

Members of National Assembly acknowledge the legal barriers faced by persons with psychosocial disability

On June 23, KOSHISH organized a virtual interaction program titled “Legal barriers faced by persons with psychosocial disability in Nepal”. The program saw the participation of a total of 13 Member of the National Assembly.

The program was based on the findings of a study conducted by KOSHISH on Nepal’s legal provisions and policies that are in line with the Constitution of Nepal 2015 and United Nations Convention on the Rights of Person with Disabilities (UNCRPD) 2006 in the context of persons with psychosocial disability.

KOSHISH has been advocating with the government of Nepal to amend or abolish existing legal barriers and use of derogatory terminologies when referring to individuals with psychosocial disability. As a result of the program, due commitments

KOSHISH is moving to the right direction. Being a state party, it is the complete responsibility of the government of Nepal to domesticate all the laws as per the international human rights instruments and treaty act.

-Hon. Ram Narayan Bidari
Member of National Assembly



I express my solidarity in the resolution proposal to be tabled to remove the use of derogatory terminologies and amend any discriminatory legal provisions.

-Hon. Bimala Rai Paudyal
Member of National Assembly

were received from the honorable members in terms of raising the issue in the National Assembly. The Hon. members also expressed their gratitude towards KOSHISH, as the event increased their understanding about the legal barriers faced by

persons with psychosocial disability in Nepal. KOSHISH will continue its advocacy efforts together with the Members of National Assembly and work towards ensuring the inherent dignity and rights of persons with psychosocial disability are protected.

39 Community Psychosocial Workers enhanced their skills on providing support to people in need



“As a new staff member in the working area, the training has enabled me to learn and explore different topics that will help me work better in the field.

- Urmila Ranjitkar
CPSW, Kavre

KOSHISH conducted three days of capacity building training for its Community Psychosocial Workers (CPSWs) in the month of June, 2021. The training was facilitated by the Psychologists and where a total of 29 CPSWs working at Nuwakot, Lamjung, Gorkha, Tanahu and Kaski districts participated.

The training was able to enhance the skill of the CPSWs to provide self-care and identifying needs of people and linking them to services during pandemic and reframing unhelpful thoughts with helpful ones. The training has enabled a sharing, learning platform and fostered a healthy networking between CPSWs across different area beyond the project.



Capacity building training to boost KOSHISH's staffs knowledge on Remote Psychosocial Support

A capacity building training was conducted from June 7-22, aiming to enhance the skills of psychologists and counselors of KOSHISH on providing psychological care remotely and to assess and support people with suicidal behaviors. The training was based on WHO's EQUIP, a platform specifically designed for remote psychological support. A total of 21 participants (17 psychologists, 2 psychosocial counsellors and 2 campaigns and advocacy officers) benefited from the training. Clinical Psychologist Suraj Shakya facilitated the training sessions.

The participants learned important information about the stepwise procedures for developing adaptive skills in delivering remote services through the training. Furthermore, participants were capacitated on suicidal risk assessment and the most appropriate response in dealing with persons with risk of suicide. The training will help the organization to deliver remote psychological care on a sustainable basis that ensures uniformity and improves the quality of service.



The training content was incredibly useful and really necessary during this situation of crisis. It surely added strength of knowledge in me and a confidence to provide service for people in need of psychosocial support.

-Sangeeta Khadka, Psychologist

Through the training, we have been better equipped to assess suicidal behaviour that helps to determine the imminent risk of self-harm as well as to formulate a safety plan while providing remote psychological support to a beneficiary with varying psychosocial needs.

-Saroj Simkhada, Psychologist



The specific inputs of the session have guided us for remote counselling. It has enhanced our knowledge of suicide prevention. Overall, it was a thought-provoking session which was really invaluable for me.

-Pramila Karki, Campaign & Advocacy Officer

KOSHISH's Emergency Psychosocial Support Services during pandemic

The Psychologists and Counsellors of KOSHISH have been providing remote and in-person mental health and psychosocial support services to the persons who are in need at Province-1, Bagmati Province and Gandaki Province.

KOSHISH has planned to extend those services at all provinces of Nepal. The services includes remote counseling, psychological first aid, referral and linkage, psychoeducation and follow-up services.

Currently, we have been operating Toll-Free Helpline services at three provinces.



166001-22322 [Bagmati Province]

166061-52007 [Gandaki Province]

166021-52015 [Province-1]

Person with lived experience spread awareness through radio

Kalyan Bandhu Wagle, an expert by lived experience of mental health issue was featured in a local radio program called 'Women Voice'. The radio program promotes psychosocial wellbeing of females. Mr. Wagle was called by the local radio station inspired by his perseverance in community work. In the radio program, he talked about the importance of psychosocial wellbeing, the prevalence of mental health and the psychosocial issues in the communities. He also discussed the distinctions between myths and facts of mental health conditions during the program. The program was broadcast at various local radio stations of Tanahun district.

SUCCESS STORIES



Livelihood program helped to transform Sonia's life

Forty-year-old Sonia (name changed) of Nuwakot district has become an example in her community. When her husband passed away, Sonia had a difficult time coming to terms with her loss. Instead of getting her the help she needed, her mother and brother took her to traditional healers for treatment but there was no improvement in her condition. A mother of four children, her absence made her children deprived of basic needs.

After finding out about her condition through the community, KOSHISH stepped in to help her. She was provided with proper psychosocial

care and treatment at the short-term rehabilitation center of KOSHISH, and gradually she recovered and was reintegrated back to her family. However, there were challenges waiting for her: the economic burden of providing basic needs and education for her children still troubled her.

Realizing her need, KOSHISH provided two goats as livelihood support which opened a way forward for her to earn an income. Likewise, KOSHISH conducted a sensitization meeting with local government representatives and discussed her condition. The meeting was successful and the local government has now

taken responsibility to provide free medication to her and free education to her children.

From a recent phone follow-up, it was observed that Sonia is now slowly becoming economically independent. This incident goes on to show how a proper support system can help in transforming a life.

Seeing her successful recovery, her neighbors shared, "We never thought that Sonia would live like this again. She is raising her children alone as a single mother. And we are so happy to look at her motivation to work and provide for her children." ■

Coming out from Stigma

Kamali, 40, is a resident of Bhimad Municipality, Tanahun district. She was married off at a young age, and is the second wife of her husband.

In the last four years, Kamali has experienced psychosocial issues. And was treated badly by her family members due to her condition. She subsequently faced extreme abuse and violence from her mother-in-law and the daughter of the first wife.

"My mother-in-law would lock the door of the house and not allow me to enter. They used to give me food outside the house, and sometimes they would refuse to give me food at all. I would be compelled to ask for food from my neighbors," she said.

Kamali was linked with KOSHISH's service through her sister. She was provided with some sessions of psychosocial counseling and psychotherapy by a psychologist. She was also linked with mental health support. The Community Psychosocial Worker of KOSHISH provided orientations and psychoeducation to her family members and neighbors and made them realize the need for a support system towards persons with mental health conditions.

Today, Kamali is doing really well. She has been working as a helper at the local community school, where she cooks food and takes care of students as well. She also works on a farm,



whenever she has the time. She has now been able to sustain herself to some extent with her own earnings.

Kamali says she will always be grateful to KOSHISH for putting her on her path to recovery and building such a strong support system for her. Her family and community are also thankful to KOSHISH for making them aware about psychosocial wellbeing. ■

Success Story

Psychosocial Counselling helped Indra to overcome from trauma

Indra Bahadur, 48, is a local from Panchakanya Rural Municipality, Nuwakot district. He had been battling traumatic anxiety for over six years and had visited many hospitals to combat his anxiety but in vain.

The money he had spent on treatment was causing him more anxiety. He was tired of taking medication. He also did not like the side effects that came with the medication.

After coming to know about KOSHISH, Indra was immediately linked with a psychologist of KOSHISH. He has gone through seven counselling sessions on a home-visit basis and already he is starting to feel the difference.

During the sessions, Indra got the chance to talk about the trauma he experienced in 2015 when he was stuck in an elevator alone for about an hour during the earthquake. He was working as a security guard back then at a mall in Kathmandu. After the incident, he was so traumatised that he quit his job and returned back home. He would have recurring nightmares and would mumble in his sleep because of the incident. When his anxiety worsened, he had no option other than to go to the hospital for a check-up. Since then he had been under medication. He visited many hospitals trying to find a

way to free his mind, but the idea of taking counseling never crossed his mind nor had he heard about it.

Initially when he heard about KOSHISH, Indra says he was not sure if counseling would help him and

“I was pretty skeptical at first. I had been taking medication for years and even then my problems persisted. How could I believe then that I could tackle my problems just by talking?”



“I used to be restless, anxious and worried a lot. I would have this lingering fear that I would die at any moment, and this had me waking up at nights suddenly due to nightmares. I thought I had to live with it for the rest of my life and there was no way out of it. How wrong I was!”



was also a little reluctant to receive the service by going to the KOSHISH's office, but decided to give it a try when the psychologist decided to do a home-visit. His attitude towards counseling changed almost immediately after the first hour-long first session he had with KOSHISH's psychologist, saying he felt like a huge boulder had fallen off his shoulder after the session ended.

During the counseling sessions, the psychologist worked on his anxiety symptoms, then worked on his trauma by starting with psychoeducation and then his nightmare and sleeplessness followed by relaxation techniques. Likewise, there was a family counseling session with him and his wife as well. By the sixth session, he reported feeling much better. He himself found it amazing how quickly he had been improving.

His wife too is very pleased with her husband's progress, as her husband has now begun to help her out and even comes out to work in the field. "I am much obliged to KOSHISH for coming to our doorstep and helping my husband. We had no idea that simply talking things out would bring this result, especially when spending thousands of rupees visiting expensive hospitals did not help us much," she said. ■

Join hands to transform lives of people with mental health condition

Our work depends upon your support!

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