



Abstract Nr: 72
Internet ID: 224

Type of Presentation: Symposium

'We drew a circle and took him in' - a sharing from India.

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Learning Goal:

The work highlights the unique project TRIDAL from Maharashtra India which has helped destigmatize psychosis in the community and bridge the gap between professionals and community on the one hand, and caregivers and people with psychosis on the other.

Abstract Text:

"We drew a circle and took him in" A sharing from India

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The Institute for Psychological Health, a Social enterprise and a Community mental health initiative in Maharashtra, India, runs an activity center called *Tridal* for the last 10+ years. We developed a beautiful initiative called *Saptasopaan* (seven steps to wellness) in collaboration with the Government of Maharashtra State, using their premises and our expertise. At present, the MoU with the State of Maharashtra is valid until the year 2022.

The aim is to destigmatize and rehabilitate persons living with chronic mental illness and to help and support their caregivers, and empower them. We call them *Shubharthis* (people on the journey to wellness), and the caregivers are called *Shubhankars*. The symposium session will describe the various destigmatization efforts IPH has conducted over the last 30 years, in an attempt to demonstrate how the same can be translated across cultures.

Working with the Government offered an opportunity to utilize more space, scale up the program and offer it wider acceptability and a greater platform.

On the same premises, along with Saptasopaan, we run a Healthy Aging Project, Neuropsychological Nurture Center.

In April 2018 we hosted a National conclave on Assisted Living for persons living with psychosis. The outcome gives assurance to the caregivers of people with psychosis that their loved ones will no longer have to live as a **"Stranger in the City"**, but will be well cared for even in their absence.

Edwin Markham wrote: "He drew a circle that shut me out - heretic, rebel, a thing to flout.
But love and I had the wit to win: We drew a circle and took him In".

**ON THE HEALING POWER
OF HUMAN RECONNECTION**