

Formative scoping in mental health, rural Satara, Maharashtra –

Summary of Dissemination Meeting (Hybrid Mode),

12th August 2024, Chhatrapati Shivaji Maharaj Sabhagruh, Zilla Parishad, Satara.

Dr Nerges Mistry, Director, FMR in her welcome speech outlined the Foundation's work in strengthening public health and its efforts in rural mental health care. She acknowledged the support received from various stakeholders for this scoping.

Dr Vasudeo Paralikar, Consultant and Head, Psychiatry Unit, KEM Hospital, Pune delivered the key note address focusing on the journey of mental health care in India to date. He emphasized a multidisciplinary approach to mental health care, moving beyond the 'treat and cure' model.

FMR researchers, Ms Vidula Purohit and Dr Shilpa Karvande, (PI) presented the scoping findings highlighting the need for capacity building, advocacy for drug supply, development of lay counselors, and culturally relevant mental health literacy strategies.

Personal stories from a **family caregiver** and a **community health officer (CHO)** underscored the challenges in mental health care, respectively emphasizing the need for a) better communication and support; and b) strengthening ongoing training of frontline health providers

Panel discussion- Visualization of the mental health services for Satara- Description and prioritization

Panelists- 1) Dr NaveenKumar, Dr Prerna and Dr Prakhyath Hegde- Community Psychiatry Unit, National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore (Online); 2) Mr Sandip Babar, Public Relations Officer, BelAir Hospital, Panchani, 3) Dr Nitin Rokade, Pvt Psychiatrist, Satara, 4) Ms Nutan Patil, psychology lecturer- Satara, 5) Dr Devika Nayar, DMHP psychiatrist, Satara, 6) Dr Hasumati Chedda, Health Lead, MannDeshi Foundation, Maan and, 7) Dr Mahesh Khalipe, District Health Officer, Satara.

One-liner take-aways from all the panelists-

1. Viability of a hybrid model of mental health capacity building for community health workers (NIMHANS)
2. Efforts for bringing people to the public health facilities (Mr Babar)
3. Importance of understanding biological explanation of mental health disorders in better diagnosis and treatment (Dr Rokade)
4. Need for a small-step interventions for adolescents' positive mental health (Ms Patil)

5. Challenges in mental health care provision due to interrupted drug supply and gaps in training in DMHP (Dr Nayar)
6. Potential use of expertise and rapport of local community-based organization for future intervention (Dr Chedda)
7. Urgency for comprehensive mental health care at peripheral health facilities (Dr Khalipe).

Chief Guest Smt. Yashini Nagarajan, CEO of Zilla Parishad, Satara, expressed support for mental health interventions focusing on dialogues and communication for positive mental health and building capacities of community health workers through convergence between health and women and child welfare department.