



NATIONAL INSTITUTE OF MENTAL HEALTH AND NEURO SCIENCES
(Institute of National Importance), Bengaluru – 560029

Department of Psychiatric Social Work
Announces

Three Months Certificate Course
in
Social Work in Community Mental Health
April – June 2023
(6th Batch)

About the Course:

India is a nation with 1.33 billion inhabitants, with 70% of them being rurally located. According to mental health survey, 2015-16, the overall weighted prevalence for any mental illness was 13.7% lifetime and 10.6% current mental morbidity (Murthy, 2017). Mental illnesses constitute one-sixth of all health-related disorders, and India accounts for nearly 15% of the global mental, neurological and substance abuse disorder burden. And to cater to the mental health needs of India, we have less than 4,000 mental health professionals (psychiatrists, Psychiatric Social Workers, Clinical psychologists and Psychiatric Nurses) directly dealing with mental illness in India (Greg, 2019). With the existing > 70% treatment gap in rural India (Patel, 2016), it is important to add more and more community mental health workers by giving adequate mental health training and supervision in the community mental health setting. So far, from January 2022, a total of 15 trainees from five batches have completed the course and have given positive feedback about the content of the course.

The community mental health training for social workers includes the following:

- 1) Education about common and severe mental health conditions
- 2) Psycho-social assessment of people with mental illness and their families and training in providing appropriate psycho-social intervention
- 3) Home visits and psycho-social assessment and intervention for people with mental illness
- 4) Community Resource mapping and effective utilisation of community resources for

psycho-social intervention

- 5) Community awareness program for preventive, promotive mental health activities
- 6) Social Group Work and Case Work in the community
- 7) School and College Mental Health Program
- 8) Industrial mental health program with detailed session-by-session methodologies
- 9) Preparation and demonstration of various Community-based IEC materials, various preventive and promotional mental health activities
- 10) Assessment of Psychosocial determinants of mental health through village visits.

This certificate course aims to equip the social work postgraduates with the knowledge and skills on community mental health and to develop the human resources within social work discipline in the fields of community mental health by enhancing the capacities of the persons interested in working in the field of community mental health through education, assignments, demonstrations, interactive sessions, field visits and discussions. The candidates will be provided with the reading materials for their reference. The candidates will receive training from various multidisciplinary team experts in community mental health units.

Multidisciplinary team experts:

Faculty of psychiatric social work will primarily supervise the course candidates; however, they will also be mentored by other multidisciplinary team members, i.e., faculty from the Department of clinical psychology, Department of Psychiatry, Department of Nursing etc. The multidisciplinary mentoring will help the candidates to enhance their knowledge of holistic care community mental health services.

Structure of the course:

1. The candidates will be selected based on the eligibility criteria prescribed below.
2. The multidisciplinary team of community mental health services will mentor candidates.
3. Candidates will be exposed to various psychiatric social work services inside the NIMHANS campus and community-based services and programs.
4. Candidates are expected to participate in academic programs, clinical rounds, In-patient and outpatient clinical services, and community-based programs.
5. Candidates are expected to produce course log book and course assignments before the completion of the course.
6. Candidates will be given certificates on the successful completion of the course.

Content of the course:

1. Concept, dynamics, types, characteristics and functions of community
2. Community participation and education (different models of community participation)
3. Competency and skills required for community social worker in mental health
4. Community organisation
5. Community treatment approaches
6. Various community-based assessments and intervention
7. Preventive, promotive and curative aspects of mental health in the community
8. Community-Based Rehabilitation,
9. Self Help Group movement and people with mental illness

10. Supported employment and industrial mental health
11. School and college mental health with life skill education approach
12. Understanding and utilising social support in the community
13. Conducting mental health camps in various community
14. case management and assertive community treatment
15. Role of voluntary social service organisations, involvement of community stakeholders and action groups for advocacy and social action

Future directions:

There is a significant need for a trained workforce in the mental health field in India. The created workforce will enable to early detection/identification of mental health issues within the community and will be able to provide appropriate referral services or community-based intervention. The trained professional can bridge gaps between mental health services/treatments for people needing them. It can also reduce the rate of hospitalisation. NIMHANS being the Institute of National Importance and having pioneered community mental health services; the course will benefit social workers keen to work in community mental health. We are hopeful and will strive for an extension of this course to the SAARC countries upon successfully completing this course for the next one or two years.

Eligibility:

1. The course is open to those who have obtained a Master’s Degree in Social Work (full-time) from a university recognised by UGC and approved by NIMHANS, securing not less than 55% marks in the aggregate of the Master’s Degree as a whole.
2. Direct candidates, those deputed from other organisations, and sponsored candidates from State/Central Government/Armed forces/Other NGOs can be admitted to the course.

Details of Course:

- **Duration** : Three Months full-time, on-campus @ NIMHANS.
- **Number of Seats** : Maximum 8 per intake in every batch.
- **Fee Payable** : Rs.9000/- payable on selection (non-refundable for three months)

course opening dates are:

Course batch	Application deadline	Intimation of selection
January to March	20 th December	25 th December
April to June	20 th March	25 th March
July to September	20 th June	25 th June
October to December	20 th September	25 th September

Procedure for Application: Selection will be made based on eligibility. Interested candidates

should send their application on plain paper via email or hard copy along with the following documents:

1. One-page write-up on why they want to pursue the certificate course
2. Biodata with a recent passport-size photograph, full postal address, and email id/ phone number.
3. Preference will be given to candidates working in community mental health services.
4. Research and work experience-related documents, if any, send Hard copies/Soft copies of the application along with supporting documents to the following address with the title of the course mentioned:

“Social Work in Community Mental Health Services”,

The Professor and Head,

Department of Psychiatric Social Work,

Dr M.V. Govindaswamy Center (First Floor)

NIMHANS, Bangalore-560029.

Ph: +91 80 26995875; email: aravind.nimhans@gmail.com

Course Coordinator:

Dr. E. Aravind Raj, Additional Professor of Psychiatric Social Work,

Consultant in Community Mental Health Unit,

NIMHANS, Bangalore - 560029

Accommodation:

The candidates need to make their own accommodation arrangements. Limited hostel accommodation may be offered only on prior request and is subject to availability - contact NIMHANS academic section upon selection.

Important Dates:

- Last date for receiving applications: **20th March 2023 (for the batch of April 2023)**
- Date of Intimation of selected Candidates: **25th March 2023**