

Global Mental Health: Understanding Recovery among Persons with Severe Mental Illness in India

Instructional and Training Calendar

Overview

The overarching purpose of this course is to examine how persons with severe mental illnesses can achieve recovery. You will first learn what personal recovery actually means within the context of a low income country. Then you will systematically learn what elements within the social ecology of these individuals either contribute to, or hamper, recovery. Examples of these elements include subjective experiences of illness and wellness at an intrapersonal level; urbanicity and rurality at the geographic level; social exclusion and loss of social capital, violence, poverty, stigma, the intersections of class and caste, homelessness, and other structural barriers to recovery at the societal level; and health and human services policies at the governmental level.

Unique determinants that you will encounter in this course include the influence of religion and of religious institutions as referral sites for persons with mental illness, the effects of rapid economic development and urbanization that characterizes contemporary India, and the role of a state government that is explicitly committed to antipoverty programs and policies. In and through these experiences, you will contrast situations confronting persons with mental illness in the United States with those confronting persons in India.

This is a field-based course. Hence, the pedagogy will be principally experiential, marked by immersion in the field, the discovery of learning opportunities, followed by collective debrief and discussion of assigned readings as applicable to your field experiences.

Dec 26: Arrive Chennai
International Airport

Date	Instructional Module	Field Module	Resource person(s)	Comments and Readings
Dec 27	09:00 – 10:00 - enroute . Introductions and course overview 10:00-11:00 Understanding recovery . The population of persons with severe mental illness . Understanding “recovery from” and “recovery in”	09:00 Leave hotel for Adaikalam 11:00-12:30 TCC 12:30 – 13:30 Lunch	Raghavan Archana Padmakar and Dr. Kishore (at Adaikalam)	Anthony (1993), Onken et al. (2007), Slade (2009)



	<ul style="list-style-type: none"> . The individual heterogeneity of recovery . The unique determinants of recovery among persons with mental disorder 	<p>13:30-14:30 Visit TCC</p> <p>15:00-16:00 Visit urban shared housing project</p>	Perhaps have Vandana give her talk?	
Dec 28	<p>10:00 – 11:00 at Manampathi</p> <ul style="list-style-type: none"> . Contextualizing mental disorder in a low and middle income country. Understanding the Banyan's services model 	<p>09:00 Leave hotel</p> <p>12:00pm Field Visit to Manampathi Clinic</p> <p>1pm Lunch</p> <p>1:45pm - 330pm Field visit to Kovalam <ul style="list-style-type: none"> . Visit community clinic . Visit dargah (mosque), and Hanumanthapuram temple as referral sources into care </p>	<p>Dr. Kishore (at Manamathi or HC)</p> <p>Nisha Vinayak (At HC Kovalam)</p>	<p>The Banyan Annual Report 2013-14 Jain & Jadhav n.d., Murthy 2011, Gopikumar et al. (2015)</p>



		Debrief on the way back		
Dec 29	Social geography I 09:30-11:30 . Understanding bi-directionalities between homelessness, and mental disorder	09:00 Leave hotel . Stop off at Marina Beach . Visit shelter (Santhome) 17:00 Leave Hotel . Participate in street visits	Mrinalini (at Shelter)	Fazel et al. (2008), Chamberlain and Johnson (2011)
Dec 30	Saturday – On your own			
Dec 31	Sunday – On your own			
Jan 1	New Year's Day – On your own			
Jan 2	Social geography II 10:00-12:00 . Caste, class, and mental disorder in the Indian context . Bi-directionality between poverty and mental disorder	09:00 Leave hotel . Case conference at Adaikalam	Asha Banu (at Adaikalam 10:00 – 11:00) Dr. Kishore (11:00 – 12:00) Raghavan	Kessler & Cleary (1980)



Jan 3	Social ecology I 10:30-12:30 . Changing family structure and erosion of support systems . Stigma and the cultural understandings of mental disorder	Leave Hotel 9:00 Lunch with SW students 12:45 – 13:45 Kovalam 13:45 – 15:00 . Vocational training services; . Supported employment approaches	Lakshmi Ravikanth (at Kovalam 10:30-11:30) Lakshmi Sankaran (At Kovalam 11:45-12:45) Raghavan	Morgan et al. (2007), Tew et al. (2011)
Jan 4	Social ecology II 10:30 – 12:30 . Urbanization, accessibility, and impact of physical infrastructure . Exclusion, handicap, and the loss of social capital	Kovalam 1330-1530 . Social Policy and Action Research . Global South Initiative . Shared housing 1503-1630 . Debrief	Raghavan and Harini C. (At Kovalam) Kamala Easwaran /Lakshmi Narasimhan (At Kovalam) Raghavan	Marsella (1998)
Jan 5	Political economy I 09:45-11:30 . The relationship between poverty and	Leave Hotel 9:00	Raghavan Preeta	Lund et al. (2010), Read (2010)



	mental disorder . The relationship between poverty and mental disorder in the Banyan context	11:30 – 13:30 State Resource and Training Center, Chennai	Krishnadas/LN (At TBD)	
Jan 6	Saturday – On your own			
Jan 7	Sunday – On your own			
Jan 8	Political economy II 11:00-13:00 . Public policy and mental disorder	Leave Hotel by 1015 14:00-16:00 Urban clinic – Loyola college 1500-1600 Debrief	Desiraju (at Loyola) Preeta and UMHP team	Barry & Huskamp (2011)
Jan 9	Can they spend the day in class with BALM MSW students?	Kovalam		
Jan 10	Checkout. Begin departing from Chennai			

Readings

Anthony, W. A. (1993). Recovery from mental illness: The guiding vision of the mental health service system in the 1990s. *Psychosocial rehabilitation journal*, 16(4), 11.

- Barry, C. L., & Huskamp, H. A. (2011). Moving beyond parity—mental health and addiction care under the ACA. *New England Journal of Medicine*, 365(11), 973-975.
- Chamberlain, C., & Johnson, G. (2011) Pathways into adult homelessness. *Journal of Sociology*, 1-18
- Corrigan, P. (2004). How stigma interferes with mental health care. *American psychologist*, 59(7), 614.
- Fazel, S., Khosla, V., Doll, H., & Geddes, J. (2008). The prevalence of mental disorders among the homeless in western countries: systematic review and meta-regression analysis. *PLoS Med*, 5(12), e225.
- Gopikumar, V., Narasimhan, L., Easwaran, K., Bunders, J., & Parasuraman, S. (2015). Persistent, Complex and Unresolved Issues. *Economic & Political Weekly*, 50(11), 43.
- Jain, S. & Jadhav, S. Pills that swallow policy: Clinical ethnography of a community mental health program in northern India.
- Kessler, R. C., & Cleary, P. D. (1980). Social class and psychological distress. *American Sociological Review*, 463-478.
- Lund, C., Breen, A., Flisher, A. J., Kakuma, R., Corrigall, J., Joska, J. A., ... & Patel, V. (2010). Poverty and common mental disorders in low and middle income countries: a systematic review. *Social science & medicine*, 71(3), 517-528.
- Marsella, A. J. (1998). Urbanization, mental health, and social deviancy: A review of issues and research. *American Psychologist*, 53(6), 624.
- Morgan, C., Burns, T., Fitzpatrick, R., Pinfold, V., & Priebe, S. (2007). Social exclusion and mental health. *The British Journal of Psychiatry*, 191(6), 477-483.
- Murthy, R. S. (2011). Mental health initiatives in India (1947–2010). *National medical journal of India*, 24(2), 98-107.
- Onken, S. J., Craig, C. M., Ridgway, P., Ralph, R. O., & Cook, J. A. (2007). An analysis of the definitions and elements of recovery: a review of the literature. *Psychiatric rehabilitation journal*, 31(1), 9.

Read, J. (2010). Can poverty drive you mad? Schizophrenia, socio-economic status and the case for primary prevention. *New Zealand Journal of Psychiatry*, 39 (2), 7-19.

Slade, M. (2009). 100 ways to support recovery: A guide for mental health professionals. Rethinking recovery series: Volume 1.

Tew, J., Ramon, S., Slade, M., Bird, V., Melton, J., & Le Boutillier, C. (2011). Social factors and recovery from mental health difficulties: a review of the evidence. *British journal of social work*, bcr076.

Additional Readings

Kessler, R. C., Berglund, P., Demler, O., Jin, R., Merikangas, K. R., & Walters, E. E. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of general psychiatry*, 62(6), 593-602.

Pescosolido, B. A., Gardner, C. B., & Lubell, K. M. (1998). How people get into mental health services: Stories of choice, coercion and "muddling through" from "first-timers". *Social science & medicine*, 46(2), 275-286.