

# *The Indian Council For Mental Health*

An ISO 9001:2008 Certified Organization

## **Special School for Special Children**

**Introduction:** The Indian Council For Mental Health(ICMH) was established in the year 1953. Until 1990 it provided psychiatric and counseling services and thereafter it is also providing services for children with developmental disabilities.

**Vision :** To integrate through education the Special Population into mainstream society by eradicating the stigma attached to them and continuously providing them with the best related services in every possible way.

**Branches :** Skills and Ability Schools is run in two places i.e. Nerul and Mulund.

**Services Provided :** Following are the services provided:-

1. Occupational Therapy
2. Speech Therapy
3. Animal Assisted Therapy
4. Arts Becomes Therapy
5. Counseling
6. Pre-Vocational Therapy
7. Vocational Training
- Garden Therapy

### **Proposed Projects :**

#### ***A. Art Becomes Therapy :***

- a) **Introduction:-** It is a process of using multi arts media i.e. combination of drama, music, movement, visual art, poetry, imagination, storytelling for therapeutic goals. ABT is primarily an art form practiced scientifically.

The purpose behind this activity was to identify the kind of inputs that have to go into the development of the child through various sources. Many a time there is a possibility that a child does not react in the classroom but performs extremely well in a comfort zone at home. These inputs, thus received from various sources, enable the practitioner to further interpret the area of focus while planning the goal for children. To build self confidence, increase attention span, develop self expression, increase social communication, reduce behavioral problems, increase speech, improve gross motor movements and motivation of mentally challenged. This will inculcate in them the capability of communicating and forming relationships that will prepare them for independent adult life.

- b) **Budget :-**

<b>Time Period</b>	<b>Mulund</b>	<b>Nerul</b>	<b>Total</b>
<b>1 Month</b>	<b>Rs. 7000</b>	<b>Rs. 7000</b>	<b>Rs. 14000</b>
<b>6 Months</b>	<b>Rs. 42000</b>	<b>Rs. 42000</b>	<b>Rs. 84000</b>
<b>12 Months</b>	<b>Rs. 84000</b>	<b>Rs. 84000</b>	<b>Rs. 168000</b>
<b>Impact</b>	<b>10 Developmentally Challenged Children</b>	<b>10 Developmentally Challenged Children</b>	<b>20 Developmentally Challenged Children</b>

#### ***B. Occupational Therapy :***

a) **Introduction** :-Occupational Therapy is basically enabling people to live quality lives with the disability through exercise inputs. Occupational Therapy enables children in adaptive or physical skills that will aid in daily living skills and will improve their social interactions.

b) **Benefits of the Occupational Therapy** :-

Improves body co-ordination, Improves posture, Improves physical well – being, Improves body mobility, Improves eye hand function, Eye hand co-ordination, Improves Body Motor control

c) **Budget** :

<b>Time Period</b>	<b>Mulund</b>	<b>Nerul</b>	<b>Total</b>
<b>1 Month</b>	<b>Rs. 17000</b>	<b>Rs. 17500</b>	<b>Rs. 34500</b>
<b>6 Months</b>	<b>Rs. 102000</b>	<b>Rs. 105000</b>	<b>Rs. 207000</b>
<b>12 Months</b>	<b>Rs. 204000</b>	<b>Rs. 210000</b>	<b>Rs. 414000</b>
<b>Impact</b>	<b>60 Developmentally Challenged Children</b>	<b>60 Developmentally Challenged Children</b>	<b>120 Developmentally Challenged Children</b>

**C. Speech Therapy :-**

a) **Introduction:-** This therapy is the treatment for most kids with speech and/or language disorders. A speech disorder refers to a problem with the actual production of sounds, whereas a language disorder refers to a difficulty understanding or putting words together to communicate ideas.

b) Children with hearing impairment are known to have faulty breathing patterns, so yoga exercises, blowing balloons or candles can assist in the speech teaching or correcting activities. Along with these our speech therapist arrange group & individualized speech sessions in classroom situation as well as in Sound Proof Room. Since Interaction in a group calls for communication, the children also try to speak clearly so that they are `understood' by others in the give and take of turns, things etc. All this helps to improve their speech clarity. The main focus is provided to enable to child to distinguish between sound and noise which make their speech tangible, sensible and concrete.

c) **Budget :-**

<b>Time Period</b>	<b>Nerul</b>
<b>1 Month</b>	<b>Rs. 8000</b>
<b>6 Months</b>	<b>Rs. 48000</b>
<b>12 Months</b>	<b>Rs. 96000</b>
<b>Impact</b>	<b>60 Developmentally Challenged Children</b>

**D. Capacity Building :-**

- a) **Introduction :-** In order to raise the quality of lives of the disabled it is imperative to first develop the capacities of those who are most directly involved with disabled students at the grassroots level- i.e. their parents and teachers.
- b) Our capacity building initiatives have ensured that our students reap the benefits of sensitized parents and professionally developed teachers. We have seen a number of ‘turn-around’ cases of parents who were previously indifferent or hostile to their special child’s education, who now actively support both their child and the school itself. Also, in terms of capacity building of teachers its outcomes are evident from new initiatives and methodologies introduced at the schools. This would enable participants to develop a comprehensive understanding of social realities and the important role of volunteers in meeting the challenges of the modern –day world. With this as a background ICMH has been sending its staff for various seminars and has also been conducting workshops for teachers and parents throughout the year.
- c) **Budget :-**

<b>Time Period</b>	<b>Parents</b>	<b>Teacher</b>	<b>Total</b>
<b>1 Month</b>	<b>Rs. 8000</b>	<b>Rs. 8000</b>	<b>Rs.16000</b>
<b>6 Months</b>	<b>Rs.16000</b>	<b>Rs.16000</b>	<b>Rs. 32000</b>
<b>12 Months</b>	<b>Rs. 32000</b>	<b>Rs. 32000</b>	<b>Rs. 64000</b>
<b>Impact</b>	<b>120 Families with Challenged Children</b>	<b>60 Staffs and Therapist</b>	<b>180 Families and Teachers</b>

*With your support and our effort we can bring those smiles*



**ISO 9001 : 2008**

**Contact:**

**Charannya Ganesan, Public Relations Officer**  
**The Indian Council for Mental Health (Hygiene)**  
**UPM School Building, Ground Floor, SVP Road, Girgaum Mumbai 400 004**  
**23855205 , 23861087 Mobile No. 9004782353**  
**Email: [icmh11@gmail.com](mailto:icmh11@gmail.com) Website: [www.icmh.org.in](http://www.icmh.org.in)**