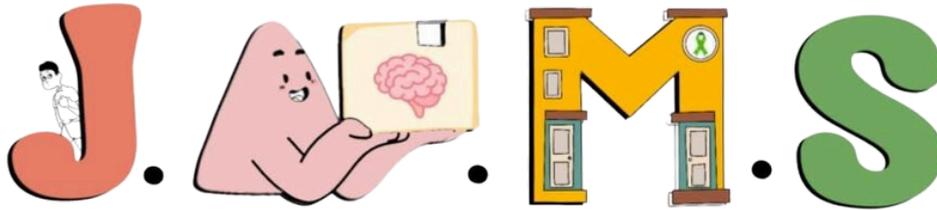


SCARF



Juveniles Accessing Mental health Services

ABOUT JAMS

The Juveniles Accessing Mental health Services (JAMS) project aims to demonstrate the feasibility of creating and implementing a comprehensive mental health service for children in Childcare Institutions (CCIs) in Tamil Nadu and Odisha.

The project also aims to enhance the mental health and wellbeing of the children by creating youth friendly spaces within the CCIs where children could learn about mental health in an experiential fashion.

The key components of the program include screening of children for mental health problems, and educating children about mental health.



As we move into Phase 2 of the JAMS Program, the Chennai team is diligently working on Training of Trainers (ToT) sessions. These sessions are designed to empower DCPOs, CWC Members, NGOs working in CCIs and people with psychology or social work background working within CCIs, with the skills and knowledge needed to train others in mental health support for children in institution effectively. while the team in Odisha is working directly on training the staff of the CCIs .

WHAT IS TOT?

Training of Trainers (ToT) is a training approach designed to equip selected individuals with the knowledge and skills necessary to train others effectively. In the context of the JAMS project, ToT sessions aim to ensure that staff members who are frequently changing roles can still provide consistent and high-quality mental health training within Child Care Institutions (CCIs).

CAPACITY BUILDING

TOT helps create a core group of trainers who can continuously educate new staff, ensuring that mental health knowledge is consistently passed on.

SUSTAINABILITY

By training a diverse group of staff, the program ensures that even as personnel change, there is always someone available who is knowledgeable about mental health support and interventions.

CONTINUOUS IMPROVEMENT

The ToT approach allows for ongoing updates and improvements to training content, adapting to new insights and challenges as they arise.

ABOUT TOT SESSION

Since August 2024, SCARF India's JAMS project has been working across four CCIs in Odisha—Balmikeswar Ashram at Dharakote and Divine Life Society at Chikiti in Ganjam district, as well as Utkalbalashram at Jeypore and Salom CCI at Dumuriput in Koraput district.

Our focus is on training CCI staff to better address mental health and behavioral issues among children. The sessions cover topics like mental health, neurodevelopmental disorders (NDD), Behavioral and emotional problems, and effective communication.

Interactive activities, including role plays, are used to encourage practical learning and empathy-building.

So far, 30 staff members across Ganjam and Koraput districts have been trained, providing them with skills to manage the children's mental health challenges confidently.

Through this initiative, we aim to create a stronger, more supportive environment for the children in these CCIs, ensuring their emotional and psychological well-being.

The Training of Trainers (TOT) session was initiated to empower the CCI staff with the knowledge and skills necessary to effectively support the children and young people in their care. Recognizing the increasing prevalence of mental health and behavioral issues among children, the team aimed to create a robust framework for the staff to address these challenges confidently.

A two-day Training of Trainers (TOT) session was conducted for approximately 12 staff members from the Child Care Institution (CCI).

The participants came from diverse backgrounds, primarily as social workers and psychologists, bringing a wealth of experience and expertise to the training.

On the first day, experienced facilitators led the session, focusing on equipping master trainers with the knowledge and skills necessary for effective training delivery. The session emphasized interactive learning and practical applications.

On the second day, the master trainers took on the role of facilitators, leading sessions on the same topics covered by the facilitators on Day 1. This approach provided an opportunity for the master trainers to apply their newly acquired skills and deepen their understanding of the training content.

The facilitator for the master trainer covered various topics, including mental health in children, presentations on neurodevelopmental disorders (NDD) and behavioral problems, emotional problems, effective communication with young people, management strategies for these issues, and the importance of self-care.

The facilitator also created interactive activities and role play scenarios to engage participants actively. These hands-on approaches encouraged learners to practice new skills,

Enhance their understanding of key concepts, and apply theoretical knowledge in real-world situations. By incorporating role play, participants could explore different perspectives, develop empathy, and improve their communication techniques, making the learning experience more dynamic and impactful.



PREVALENCE OF MENTAL HEALTH PROBLEMS



Lifetime Prevalence of Mental Health Problems

- Detained adolescents: 60% - 75% affected.
- General adolescent population: Significantly lower.



Key Disorders Among Detained Adolescents

- Neurodevelopmental Disorders: Increased representation
- Mood & Anxiety Disorders: Prevalence rates 10% - 25%
- Disruptive Behavior Disorders: Similar range 10% - 25%



Substance Use and Other Morbidities

- High rates of substance use disorder.
- Increase in anxiety and related disorders (including PTSD).
- Rates of mania, substance use, and depressive disorders decreased.



Positive Outcomes Achievement

- Males: 1 in 5 achieve positive outcomes
- Females: 50% achieve positive outcomes

ENHANCEMENTS TO TRAINING MATERIALS

INTERACTIVE VIDEO

These visual aids showcase mental health scenarios and interventions, enabling trainers to visualize real-life situations.



ROLE-PLAYING ACTIVITIES

We've created role-play scenarios that allow trainers to practice responses to various mental health situations, boosting their confidence and skills.



ENGAGING ACTIVITIES

Interactive exercises that foster engagement and facilitate learning among trainers, promoting active participation and collaboration."



RESOURCE TOOLKIT

A comprehensive toolkit containing handouts, worksheets, and resource guides to supplement training materials, giving trainers easy access to critical information and practical tools for mental health interventions.



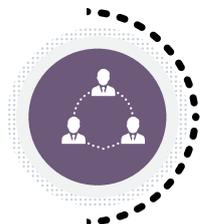
STREAMLINED CONTENT

Evaluated original topics to remove unnecessary content, focusing on essential themes for a coherent training flow.



ASSESSMENT TOOLS

We've introduced new assessment tools that help trainers evaluate participants' understanding and application of mental health concepts, ensuring effective learning outcomes.



MOCK PRESENTATION AND FEEDBACK

A mock presentation was conducted with other team members, showcasing the revised materials and training strategies. The session provided with valuable opportunities to:

Receive Constructive Feedback: Participants offered insightful suggestions for improvements, highlighting areas where concepts could be clarified or certain topics expanded on.

Identify Potential Overlaps: The discussion helped identify overlapping areas with the other project, allowing streamlining the content and enhance overall consistency in messaging.

Incorporate Changes: Based on the feedback, necessary adjustments were made committed to the training materials, ensuring they are as effective and relevant as possible.



ACHIEVEMENTS OF THE JAMS TEAM

BENEFICIARY OUTCOMES

- 118 beneficiaries experienced improvements in wellbeing.
- 61 beneficiaries reported a reduction in stress.

SCREENING AND DIAGNOSIS

- 312 individuals screened for mental and neurological services (MNS).
- 135 identified with an MNS disorder.

INTERVENTIONS

- 358 beneficiaries engaged in mental health interventions.
- 90 children attended youth-focused services regularly.

KNOWLEDGE ENHANCEMENT

70 beneficiaries reported an increase in mental health knowledge (as measured by the Mental Health Knowledge Schedule).

TRAINING AND OUTREACH

- 70 staff members trained.
- Outreach activities reached 43 families and 22 juvenile justice administrators.

MEET OUR TEAM



Dr. R Padmavati
Project Incharge



Dr. Shiva Prakash
Project Incharge



Fredrick Melwin
Project Coordinator



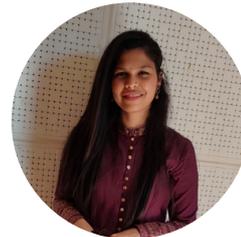
Protush Panda
Project Coordinator



Arpita
Research Assistant



Kasthuri
Research Assistant



Ananya
Research Assistant



Monalisa
Research Assistant



Anand
Research Assistant



Aloka
Research Assistant



Dev
Communications Executive



Schizophrenia Research
Foundation (I)



Department of
Youth Mental Health

SCARFYM.H.ORG

Reach Out to Us

Have questions? Want to collaborate or
learn more about our work?

We'd love to hear from you!



jams@scarfindia.org



scarfymh.org



#R/7A North Main Road,
Anna Nagar (West Extn.),
Chennai 600 101, India

Support Our Mission

DONATE NOW

