

3.7 Psychosocial Support and Mental Health Services (PSSMHS)

Disasters causes devastating effect on the human life, usually leaving a trail of human agony including short and long term psychosocial trauma on the survivors. Generally in any response the physical effects of survivors get immediate attention and psychosocial needs often given less importance if not intervened may lead to dysfunction and disability. Timely psychosocial support will prevent development of long term psychosocial problems and hasten the recovery of survivors. Overall goal of psychosocial support intervention would be to enhance the coping and resiliency of the community towards improving overall well being. Psychosocial Support and Mental Health Services (PSSMHS) is one of the important cross cutting areas of DM intervention. The plan for PSSMHS shall be a component of overall planning for disaster management with an aim of providing Psychosocial Support and Mental Health Services integrated with preparedness, response, mitigation, relief and rehabilitation. The Ministry of Health and Family Welfare (MoH&FW) is the Nodal Ministry. The overall plan for the PSSMHS will be developed by the Nodal Ministry; other Line Ministries may prepare their plans based on the nodal ministries plans.

3.7.1 Preparedness Plan for Psychosocial Support and Mental Health Services (PSSMHS)

A) Short term Plan:

Preparedness Capacity development

- i) Sensitising and training (Basic and advance) on PSSMHS across identified departments, sectors and levels.
- ii) Strengthening of the national, regional and nodal capacity building institutions and resource centres at district and state level.
- iii) Developing PSSMHS needs assessment indicators and templates.
- iv) Strengthening of District Counselling Centres under Dept of Social welfare/ Women and Child Development (WCD).
- v) Map vulnerable groups and accord priority in preparedness activities. vi) Strengthening the resource base and data management/documentation in PSSMHS.

Education & Training

- i) Inclusion of Disaster PSSMHS in Post-Graduate Curriculum of Psychiatry, Psychology, Social Work, Disaster Management, Emergency Medicine and Health Education.
- ii) Inclusion of PSSMHS in Under Graduate medical studies.

- iii) Integrating with all training programmes in the area of Psychology, Social Work, Mental Health, Emergency Medical Response, Hospital Administration, Nursing and Paramedics.
- iv) Involve and train local community volunteers in basic psychosocial support. v) Mobilize trained psychosocial response teams national and state level. vi) Map vulnerable groups and accord priority in preparedness activities

Community Based Disaster Management

- i) Inclusion in the CBDM Plan and training of Panchat Raj (PRI) team members. ii) Developing awareness materials for the community. iii) Evolve a mechanism for community outreach education programmes on PSSMHS

Networking, Awareness other Measures

- i) Enhance the network of institutions working in the field of mental health, give focus for creating PPP to augment the community resources.
- ii) Take measures to increase public awareness about psychosocial care in disasters.
- iii) Integrating with all training programmes in the area of Psychology, Social Work, Mental Health, Emergency Medical Response, Hospital Administration, Nursing and Paramedics.
- iv) Involve and train local community volunteers in basic psychosocial support. v) Mobilize trained psychosocial response teams national and state level. vi) Map vulnerable groups and accord priority in preparedness activities

B) Midterm Plan:

- i) Creation of core group of master trainers at district level ii) Strengthening public-private partnership in research & development
- iii) Formation of National PSSMHS resource Inventory under national Health Resource Inventory Initiation of distance learning courses for sensitization across various categories of disaster management stakeholders.
- iv) Development and standardization of uniform training packages for different designated target groups.
- v) Initiation of distance learning courses for sensitization across different categories of disaster management stakeholders.
- vi) Incorporation of PSSMHS trainings in DMHP, district health and hospital plans

C) Long term Plan:

- i) Intensive Post Graduate / Post Graduate Diploma courses in PSSMHS.
- ii) Streamlining of institutions and their activities