

RESCUE AND REINTEGRATION OF WOMEN WITH MENTAL ILLNESS

KOSHISH is a national, non-governmental, non-profit, self-help organization which works in the field of mental health and psychosocial wellbeing and disability in Nepal. The organization was formally registered in the year 2008. It is an organization of people with experience of psychosocial issues, and professionals working together to bring about change in mental health and psychosocial wellbeing. KOSHISH has adopted a twin-track approach: advocating for the rights of people with psychosocial issues and providing integrated community based mental health and psychosocial support.

KOSHISH has been providing short-term residential psycho-social support to women with mental health and psychosocial problem. Most of these women have been rescued after living destitute and abandoned on the streets, or kept locked-up, caged, abused, or inhuman conditions. So far, KOSHISH has supported 650 women with mental health problems through its Women Transit Care Center located outside of Kathmandu. Currently, 15 beneficiaries are receiving mental health and psychosocial support at the Center.

At the WTCC, the women are provided with psychiatric consultation and psychological intervention along with nursing care and support in a homely environment. KOSHISH fosters improvements in the health and life of the women and girls through therapeutic engagement and recreational activities.

DDP/KOSHISH PARTNERSHIP

DDP's partnership with KOSHISH goes back to 2010, when we supported the establishment of Nepal's first mental health drop-in centre with a grant from Jersey Overseas Aid. This is the project which has grown into the Women's Transit Care Centre (WTCC). We have maintained our connection with KOSHISH throughout the intervening years, doing whatever we can to support their invaluable and pioneering work, including networking, applications to UK-based funders, joint project development, and in the planning for their Therapeutic Centre outside Kathmandu which will also house the WTCC. Recent project concepts we have worked on together include mental health training for community midwives and health volunteers, a mobile mental health clinic, and psychosocial support helplines.

CARING FOR WOMEN DURING THE COVID-19 PANDEMIC

KOSHISH has continued providing services to the women with mental health and psychosocial issues even during the COVID-19 situation. To minimize the risk of covid-19, the WTCC staff have been working on a residential shift basis, rotated every 10-15 days.

During rotation, PCR test of all in and out staffs need to be conducted. This entails conducting in-and-out PCR tests to all 18 members of staff, for which money needs to be raised and allocated.

SUCCESS STORIES

21-year-old Ramila (pseudonym) tried to take her own life during lockdown. She had experienced a mental health condition from a very long time and attempted suicide many times. However, her condition was improving; she was under medication and counseling services before the lockdown; she was working as a receptionist in an office and was happy with her job, and she was overall doing a fine recovery, up until the covid pandemic. When the lockdown started, she had to stay alone in a rented room in Kathmandu, which added loneliness in her life. Additionally, being confined in her room triggered her condition and she again tried to take her own life. After 48 hours of supervision in the hospital she was referred to KOSHISH for comprehensive psychosocial care.

After receiving the proper care and support, Ramila started opening up and engaging in therapeutic activities at short-term psychosocial care centre of KOSHISH. For about 5 months of psychosocial support, her mental health condition was improved.

Ramila is only one of the many people who are experiencing mental health problems during this crisis but still, mental health is unfortunately the most neglected area in the health sector.



WOMEN'S TRANSIT CARE CENTER – 1 YEAR BUDGET

All figures are in GBP (£1 = 160 NPR)

Expenses	Cost	Notes
Operating expenses		
Residential Psychosocial Support and Care		
Rescue and reception of abandoned women with mental ill-health	1,600	Includes cost of vehicle hire, staff per diem and refreshment.
Rental Charge	7,000	Until a permanent Transit Home building is constructed.
Food, supplies and utilities for clients	3,500	Part-funded from other sources.
Physical check-ups and medicine for clients	1,200	
Nurses	2,800	2 Nurses already funded; a third is needed (on shift basis).
Therapeutic and psychosocial activities	1,000	Already part-funded.
Technical Support	850	Expert technical input for Psychologist, Psychosocial Counsellor, Transit Home staff.
Salary for 3 caregivers	2,400	Funding has been secured for two Caregivers, but one additional Caregiver is required.
Security Guard	1,500	To maintain the security of the Home, compound, and protection of the clients from possible harmful activities.
Computer equipment	570	To maintain client database and records of psychological interventions
Electronic client record system	1,250	A basic, secure electronic medical record system to reduce the burden of maintaining client information and prevent data duplication.
COVID-19 testing	2,700	220 PCR tests for staff and residents.
Subtotal	26,370	
Post-recovery reintegration		
Travel, expenses and food for clients	660	Costs partially funded from other sources.
Client follow-up (travel and logistics)	180	
Psychosocial Counsellor	2,700	Providing family counselling and psychoeducation in the communities where the clients are reintegrated.
Subtotal	3,540	
Monitoring, Evaluation and Support		
Project support costs (10%)	3,000	Office overheads, bank charges, staff time on project planning, support and monitoring.
Subtotal	3,000	
Grand total	32,910	