

## Tridal Story

How Tridal emerged from IPH ?

IPH is a unique community mental health project established in 1990 with a few professionals who were committed to change the meaning of the word ‘ Mental Health ‘ broadening it from prescribing medicines to patients with psychiatric disorders to also involving community to destigmatise the word & focusing on development & empowerment. ( Dr. Nadkarni , Dr. Shubha Thatte to name a few ) This team with a dream in their eyes & passion in their hearts has grown into 50 professionals & 120 volunteers . Major focus of IPH is **3 Ds**, Disorder , Distress & Development , Though IPH team helps alleviating symptoms of all psychiatric disorders & helping them in mainstreaming such as Schizophrenia , bipolar disorder , Anxiety & Mood disorders , personality disorders & Childhood disorders to name a few , its passion was always helping schizophrenia patients ( we call them Shubharthis& caregivers ‘ Shubhankars ‘ as stigma starts from nomenclature ) rebuild their lives , specially those with marginal functioning.

- IPH team has 3 Ph.D. holders ( Dr. Thatte , Dr. Sovani& Dr. Savita ) who had their doctoral work on Schizophrenia. One has to understand that schizophrenia is a neuropsychiatric disorder affecting person , usually between 15 & 25 yrs. Of age & affecting many areas of person’s life such as thinking , emotions , social skills , judgment etc. , more the areas more marginalized the functioning . The incidence of this disorder is 1 to 2 % so one can calculate the no. of persons needing help for rehabilitation.
- It was during 2001 some troubled Shubhankars approached us expressing anxiety about their 25 something years old Shubharthis who were homebound due to their illness & were not doing anything ( studying/ working ) for > 4 / 5 yrs. One of our team members Savita Apte , Clinical Psychologist , took it as her mission & started her doctoral work on Caregivers calling them for designed 6 sessions of 2 hours each which was part of her Ph.D. program . This gave impetus to caregivers’ understanding the need for their Shubharthis to come together , sharing & importance of socialization for their Shubharthis.
- After completion of her Ph.D., based on her findings , we started conducting 2 days workshops for Shubhankars We started calling them once a month to share their problems & helping them handle to some extent . As they slowly understood the

importance of helping their shubharthis to socialize they were willing to coax their Shubharthis to come to IPH once a week for 2 hours . A professional & a caregiver would lead this group( initially of 4 or 5 members ) by making them share talk , express by different activities.

- As they started becoming comfortable with each other they started coming everyday for 2 hours which we called as ` **TRIDAL** ` group. Due to lack of space & manpower to supervise we started with simple products which they could manage such as cleaning & cutting vegetables & package for selling , which followed by some seasonal products like , Rakhis, decorative earthen lamps etc& they were supervised by some caregivers & volunteers who attended our caregivers' workshops.
- Now Tridalsctivity has grown into a fully blooming activity with a separate activity centre , Shubharthis coming from 1 to 5 , 5 days a week , attended by 25 to 30 Shubharthis . The work is supervised by empathic committed 18 volunteers ( some care giver volunteers & some volunteers) & one full time paid supervisor & 28 professionally packaged products .
- This was not an easy journey . As the illness duration was 10 yrs. & more Shubharthis lacked requisite motor skills , social skills of communication & also amotivation as part of their residual symptoms. After experimenting with various products , through trial & error we have reached today's array of products which are very much in demand & are comparable to products in open market.
- There is a support group of Shubhankars which meets the first Saturday of every month at 4 pm which is led by a professional & a volunteer & two day caregivers workshops conducted every 3 months which gives following inputs to Shubhankars : knowing the illness & the treatment , communication with your Shubharthis , Emotional burden & burn out , issues like marriage , work, future planning etc.
- Shubharthis accepted here are low functioning & we look at Tridal as a step towards opening their doors to community in general. After slowly getting used to this routine in their life ( which was missing ) they can look at future differently with the help of their Shubhankars .
- Tridal means triad of 3 leaves ( which is our logo ) here Shubharthi is one arm , second arm is Shubhankars& professionals & third is community. It denotes that all

the 3 parts are necessary for rehabilitation. Tidal also means ‘ Bel ‘ which incidentally has antipsychotic properties.

- Their regular day starts with a prayer after which they take their places & start doing their assigned work . Some have expertise in cooking , some in stitching , some in decorative articles but all are exposed to every activity. Twice a week they have 1 hour session on Yoga conducted by a yoga instructor wherein focus is more on relaxing their body , fingers & balance. Once a fortnight there is no work & they are engaged in different brain games (cognitive stimulation) once a month. They are shown different short films & they are encouraged to talk about it , what appealed to them.