



کاروان حیات

KARWAN-E-HAYAT

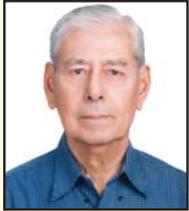
Institute for Better Mental Health

ادارہ برائے ذہنی صحت

Newsletter

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President's Message



As the year 2012 comes to a close, I take this opportunity to wish Karwan-e-Hayat colleagues, friends, donors and well-wishers the very best in the coming year, and, above all, peace.

KeH's mental health care services have continued to grow, adding new directions and dimensions to its activities. The pioneer, Khayaban-e-Jami Psychiatric Clinic, is now working six days a week. It has been upgraded and generally made more patient friendly. The Keamari Psychiatric Care & Rehabilitation Center has creditably matched all its services (outpatient, inpatient, day care, rehabilitation) with the steadily growing demand. The Korangi Community Psychiatry Centre joint venture, during its one year

operation, has popularized the 'community-based psychiatry' concept.

At all these three Centers, special emphasis has been placed on providing high quality patient care and treatment. To this end, manpower has been strengthened. Suitably qualified and trained professionals have been added to inter alia, Nursing and Social Services. For good governance and efficient service delivery, Internal Audit function has been created and experienced Administrator and Chief Operating Officer have been enlisted.

I gratefully recognize the sincere commitment of KeH's volunteer members, professionals and staff, who dedicate their time and expertise for developing better mental health care for our disadvantaged population. It is on the strength of this commitment that KeH's psycho-

social welfare services are sustained.

We realize that for continuing to successfully achieve the goals we have set for Karwan, we have to work harder still in an atmosphere of cooperation and tolerance. At KeH, we aim to provide a safe environment for patients and to deal with clients with gentleness and compassion so that their dignity remains intact. The road ahead is long and difficult. There are myths and superstitions about mental illness to overcome. But the New Year is nothing if not a time of opportunity and challenge. Let us use the inspiration and the momentum achieved by our focus on mental health, to make a positive change.

Finally, let me share the maxim of a sage:

Your task is not to seek for love, but merely to seek, find and demolish all the barriers within

Our Mission

To work for the prevention, relief and treatment of mental illness.

To work towards the rehabilitation of mentally distressed people, especially the underprivileged and deprived.

To raise public awareness about mental illness and to foster behavioral change in society.

To organize, train and maintain a team of dedicated psychiatrists, psychologists, occupational therapists and social workers to ensure a competent and ongoing mental health service

yourself that you have built against it.

Good Luck and Happy New Year.

Masrur Ahmad
President
Karwan-e-Hayat

Visits and Trips

VISITS TO KARWAN-E-HAYAT

In August, 20 doctors from Sina Health, Education and Welfare Trust came to PCRC. They were given a round of the facilities and then Dr. Ajmal Kazmi, Medical Superintendent of KeH, gave a presentation on how doctors in general medical practice can identify and deal with mental illness.



In October, members of Direct Relief International visited PCRC. The delegation was headed by Mr. Brett Williams, Director International Programs and Emergency Response.



CONFERENCE IN MILAN

World Association of Psychosocial Rehabilitation held a conference in Milan in November this year. Dr. Ajmal Kazmi,



Medical Superintendent and Consultant Psychiatrist, and Ms. Sadia Beg, Rehabilitation Project Manager, represented Karwan-e-Hayat at the conference. They gave a presentation titled "Introduction of Psychiatric Rehabilitation and Evidence Based Practices in a Psychiatric Rehabilitation Center in Karachi, Pakistan". This was a joint presentation with professors of University of Medicine and Dentistry of New Jersey (UMDNJ), USA. Professors Russel Smith and Giovanna Giacobbe of UMDNJ were also present. The conference was attended by more than 1,500 delegates from 70 countries.

Ms. X was a nurse herself, and came from a good stable middle class family. Yet she started to experience strange delusions even while working. As she became a victim of strange thoughts and feelings she came to realize that something was seriously wrong. One day while on duty at the hospital where she worked, she became so agitated with a patient that other workers had to intervene.

At home, too, Ms. X became nervous and suspicious of her family members and thought they were poisoning her. She could hear strange voices and even had hallucinations. She could not sleep.

At first, her family thought she had been put under a magic

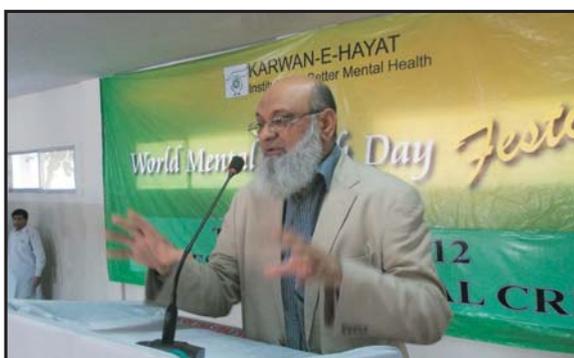
spell by an enemy. She was taken to pirs and faith healers with no good result. Finally, she came to Karwan-e-Hayat.

Ms. X was admitted into the female ward and after investigations it was found that she suffered from Bipolar Disorder. She stayed in the hospital for 2 weeks and was treated with loving care. Medication helped her to gain her balance. She participated in Psychiatric Rehabilitation sessions, and was provided with occupational therapy and attended music and yoga classes. All this helped her to recover. She is still on medication, which she takes faithfully every day, but now she is back at work as a nurse and enjoying her life.

World Mental Health Day

Every year, Karwan-e-Hayat marks the 'World Mental Health Day' with a function at its premises in Keamari, KPT and Karwan-e-Hayat Psychiatric Care and Rehabilitation Center (PCRC). The aim is to spread awareness about mental health and also to provide a day of fun to the patients and their families.

This year, Karwan invited students from CAS School, Lyceum and Indus Valley School of Art and Architecture to the event. The students and teachers were given a round of the facility to dispel old fashioned ideas of mental health institutions and introduce them to modern ways of dealing with mental illness. Dr. Ajmal Kazmi, the Medical Superintendent of Karwan-e-Hayat, then gave a presentation on "Problems of Childhood and Adolescence". The theme of World Mental Health Day 2012 was "Depression ... A Global Crisis". Dr. Kazmi's talk highlighted depressive tendencies in young people.



A variety program, in which 80% of the participants were patients, was staged thereafter. It included a short psycho drama, an awareness skit and group songs and dances. The audience not only enjoyed the program but also understood that the level of mental illness varies greatly. They saw for themselves that correct treatment can make patients functional enough to participate in everyday activities. The variety program was greatly enjoyed by the patients and their families as well.

Gifts to mark the Day were given to all the patients of PCRC and additional presents were given to those patients who took part in the variety program. Karwan-e-Hayat's celebration of World Mental Health Day 2012 concluded with the giving of participation certificates to all the invited students.

Karwan-e-Hayat Patient Statistics 2005-2012

The following table shows a rapid increase in the number of patients visiting Karwan-e-Hayat. Over 80% of these patients are very poor and receive free consultation, medication and hospitalization.

	July 2005 to June 2006	July 2006 to June 2007	July 2007 to June 2008	July 2008 to June 2009	July 2009 to June 2010	July 2010 to June 2011	July 2011 to June 2012	July 2012 to Dec 2012	Total
Patients Treated	9,757	12,317	14,953	16,438	19,226	17,453	21,300	11,794	123,238
Day Care Patients	1,075	1,954	4,371	8,067	9,724	8,379	9,373	5,158	48,101
Patients Admitted	52	354	420	370	427	498	494	201	3,016

The operating and capital cost for maintaining Karwan-e-Hayat and providing free medical treatment, food, hospitalization etc. during the year 2005-2006 was Rs.10.4 million. With the growing number of patients, especially poor patients, coming to Karwan's three centers, the cost of the same services is now projected at Rs. 66 million for 2012-2013.

Events & Activities

From July 1, 2012 to December 31, 2012

Awareness Programs are organized by Korangi Community Psychiatric Center (KCPC) every month. They are held in different hospitals of Korangi and attract dozens of people every time.

October 13

World Mental Health Day.

October 31

The AGM and Members Meeting were held on the same day this year. After the official business ended, an informal members meeting was initiated. Mr. Shahid Farooqi and Mrs. Rehana Alam spoke about their volunteer experiences especially with regard to their work with Karwan-e-Hayat. Members' ideas about volunteerism were also welcomed and a lively discussion ensued. Apart from the Directors, the following members attended the event: Col. Saeed, Mr. Rahat Alam, Dr. Ajmal Kazmi, Justice (Retd.) Shaiq Usmani, Dr. & Mrs. Zafar Qureshi, Mr. and Mrs. Ehteshamullah, Ms. Alia Mian, Dr. Shifa Naeem, Mr. Mohd Iftikhar, Ms. Samina Khwaja, Ms. Talat Tayyabji and Mrs. Zehra Masrur. Some members were accompanied by guests who were interested in the work of Karwan.

November 19

Karwan-e-Hayat participated in Aman Mental Health Seminar. Mr. Imran Zafar, Director of KeH, gave a comprehensive presentation on the Shamil Project, which sponsors KCPC.

December 5

The first Awareness Program by Jami Clinic was held at Jamiatul Saudagaran Hospital in Delhi Colony close to the clinic. It was well attended.

December 15, 16, 17

KCPC set up a stall to introduce KeH to the public at the Meena Bazaar organized by Memon Industrial and Technical Institute (MITI) in Korangi. MITI collaborates with KCPC for vocational training of Day Care patients on 100% charity basis.

December 24

A small Christmas celebration was held for the Christian employees of KeH. Senior managers also attended the party.



COMMUNITY PSYCHIATRY

By Dr. Fizza Yasmeen

Dr. Fizza Yasmeen is a Consultant Psychiatrist. She is Incharge of Psychiatric Services at Korangi Community Psychiatry Center.



Karwan-e-Hayat launched a Center of Community Psychiatry in Korangi, Karachi in 2011. It is believed that Karwan is the first to start a Community Psychiatry Center in Karachi. The Center offers its clients a different, more empathetic, way of dealing with the problems of mental illness.

To understand the concept of Community Psychiatry, it may be necessary to have a look at its historical background. Many years ago, mental patients were incarcerated in asylums but over time, these institutions came to be known for the bad treatment meted out to the inmates. Doctors began to suggest that mental hospital/ asylums were inhumane and politicians were eager to disband them also for budgetary reasons. Deinstitutionalization followed, but many of the mentally ill ended up in jails, nursing homes or even on the streets as vagrants. It was at this point in history that the idea of community mental health services started to grow and became influential in Europe, and by the 1970s, the first such centers came into being.

In Community Psychiatric Centers, emphasis is placed on keeping patients out of the hospital as much as possible. Mobile and extended-hours services are provided to the community because it is understood that most conditions can be managed in the patients' own environments. Sometimes, short stays in the hospital become necessary to stabilize the patient or review treatment but then the patient returns home while maintaining contact with the Community Psychiatric Center. The Community Psychiatric Center usually caters to residents of specific catchment areas so that its services are readily available to all the residents of that community.

In Korangi Community Psychiatry Center (KCPC), Karwan-e-Hayat has integrated many of the ideas of Community Psychiatry as they have evolved over the years. A multidisciplinary and comprehensive approach has been adopted and the mental health team includes a consultant psychiatrist, clinical psychologist, psychiatric social worker and an occupational therapist. Home service is also available to ensure continuity of care by providing follow-up visits in the community. From its inception, KCPC has been organising awareness camps in the Korangi catchment area to introduce Karwan-e-Hayat and the concept of Community Psychiatry to the people.

The advantages of Community Psychiatry are manifold. It has a

client centered approach and keeps the needs and problems of the clients in the forefront. For example, it is not easy for the mental patient to travel to a clinic. He usually needs an escort and so visits to the clinic become subject to his companion's convenience and the bus fare doubles for each visit. With Community Psychiatry the clinic comes to him instead.

By being treated at home, the patient avoids the stigma of being hospitalized in a mental institution. Awareness of mental illness, in general, increases in his community with the visits of the clinic personnel in the area. Other people of the community are also encouraged to come forward and avail themselves of the services of the Community Psychiatric Center.

Community Psychiatry is much more economical, for the patient, than hospitalization. And it reduces the risk of relapse of illness since the patient is never taken out of his environment but learns to live in his own surroundings and deal with his problems.

KCPC is located at Korangi Crossing and has developed its own model of Community Psychiatry, keeping in mind, the culture and sensitivities of the people it is serving. It offers 4 types of psychiatric services: Psychiatric OPD, psychological counseling, Day Care facilities and home follow-up services. The response from the community has been very encouraging and Karwan-e-Hayat is proud and happy to bring psychiatric intervention to the patients in this unique way.

Tax Exempt Donations in the US

We are pleased to inform our well-wishers that donations to Karwan-e-Hayat are now tax exempt in the US:

Make out the check to The i-Care Fund America Inc. Write Karwan-e-Hayat on the memo line.

Mail to The i-Care Fund America Inc.
66 Charles Street, Suite 445, Boston, MA 02114, USA

Please include your name and address so that the receipt of the tax exempt donation can be mailed to you.

CONTACT INFORMATION

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Telephone: 35120204-5 Fax: 35052994 Email: info@keh.org.pk

Bank Accounts Karwan-e-Hayat (PCRC)-Keamari.
United Bank Ltd. Account No. 010-1935-1
Swift Code No. UNIL PKKA, Branch Code (0462),
Keamari Branch, Jackson Bazar,
Karachi.

Bank Accounts Karwan-e-Hayat -Jami
Allied Bank of Pakistan Ltd, Account No. 01-100-8225-4
Swift Code No. ABPA BKKA, Branch Code (0414)
Defence Housing Society, Corner Sunset/Gizri Boulevards, Karachi.

United Bank Ltd., Account No. 010-1613-5
Swift Code No. UNIL PKKA, Branch Code (1620)
Sunset Boulevard, Defence Housing Society, Karachi.

Karwan-e-Hayat Website: www.keh.org.pk
Facebook: Karwan-e-Hayat