency in communication, camera presence, eye contact, body language and speaking in front of an audience. This show was recorded and aired at COOJ.





ANNUAL WORKSHOPS & KEY ENGAGEMENT EVENTS

During year 2019-20, we conducted a total of 10 different workshops, two of which are as follows:

- **Importance of Personal Hygiene Workshop:**

Followed by demo and tips on personal grooming, this program was interactive and demonstrative, having a definite impact on reinforcing this simple yet significant aspect of healthy living.

- **The Safety Measures Workshop**

Conducted by the Fire and Emergency Services of Mapuca this workshop comprised of a presentation on various safety measures such as classes of fire, types of extinguishers, first response to fires, as well as, a hands on experience in using an extinguisher.



COOJ SPORTS DAY: The 2nd Edition of Sports Day for people with psychological disabilities was organised at Holy Cross High School, Bastora on May 25, in observance of World Schizophrenia Day, and in collaboration with Chaitanya Institute for Mental Health. The event's theme was 'Inclusivity for all individuals with psychological disabilities' and goal was to inculcate the values of cooperation, persistence, competitiveness, self-belief, while ensuring our 65 participating clients had enjoyed the experience with a collective team spirit.

COOJ FILM FEST: Theme for the 3rd Edition of Learning through Films – for people with psychological disabilities, was "Emotions- the yin and yang". Attended by 90 participants and conducted by psychologists, Aarti Sinha and Archana Jhangiani, it was organised in collaboration with Rotary Club of Panjim Riveria and Esterala Hotels & Resorts at the Directorate of Art and Culture, Goa. Designed to develop the emotional intelligence, the session focused on developing an understanding of multiple emotions, both, of self and others, via storytelling and using audio-visual mediums. Furthermore, a full feature film was aired, which depicted emotions in a relatable context.

NATIONAL CULTURAL EVENTS: To encourage our clients to be connected to our socio-cultural environment, various festive events like Diwali, Christmas, Holi, San Joao, Unity in Diversity, World Environment Day, Summer Camp and all the National Festivals were collectively observed.

COMMUNITY OUTREACH: As part of learning to socially engage and make a difference, our clients socialised with Seniors at the Provedoria Old age home, through song, dance, and other interactions.





OTHER ONGOING EFFORTS & ENGAGEMENT SERVICES

VOCATIONAL TRAINING: 49 clients were introduced to the vocational training program, in order to enhance their mental, social and communication abilities. New avenues were developed for the sale of the created products, which encouraged them to complete their task within deadlines, improve productivity and explore the opportunity of earning incentives. One such new avenue was the art exhibition & sale organized by Sangath Goa in Dec 2019.

EMPLOYEMENT TRAINING & INTEGRATED SERVICES: This started 2 years ago with the goal of opening up opportunities for our clients to work as apprentices and undergo employment training. Currently, one of the 4 undergoing this is appointed at our Senior Therapy Centre. Through this training, the apprentice has gained a sense of self-confidence along with skill utilization experience.



CARER'S HOPE MEETING: The first one was held on 29th May, 2019, on the Mental Health Care Act 2017 by Dr. Abhijeet Nadkarni. The second meeting held on 17th November 2019 was an awareness program for the rights of person's with mental illness and caregivers. It was conducted by the Psychiatric Society of Goa and supported by COOJ.

WORLD MENTAL HEALTH DAY: An awareness drive was held on Oct 10, World Mental Health Day, at public spaces in and around Mapuca. It began with an introduction of our drive to the Chairperson of Mapuca Municipal Council. Interactions happened with people around the area, bus stands, offices, banks, markets etc. creating awareness about mental health, illness and the care available to those in need. Flyers were distributed in English, Konkani and Marathi; and TV & radio interviews were also held.



FRIENDS' CLUB: This has been a persistent on-going effort for us, created with a vision to empower it's members by allowing them to plan, make decisions and execute all the activities that would be conducted in and out of COOJ. The club has 57 members who continue to organise and conduct their monthly meetings and scheduled activities, like the design and development of theme-based presentations, quizzes and indoor games, such as dominoes and carom tournaments. Other Friends' Club activities include indoor gardening, fancy dress competitions, movie screenings, outdoor trips. One such exciting trip was organised to Mall De Goa, Porvorim, along with a collaborative preparation of simple snack dishes to take along, using the various ingredients cultivated by the members of the club that year.





THE ELDERCARE PROGRAMME 2019-20



WE INSPIRE A BETTER QUALITY OF LIFE FOR SENIORS BY FACILITATING MENTAL WELL-BEING WITH HEALTHCARE

With our geriatric care and therapy, we aim to make a critical difference in the life quality of elderly people. We recognize this is relatively a more difficult and slow progressive process and must be adapted to the physiological age related decline and comorbidities. Our all intervention efforts by our team have always been focused towards the improvement of their psychological well-being and ability to do as many as possible daily living activities, enabling their social reintegration.

2019-20 was an eventful year for the Geriatric and Dementia Program as we focused on building a wider reach to seniors living with/ without mental health issues, especially those with dementia. We worked towards providing psychosocial interventions at our Senior Therapy Centres in Bastora and Vasco, as well as, to those in the community. Various activities were designed to provide opportunities for the elderly to maintain their individual **sense of purpose** through **skill enhancement** and development, while providing social connectedness – usually overlooked in geriatric mental health.

While delivering this service was challenging, we understood that it is imperative to be heterogeneous in our intervention approaches. Since its inception in 2014, through our various endeavours so far, our program has reached, impacted and sensitised over 3000 people.

COOJ SENIOR THERAPY CENTRE FOR GERIATRIC CARE AND THERAPY

In 2019-20, **56 seniors** accessed the intervention services of the Senior Therapy Center at COOJ Bastora and Vasco, which is a **41% rise from last year**.



The Senior Therapy Centre is designed to function on a regular basis, with a scheduled program that involves conducting various individual therapeutic sessions with the participating elders, such as individual counselling, cognitive remediation, along with group activities like thematic discussions, art and craft sessions, music, horticulture, etc. In addition, our team has been conducting various specialised interventions, like reminescent therapy for people with dementia, wherein with the help of prompts like photographs, music, etc. elders are encouraged to talk about their earlier memories.

Through these various sessions, we help the elders, who may have difficulty with the transitions of aging, to manage their emotions, discover new sources of enjoyment and meaning, and find new support systems. Our focus has been to recognise their needs, explore strengths, reduce disabilities, improve functioning and assist seniors to regain their sense of purpose and confidence.



KEY ENGAGEMENT & INTERVENTION ACTIVITIES

During year 2019-20, we implemented various activities, some of which are as follows:

• Horticulture Therapy

Exposure to gardens has shown to have therapeutic effects on the elderly. A restorative technique, it improves memory, attention, responsibility, social interaction and helps our clients learn new skills and regain lost skills. Plants and vegetables like spinach and basil were grown, and old items were recycled to create pots for them.



• Cooking Therapy

Cooking has therapeutic value physically, cognitively, socially and intrapersonally, while encouraging creativity. Based on their individual abilities, elders were encouraged to prepare simple food items like Salads, Chaat etc., which they enjoyed with others. This reward of eating together as a group and the satisfaction of having cooked a healthy meal can become a rush of healthy self-inflation.



• National Holiday Group Celebration

Independence Day was celebrated along with the clients of COJ Rehab Programme, during which participating elders shared their pearls of wisdom, along with significant moments and experiences of their lives through posters.

COMMUNITY SERVICE

A free mental health screening camp was organized in Vasco on the May 4, 2019, wherein a total of 51 seniors received consultations from psychiatrists and medical practitioners after a psychological assessment of all seniors were carried out. Various medical tests for blood sugar, bone density, blood pressure, neuropathy etc were also provided on site.

WORLD ALZHEIMER'S DAY

On September 21, COJ observed World Alzheimer's Day by organizing a Movie Screening of two films, highlighting the context of Alzheimer's disease. This was followed by a presentation about the the nature, treatment and care needed to those with the illness. It was attended and appreciated by over 100 adults and elders.





KEY ENGAGEMENT & AWARENESS ACTIVITIES

Following are 3 key **awareness programs** we conducted.

- 1) In July 2019, on the occasion of Grandparents Day, a group discussion was conducted at Holy Cross High School, Bastora on the topics of Dementia, Caregiving, Treatment and other related aspects of senior care.
- 2) A Programme was conducted for 30 Block Development Officers of the panchayats about the importance of Geriatric Mental Health Care.
- 3) In December 2019 an awareness program was conducted for the staff of Provedoria Old Age Home in Mapusa.



GOLDEN STAGE 6

In Feb 2020, we organized the 6th edition of Golden Stage, an annual community event for senior citizens. The theme for was '**A Beach Carnival**'- which saw the participation over 400 senior citizens from 20+ old age homes and community.



This extremely lively and exciting event had a range of entertaining activities, including music and dance performances, as well as, competition and game stalls. Remo Fernandes performed some foot tapping music which drew the seniors to the dance floor seniors have the opportunity to take a break from their monotonous everyday routines and engage with other seniors.

Held at the Emerald Lawns, along with the partnership of Lions Club of Mapuca Suburban, this event was designed by us to be not just extremely entertaining but also therapeutic and inclusive in nature, providing elders, both, mental and physical stimulation.

Jan 2020 Visit of Dr. Monika Muller, the President of DELTA, to our centre for their yearly assessment

We are grateful to DELTA our funding partner from Switzerland, for helping set up as well as sustain the functioning of the Geriatric and Dementia Care program. Thanks to our collaboration with DELTA we have been able to fulfil the goals and objectives set for the program.





SUICIDE PREVENTION PROGRAMME 2019-20

WE WORK TOWARDS REDUCING GOA'S SUICIDE RATE WITH AWARENESS, TRAINING & SURVIVORS' SUPPORT

Suicide is an even bigger problem in Goa, as the state's suicide rate is higher than the national. The objective of our Suicide Prevention Program is to reduce the suicide rate in Goa with the spread of awareness, provision of training, survivors' support initiatives, networking and emotional first-aid provision through a dedicated Distress Helpline. We work through the Universal, Selected and Indicated Preventive Strategies laid down by the WHO World Suicide Report 2014 on Preventing Suicides.



THE VOLUNTEER TRAINING PROGRAM

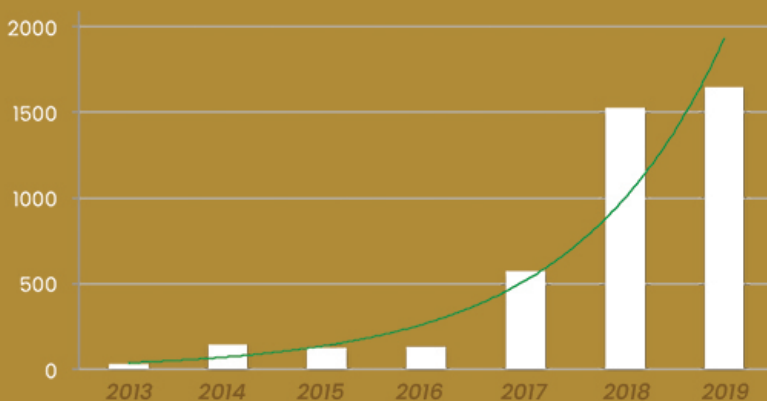
After a thorough screening process, selected volunteers undergo an intense 40 hour holistic training. They are empowered with active listening skills to handle a variety of situations involving emotional distress or crisis. They develop sensitivity and awareness about suicidal thoughts and behaviour as well as issues relating to suicide. After the training, volunteers are able to respond compassionately and mindfully to the uniqueness of the caller's situation.

Apart from being an effective listener volunteers also have the opportunity to grow through this experience. It helps create self-awareness about one's own attitudes, values and beliefs about suicidal ideation and teaches coping mechanisms and self-care techniques towards enhancing the callers' own sense of well-being.

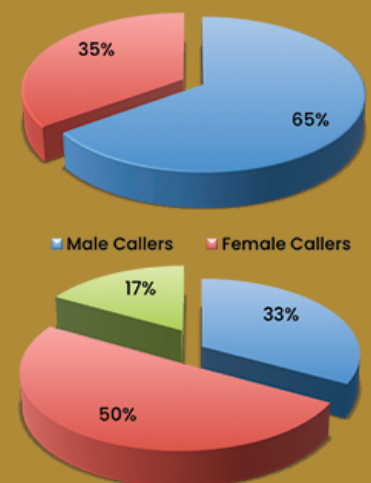
THE COOJ DISTRESS HELPLINE

Our helpline runs on the principles of Befriender's Worldwide, a global organisation, which runs Suicide Prevention Helplines around the world and offers **emotional support** through active listening to all those who call us. Callers are probed for their suicidal ideations and the intensity level of them wanting to act upon it is assessed. The distress helpline, which operates through both phone calls, as well as emails, is positioned a safe space for people to talk about their distress and concerns. This helpline has been operational since 2013. Every volunteer is trained to patiently listen to every caller with empathy & compassion. The positive outcome of this interaction is when a new caller finds a sense of hope and emotional support and decides to call the helpline again.

OVERVIEW OF DISTRESS HELPLINE CALLER STATISTICS 2019-20



Growth in Total callers over last 2 years — 187%
Annual growth in Male Callers — 18%



■ Fresh Callers ■ Repeat Callers ■ Unidentified Callers





KEY AWARENESS & ENGAGEMENT EVENTS

During year 2019-20, we implemented various activities, some of which are as follows:

1. **World Suicide Prevention Day** was observed by us on September 10, 2019, with a live interview conducted by the Coordinator of the Suicide Prevention Program Donella Noronha and the Director of COOJ Mental Health Foundation Dr. Peter Castelino at Radio Indigo followed by a talk to 300 MBBS students at Goa Medical College.

2. **10 Gatekeeper Programs** were designed and organised to create awareness on the myths & facts about suicide prevention & how to detect people at risk to suicides. Doctors, students, teachers & journalists attended this 90 minute workshop to understand the challenges faced by people with emotional distress.

3. **12 live discussions** were conducted by Team COOJ on various related topics, such as depression, mental health, addictions, life skills etc..



4. COOJ renewed its MOU with **'The Live-Love-Laugh Foundation'** for the year 2019-2020 to conduct the School Mental Health Awareness programs for students & teachers in Goa. The team covered 2543 students & 89 teachers under this program. The LiveLoveLaugh Foundation invited the resource team members to attend two of its review meetings in May & December respectively. An update report was submitted by implementing partners. The challenges faced were addressed & solutions were generated.



5. The Department of Higher Education Goa invited team COOJ to conduct a one day workshop on **"How to befriend your students"** for their student counsellors. Ms Anjana Raje, Psychologist (Consultant/trainer) from Bangalore and Dr Peter Castelino, Director, of COOJ were the resource people to address 93 student counsellors who attended the program that was held on the 18th of September 2019.



6. On October 4, we, once again, engaged in a partnership with the Department of Higher Education Goa, wherein principals from 33 Goa colleges participated in a one day state-level workshop on **'the Mental Health of College Students – present scenario and the way forward'**. The key resource persons were Dr. Abhijeet Nadkarni from Sangath, Dr. Peter Castelino from COOJ & Dr. Saba D'silva, principal of Kare College of Law Margao. Secretary of Health, Ms. Neela Mohanan addressed the gathering. The program ended with the participants drawing up a road map to improve the mental health of their students.



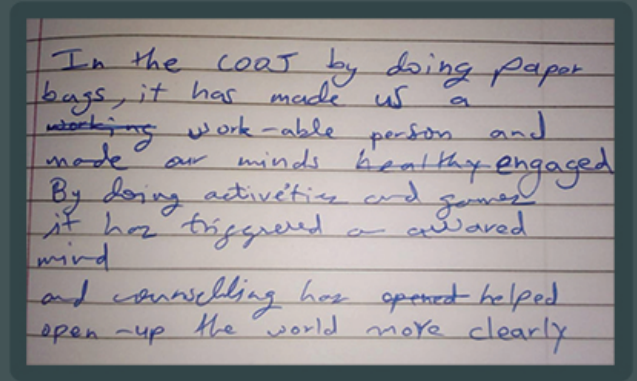
TESTIMONIALS

"I am elated to write about COOJ.

It is my favourite NGO. It has helped us and Natasha tremendously. It has helped her to be more responsible, helpful and active. I am happy to say the staff is very caring, loving and have great patience with our children. Each day we find a change in Natasha.

We are grateful and want to thank you all for your precious time"

– **Nirmala, Carer,**
COOJ Rehabilitation Program



– **Alino, Client,**
COOJ Rehabilitation Program

"The COOJ elder care programme keeps my parents active in mind and body. My mum would not interact much since the day she fell sick. We had to force her to speak but with the support of the centre we always hear her talk about the sessions.

The exercises and being with all in the group has benefited her a lot. The sessions are reviving dad too. They keep his mind active and exercise keeps him fit."

– **Jeanette, Carer,**
COOJ Geriatric and Dementia Care

"When I was passing that way to attend my daily mass at SFS institute, I was wondering what that board COOJ meant. It happened that I met my friend Aura one day and she told me about good things that were being done there.

It was a delightful experience from day one. I became a happy person and I like all my colleagues there. They were so nice to me that it felt like my second home"

– **Marcia, Client,**
COOJ Geriatric and Dementia Care

“ ... even though there is a structure, it is not a rigid programme, having scope to change, adapt, accommodate as we go ahead. It is inclusive. ”

"Volunteering at COOJ Elder Care has been a very fulfilling experience for me. To be able to bring joy to the elderly, especially when they are very lonely in their senior years, brings deep joy and satisfaction.

I also enjoy volunteering at COOJ Elder Care because even though there is a structure, it is not a rigid programme, having scope to change, adapt, accommodate as we go ahead. It is inclusive"

– **Linda, Volunteer,**
COOJ Geriatric and Dementia Care

TESTIMONIALS

"Whenever I am in the super dark phase, you have always rescued me by just listening to me and giving me hope ... I used to call you, and someone always answered my calls and always listened....always.....In times like these you don't need something big or some big changed to happen....just need someone to be with you, just to hear you, even silence is fine as long as the other person is still with you.....Cooj Team really really really saved me from this... Every one of you was different people like friendly, kind, caring, strict, funny, empathetic, tough, wise, logical, sound ... The service has helped super tremendously in my recovery and I have shared things I could not share with anyone in times of crises ... You have literally created a super miracle by just doing a simple thing....Listening"

—Akash, Caller, COOJ Distress Helpline

"My 18 months at the helpline have helped me grow as an individual. Its offered me a wider perspective of life. I have to learn to forget my own little irritants and problems and see the big picture. I understand myself, my needs, my wants as never before. Most of all, I have learnt to listen, not merely hear, to what is said but more importantly to what remains unsaid. I have realized that when you speak to someone over the phone, your physical presence may not be there. But emotionally you are holding the caller's hand. And in this way you are saying, you are not alone. That, more than anything else, is what he or she wants to hear"

—Volunteer, COOJ Distress Helpline

John F. Kennedy once said "Every person can make a difference and every person should try". Being a volunteer, gives you a chance to change the lives of others including your own. It gives you a sense of joy, knowing you're helping someone who may not be able to help themselves. For me, this opportunity was a blessing in disguise that was given to me by COOJ Mental Health Foundation. It all started when a friend asked me to volunteer for an event, I loved it so much, I offered to be a part of COOJ! Having done my Masters in Psychology, the idea of helping people with a mental illness was happiness beyond words. The whole ambience and the vibe at COOJ are positive. Everyone is so happy to help one another- giving a sense of therapeutic community and it is truly a joy to work with everyone. At COOJ, once a week we would have presentations which were a form of training and re-training for all the therapists where we would discuss important psychology based topics. For me, who is just stepping into the field, having interactive discussions with Dr. Peter, a psychiatrist with his medical expertise and all the in-house experienced psychologists sharing anecdotes, difficulties was so insightful! Gaining theoretical knowledge by studying psychology from books, learning about different therapies and having practical experience are two very different and important things. No matter how well I prepared for a session, the clients always surprised me with their unique personalities and symptomatology. I have learnt to keep backup activities ready for my sessions. There are so many things that even the clients have taught me. My knowledge is just one tiny star in the entire galaxy and I realised that there is so much more I have to learn. For me volunteering is taking your education and giving back to the community while developing your own skills and valuable work experience all at once- a beautiful learning experience. Thank you COOJ for allowing me to be someone's sunshine when their skies are grey!

— Sanya Pereira, Volunteer, COOJ Rehabilitation Program

“ Its offered me a wider perspective of life. I understand myself, my needs, my wants as never before. ”

COOJ INTERNSHIP PROGRAM

This year 15 interns were offered a hands on exposure to the daily functioning of our Rehabilitation Centre, Training in assessments, Cognitive Remediation Techniques, Vocational Training, and Group Therapy in the Adult and Senior Therapy Centre.

VOLUNTEERS

Volunteers have been indispensable to our cause and we would not have arrived at this place of stability and growth without them. We are grateful to all the 67 people who have dedicated their time and resources towards all our services and programs, be it taking calls at our helpline or supporting our clinical work at rehabilitation and senior therapy centres or through our administrative and fundraising operations. We remain indebted.

SUPPORT US | Your valuable support helps us continue promoting mental health in Goa.



Every contribution goes a long way in rehabilitating a person living with a psychological disability or improving the quality of life of senior citizens living with or without dementia or in reducing the rate of suicide in our state. Over the years we have relied to a great extent on the large heartedness of the community to sustain our mission and we humbly hope that this generosity continues. You can support us by the following:

1. Donations
2. Volunteering at the suicide helpline
3. Assisting in vocational training
4. Assisting in the Eldercare program
5. Marketing services
6. Fund raising
7. Graphic designing
8. IT support

DONATION BOXES

We are grateful to the following establishments for keeping our donation boxes at their outlets.



- Poshak Enterprises, Mapusa
- Gypsy Mart Supermarket, Calangute
- Neomi's Hair & Beauty Salon, Miramar
- Whispering Palms Beach Resort, Candolim
- Delfino's Supermarket, Porvorim
- Ronil's Resort, Baga
- Teles Megastore, Vasco

MEET OUR TEAM

Managing Trustee & Director: Dr. Peter Castelino

Founding Trustee: Mrs. Theresa Trinidad, **Secretary:** Mrs Lakshmy Unny, **Treasurer:** Mr. Romualdo Fernandes, **Member Trustees:** Dr. Justiniano Pereira, Mrs Hema Unny

Administrator & Accountant: Rashmi Palav

Programme Coordinators:
Rehabilitation – Neetha Mascarenhas
ElderCare – Dayle Rodrigues
Suicide Prevention – Donella Noronha

Clinical Staff –
Clinical Psychologist: Chrissie Gomes
Counselling Psychologists: Aldela Fernandes, Liza Barboza

Non-Clinical Staff –
Administrative Assistant & Social Media Coordinator: Karl Dias
Office Assistants: Vincent D'sa **Housekeeping:** Lata Desai, Vijeta Kandolkar



WE BID A HEARTFELT FAREWELL

We are grateful to Martha Fernandes and Aarti Sinha for their hard work and dedication. Their efforts have been invaluable to us, a driving force in setting up and developing the Rehabilitation Program as well as the Geriatric and Dementia Care Program.



Martha Fernandes joined us in 2008 volunteering in different capacities but then decided to join us on a permanent basis as a vocational instructor. Her hard work and dedication was vital to the growth and development of the Rehabilitation Program. She was responsible for managing the vocational centre where she encouraged and nurtured clients to develop new skills, learn the value of work and to take personal responsibility resulting in a feeling of self-empowerment. Her retirement has created a vacuum and she will be remembered fondly by the clients and her colleagues, for her caring, thoughtful, go-getting spirit and enthusiasm she injected into her 12 years of dedicated service at COOJ.



Aarti Sinha joined us in Feb 2014 as a counselling psychologist and music therapist and was instrumental in setting up the Geriatric and Dementia program. As it's Program Co-ordinator, she was mainly responsible for planning the psychosocial interventions for the geriatric population, living with or without mental illnesses, while leading the team to execute various therapies. Under her supervision, these were operational in the community Senior Citizen Homes and our Senior Therapy Centre, which she helped establish. Furthermore, she actively played significant roles in conceptualizing, planning, executing, monitoring and evaluating our various public awareness programs, workshops and seminars, mental illness detection camps. One of her achievements was – "Golden Stage",

launched in 2015, a fun day for seniors, which drew large crowds and has now become a much awaited yearly event. Aarti shall be fondly appreciated for the love, care, concern, dedication and her willingness to go above and beyond what was expected of her in order to do what was best for the clients of the program. Her presence is missed dearly. We are grateful to have had the opportunity to work with her and we wish her the very best.

WE EXTEND OUR SPECIAL GRATITUDE



The success of our mission has never rested in the hands of the few but on the collective efforts of all those who have invested themselves with the hope of realizing an objective that was envisioned 20 years ago. We the management and staff at COOJ are grateful to each one of you who have supported us through your times, skills, donations and resources. We hope that you will carry on this journey with us as we continue to make a difference in the lives of those looking to overcome the challenges they encounter because of psychological illness as well as those seeking to live a better life.

We would like to acknowledge the following individuals and organisations who have been pivotal to the development of COOJ. We thank them for their unwavering support and commitment to our cause. We are grateful for the time, effort and resources they have invested in us.

Archana Jhangiani & Rajat Nagpal, Home of ARA – Annual Report Design & Content editing
Ricky Noronha & the Web Dev Team at Online - Goa – Website & Social Media Support
José L Noronha – Architectural Design Support
Adv. Zito Braganza & Adv. William D'Costa – Legal Aid
Nandan Sirsat – Chartered Accountant



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Email: COOJTRUST@yahoo.co.in

**VASCO
CENTRE**

Add: Behind Suvridha Complex, Next to Rama Nilyam, Khare Waddo, Vasco, Goa
Tel: +91-832-2501684
Email: SAHODAYAVASCO@gmail.com

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