



COOJ ANNUAL REPORT 2021-22

PSYCHO-SOCIAL REHABILITATION

GERIATRIC & DEMENTIA CARE

SUICIDE PREVENTION

COMMUNITY OUTREACH



COOJ

MENTAL HEALTH
FOUNDATION



COOJ MENTAL HEALTH FOUNDATION

We strive to promote overall mental well-being and recovery by creating an environment that provides high quality services to all individuals, irrespective of their class, religious beliefs or cultural differences.

We are a registered Charitable Trust that works towards promoting Mental Health in Goa. We operate under four major mental health needs- ***Psychosocial rehabilitation, Suicide Prevention, ElderCare and Community Outreach.*** In order to achieve them, we run mental health clinics, day-care centres, support groups, camps, workshops, awareness programmes, suicide prevention helpline, all advocating the rights of persons with mental illness.

note from the director

Dr. Peter J. Castelino

Director & Managing Trustee, COOJ



We understand that severe mental illness can be debilitating and people who live with it are constantly challenged by its repercussions. Having said that, the therapeutic process of psychosocial interventions can build those skills, which were either lost or not developed due to the illness. In Goa, around 35-40,000 people live with such disabilities and it is imperative that besides pharmacological management, facilities for rehabilitation are also available to enable people live up to their full potential. Such interventions can be provided in various settings like rehabilitation centers (both residential and non-residential), home/ school/ work based, as well as, through online means. The Mental Health Care Act of 2017 gives people with mental illness the right to health care. Hence facilities for rehabilitation are needed to be set up in order to reach to a wider population. This year we organized an online 2-day seminar on ***Demystifying Schizophrenia***, in which hosted experts from around India shared their inputs on the various facets of the illness.

The years of the pandemic showed us that mental health services can and need to be adaptable. This helped us with a significant realization of the ability to reach out to a larger population through digital services. During 2021-22 we received an award from Switzerland, The Pre Perspectives for our project ***Geriatric Digital Intervention Program (GDIP)***, which besides imparting digital literacy to older people also provides basic psychosocial interventions. This project was recognized as the need of the hour especially since seniors who were digitally illiterate lacked the ability to communicate, socialize and use other facilities of the tablet/ mobile phone to learn, read, play games etc., which was so needed during the pandemic. Improving services for the geriatric population is an urgent necessity as we are seeing the numbers of people living to old age rise exponentially thereby increasing the numbers of older people living with a mental health issue. Unless this is taken seriously, we will be faced with a situation of being unable to meet the mental health needs of this ever growing population.

COOJ continued all its services through the second year of the pandemic. Most services were in the hybrid form of offline and online. This year saw the challenges of our clients returning back to regular interventions at the centre after a long period of remaining at home. It was not easy for some. Training continued and we saw an increase in the numbers of interns. But a decrease in the total number of volunteers.

We remain ever grateful to the community for the largeness of their hearts in sharing their resources to enable us to continue our services over the last 21 years. Despite resource limitations we try our best to deliver most efficiently....



REHABILITATION PROGRAM 2020-21

WE STRIVE TO HELP EVERY INDIVIDUAL ACHIEVE
THEIR OWN FULL POTENTIAL, DESPITE THEIR
DIFFERENT LEVELS OF MENTAL ABILITIES

This year, we successfully transitioned back from online to offline services. As we focused to help our clients to adapt and cope with the challenges of moving out from their domestic comfort and adopting a structured schedule. We planned and implemented various therapeutic activities, which integrated utilization of their skills and motivated them to look forward to attending these offline sessions.

25 Clients availed our services among these few continued online sessions. The therapeutic activities based on the theme were put up in the WhatsApp group for online clients and same activities were conducted for the offline clients as a part of group therapy sessions.

In Vocational therapy, we introduced Hampers for Diwali and Christmas. This showcased the capabilities of our clients who had different cognitive, emotional and social difficulties, while making their efforts even more beautiful. Each of these festive hamper kits were made enthusiastically and with love by our clients. The money earned was given as incentives to them.

THERAPEUTIC ACTIVITIES

Most of our sessions are based on cognitive remediation, wherein clients are involved in conscious intellectual activities, such as thinking, reasoning and remembering.

Individual therapy: Conducted once a week, these are goal-oriented and customised for client, and comprise of Cognitive remediation and Counselling sessions. These on-going therapeutic interventions further enhance the clients' self-awareness.

Vocational therapy: We conduct an immersive and detailed assessment to allow for better understanding of the strengths and weakness of our clients. Based on the baseline ability level, tasks are assigned to them in vocational therapy, which further allows them to earn incentives. This year, we introduced Hampers. Our Diwali Hamper consisted of painted diyas, a tulsi sapling in a mandala design pot and an intricate peacock wall hanging, made using the quilling technique. Total 15 hampers were sold and this inspired us to design Christmas hampers as well. Total 30 Christmas hampers were handmade by our clients, consisting of 8 items, including a frosted night lamp, a DIY mason jar, a snow flake ornament, Christmas tree with wooden spoons, bottle apron, Santa tissue holder, Christmas candles and season greeting cards.

Family intervention: Through this regular sessions, we focus on helping the Carergivers improve interpersonal communication, understanding, coping with behavioral issues and other family situations, in order to creating a better functioning home environment.

Group Sessions: Conducted thrice a week, our hourly online group sessions comprised of exercises, daily tasks and recreational activities. Offline group session were conducted daily at the Centre in the afternoon, followed by Expressive therapies, allowing for use of various creative art forms, to share feelings, thoughts, desires, needs, wants, etc. in a non-verbal manner in an atmosphere of unconditional positive regard.



REHABILITATION PROGRAM 2020-21

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Getting ready for the next festival
VOCATIONAL THERAPY



PSYCHOSOCIAL REHABILITATION
Session on photography and editing..

FRIENDS CLUB: An on-going effort for us, this club has been created with a vision to empower its members by enabling them to plan, decide and execute all the activities which had come to halt during the pandemic. The Club resumed its functions, a new committee was formed. Activities of the Clubs were Carom tournament, Drawing – Scenery, Konkani learning and Presentation on a Place they visited.

CARER'S HOPE: Conducted via Zoom, the session we called 'Mind platter', allowed all our carers to take a little bit of time from their hectic schedules to engage and focus on their mental health. We engaged with 30 carers, who were asked to make a mind platter, which had seven essential "times" that our day maybe divided into. It facilitated reflection at one's own life and how much time one spends on doing various things, their challenges and how to redesign it to one's own ideal mind platter.

Carer's Therapeutic Intervention: Attended by 20 carers, this dedicated session was planned to help them understand more about therapy types and the rationale behind everything done at COOJ. This led to improved communication and connect between therapists and caregivers.

Christmas pop-up sale: Handmade products and Jumble sale was hosted at the Centre, open for the community, with fun games, spot prizes, Karaoke food stalls and many more engaging activities.

Festivals: Holi, Ganesh Chaturti, Diwali and Christmas. National Festivals Independence Day and Republic Day and also observed World Health Day and International Dance Day.



REHABILITATION PROGRAM 2020-21

WE STRIVE TO HELP EVERY INDIVIDUAL ACHIEVE THEIR OWN FULL POTENTIAL, DESPITE THEIR DIFFERENT LEVELS OF MENTAL ABILITIES



PRESENTING TO YOU THIS CHRISTMAS!

THE COOJ SLEIGH BOX

Here you will find an assortment of Christmas items and goodies, all handcrafted by our clients with love!

TO ORDER PLEASE CONTACT:
9822562522

ORDER NOW, SUPPORT MENTAL HEALTH

AWARENESS PROGRAMS THIS YEAR

World Schizophrenia Day: On May 22 and 23, an online symposium on a very relevant issue of 'Demystifying Schizophrenia,, was organized. Awareness and engagement was enabled on relevant topics including marital distress, employment value, addictions, effective communication, suicide ideation, music therapy, need for COVID vaccination and the role of genetics in schizophrenia and other mental illnesses. The symposium was open to mental health professionals, nurses, students, people coping with schizophrenia or any other mental illness, their families and any interested members of the community. We engaged with 400+ participants from all over India.

On May 24, to commemorate World Schizophrenia Day, we invited the community to #paintitpurple by capturing a picture with purple inclusion as their support towards Mental Health.

World Mental Health Day: Along with IMA Bardez and its college partners (Carmels, Chowgules and MES), COOJ organized a webinar around the theme of "Mental Health in an unequal world". Titled *towards 10 on 10 in Mental Health,* the webinar delivered 10 interesting talks covering 10 perspectives including topics such as Sector Inequalities: Child & Adolescent, Geriatric, Suicide, LGBTQ, Caregiver, Equity, Homelessness and Holistic.

WEBINAR
world mental health day 2021










towards **10/10**
in mental health

10 TALKS * 10 PERSPECTIVES * 10 OCTOBER * 10 AM




SECTOR INEQUALITIES: Child & Adolescent Geriatric Suicide LGBTQ Caregivers Equity Homelessness Holistic

MENTAL HEALTH
in an unequal world

 Dr Anvash Desouza PSYCHIATRIST DESOUZA FOUNDATION	 Dr R Mangala PSYCHIATRIST SCARS, CHENNAI	 THEME SPEAKER Dr Soumitra Pathare DIRECTOR CMHLP	 Giselle Lobo PSYCHOLOGIST	 Dr Peter Castano DIRECTOR COOJ
 Dr Prof. Savita Mathora EX DEAN HEAD PSYCHIATRY PGL CHANDIGARH	 Dr Raghavendra CHILD PSYCHIATRIST ASTER/RAINBOW HOSPITALS	 Manisha Fernandes CAREGIVER	 Darryl D'Souza CO-FOUNDER MANI PRIMA FOUNDATION	 Jagruti Wandrekar PSYCHOLOGIST SAHAAS

organised by




ZOOM ID : 849 229 7257 PASSCODE : torrent
link will open on 10 Oct, 9:50am

REHABILITATION PROGRAM 2020-21

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PROGRAM SCHEDULE

<p style="text-align: center; font-weight: bold;">22 MAY 2021</p> <p>4:30 PM TINY TALKS Part 1</p> <ol style="list-style-type: none"> 1) Is Schizophrenia inheritable? 2) Suicide and Schizophrenia 3) Addictions and Mental Illness <p>6:00 PM TINY TALKS Part 2</p> <ol style="list-style-type: none"> 1) Effective communication 2) COVID 19 vaccinations for people with schizophrenia: Is it needed? 3) Music Therapy in Schizophrenia <p style="font-size: x-small;">DAY 1: ZOOM MEETING ID 9871339035 PASSCODE: 550956</p>	<p style="text-align: center; font-weight: bold;">23 MAY 2021</p> <p>10:30 AM : DEBATE</p> <p style="text-align: center;"><i>People with Mental Illness: to marry or not to marry</i></p> <p>12:00 PM : PANEL DISCUSSION</p> <p style="text-align: center;"><i>Can people with mental illness be employed?</i></p> <p style="font-size: x-small;">DAY 2: ZOOM MEETING ID 94082431322 PASSCODE: 853653</p>
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PROGRAM SCHEDULE

23 MAY 2021

12:00 PM

PANEL DISCUSSION
Can people with a mental illness be employed?

DAY 2: ZOOM MEETING ID 94082431322 PASSCODE: 853653

MODERATOR



Dr Anuradha Sovani
Head, Dept. of Psychology
INDT, Mumbai

PANELISTS






Dr Shubho Thakre
Founder Trustee
PH, Mumbai

Dr R Mangala
Psychiatrist
SCARP, Chennai

Sandeep Godabom
CEO
Caddabam Group

Asmita Mokalshi
Coordinator
Tilak Workshop





PROGRAM SCHEDULE

23 MAY 2021



10:30 AM

DEBATE
People with Mental Illness: to marry or not to marry

DAY 2: ZOOM MEETING ID 94082431322 PASSCODE: 853653

TEAMS


1) CENTRE FOR MENTAL HEALTH: LAW & POLICY

Dr Soumitra Pathare
Director


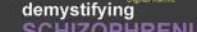

Arjun Kapoor
Lawyer & Psychologist

2) TOASTMASTERS : GOA

Jeeva Pereira
Founder
Digital Kavals

Rutia Menezes
Founder
Speaking Studio



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"COOJ helped to overcome my depression and build my courage during lockdown... My friends and therapist are good to me... "

-Testimony by Client

"COOJ painstakingly has taken care of the needs of my ward, the staffs dedication to this cause, gives me a lot of satisfaction - he is in the right hands. My ward is happy being a member of the COOJ family, they have created a good bond between them and the other clients."

-Testimony by Carer

"My internship at COOJ was a learning experience where I got fantastic inputs from the psychologists through their presentations. I also learnt by way of practically conducting vocational and cognitive sessions, the manner in which each client is different. COOJ has got a very practical hands-on approach to their internship and has a wholly inclusive environment. I strongly recommend it whether you are a student of psychology or just seeking to gain an understanding of people."

-Testimony by Intern



GERIATRIC & DEMENTIA CARE PROGRAM 2020-21

**WE STRIVE TO IMPROVE THE QUALITY OF LIFE
OF SENIOR CITIZENS BY FOCUSING ON THEIR
MENTAL WELLNESS AND SELF-DEPENDENCE**

This year, The Senior therapy centre transitioned to a hybrid format of functioning, simultaneous sessions online and offline. Out of the 31 who attended our program, 18 seniors had been diagnosed with specific mental illness.

We launched new online initiatives like the right brain series and dementia caregiver training. In addition, we were able to kick-off the year with a new project called 'The Geriatric Digital Intervention Programme (GDIP)' via our award winning proposal at the Prix Perspectives at Bern, Switzerland.

The year saw a growth in the number of seniors accounted by several motivating factors such as normalising life after the pandemic, meeting friends, enjoying therapeutic activities, while utilizing their skills actively. They were engaged in not only creating products but marketing and selling as well.

We adapted to the hybrid model of functioning in a successful manner. Making our rules more concrete, changes in technological apps like google meet instead of zoom, using powerpoint presentations that supported clients who had difficulty in verbal communication and conducting home visits to stay connected with our seniors were some efforts that helped in achieving our engagement goals of the year.

AWARENESS PROGRAMS THIS YEAR

World Elders' Day-

'For the Elders by the Elders', was an engagement programme initiated by us this year. This was co-designed by 10 of our participating seniors from the centre, for their friends who lived within the neighbouring locality. The overall aim of this initiative was to celebrate graceful ageing and give back to the community on the whole. It turned out to be a highly engaging in-house event, full of music, dance, games and exciting prizes.



GERIATRIC & DEMENTIA CARE PROGRAM 2020-21

WE STRIVE TO IMPROVE THE QUALITY OF LIFE OF SENIOR CITIZENS BY FOCUSING ON THEIR MENTAL WELLNESS AND SELF-DEPENDENCE



World Alzheimer's Day-

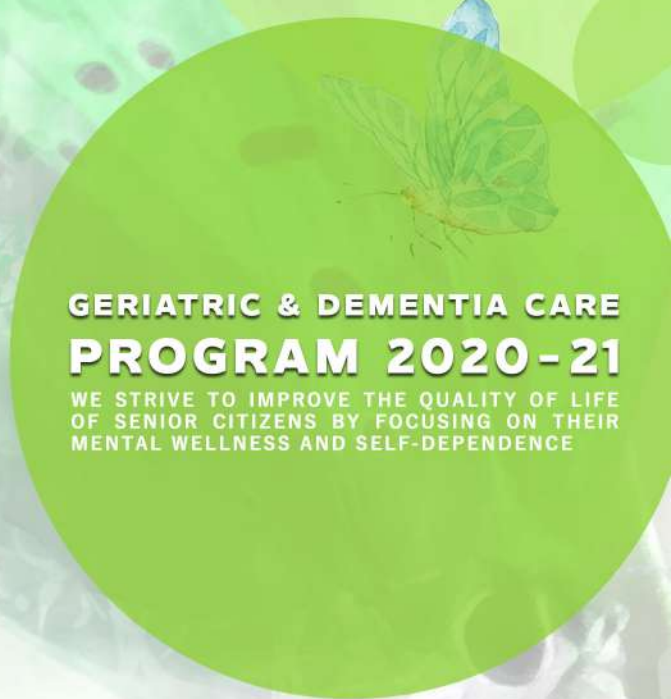
On September 21, we hosted 'Alzheimer's through Reel', an online panel discussion based on the Bafta Award Winning Film we screened, 'The Father'. The 3 panelists, Dr Amit Dias, secretary of Dementia Society of Goa, Dr Anil Rane, ex-President, Psychiatric Society of Goa and Mrs Lily De Souza, a caregiver, put forth interesting points including treatment approaches, caregiver burnout and various techniques in management of behaviour. We had an audience of over 100 people for this discussion.



TOP HIGHLIGHTS OF THE YEAR

'Right brain series':

The aim of the right brain series sought to encourage seniors to participate in a therapeutic programme, which helps stimulate the right hemisphere of the brain through different expressive therapies like music, art, drama etc. This gave our senior clients the knowledge and experience of various simple techniques and exercises, which they could use at home to enhance their wellbeing. A total of 76 seniors participated in this programme consisting of *four such sessions Music Therapy , Dance Movement Therapy, Art Therapy and Drama Therapy.*



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SENIOR CITIZENS
RIGHT BRAIN SERIES - 2
DANCE/MOVEMENT
Stimulate, create, enjoy



26th August 2021

About our therapist

DEVIKA MEHTA

Dance Movement Psychotherapist



Devika is a Licensed Dance Movement Psychotherapist registered with ADMP UK and Indian Association of Dance Movement Therapy (IADMT). She worked with the elderly for over a decade and has presented this work across America, Europe, Asia and India.

OPEN TO ALL SENIOR CITIZENS
RIGHT BRAIN SERIES - 4
DRAMA
Stimulate, create, enjoy



Join the **1 hour FREE** program to improve wellbeing
24th March 2022 over Zoom @ 5pm

About our resource person



ALFWOLD SILVEIRA
Playwright & Director

Alfwold is an MC, Professional Copywriter, Musician, Composer & Song Writer, Playwright & Director. He is a Radio Jockey, Event Organizer and Manager.

For details, free registration and the zoom link; Contact **9921769850/9834005662** ONLY 20 SEATS



OVERWHELMED IN THIS DIGITAL WORLD?



YOU'RE NOT ALONE
WE ARE HERE TO HELP YOU SENIORS

JOIN OUR FREE HOME BASED DIGITAL LITERACY PROGRAMME FOR ELDERS LIVING IN BARDEZ

For further details contact us at coojtrust@yahoo.co.in

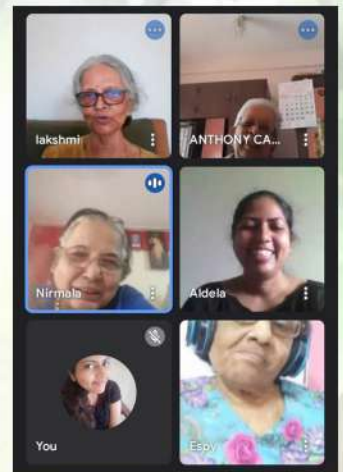
GERIATRIC & DEMENTIA CARE PROGRAM 2020-21

WE STRIVE TO IMPROVE THE QUALITY OF LIFE OF SENIOR CITIZENS BY FOCUSING ON THEIR MENTAL WELLNESS AND SELF-DEPENDENCE

Geriatric Digital Intervention Programme (GDIP): This project came about after we saw the challenges faced by seniors during the pandemic as many were unable to use digital devices. This affected their participation in our online programs. This led to social isolation and affected their mental health and their ability to cope. To meet this need, we designed a project to improve digital literacy among the seniors which would be carried out at their homes and provided free of cost. The project sought to reach out to 30 seniors from Bardez taluka introducing them to a 6-month learning program, conducted by a trained personnel. We were able to this carry out with the award money received from the Prix Perspectives

Caregivers Training Programme:

Being aware of the physical and emotional burden that families go through in caring for a loved one with dementia, we designed and conducted a 2-day online training programme for caregivers. Through this program, we offered them information and understanding about dementia and the brain functioning. Engaging through videos, activities and various techniques used in management training, we offered understanding of difficult behaviours, techniques to address caregiver burnout and self-care. The programme was held on 22nd and 23rd of January 2022 and included 23 participant family caregivers and some institutional carers.



DEMENTIA CAREGIVER WEEKEND TRAINING COURSE

Online

22nd January 2022, 3 pm - 7pm
23rd January 2022, 10am - 5pm

COURSE HIGHLIGHTS

- Brain and behaviour
- Geriatric mental health issues
- Understanding dementia and its types
- Managing symptoms / difficult behaviours
- Burnout and strategies for self-care

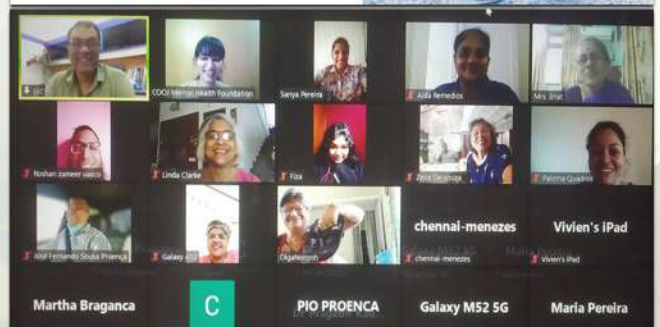
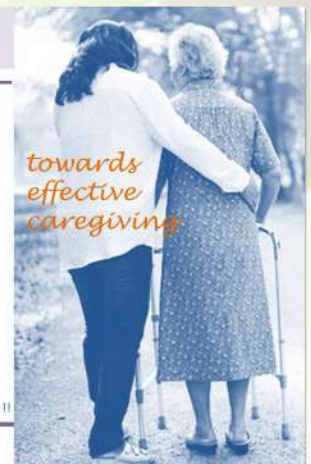
presentations : lectures : discussions : videos : role plays

RESOURCE PERSONS

Dr Peter Castellino : Consultant Psychiatrist
Dayle Fonseca : Dementia Program Coordinator
Aidela Fernandes : Dementia Program Asst. Coordinator

Course fee: Registrations on or before 20/01/22: Rs. 800/-
After 21/01/22: Rs 1200

Contact + 91 98225 62522 for registration. Limited seats !!





**GERIATRIC & DEMENTIA CARE
PROGRAM 2020-21**

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"I like COOJ because the exercises are very interesting helping us to become more flexible, agile, swift and strong. They just aren't for our body but the activities keep the mind active, alert and occupied. The sessions although online make us feel a sense of belonging, have healthy interactions, improve our communication skills and also helps us to become good listeners too!! As the saying goes, A healthy mind keeps the body healthy, strong and active."


Mr. Dennis Alvares
Service User

"Although my husband is still the same, as a caregiver I can atleast have a lot more time to myself as he goes to COOJ for 3 hours. He usually does not remember what he did along the day but however he is able to recollect the names of the volunteers and staff whenever he is asked."

Mrs Anna Rocha
Caregiver

COOJ is filled with loving and affectionate people. Here the activities are well-planned which keep us occupied for the whole day. I have made new friends and it feels like family. I am very happy at COOJ and I hope to continue till I can.

Mrs. Marcia Noronha
Service User





SUICIDE PREVENTION PROGRAM 2020-21

WE STRIVE TO REDUCE THE OVERALL RATE OF SUICIDES IN GOA BY ENSURING INCREASE IN OVERALL AWARENESS, EFFECTIVE TRAINING USING VARIOUS INTERVENTION TECHNIQUES AND NETWORKING WITH STAKEHOLDERS

Every year our program actions our goals with work as per the Universal, selected and indicated Preventive Strategies laid down by the WHO World Suicide report 2014 on preventing suicides. This year we continued to spread awareness through community engagement and online activities along with mindfulness based training sessions that integrated intervention techniques.

INTERVENTION HIGHLIGHTS OF THE YEAR

Total Helpline calls received = 705

(break up as follows)

Male= 433	Suicide Level
Female= 272	S1: 112
	S2: 17
Fresh= 282	S3: 24
Repeat= 333	S4: 02
Unknown=90	

Emails received = 573; Sorted & Replied = 565



SUICIDE PREVENTION PROGRAM 2020-21

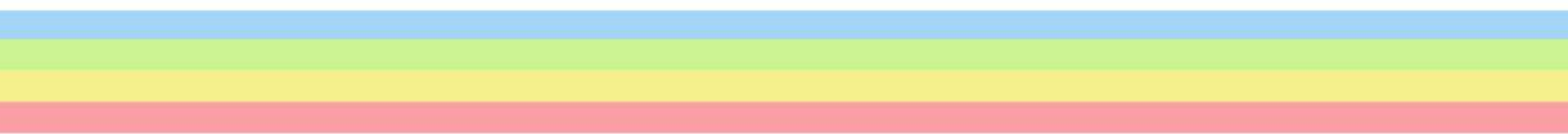
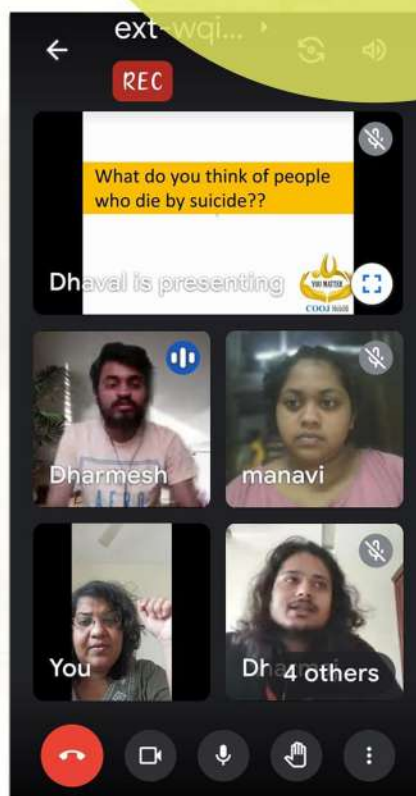
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TRAINING & WORKSHOPS

The Mindfulness based Active Listening online training was designed to train new volunteers was conducted this year from July 21st to 25th. We had total 9 participants attended this online training, from which 4 of them were selected for the helpline. The total number of volunteers manning our helpline are 12.

Seeing an increase in the number of inquiries for counselling and understanding it was the need of the hour, hence counselling services were started at the Bastora Center in March and a total of 179 clients availed of this service at a subsidized fee.

Gate keeper workshops: 9 were conducted reaching out to over 400 people. Many teachers sent us their feedback concerning how to deal with students who have suicidal tendencies and they expressed that the workshop was helpful in giving them an in-depth understanding in how they can recognize the warning signs & get timely help.



NETWORKING:

A big thank you to our sponsors Rotary Club of Miramar & Games 24X7 for supporting us during the year.



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IN THE PIPELINE:

we have Intervention for Suicide attempt survivors (I-SAS) working towards providing a structured therapeutic treatment and care plan for individuals who have attempted suicide and survived with the hope to reduce re-attempts. We look forward to this project work, which would be very helpful to the community at large.

A gatekeeper training manual "Train the trainer", has also been designed specifically for people who are dedicated to working towards zero suicides.



A Helpline Volunteer Speaks...

"A voice from the void, an invisible hand reaching out in despair, sometimes a scream of silence. All with the confidence of getting a reassurance of hope and rescue from their despairing situations. That's the Befrienders world. It is a very serious responsibility volunteers like me take on willingly and on our own accord. Handling silences becomes a challenge to the uninitiated and untrained. We are programmed to speak and expect to be listened to. The mention of suicide is taboo. This, in befriending, is an anathema until one goes through a paradigm shift. And the shift happened! Squeezing through the picky selection procedure, I had the privilege of joining the COOJ boot camp. Orchestrated by our seasoned trainers, we were honed into the basics of the befriending process: active listening, the befriending tools, debunking suicide myths, do's and don't's of befriending and the all-important role plays. Maybe I was diligent this time as I got the thumbs up and was put on the active duty list. Four hours, once a week may not seem a lot of work, but for the befriending volunteer, it's a tough period. There is an anxiousness waiting for the phone to ring. Some days it just remains silent and some days it's one call after another. But, that's part of our commitment: being there for the caller. Every call is unique for me even though there are repeat callers, for one never knows at what level the caller would be at that point of time. There have been tough calls, long calls, calls asking for advice, broken calls, silent calls: that's when I refer to our guidelines, principles and tools to help keep the call-taking uniform and consistent. But the one thing that holds me up is the reassurance that the entire COOJ team is backing you up with their support. For me, it's a continuous learning process: the calls, the feedback, the volunteer meeting repertoires, discussions, the buddy system - all help in reinforcing my commitment, discipline and the vigour to keep at it. I can see the volunteers of COOJ taking it into a reverse tailspin and making a difference in

SUICIDE PREVENTION PROGRAM 2020-21

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Things to remember when talking to a suicidal person

What to do

- Be compassionate when expressing love and care for the concerned person.
- Listen patiently to what the person has to say.
- Do not be judgmental. Instead, be calm and stay positive.
- Reassure him/her that life can be better and help is available.
- Take everything he/she says seriously as this can help win trust and get proper help.

What not to do

- Avoid statements like "your suicide will hurt your loved ones" or "you have so much to do in your life."
- Do not appear shocked or lecture him/her about the situation.
- Do not ask for an explanation for his/her suicidal thoughts.
- One should not blame himself/herself for the loved one's problems.

www.mentalhealthzen.com

Just in case you feel uneasy to talk to your loved one Encourage them to call a suicide prevention helpline

COOJ Distress Helpline 0832 2252 525

Operational from Monday to Friday, 1pm to 7pm

AWARENESS & FUNDRAISING

On December 19, we hosted a Christmas pop-up sale at our Bastora premises with the intention to create community awareness of mental health and raise funds for individuals with psychological difficulties and distress. A variety of handmade products and Jumble sale were open for the community, with fun games, spot prizes, karaoke, food stalls and many more engaging activities.

COMMUNITY OUTREACH PROGRAM 2020-21

CREATE AWARENESS TO REDUCE STIGMA AND DISCRIMINATION BY SPREADING THE IMPORTANCE OF MENTAL HEALTH AS AN INTEGRAL PART OF OVERALL WELL-BEING

COOJ MENTAL HEALTH FOUNDATION
- presents -

CHRISTMAS FUNDRAISER POP-UP SALE
19TH DEC, 10 AM ONWARDS

"TO HELP BUILD THE LIVES OF PEOPLE WITH PSYCHOLOGICAL DISABILITIES"

- FOOD STALLS
- PRE-LOVED ITEMS
- ART & CRAFTS
- CHRISTMAS GOODIES
- PAINTINGS
- ORGANIC PRODUCTS
- FANCY DRESS FOR KIDS & SENIORS
- SALAD MAKING CONTEST FOR COUPLES
- KIDS DANCE & DRAWING COMPETITIONS
- PLANTS
- DREAM CATCHERS
- MUSIC, & MUCH MORE

AT:
COOJ MENTAL HEALTH FOUNDATION,
H.NO. 7A- 738, OPP. ST. ANTHONY'S CHAPEL,
MANO SHANTI, BOA VISTA, MAPUSA, BASTORA
FREE ENTRY AND AMPLE PARKING

To book a stall, make a donation, or register for a competition, please contact
Neetha on +91 8007546660 | www.cooj.co.in

Supported by:

IMA BARDEZ, MEDIA SOLUTIONS, Soumyens, Dama Chai, muskaan, Disha Sahan

Registration No. 2211

PRESENTING TO YOU THIS CHRISTMAS

THE COOJ SLEIGH B

Here you will find an assortment of Christmas items and goodies, all handcrafted by our clients with love

TO ORDER PLEASE CONTACT:
9822562522

ORDER NOW, SUPPORT MENTAL HEALTH



SUPPORT US

We believe every support or contribution will go 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 in the following ways:

- 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***

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 thank you all for your dedication and desire to make a difference in our communities this past challenging year. Your trust in us and our mission has been indispensable to our cause. We are grateful to all our Donors, Delta – develop life through action and Bern Switzerland for your unwavering support to us during the economic crises caused by the pandemic.

WISHLIST 2022

GENERAL REQUIREMENT

Laptops Rs. 2,00,000

Media development (Rs. 3,00,000)

Printing of Projects Boards and information Material Rs. 80,000

Public Relations development Rs 4,00,000

CAPACITY BUILDING FOR STAFF

Training workshops (2 workshops @ Rs. 20,000) Rs 40,000

COOJ REHABILITATION PROGRAM

Music Therapy

(4 sessions per mth @ Rs 1,500 per session for 12 mths = Rs.72, 000)

Vocational therapy

(8 sessions per mth @Rs 1,500 per session for 12 mths = Rs.1, 44, 000)

Physiotherapy

(4 sessions per mth @Rs 1,000 per session for 12 mths = Rs.48, 000)

Vocational Material (Rs. 50,000)

Sponsor a Client with psychological disability availed the rehabilitation program (Rs. 60,000 year ,Rs. 5,000 /- a month)

Technical Skill Building Material (Rs. 60,000)

Sponsor a stipend given to a client at the Sheltered workshop (Rs. 60,000 year ,Rs. 5000 month)

Garden Therapy (Tools, Plants & Material). (Rs.1,50,000)

COOJ SUICIDE PREVENTION PROGRAM

4 DAYS Training for the helpline (material, honorarium of trainer, refreshments etc. Rs 5,000 per volunteer x 10 nos) (Rs.50,000)

Gatekeeper Training workshops (10 nos @ Rs 5,000 each) Rs. 50,000

Printing of awareness material (Posters, Pamphlet, banner etc.) (Rs.10,000)

COOJ ELDERCARE PROGRAM

Therapeutic Material (Rs. 50,000)

Physiotherapy

(4 sessions per mth @Rs 1,000 per session for 12 mths = Rs.48, 000)

Sponsor a Senior to attend Senior therapy center (Rs. 48,000 year ,Rs. 4,000 /- a month)

Printing of awareness material (posters, pamphlets, brochures, etc.) Rs. 10,000

COOJ COMMUNITY PROGRAM

Mental illness Detection camp (Rs.30,000/camp)

Awareness Programs on Mental Health (3 no @ Rs. 8000) Rs.24,000



OUR CORE TEAM

~MANAGING TRUSTEE & DIRECTOR~
Dr. Peter Castelino

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

~ADMINISTRATOR AND ACCOUNTANT~
Rashmi Palav

~PROGRAMME COORDINATORS~
Rehabilitation Program: *Neetha Mascharenhas*
Geriatric & Dementia Care Program: *Dayle Rodrigues*
Suicide Prevention Program: *Donella Noronha*

~CLINICAL STAFF~
Clinical Psychologist: *Chrissie Gomes*
Counselling Psychologists: *Aldela Fernandes, Liza Barboza, Sanya Pereira*
Psychologist: *Ambreen Shaikh*

~NON- CLINICAL STAFF~
Housekeeping: *Lata Desai, Vijeta Kandolkar, Kavita Keni*

OUR CONTACT DETAILS

Bastora Centre (Head office) Address:
F 1, Manoshanti, Boa Vista, Bastora, Mapusa, Goa.
Contact: 0832-2260080, 9822562522
Email: coojtrust@yahoo.co.in

Vasco Centre:
Behind Suvidha Complex, Next to Ramanilyam,
Kharewaddo, Vasco
Contact: 0832 2501684
Email: sahodayavasco@gmail.com

COOJ Website: www.cooj.co.in

Join us on Facebook:
COOJ Goa:
<https://www.facebook.com/groups/coojtrust>

COOJ Eldercare Program:
<https://www.facebook.com/coojeldercare>

COOJ Suicide Prevention Program: <https://www.facebook.com/YouMatterByCooj>

Join us on Instagram:
<https://www.instagram.com/coojgoa/>