



GOVERNMENT OF KARNATAKA
Commissionerate
Health and Family Welfare Services,
Arogya Soudha, Magadi road, Bengaluru

DD-Mental Health/48/2020-21

Date: 06.02.2021

To,
Chief Administrative Officer,
Health & Family Welfare Services,
5th Floor West Wing Arogya Soudha,
Bengaluru -23

Dear Sir / Madam,

Sub: Human Rights Advisory of the Rights of Children's in the
Context of COVID- 19

- Ref: 1. Letter from Secretary General NHRC No.R-
17/8/2020-PRP&P-Part 4 Dated 29.09.2020
2. Letter from Director, Directorate of Child Protection
Bengaluru No.KSICPS/CP/65/NHRC/ Covid -19/20-
21/971 Dated 17.12.2020
3. Letter from CAO – H&FW services Bengaluru No.
DHS/HRC/12/20-21 Dated 02.01.2021 (Received on
02.02.2021)

With reference to the above subject and reference -1 Advisory Para 3 Mental Health Intervention of National Human Rights Commission, the Committee of experts has made Impact assessment and recommendations for Protection of Rights of Children's in the Context of COVID- 19

In this regard committee of experts of NHRC has requested to implement the recommendations made in the advisory and submit the action taken report to the Commission

Government of Karnataka under National Health Mission under District Mental Health Programme, has already taken an initiative regarding training of various levels of Officers / Health Workers/ NGO's / Social Workers including Para Medical Workers in early identification of Mental illness and to give first line treatment , Brief Counselling and the referral linkage for both Adults and Children.


cont...2



*Need to give
ample awareness about
all the issues mentioned in
this letter*
Patil 12.02.2021
P.D.

Thus efforts are put to create a cadre of para medical Health Workers at districts/ Sub districts levels by training them in giving emotional first aid and to identify the Severity of Mental illness so that they can be referred to the specialist at the earliest. Also continuous efforts are being put to strengthen the same further.

The details of Mental Health Activities in Karnataka Health & Family Welfare Department (Annexure Attached) is Submitted for kind information and Perusal.


Joint Director (Mental Health)
Health and Family Welfare Services,
Bengaluru

Copy for information to:

1. Mission Director, National Health Mission Bengaluru.
2. The Director, Department of Health & Family Welfare Services, Bengaluru.
- ✓ 3. The Director, Child Protection Society (ICPS) C/O Women and Child Development Department, 1st Floor MS Building, Dr. Ambedkar Veedhi, Bengaluru -01.
4. Office Copy.

Note on Mental Health program Mental Health activities in Karnataka

Mental disorders cause significant morbidity and disability. Nearly 10% of people in Karnataka are estimated to have at least one mental health problem according to the National Mental Health Survey 2015-2016.

One of the strategies to address the treatment gap is District Mental Health Programme (DMHP) under National Mental Health Programme; this facilitates training of all health staff starting from PHC level, for early identification and treatment of mentally ill. Since the year 16 – 17 District Mental Health Programme (DMHP) is approved for implemented in **all the 30 districts and BBMP in Karnataka, where in more than 200 staff are in place**. Also 10 Talukas have been included under Taluka Mental Health Program (TMHP).

Trainings have been taken up in all the 30 districts and BBMP:

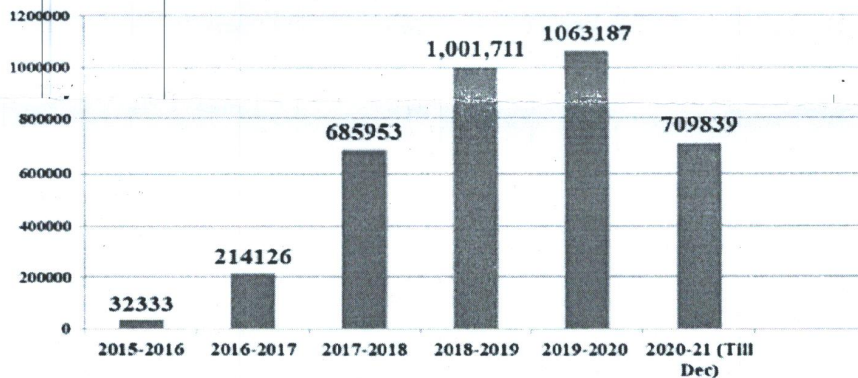
Persons trained	2017-18	2018-19	2019-20	2020-21(Till Dec)
Medical Officers	1,673	1,616	1,481	1,244
Paramedical workers	9,375	4,734	2,862	3,147
RBSK/RKSK	658	490	804	721
AYUSH	873	475	655	420
Teachers	9,379	7,590	8,553	4,292
KSAPS & WCD & counselors	1,648	3030	1,550	443
Police/Prisons staff	1,473	6,671	6,902	4,168
Faith Healers/NGOs/ Elected representatives	1,380	818	2351	439
ASHA workers	23,775	21,816	24,316	14,608
VRW, MRW	-	2,214	8,553	5,299
Agri, Horti				
NTCP, NCD, Others				
Total	50,234	47,240	58,027	34,781

Clinical Services of DMHP

Clinical Service	2017-18	2018-19	2019-20	2020-21(Till Dec)
Outreach camps no.	1,711	884	1192	416
Home visits no.	3,688	6067	5,426	1,846
Outreach - patients reached	19,242	29,997	38,957	13,684
Home visits - patients reached	6,269	5,642	5,061	45,75
Counseling Centers	2017-18	2018-19	2019-20	2020-21 (Till Dec)
Clients in Colleges	17,433	28,118	48,779	1,665
Clients in workplaces	7,480	8,533	16,952	2,043
Clients in Urban slums	5,775	8,555	13,187	2,628
Total	30,688	45,206	78,918	6,336

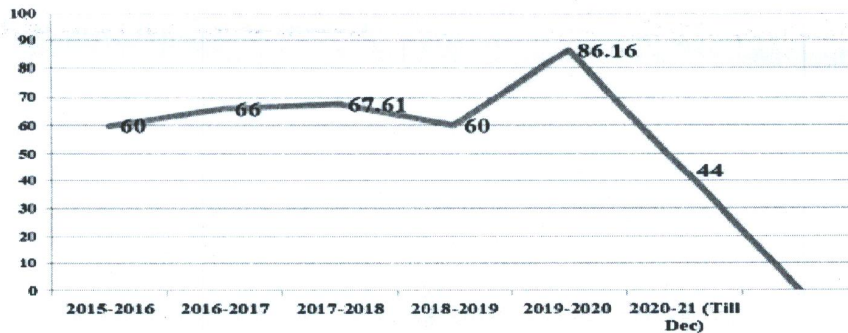
221 Counseling Centers across the state Have been Established at various Work places, Govt colleges and urban slums

Patient seen under DMHP Karnataka



Above Graph showing No. of Consultations From past 5 Years

DMHP Expenditure in Percentage



IEC activities year wise

Year	Camps conducted	Patients catered.	Awareness Programmes Conducted	No. of participants
World schizophrenia Day Celebration 24th May				
2019	174	3464	288	19802
2020				
World Mental Health Day 10th October				
2016			459	56368
2017	155	2479	1461	47543
2018	301	7022	2440	71083
2019	224	4985	613	50751
2020			518	
International Day Against Drug Abuse and Illicit Trafficking observation 26th June				
2016			107	7267
2017			585	61426
2018	243	3857	618	79903
2019	172	2531	404	28833
2020			438	
Suicide Prevention Day 10th September				
2016			459	56368
2017	155	2479	1461	47543
2018	301	7022	2440	71083
2019	286	3695	502	30007
2020			509	

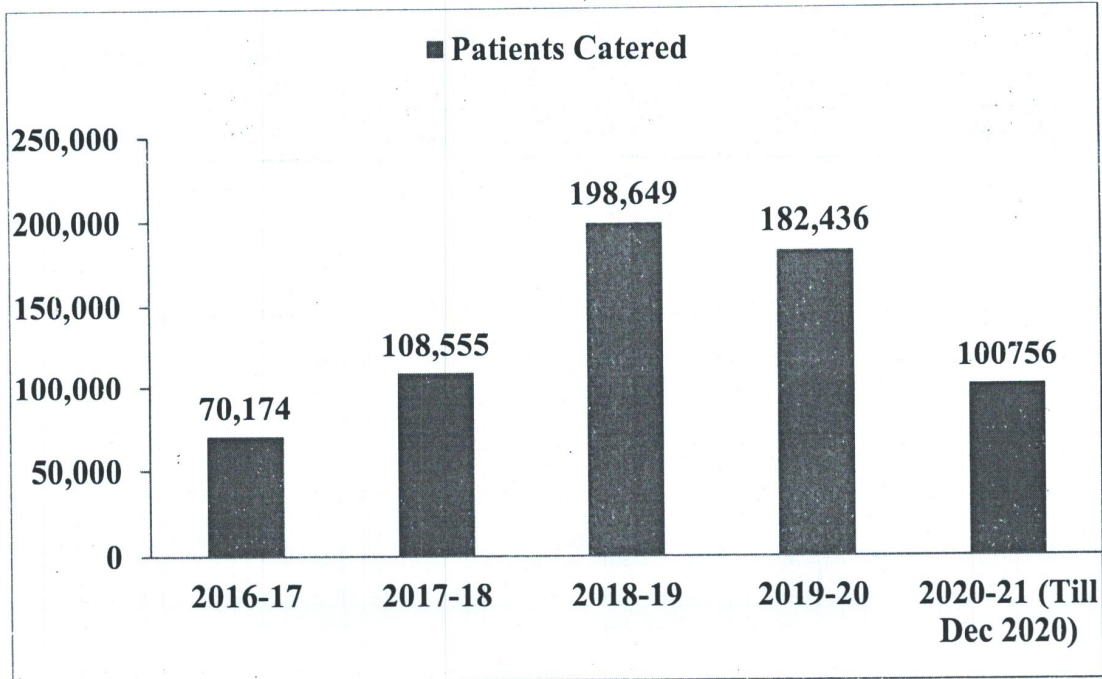
Community Mental Health Day care Programme (Manasadhara):

- Community Mental Health Day care Programme, funded by the state. One for each District. **Day Care Centre / Rehabilitation centre** for the recovered mentally ill persons by recognized NGO's. These centres are functional in 14 districts (Bangalore Rural, Kodagu, Udupi, Tumkur, Hassan, Dharwad, Gadag, Mandya, Chitradurga, Haveri, Chickaballapura, Mysore, Kolar and Belagum). Efforts are continued to start these centres in all the districts. (Due to COVID-19 Pandemic Progress of the programme is lacking 4 Manasadhara centers).

“Manochaitanya” - Taluka Mental Health Programme

(Super Tuesday clinic) Programme is a unique initiative of Govt. of Karnataka. Under this programme, on selected Tuesdays Psychiatrist from

DMHP/DH/Medical college/Private, provide specialist Services to the mentally ill at the Taluka level hospitals. Currently these are functional in all Taluks of the State and have catered to the needs of 1, 00,756 (April 2020 to December2020) patients.



Progress Report of Karnataka State Mental Health Authority:

Government of Karnataka has released funds for Karnataka State Mental Health Authority to implement provisions of the Mental Health Care Act 2017.

1. Mental Health Care Act 2017 is being implemented for providing care and treatment for mentally ill persons and to protect rights of persons with mental illness.
2. Government has established Karnataka State Mental Health Authority with Additional Chief Secretary / Principal Secretary to Government, Health and Family Welfare Department, as the Chairman of the Authority.
3. Commissioner, Health and Family Welfare Services, is appointed as the Chief Executive Officer.
4. The Official Members and Non Official Members are selected.
5. Mass media Programme in Radio to create awareness of general public and reduce the stigma towards Mental illness.
6. Karnataka State Mental Health Rules has been approved by Government of India, will be notified soon.

INNOVATIONS in MENTAL HEALTH

An e-initiative for Monitoring District Mental Health Program in Karnataka: Helps to track the objectives and goals of the program. Recognizing the need for good quality data which is regular, a web based Mental Health Program Management

Information System (MHP-MIS) has been initiated across the 31 DMHPs in Karnataka since December 2016 and has been fully functional with effect from April 2017.

Care at Door-Step (CAD): Generally, about 30–50% of Severe Mentally ill patients seeking care, drop out after registering under DMHP.

It is critical that patients with severe mental illnesses do not miss treatment and take the treatment for the longer period of time; Studies have shown that the functioning, disability levels and symptoms improve consistently if treatment adherence is maintained. **Till date, many registered cases have been brought back under the CADs treatment umbrella.** The program is being expanded across the state.

Tele-mentoring: Adopting the technology, Tele-On Consultation Training (OCT) is being offered to PHC medical officers. The PHC medical officers, while seeing their general patient pool, are offered guidance and training to identify and treat psychiatric disorders.

Brief summary of KTM program till date

1.	Total of DMHP psychiatrist / TMHP psychiatrist enrolled for TOT training	36
2.	No of DMHP psychiatrist / TMHP psychiatrist completed TOT training	28
3.	Total number of TOT training hours	556 hours
4.	Total number of PCD enrolled for Tele-OCT	435
	i. Total number of doctors received at least one session of training: 435	
	ii. Total number of doctors received minimum of two sessions : 320	
	iii. Total number of doctors received three sessions : 208	
5.	Total number of KTM training hours	994 hours
6.	Total number of CVC	27
7.	Total number of patients catered	4449

e-Manas

Karnataka Mental Healthcare Management System (KMHMS)

Since 2018-2019 more than 10 lakh persons are seeking mental healthcare consultation across different public health institutions in Karnataka. To be compliant with the Mental Health Care Act, 2017 and Rules (2018), Karnataka Mental Healthcare Management Systems or **e-Manas** has been developed as an online platform for comprehensive mental health services. Karnataka Mental Healthcare Management Systems or e-Manas is an initiative of National Health Mission, Government of Karnataka and is a collaborative NIMHANS and IIIT-B. *Probably first in the country.*

The vision is to establish an IT empowered system for management of mental health care services in full compliance with the MHCA 2017 and its Rules of 2018 and integrate public health and e-governance systems.

The goals are to do away with manual registers with public authorities, health institutions and functionaries, simplify data entry (only once at the time of service delivery),

This web solution brings all the stakeholders in mental health in Karnataka together: Karnataka State Mental Health Authority, Karnataka State Mental Health Review Board, all public and private Mental Health Care Establishments, Mental Health Professionals (psychiatrists, psychologists, social workers, mental health nurses), persons with mental illness and their caregivers.

1. The software supports maintenance of a Karnataka state-wide registry of all facilities and all persons providing mental health care.
2. The application for the registration of mental health establishment and procurement of provisional certificate will be fully online.
3. Basic Medical Records (BMR) of the patient (both in-patient and out-patient records) would be accessible to a treating professional anywhere across the state. Thus patients need not carry paper copy of the document. Thus, this web-based platform aims to provide seamless care anywhere in Karnataka.
4. The web platform also incorporates the processes related to patient's Advance Directive (AD) and Nominated Representative (NR).
5. Through the portal a patient / care-giver can raise their grievances online to be addressed by respective District Mental Health Review Board.
6. The portal is linked with assurance schemes like Ayushman Bharat-Arogya Karnataka and is being integrated with Arogya Sahayavani 104 and 108 ambulance services.
7. The software is scalable for deployment at national level.
8. The different modules under the e-Manas platform are
 - a. Registration of Mental Health Establishments (MHE)
 - b. Registration of Mental Health Professionals (MHP)
 - c. Out-Patient / In-Patient Module: Maintenance of outpatients and inpatients Basic Medical Records of the person seeking mental health care across both

public and private mental health facilities and integrated with ABArK, 108 and 104 services

- d. Enlisting Outpatient Clinics
- e. Patient Portal/ Registering Grievances
- f. Registering Advance Directive (AD) and Nominated Representative (NR)
- g. Mental Health Authority Portal / MHA Dashboard / MHRB Dashboard

Tele counselling - Mental Health Support during Covid -19

About 10.74 lakhs tele consultations have been given across the state for those tested positive/ isolated /Migrants/ quarantined / health care workers.

More than 32 thousand have been started on medication support also. The initiative is on going.
