

Mindful Youth (MY):
Mental and Emotional
Strength for
Everyone's Journey

MY-MESEJ

By

UDAAN



Problem Statement

- 12% of the global burden of disease (GBD) is currently accounted for by mental health issues, and projections suggest this will rise to 15% by 2020 .
 - Furthermore, it's estimated that **one in four families will have at least one member affected by a behavioral or mental disorder.**
 - 1 in 6 of the population falls within the 10-19 age range.
 - The Government of India (GoI) encompass the National Mental Health Policy of 2014, **aiming for universal access to mental healthcare**, and the 2017 National Health Policy, highlighting mental health as a key policy focus.
 - Additionally, the enactment of the Mental Healthcare Act in 2017 further strengthens mental health support and provisions.
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- [National Mental Health Programme \(NMHP\) :: National Health Mission \(nhm.gov.in\)](http://nhm.gov.in)

Why focus on adolescent?

- According to WHO (2021), globally **1 in 7 individuals aged 10-19 faces a mental disorder.**
 - Representing **13% of the global disease burden** within this age (10-19) bracket.
 - Depression, anxiety, and behavioral disorders are prominent contributors to adolescent illness and disability.
 - Among **15–29-year-olds, suicide ranks as the 4th primary cause of death.**
 - Failing to address mental health conditions during adolescence has enduring consequences into adulthood, compromising both physical and mental well-being and constraining opportunities for fulfilling adult lives.¹
 - Adolescence is a pivotal period marked by significant physical, emotional, and social transformations. Experiences like poverty, abuse, or violence heighten the risk of mental health issues in adolescents.
 - Up to **50% of all mental health conditions start before the age of 14 years.** Suicide is one of the three leading causes of death among adolescents (2, 3)
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- <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>
 - [Adolescent-Mental-Health-Matters-Report-Final-July2020.pdf \(unicef.org\)](#)
 - [Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication - PubMed \(nih.gov\)](#)

Goal

- To enhance awareness, acceptance, and accessibility to mental health issues and resources, among adolescent college students through a networking platform, fostering a supportive environment for National Mental Health Program Initiative.

Objective



To contribute to and strengthen the objectives of the National Mental Health Program, fostering **community participation** in mental health service development and **stimulating efforts toward self-help within the community.**



To establish a **platform, instigate dialog and promote acceptance** about mental health issues among adolescent groups

Facilitate open discussions and forums within the app where students can share personal experiences, challenges, and successes related to mental health.

Encourage empathy and understanding among peers towards mental health struggles by sharing stories of resilience and recovery.



Foster Collaboration:

Establish partnerships with college administration, mental health professionals, and community organizations to leverage resources and expertise in supporting student mental health initiatives.

Organize campus events, workshops, and awareness campaigns to further promote mental health literacy and destigmatization within the college community.

Objectives



Inculcate Mental health issues related knowledge through Empowered Peer Support:

Train a team of peer mentors or ambassadors who are knowledgeable about mental health issues and equipped with active listening and communication skills.

Organize regular peer support sessions or virtual meet-ups where students can seek advice, guidance, and encouragement from their peers in a confidential and non-judgmental environment.



Enhance Accessibility to MH issues :

Provide a comprehensive directory of mental health resources including helplines, counseling services, and support groups available both on-campus and in the community.

Offer anonymous peer support features within the app, enabling students to connect with trained peer mentors or counselors for immediate assistance and guidance

Strategic areas

**Mental health
determinants**

**Emotional
disorders**

**Behavioural
disorders**

**Eating
disorders**

Psychosis

**Suicide and
self-harm**

**Risk-taking
behaviours**

**Promotion
and
prevention**

**Early
detection and
treatment**

Intervention Methodology



Duration: 2 year



Area: Pune District



Platform: Post graduate
Colleges



Three phases : large crowd ,
thematic group, access to
services



Methodology: Monthly once



Approach:
Peer to Peer /Mentor and
mentee

Operation Plan with Activities



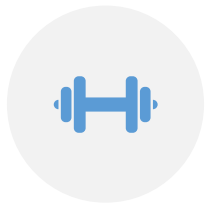
Total 10 schools will be identified as intervention areas



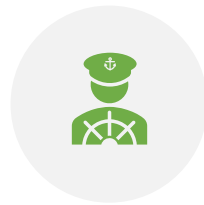
A committee will be established in each collage with 2 Nodal teachers will be assigned for this activities



The activities will be aligned and integrated in college routine functions



Introduction event to be organized with the collage in presence of all students setting the agenda



Identification of captain: Interested students (2-3 male/female) will be selected for mentor positions



Capacity building of Captains

Partnership

01

GOVERNMENT OF
MAHARASHTRA –
MIMH–TECHNICAL
BODY

02

UDAAN –
TECHNICAL AND
IMPLEMENTING
BODY

03

TECHNICAL
AGENCIES –
NIMHANS, UN
AGENCIES ETC

04

COLLEGES

05

LOCAL NGOS CSOS

Role of UDAAN

UDAAN: Implementation Body Key Responsibilities:

1. Project Management:

- Oversee the overall project implementation.
- Coordinate between various stakeholders including colleges, government bodies, and technical partners.
- Ensure timely execution of project activities and adherence to timelines.

2. Training and Capacity Building:

- Develop training modules for peer mentors and program coordinators in collaboration with NIMHANS.
- Conduct training sessions and workshops for peer mentors, program coordinators, and other involved personnel.

3. Operational Support:

- Manage day-to-day operations of the project.
- Provide logistical support for organizing events, workshops, and awareness campaigns.

4. Monitoring and Evaluation:

- Develop monitoring frameworks and tools.
- Collect and analyze data to measure project progress and impact.
- Prepare and submit progress reports to the funding agencies and partners.

5. Platform Management:

- Develop and maintain the networking platform.
- Ensure technical support for smooth operation of the platform

Role of collage

Colleges: Participation and Local Implementation are the Key Responsibilities:

1. Project Integration:

- Integrate project activities into the college routine and schedule.
- Provide necessary infrastructure and support for training sessions, workshops, and events.

2. Nodal Teachers:

- Assign two nodal teachers per college to oversee and support project activities.
- Ensure coordination between students, peer mentors, and the project team.

3. Student Engagement:

- Facilitate the identification and selection of student peer mentors and participants.
- Encourage student participation in support sessions, awareness campaigns, and events.

4. Sustainability:

- Support the sustainability of the project by continuing mental health initiatives post-project completion.
- Maintain partnerships with UDAAN, NIMHANS, and local CSOs to ensure ongoing support for student mental health.

Role of CSOs

Civil Society Organizations (CSOs): Participation and Community Engagement
Key Responsibilities:

1. Community Mobilization:

- Engage with local communities to promote the project and its objectives.
- Identify and involve community members in project activities.

2. Support Services:

- Provide additional mental health services and support to students as needed.
- Facilitate access to community-based mental health resources.

3. Awareness Campaigns:

- Partner with UDAAN to organize and conduct mental health awareness campaigns and events.
- Utilize their networks to reach a broader audience and promote mental health literacy.

4. Feedback and Improvement:

- Collect feedback from the community and students to improve project activities.
- Assist in the evaluation of the project's impact on the community.

Role of Government Agency (MIMH)

Government of Maharashtra: Support for Implementation

Key Responsibilities:

1. Policy Support:

- Ensure alignment of the project with state and national mental health policies and initiatives.
- Facilitate necessary approvals and support from relevant government departments.

2. Resource Allocation:

- Provide financial and logistical support for the project.
- Allocate resources for training, workshops, and platform development as needed.

3. Stakeholder Coordination:

- Facilitate coordination between UDAAN, colleges, and other stakeholders.
- Support the establishment of partnerships with local mental health organizations and agencies.

4. Awareness and Promotion:

- Support awareness campaigns and events organized under the project.
- Utilize government channels to promote the project and its activities.

Role of NIMHANS

NIMHANS: Technical Training and Module Development

Key Responsibilities:

1. Technical Guidance:

- Provide expertise in mental health to guide the development of training materials and project activities.
- Ensure all interventions are based on the latest evidence and best practices in mental health.

2. Training Module Development:

- Develop comprehensive training modules for peer mentors, program coordinators, and other stakeholders.
- Focus on various aspects of mental health, including emotional, behavioral, and psychotic disorders, as well as suicide prevention.

3. Capacity Building:

- Conduct specialized training sessions for peer mentors, focusing on active listening, communication skills, and mental health literacy.
- Provide ongoing technical support and supervision to ensure the quality of peer support services.

Team

1

Project Lead
(1): Establish, lead and guide the project technically

2

Project Manager
(1): Oversee the entire project, manage budget, and ensure timely delivery of objectives.

3

Mental Health Experts (2): Provide technical guidance and training to peer mentors.

4

Program Coordinators (3): One for each college to manage local activities and liaise with the central team.

5

Technical Support Team (1): Manage the platform and ensure smooth operation.

6

Coordination Communication (1): Handle outreach, promotion, and communication efforts.

7

Administration, Monitoring and Evaluation Officer (1): Track progress and measure the impact of interventions.

8

Peer Mentors (6 to 10): Trained students to provide support and run peer sessions.

Project Team

Roles and Responsibilities

Project Lead:

- Conceptualization and design the project
- Establish the team
- Establish operations and
- Provide continues technical leadership to team

Project Manager:

- Building project plans
- Manage day to day Implementation of project activities.
- Manage budget and resources.
- Coordinate between all stakeholders.
- Report progress to funders and partners.

Program Coordinators:

- Organize and facilitate local activities.
- Liaise with college administration and student bodies.
- Monitor day-to-day administrative requirement and operations at the college level.

Team's roles and responsibilities

3 Coordinators with following responsibilities:

- Coordinator 1- Technical Support :
 - Develop and maintain the networking platform.
 - Ensure data security and user privacy.
 - Documentations of reports
 - Provide technical assistance during events and workshops.
- Coordinator 2- Communication Specialist:
 - Develop communication materials and campaigns.
 - Manage social media and other outreach channels.
 - Coordinate media relations and publicity efforts.
- Coordinator 3- Administrative and Monitoring:
 - Provide admin and logistic support
 - Design and implement monitoring frameworks.
 - Collect and analyze data.
 - Prepare progress and impact reports.

Team's roles and responsibilities

Mental Health Experts:

- Design project mental health content and training modules
- Design and conduct training programs.
- Provide ongoing support and supervision to peer mentors.
- Ensure all interventions are evidence-based.

Peer Mentors:

- Students who are willing to be part of this program
- Ready build their capacity
- Ready to offer their time to invest in this project
- Offer peer support to fellow students.
- Lead peer support sessions and virtual meet-ups.
- Act as mental health ambassadors within their colleges.

Budget

Category	Amount Unit cost (INR)	Total Unit required	Unit for a year	Total Amount
Project Lead	50,000	1	12	600000
Project Manager	80000	1	12	960000
Mental Health Experts for Module Development	600000	1	1	600000
Program Coordinators (3)	50,000	3	12	1800000
Peer Mentors (stipends)	1,500	40	10	600000
Travel	50000	1	12	600000
Training and Workshops	60000	10	2	1200000
Promotional Materials and Campaigns	50000	1	1	50000
Miscellaneous (Admin, etc.)	400000	1	1	400000
Total Budget				₹ 6,810,000.0