

Lack of
Confidence ?
Need
COUNSELLING ?



**shalom Institute of
Mental Health & Research**

*(Psychiatric Hospital cum Psycho-Social
Rehabilitation and De-Addiction Centre)*





VISION

To become the most sought after professional psychotherapeutic and multi disciplinary health care centre providing wholesome solutions for people suffering from mental health issues and creating a stigma-free society.

MISSION

To strive to enhance quality of patient care and management.

To work in partnership with government and non-government organizations for advocacy and promotion of mental health.

To build capacity of mental health practitioners by providing training, holding national and international conferences and collaborating with universities and research organizations working in the field of mental health research.

To identify, rescue, treat and rehabilitate disabled people.

To work with disabled families and equip them and create a conducive atmosphere to reintegrate the patient into the society.

CORE VALUES

Character | Competence | Commitment

Shalom Institute of Mental Health and Research

Shalom Institute of Mental Health and Research (SIMHAR) is a Psychiatric Hospital cum Psycho-Social Rehabilitation and De-Addiction Centre, established with a view to treating and rehabilitating people suffering from stress, behaviour disorders and other psychological illness.

SIMHAR offers comprehensive solutions for the mentally ill. The hospital also offers specialized treatment for schizophrenia, bipolar affective disorder, anxiety disorders, obsessive-compulsive disorder, post-traumatic stress disorder, de-addiction treatment for alcoholics, drug addicts, depression, children with various behavioural problems and institutionalized care for geriatric psychiatric patients. The centre is located in a 3 acre picturesque land with 14 cottages that can accommodate 150 in-patients.



SIMHAR guarantees flawless nursing service that assures no bystanders required for the patients leaving their families at ease and settled.

SIMHAR is committed to giving you the most trusted, holistic and scientific family care and counselling. SIMHAR is a home away from home.



Behavioural Medicine Model

SIMHAR follows "Behavioural Medicine Model". This is a holistic approach, recognizes clients as partners in their healthcare focusing on strengths and assets, addressing social determinants of health advocating for systemic changes and using multiple strategies to achieve optimal health.

Behavioural medicine uses the Biopsychosocial model of illness instead of medical model. Behavioural Medicine is an interdisciplinary field combining both medicine and psychology integrating the knowledge of biological, behavioural, psychological and social sciences relevant to health and illness.

For effective results and progress, the treatment plan includes varieties of therapeutic activities such as farming, cultivation, livestock, music etc. As a part of treatment plan we encourage the dear and near one (families) of the residents for family or individual counselling of minimum twelve sessions. Follow up calls and visits are integral part of our treatment.

Clinical Services

- ▶ OP and IP facilities
- ▶ Short term and long term rehabilitation
- ▶ Round the clock supervision by psychiatrists, psychologists and physicians
- ▶ 24 hour helpline
- ▶ Double Room / General Ward / Family Room (A/C & non A/C Rooms)
- ▶ Home visit and ambulance service
- ▶ Acute management of chronic psychiatric cases
- ▶ Boarding facilities offered for intellectually disabled (MR) people
- ▶ Pharmacy & Clinical Laboratory
- ▶ Counselling service



Treatment Offered

- ▶ Psychiatric illness
- ▶ Neurotic complaints
- ▶ Mood disorders
- ▶ Sexual disorders
- ▶ Personality disorders
- ▶ Child and Adolescent Psychiatry (ADHD, conduct disorder, intellectual disability etc.)
- ▶ De-addiction (Alcohol addiction and drug abuse)
- ▶ Drug awareness, Counselling and Guidance
- ▶ Medical Extension Programme
- ▶ Suicide Prevention Programme
- ▶ De-addiction outreach programme
- ▶ Mobile Counselling Clinic
- ▶ Psychosocial Assessments



Halfway Home

Halfway home a place for people with mental health disorders and substance abuse issues where they are allowed to begin reintegration with society. This facility is meant for reducing the risk of recidivism or relapse. Residents of half way home are motivated to work and the centre helps them to find a job while they are monitored and supervised. This is a transitional living place for those who are in recovery from drugs, alcohol and other mental illness.



Behaviour Modification Centre

It is a residential, educational and treatment facility enrolling adolescents who are perceived as displaying antisocial and behavioural deviation. This is a therapeutic boarding school offering educational programme combined with structured supervision for students with emotional and behavioural problems and substance abuse related issues.

Salient Features

- ▶ Homely and picturesque environment
- ▶ Cottage accommodation for inpatients
- ▶ Spacious play grounds for sports and games
- ▶ Physical training
- ▶ Pastoral care, Spiritual Therapy
- ▶ Structural therapeutic activities.
(Music, Group, Occupational)
- ▶ Vocational Certified training programmes like organic farming and jewellery making (JSS - Jan Shikshan Sansthan) are offered here as skill training programmes.
- ▶ Cognitive behavioural therapy, Behaviour modification strategies and inter-personal therapies
- ▶ Conferencing treatment : Experts from different disciplines, administer combined diagnosis and treatment.

SIMHAR has a core team of professionals which includes psychiatrists, clinical psychologists, counsellors / psychiatric social workers, therapists, special educators who are experts in respective fields. Counsellor Patient ratio is 1:10.





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