



STREE MANORAKSHA NEWSLETTER

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INTRODUCTORY STATEMENT BY DR. PRABHA S. CHANDRA

The experience of violence is against all human rights. Each person in this world has the right to live in a safe space free from psychological, physical, and sexual violence and also from coercive experiences. A woman facing violence deals with huge emotional challenges in addition to physical and reproductive challenges. She may often not seek help, may not know where to seek help, and may feel the dual stigma of a mental health problem and that of facing gender-based violence. Those of us working in the field know the impact that long-term trauma can have on one's self-confidence, ability to manage emotions, trust in others, and ability to manage relationships.

WHAT YOU'LL FIND INSIDE:

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Women facing violence may often be given advice, solutions, or nudged to make changes in themselves or asked to leave the abusive situation without understanding their lived realities. A woman facing partner violence from the very person who is supposed to comfort and support her, is often confused, ashamed and angry and with it is the added helplessness of not being able to seek help. Gender-based violence can take many forms and any such violence can have a huge mental health impact.

The levels of violence against women in a society increase with patriarchy, low education of women, ineffective legal systems, and the societal acceptance of male violence. Most women seek help from informal systems like peers, family, and neighbors and help-seeking from systems is often poor. For women to seek help from legal and health systems there has to be confidence and trust in these. The One Stop Centres and Women's Helplines by the Ministry of Women and Child Development have been set up with the aim of supporting women and helping them access these government systems in as seamless a way as possible. A woman facing violence cannot be expected to knock at different doors for different forms of help and advice, of which mental health support is one of the most important.

Through Project Stree Manoraksha, we aim to develop and strengthen trauma-informed mental health care in One Stop Centres (OSCs) by training counselors and other staff, including caseworkers, center administrators, paralegal, paramedical staff, multi-purpose workers, security guards, and other team members.

This initiative will enable every woman facing gender-based violence who approaches the OSCs to receive empathetic, supportive, and evidence-based primary mental health care and counseling services. So far we have been overwhelmed with the enthusiasm of the trainees from across the country's 706 OSCs and impressed by their dedication to the cause. We aim to provide comprehensive emotional support to every woman and girl who seeks help from these OSCs. We aim to create safe spaces for emotional sharing and expression of fears, alongside being supported legally and through other systems. Our training for OSC staff focuses on reflection, understanding intersectionality, and enhancing the autonomy and agency of all women facing violence regardless of class, education, caste, sexuality, religion, and disabilities.

We know that being a Front line Worker in the field of 'violence against women' is a difficult and emotionally taxing task and we are full of appreciation for all the work that OSC staff do. The Stree Manoraksha training in addition to providing skills for supporting women also focuses on caring for the self. We hope that the newsletter will connect different OSCs and help them learn from each other as well as provide support to each other. In this first issue, we have focused more on what we have done. In the next issues, we would like to hear from all the front-line workers about their stories and successes. Let's make mental health of women and girls our priority.

OUR REACH



STATES/UT'S WITH COMPLETED BASIC TRAINING



STATES/UT'S WITH ONGOING BASIC TRAINING



TRAUMA INFORMED CARE

DR MADHURI H.N

Intimate partner violence (IPV) has an intense effect on individuals, affecting humans throughout their life span. IPV is a preventable public health problem. The World Health Organization (WHO) estimated that, globally, 35% of women have experienced exposure to physical and/or sexual IPV. Despite its high rate of occurrence, IPV is often under-reported. IPV is associated with a multitude of adverse health outcomes for women. One of the important actions which health professionals can take is by creating a trauma-sensitive approach to reduce IPV and intervene skilfully when it has occurred. It also includes careful screening for a history of violence and trauma and familiarity with community resources.

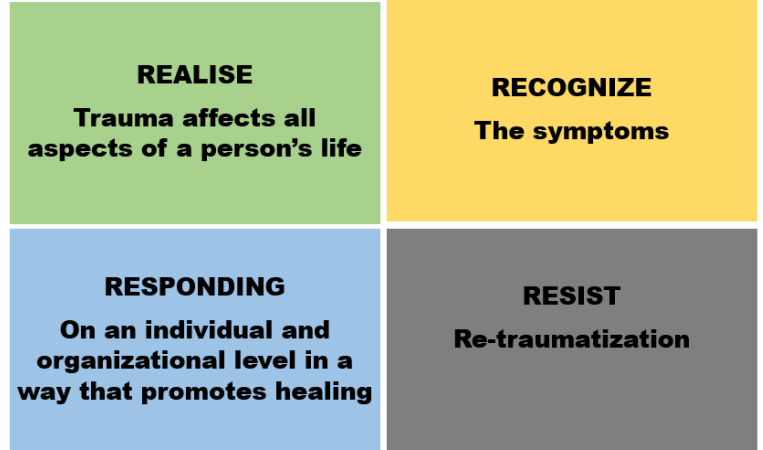


FIGURE 1: TRAUMA INFORMED CARE FRAMEWORK- 4R's (REF: SAMHSA)

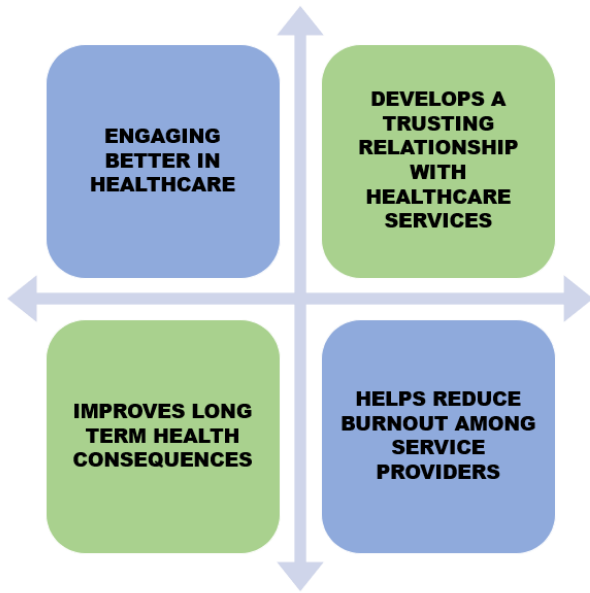


FIGURE 2: BENEFITS OF PROVIDING TRAUMA- INFORMED CARE

What is Trauma-informed care (TIC)?

TIC is a holistic approach aimed at evaluating the effects of trauma on survivors, taking steps to address trauma and empowering survivors to experience a sense of security and recovery. The service providers need to consider the patient's present and past condition to provide care with a healing touch. Trauma-informed care shifts the focus from "What's wrong with you?" to "What happened to you?". This approach helps to alleviate isolation, shame and self-blame on the victim.



FIGURE 3: KEY PRINCIPLES OF TRAUMA- INFORMED APPROACH BASED ON SAMSHA

STREE MANORAKSHA PICTURE WALL

TEAM STREE MANORAKSHA



TUMKUR OSC FIELD VISIT. KARNATAKA.



OUR FOCUS

1. Mental Health Impact of Violence against Women
2. Suicide Assessment
3. Psychological First Aid for Women Facing Violence
4. Psychosocial Support for Women Facing Sexual Assault
5. Couple Counselling
6. Psychological Intervention for Women Facing Violence
7. Tele-counselling
8. Referral Pathways
9. Feminist Principles and Ethical Guidelines Shaping Counselling Process
10. Self care for counsellors

ON AUGUST 30, 2021, TEAM STREE MANORAKSHA MADE A FIELD VISIT TO OSC, TUMKUR DISTRICT GOVERNMENT HOSPITAL. THE OBJECTIVE WAS TO UNDERSTAND THE FUNCTIONING OF THE OSC AND FAMILIARIZE WITH THE ROLES AND RESPONSIBILITIES OF EACH STAFF MEMBER TO HELP US BUILD OUR CURRICULUM AND CONDUCT TRAINING EFFECTIVELY.

आप हमें इसी तरह सिखया कीजिये
के हमें दूसरे के मन में क्या है यह समझ
में आना चाहिए
आप हमें कुछ नयी तकनीक की
जाणीव करके दीजिये
निम्हांस के द्वारा सभी को एक जगह
लाने की कोशिश कीजिय

हमें आपका प्रयास बहुत ही भाता है
लेकिन निमहासन हमें सिर्फ ऑनलाइन
ही बुलाता है

आप फिर से ऐसे सेशन रखा कीजिये
लेकिन ऑनलाइन नहीं ऑफलाइन भी
बुलाया कीजिये

ISHRAT SULTANA. CASE WORKER. MHARASHTRA OSC



DARSHANE TAI TUKARAM. MAHARASHTRA OSC

STREE MANORAKSHA TRAINERS' SPEAK

"It has offered me an understanding of the various cultural concepts, concerns and practical challenges faced by OSC staff. Training has allowed me to use reflective exercises and examples to deal with the challenges."

-Gurinder Preet Kaur

"After training various batches of OSC staff from across the country, I saw the enthusiasm in the participants that has made me read and prepare more for the sessions helping me enhance my learnings."

-Minnu Elsa

"Training of several OSC staff across India highlighted that the nature of providing care to victims is solution based. The staff have shifted their approach to women centric focus."

-Remy Lobo

"The unexpected, practical questions from the OSC staff, such as the role of men and their mental health, were awakening and allowed me to look at violence from various lenses."

-Megha Saraogi

"From the curriculum development to the presentation of the sessions to the discussions and handling a group of people, all such experiences have allowed me to shape my understanding on how to contribute to make society a better place."

-Latika Rashmi

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