

ANNUAL REPORT 2022 - 2023



PSYCHO - SOCIAL REHABILITATION

GERIATRIC AND 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.

A Note from the Director

Dr. Peter J Castelino



Reflecting on the year 2022-23 fills me with a sense of pride at the incredible work our team has achieved. I have watched them put in dedicated hours even outside their official time to fulfill COOJ's objectives of bringing meaning and purpose into the lives of those going through psychological issues. I have

witnessed the growth of COOJ over the last 22 years and it would never have been possible without our immersed team of trustees, staff, volunteers, advisors and supporters besides the support of all the networks we have built over the years whom I remain grateful.

As you read through this report, you will get a sense of what the year has been for us. Keeping the focus on our 4 pillars, *Psychosocial rehabilitation, Suicide Prevention, Geriatric and Dementia Care* as well as *Community Mental Health* we strived to achieve the goals set.

This year marked 10 years of commencing the suicide prevention program. It was truly an evolving period where we witnessed a shift in mindset from being closed to having conversations around suicide to an informed willingness. Our constant Yellow awareness programs, gatekeeper trainings, and the distress helpline have all proved its worth. We witnessed a ripple effect as more stakeholders like educationists, media, police, NGOs, health departments etc took up the cause.

The *Geriatric Digital Intervention Program (GDIP)* which won the Pre Perspectives award at Switzerland proved that imparting basic training in the use of a digital device like a tablet or a cell phone can improve wellbeing in a senior. We were all excited implementing the program as well as with the positive results. Improving the mental health of seniors is one of our priorities and we propose to expand our reach by piloting a community intervention program in the coming year.

There is much to be achieved and it is our endeavor to continue to change the stories of lives. We will continue to improve our reach and to develop equitable programs to fill the lacunae and have a positive impact in society. I am humbled by the support we have received over the years and especially last year that has given us the impetus to boost our work. We remain indebted. I remain grateful.

REHABILITATION PROGRAM 2022-2023

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

This year the Rehab emphasis was on spreading awareness, psychoeducation and Mindfulness, theme being Mental Health and Me via in person communication with our Clients, Carers and Public groups and via social media as well. It began at Sahodaya and planned the activities for the clients based on the theme, to help them develop positive self-image, healthier relationships, foster openness to new, different, and challenging experiences. This has had a great impact on the clients as they have shown improvement in their overall development by understanding strengths and weaknesses, by managing emotions and foster better relationships.

SAHODAYA:

Sahodaya reached out to 38 clients during this year. This year we resumed offline sessions, 5 days a week. It took some time for them to adapt to the change post pandemic. Online sessions however, did not stop, and continued for those who could not make it to the centre.

New clients that joined us this year were welcomed to our therapeutic community, which adopts a holistic approach in the road to recovery. Every practice is goal oriented and individualised to the needs of each client. Work in the areas of skill building, self-awareness, vocational areas, along with cognition and understanding symptomatology is present. After each client undergoes rehabilitative process, reintegrating them into society has been the main goal of Sahodaya.

During this year our program witnessed 2 clients better cope with life's stressors and their illness to further pursue jobs independent of Sahodaya. With ongoing therapeutic help, they no longer need to be part of the non-residential Rehabilitative set up, thus, achieving our aim all along. It has given us a new perspective to broaden our opportunities and encourage more clients to pursue mainstream work.

THERAPEUTIC INTERVENTIONS

Vocational Therapy identifies a client's skills and their abilities both individually and while work with a group. Their skills were further sharpened while learning a few more new ones throughout the year. This resulted in Hampers made for Eid, Diwali and Christmas. All sold out in no time which yielded a hefty incentive for each client. Table pieces were hand-made as part of a wedding order. Social Media was used to further promote the work of Dylan Arthur, a trained artist at COOJ.

Cognitive Remediation helps work with clients who cognition is affected or impaired. This focusses on the area of cognition affected such as attention or problem solving and uses various techniques to further facilitate improvement in the same. It can be in a group setting or individual therapy.

Counseling includes various therapeutic techniques such as Cognitive behavioural therapy, Rational emotive behavioural therapy, Family therapy, behaviour modification techniques to help clients learn emotional self-regulation and better cope with their symptoms and life's stressors.

Expressive based therapies such as art therapy, music therapy, and bibliotherapy have been introduced to help clients express them selves through such mediums thus allowing them to speak their minds in a safe, non-judgemental space wherein they are valued unconditionally for simply being human.

Physiotherapy: Physiotherapy was introduced/incorporated into our program to help clients recover from injuries and improve their motor abilities that may have been affected due to their illness.

Technical skills Development program: Retired professors from the technical institute offered to train our clients with functions of electronic appliances used at home and to identify frequently faced problems with regard to electrical and plumbing issues. The basic were taught practically and theoretically. The clients showed greater interest and were eagerly waiting for the sessions.

REHABILITATION PROGRAM 2022-2023



Highlights of Activities for the year

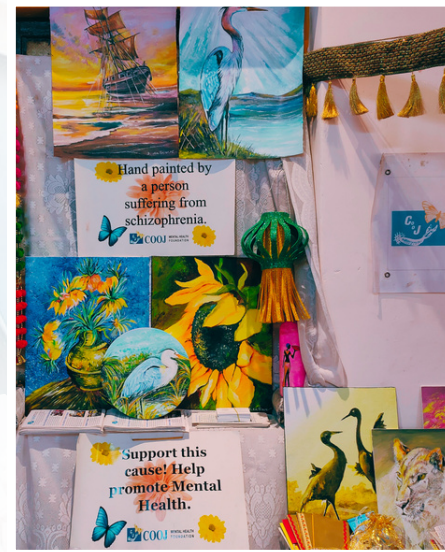
Therapeutic Activities: The sessions were designed and planned as per the theme based on cognitive remediation wherein clients were involved in mindful intellectual activities such as attention, focus, reasoning and problem solving along with those that aid with Activities of daily living including, money concept, etiquette, communication, Fashion Show of our super stars i.e. clients.

These really brought out a different side to everyone with a new found confidence and zeal.

Festivals: Observed most festivals celebrated in Goa such as Holi, Ganesh Chaturti, Diwali and Christmas, the clients prepared presentation on the festivals. National Festivals including Independence Day and Republic Day, World Health Day, International yoga and Dance Day were observed.



REHABILITATION PROGRAM 2022-2023

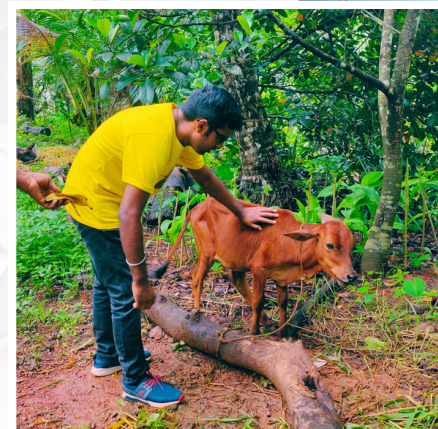


FRIENDS CLUB: The Friends Club conducts its meeting on the first Monday of the month and every Thursday is dedicated for Friends Club activities. The Club meticulously plans, takes decisions and executes all the activities with minimal supervision. During this year they invited an artist and learnt a few skills of painting. Activities of the Clubs were stamp the tail, Pictionary and spelling bee. Tournaments were conducted like Uno, Cards and Tennikoit.

CARERS HOPE - Support Group for Caregivers of Persons with Psychological Disability:

Carers group theme was based on psychoeducation and mindfulness. This year we had new clients and the existing clients joined us post pandemic, we observed that it was difficult for the families to cope with the symptomology due to poor understanding about the illness. The year thus, focussed on educating the families regarding their ward's mental illness and the ways in which symptoms may be experienced.

The carers being the main support system often face burn out and thus they were brought together to carry out mindfulness deep breathing and doodle activity to help cope with stress and better their anxious feelings.



AWARENESS PROGRAM

Clients Community Outreach: As a part of learning to socially engage and make a difference, our clients socialised with seniors at Our Lady of Perpetual Help Convent Aged Home (FS), Gurim, through song, dance and other interaction.



COOJ organized a 'Summer Fete' with the aim to Break the stigma for people with schizophrenia. The event comprised of fun games assisted by the clients suffering from schizophrenia, pop up stalls, music, dance competitions, and an exhibition & workshops all with the aim to create awareness about Schizophrenia. The traditional food of Goa "Vonnitt" was also served. Around 500 people participated in this event.

Mental illness and Stigma – Work of COOJ, challenges and adjustments with lockdown make such individuals feel unwelcomed and alienated in collaboration with "towards a better you" organization. Find the video on Youtube.

Workshop on "Mental Health and Me" to create self-awareness and wellbeing for the college students. About 100 students participated in the workshop. This was organised in collaboration with MES College of Arts and Commerce, Zuharinagar.

10th Oct on World Mental Health Day was dedicated for Awareness Drive which is an ongoing effort to reduce stigma on mental health and illness. The flyers were distributed and the posters were put up on public areas in and around Bastora, Uccasaim, Mapuca and Karaswada in Bardez Taluka.

Workshop on "Work life balance for women Police" was conducted for Indian Reserve Batallion women at Goa Reserve Police wherein 60 women police attended.

Workshop on "Adolescents and Mental Health" at Navodaya Leadership Institute, Cancona, Couth goa organized by Indira Gandhi National Open University. 52 teachers from the state of Maharashtra and Bihar attended the program.

REHABILITATION PROGRAM 2022-2023

COOJ MENTAL HEALTH FOUNDATION
presents a pop up fete

Summer SMASH

FREE ENTRY to Break the Stigma of Schizophrenia **SALE**

Do support our fundraiser and help build the lives of people with psychological disabilities

Serving Vonnitt
The traditional Goan lunch
Buy your Meal coupons at Rs 500 ☎ 9823562522
Serving time 12.30 to 3pm

22 May 2022 | Silver Bells Sangolda | 11am to 8pm

Partners: IMA BARDEZ | Silver Bells



Testimony

REHABILITATION
PROGRAM
2022-2023

During my internship at COOJ, I learnt a lot that I could have never learnt from books or classes. I interacted with and observed clients in the Psychosocial Rehabilitation Program of COOJ who were suffering from various mental illnesses and disabilities. Here, I spoke to them, conducted sessions for them, and connected with them. Through these interactions, my attitude towards mental illnesses and towards people with mental illnesses changed. I understood that they are so much more than their mental illness or disability. Another experience that I will always cherish from the internship, were the interactions that I had with the clients at Geriatric and Dementia Care Program of COOJ, who gave me a better perspective on life. On the whole, through this internship I gained important insights into the field of clinical psychology that has helped me gain greater confidence in my decision to pursue clinical psychology as a career.

- Tanisha Mendes

My volunteering experience was valuable as I intended to do it because I wanted to gain more hands-on experience before getting into the field of clinical psychology as career. I had colleagues who are skilled in this area yet friendly. They helped me to apply my theoretical knowledge into practical setting. This gave me an opportunity to introspect my hidden talents and skills which I used to connect to people with mental illnesses and disability. Also, I learnt to conduct session both individually and in a group setting. This made me realise that although people come here as 'clients' they have much more to give to society that takes them beyond their disability and illness. I got many new ideas and knowledge from my mentors. It helped me develop personally such as being more empathetic, patient and observant. I also improved professionally in speaking such as giving presentations about various topics and gaining self-confidence. I thank COOJ for helping me to achieve my goal.

- Vaishnavi Joshi

We all need a place, a community where we feel we belong and are accepted and understood. For persons who need a more sensitive and specialised care COOJ is just the right place.

The qualified and evolved counsellors and the overall ethos provides a warm, welcoming family-like environment where everyone's treated with respect and affection.

COOJ is more than an activity centre, it's a care home away from home for people with special needs, where each client is encouraged to hone their skills and be themselves ... where each day offers a CAUSE OF OUR JOY !

- Carer

Coming to COOJ has been beneficial for me. For me COOJ was very good place. I like to come to COOJs for various reason such as paper bag making, Xerox, craftwork, maths, cognitive session, art and group therapy .It also helps us stay physically fit through daily exercise session and Zumba session on Wednesday. COOJ has also helped me stay organized and focused as we follow a set schedule every day. It has made me grow as an individual. I would like to thank Dr.Peter and his entire staff for their constant support and encouragement.

- SIDHARTH.

INTERNSHIP PROGRAM:

11 Interns from different parts of India availed of the 1-month internship programme. They were trained in understanding various disorders, case history taking, MSE and carrying out group sessions post observing and learning to do so.

GERIATRIC & DEMENTIA PROGRAMME 2022-2023

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

This year had its successes and challenges as we moved from online to offline services. Still maintaining the online services, the offline services slowly started picking up pace. This year we have been able to start off with a new project called the Geriatric Digital Intervention Programme (GDIP) due to our proposal which received an award at the Prix Perspectives at Bern, Switzerland.

SENIOR THERAPY CENTRE

The senior therapy centre functioned with the hybrid format of simultaneous sessions online as well as offline and saw at least 31 seniors who availed our services. The seniors who attend the programme may or may not have a mental health issue making it inclusive. Out of the 31, 18 seniors had some form of a mental illness. The year saw a growing number of seniors which were accounted by several motivating factors such as normalising life after the pandemic, meeting friends, being part of therapeutic activities, allowing their skills to be utilized and having fun. What was exciting for many of the seniors was not only the efforts going into making products but also the thrill of seeing them being marketed and sold.



GERIATRIC & DEMENTIA PROGRAMME 2022 - 2023

Highlight Activities

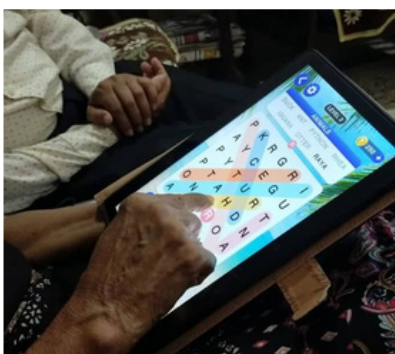
Activities are planned bearing in mind the client's ability and needs as well as integrating them within a group. The goals addressed cognitive areas, fine and gross motor skills and social skills. We have also begun physiotherapy for some seniors. Individual sessions were also conducted depending on the need. Among the various themed activities organised on a regular basis keeping in mind the therapeutic goals, here are a few that stood out:

- a) Easter Hamper
- b) Clay coasters
- c) Creating their own newspaper
- d) Pound Party



GERIATRIC DIGITALINTERVENTION PROGRAMME

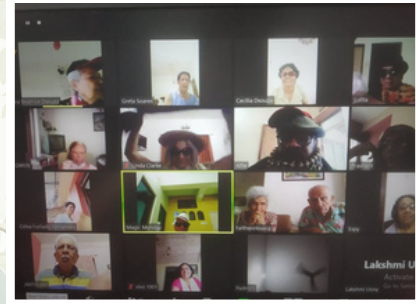
This project came about after we saw the challenges faced by the seniors during the pandemic as many were unable to use digital devices thereby incapable of participating in our online programs and not being socially connected leading to isolation and several mental health problems which otherwise helped people to cope during this difficult period. To meet this need, we formulated 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. So far we have been able to reach out to 27 seniors in and around Bardez.



AWARENESS PROGRAMMES

World Alzheimer's Day: was celebrated on 21st September 2022 at Aldona Institute. The programme was co-partnered with the Goa Psychiatric Society and the Psychiatric Department of the District Hospital, Mapuca and was inaugurated by our MLA Adv Carlos Alvares Ferreira. The programme was informative and addressed the issue of Alzheimers and preventive measures on the same to students and members of the community. This was followed by the screening of the movie Astu. Around 180 people attended.

GERIATRIC & DEMENTIA PROGRAMME 2022 - 2023



Invitation
Alzheimer's
 thru REEL
 21st September 2022
 10.00am to 2:00pm
 Lunch will be served
 Aldona Institute
Key note speakers:
 1. Dr. Amit Dias, Asst. Prof. Psm, GMC
 2. Mrs. Dayle Rodrigues, Coordinator, COOJ GDC Prog
Chef Guest:
 Hon. Adv. Carlos Alvares Ferreira
 MLA Aldona Constituency
World Alzheimer's Day
 KNOW DEMENTIAL! KNOW ALZHEIMERS



Astu portrays a renowned scholar of ancient scriptures suffering from Alzheimer's who goes missing from his daughter's car and everything unfurls while looking for him.



World Elder's Day: On 2nd October 2022 as part of the joy of giving week, our seniors were invited for a Senior citizens eve out by Okapi Vegan Kitchen, along with Jazzmatazz. It was an evening full of games, healthy food by Okapi and lovely music by Jazzmatazz. The seniors each received a goody bag and went home happily.

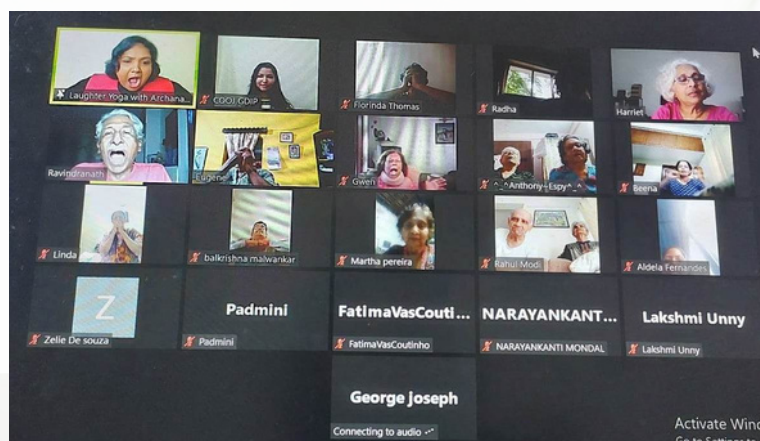
Right brain series: The aim of the right brain series sought to encourage seniors to participate in a therapeutic programme which helps stimulate the right hemisphere of the brain through different expressive therapies like music, art, drama etc. It gave seniors knowledge and experience of various simple techniques and exercises they could use at home to enhance their wellbeing. A total of 76 seniors have participated in the Right brain series.

We have had two such sessions conducted by therapists specific to each area. These were:

- Drama Therapy
- Laughter Yoga

SENIOR CITIZENS
 RIGHT BRAIN SERIES - 5
LAUGHTER YOGA
Stimulate, create, enjoy

 4th Aug 2022 over Zoom @ 5pm



About our resource person

ARCHANA RAO
Wellness consulting and life coaching
 Heads laughter yoga India since 8 years an organization created to spread the essence of laughter in human living in areas of health, Happiness and peace. She is also laughter Ambassador for India and represents India in the global laughter Yoga forum
 Join the one hour FREE program to invigorate your mind
 For details, free registration and the zoom link; Contact 9921769850/9834005662 ONLY 30 SEATS
NO PRIOR KNOWLEDGE OF YOGA IS NEEDED
 Pre-register and get assistance in using Zoom application

GERIATRIC & DEMENTIA PROGRAMME 2022 - 2023

Golden Stage: The eighth edition of 'Golden Stage' this year themed 'Love is in the air- A senior carnival' at Emerald Lawns, saw to at least 400 seniors from 20 odd old age homes and the community. The evening was filled with fun, music and laughter along with various table games that allowed the spread of love and cheer among seniors.

Wellbeing Camp for senior citizens: The aim of the 3 day camp was to provide seniors within the community an opportunity to experience and learn a few techniques that can improve their wellbeing. This was accomplished through various activities with varying goals that stimulate their senses, memories and various other cognitive functions in the most creative and fun way. A total number of 24 seniors participated each day.

Looking ahead

Bearing in mind the needs of seniors and the various challenges in access to effective treatment opportunities we have come to realise that a home based therapeutic approach would be the way forward and hence we are planning to initiate such a service namely the Community Outreach for Seniors with Mental health Issues.



Testimony

**GERIATRIC &
DEMENTIA
PROGRAMME
2022 - 2023**

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)**

I was introduced to COOJ by another volunteer. My first few visits to COOJ were okay, nothing great and then later, after a few months, I noticed that I was not only enjoying my time there but I am part of the establishment. Then sadly, with Covid we had to abandon ship for a while. In March of this year, COOJ restarted and everyone was very excited. Things slowly began to fall into place. Interacting with the Seniors and the other volunteers is fun. We learn a great deal from each other's experiences It gives us volunteers great joy to be in attendance to our seniors. I feel it's the attention they probably are deprived off in their homes as most of the family members are away at work during the day. At Cooj, Seniors are able to display their talents and most of them are very talented and creative. It is great to see how they collectively pool in their resources to complete a particular task. During my time at COOJ, it is very gratifying to see how some of the shy Seniors members have become a lot more bold and chatty. COOJ has certainly made a tremendous impact on them. To me Cooj is a wonderful experience and great fun. If we volunteers need to take time off we are so missed by the elders n likewise we miss them too.

**- Ms. Eliza Correia
Volunteer**

SUICIDE PREVENTION PROGRAMME 2022-2023

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

2022 commemorates a decade of the COOJ suicide prevention program. As we look back at our goals which were Awareness, Intervention, Training & Networking, we have come to see that through these goals our state of Goa has steadily come to the awareness that suicides can be prevented. Through our various Go Yellow campaigns in the community, we observed, the Yellow Ponda awareness in 2015 where concerned citizens in the Ponda Taluka moved the PWD department to rail the Borim bridge in 2017, resulting in reduced suicide attempts. Through our gatekeeper workshops we were able to bust the myths surrounding suicide, and we realised that most schools & colleges were now more open to the idea of having discussions where the word suicide is being used. The Distress Helpline today reaches out to callers from all over India allowing those feeling suicidal to have a safe space to vent out their feelings. We developed a social media presence that continually uploads posts of our helpline number & information on life skills and current events being held during the year.

A four-minute short film on the suicide prevention program was made by Mr. Vardhan Dhaimodkar. This video highlights the work done over the last 10 years & how important it is for us to mobilize more people to join this cause as volunteers. Along this journey many like-minded people within the community helped us financially as well as gave us their time & efforts to help achieve our goals for which we are indebted to. We endeavour to continue working towards getting the national suicide prevention strategy which was drafted by the Central Government to be implemented in Goa. Focusing on the current events that happened in 2022 here are a few updates

COOJ MEETS BEFRIENDERS WORLDWIDE JAPAN

In July Ms. Donna Noronha (Coordinator) on her trip to Japan met up with the Befriending centre in Shinjuku-ku , Tokyo and got in touch with Ms. Yukiko Goto who is the international Liaison officer of Befriender's Worldwide . She made all the arrangements to meet up with the team members Director, Mr. Toyoki Minobe and head of the secretariat, Mr. Toru Igawa at their center in Shinjuku-ku. Due to strict covid protocol a zoom meeting was held with Akiko Mura who is the Trustee of BW Japan & it was such a wonderful experience to share the work we do in our respective centres. There were a lot of learning as well as similarities in the kind of challenges that we face in running helpline service.

OBSERVING WSPD

On 10th September COOJ partnered with Directorate of Higher Education who invited 350 students & Teachers from various colleges around Goa to attend a full day program based on the theme creating hope through action. This program was held at the Goa University Hall in Bambolim. The Chief guest for the program was Additional Director of Higher Education & Principal of Govt. College of Sanquelim Dr. Gervasio S.F.L Mendes & Dr. Mahesh Pai Principal of Goa College of Home Science the Guest of Honour.



The program highlighted a wide range of topics including understanding the intricacies of suicide titled "Let's talk about suicide" a discussion that was conducted by Dr. Peter Castelino which included the epidemiology, busting myths, warning signs, response, role-plays, etc. Ms. Meenakshi Mhambre student counsellor talked about "Just get over it! A reality" - explored the wide spectrum of human emotions; identifying them and the coping strategies involved. The program also featured a stress buster session – "Hakuna Matata: Beat the stress" conducted by team members Chrissie Dana Gomes & Dayle Rodrigues, they got the audience dancing to different tunes. "I am unbeatable" was the final session where speakers from different walks of life narrated their life journeys focusing on challenges faced and striving towards resilience. The program ended with the pledge and lighting of the candle remembering those who lost their lives to suicide.

SUICIDE PREVENTION PROGRAMME 2022 - 2023

SUICIDE PREVENTION PROGRAMME 2022 - 2023

CHILDREN'S DAY AWARENESS

On the 14th of November which is celebrated as Childrens Day, COOJ invited 75 students from St. Britto's High School Mapuca to its centre in Bastora. It was a three-hour interactive session that included understanding mental health & the importance of addressing stigma. We invited two of our rehab clients to address the students & share with them their testimonials on living with Mental Illness. The students enjoyed their time with us which ended with games & snacks.



BEFRIENDERS INDIA

On the 4th of December through a zoom meeting Befrienders India unanimously decided to make COOJ a permanent member. The president of Befrienders India Mr Sachin Chitambaran welcomed the COOJ team & congratulated Dr Peter & his team for working towards this cause of Suicide Prevention since 2012 in Goa. The COOJ Distress Helpline is now counted as a befriending Helpline among the 12 helplines in India.



BI NATIONAL CONFERENCE

From the 3rd to the 5th of February 2023 Befriender's India held its 20th Annual conference in Kolkata. The conference was attended by three volunteers & two team members from COOJ. COOJ was asked to give a short presentation on the topic Networking: Suicide Prevention is Everybody's Business. It was wonderful meeting up post covid with all the other member centres after 4 years. The Hosting Centre LIFE LINE Kolkata left no stone unturned in their hospitality to all those who attended the conference. There was a lot of learnings from other centres as to how their teams faced all kinds of challenges during the Covid Pandemic, from losing loved ones to suspending helpline services to finding ways to bridge the gap by adopting new technology tele services.



SUICIDE PREVENTION: A LIFE CHANGING BATTLE

POINT COUNTERPOINT

SUICIDE

When people meet us we wish them good luck, we wish them godspeed when they're traveling, we tell them you know all the best in your journey be good, we wish them success, we wish them luck. But how many times do we ask or say we wish you happiness? This is important because being happy is a state of mind. But ironically, even though people come from far away places to experience happiness in Goa, the common Goans are unhappy, which is seen from the growing cases of suicides in this tourism hub as per the state of National Crime Records Bureau (NCRB). In the weekly Herald TV debate Point Counterpoint, **SUSMIT GUPTA** evaluates the reason for Goa registering suicide rate per lakh population much more than the national average consistently for last few years.

5 Action Steps for Helping Someone in Emotional Pain

- 1. ASK: "How are you feeling?"
- 2. KEEP THEM SAFE: "Are you safe?"
- 3. BE THERE: "I'm here for you."
- 4. HELP THEM CONNECT: "Let's talk to someone who can help."
- 5. STAY COMMITTED: "I'll stay with you until you feel better."

WORLD SUICIDE PREVENTION DAY 10 SEP

Panelists:
Dr. Peter Catalano, Director, CSOJ Mental Health Foundation
Dr. Suresh Hollenhorst, Consultant Psychiatrist
Wishu Desai, Psychologist, Langhvi
Dr. Sandeep Reddy, Consultant Psychiatrist, North Goa District Hospital
Nehal Sharma, Co-ordinator, Goa Clinic and Consumer Action Network (GOCAN)

Problem is people look at mental health as any other disease like malaria, dengue and not as a separate health condition. We think about physical well-being and not mental health.

Over the years of working with the society, we have seen that people have discussions about problems, but when it comes to solutions there is always finger pointing without government or non-government. We found although there was concern about suicide in the community, there was apathy towards the solution.

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STATS BOARD April 2022-March 2023

10 GATEKEEPERS conducted in the community

1 HELPLINE TRAINING conducted, from which 2 volunteers were selected

Calls on helpline: **693** calls received

Male: **444** Female: **249**

Fresh: **181** Repeat: **346**

Unknown: **166**

Suicide Level 1: **81** Level 2: **14** Level 3: **15** Level 4: **1**

No of emails received: **152** & replied to: **152**

COMMUNITY OUTREACH PROGRAMME 2022-2023

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



Support Us

It has been a tough year for all of us with unique challenges and we would like to thank you all for your dedication and for your desire to make a difference in our communities. Your trust in us and in our mission has been indispensable to our cause. We are grateful to all our Donors and also to Delta – develop life through action, Bern Switzerland for your unwavering support to us during the economic crises caused by the pandemic.

Every 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 by the following means:

Donations

Volunteering at the suicide helpline

Assisting in vocational training

Assisting in the Eldercare program

Marketing services

Fund raising

Graphic designing

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 22 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.

WISHLIST

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

CONTACT DETAILS



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Contact: 0832 2501684

Email: sahodayavasco@gmail.com

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/>

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