

Practice oriented course on: 'Managing stress, improving decision making and ensuring mental wellbeing among adolescents'

Worldwide 10-20% of children and adolescents experience mental disorders. Half of all mental illnesses begin by the age of 14 and three-quarters by mid-20s. Neuropsychiatric conditions are the leading cause of disability in young people in all regions. If untreated, these conditions severely influence children's development, their educational attainments and their potential to live fulfilling and productive lives. Children with mental disorders face major challenges with stigma, isolation and discrimination, as well as lack of access to health care and education facilities, in violation of their fundamental human rights states WHO.

The International Center for Child and Public Health shares WHO's mandate and advance its 2nd programme goal to provide comprehensive, integrated and responsive mental health and social care services in community-based settings for early recognition and evidence-based management of childhood mental disorders. A series of community centered interventions, talks by experts, papers and field research forms part of the ICPH 2020 action agenda.

This introductory course highlights some signs and symptoms, along with myths and the stigma associated with mental health issues. It provides insights and practical know- how to adolescent boys and girls with their mental health and emotional wellbeing.

After completing this course the adolescent girl or boy will:

- Understand the broad meaning and dimensions of mental health
- Be able to identify some common issues faced by adolescents and young people with regard to mental health.
- Recognize some of the signs and symptoms that indicate mental health issues in adolescents and young people.
- Understand key risk factors that make some adolescents and young people vulnerable to mental health issues.
- Pick up practical advice to help improve mental health and emotional wellbeing.

Time frame: June –July 2020

- Dates: June 3rd week- July 1st week, 2020
 - Total number of webinars : 3 with the first one on 29th June (Monday)
 - Field touchdown : twice during the course with the participants

Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
29- Jun	30- Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul



Topics that will be covered:

How to prevent suicide

- How to get deep sleep and a new set of a set of the sleep and a set of the set of the sleep sleep and a set of the set
- How to reduce stress in minutes an annual annual annual annual annual.
- Visualization

*Pre-recorded videos by Dr.D.Srinivasan

Eligibility criteria: Adolescent boys and girls between 13 – 18 years

Courses materials:

• Pre-recorded videos by Dr.D.Srinivasan, handouts, self-administered questionnaires and learning log

Certificate

On completion of attending the 3 webinars, course assignments and readings a certificate will be issued.

Key Resource person:

Dr.D.Srinivasan, M.D (Psy), DPM, did his MBBS from Madras Medical College, Chennai from 1972 to 1978. Then he completed his D.P.M (1982) and M.D. in Psychiatry (1985) from the Institute of Mental Health, Chennai. He has been leading the Department of Psychiatry at Kovai Medical Centre Hospitals from 1992.

From 1993 he has served as **Medical Director** of Kasturba Gandhi De-addiction Research and Rehabilitation center which has treated more than 13,000 patients. His innovative methods of treatment to increase abstinence rates amongst people seeking de-addiction treatment are known across the country. This center also runs a suicide prevention center with a telephone hotline 106 for more than 17 years and helped thousands of clients. Between 1995 to 2016 he has conducted more than **1300 group therapy sessions**, an innovative method to deliver cost effective solutions to mental health problems of patients and their family members.

GATE - **G**lobal **A**cademy for Total Empowerment has conducted **34 batches of Personality development programs** from 1998 to 2016. Each programme running from 6 to 12 Sundays delivers a comprehensive inner core change, memory development and learning skills.

He has further conducted many programs for students, teachers and employees of many Institutions on stress management and **emotional intelligence**. He has delivered more than **1000 lectures** on various public platforms on stress management, anger management, relationship management, effective learning skills, emotional wellness and positive parenting.

He has held the office of the **Secretary** of **the Indian Psychiatric Society's Tamilnadu chapte**r from 1993 to 1995 and the office of the **President** from 2008 to 2009. He is a **Life Fellow in the** Indian Psychiatric Society **(I.P.S.)**, **Fellow** of the Indian Association of Private Psychiatry **(I.A.P.P.)** and **Member**, American Psychiatric Association **(A.P.A.)**