

# IMPROVING ACCESS THROUGH TELEPSYCHIATRY IN THE TIBETAN SETTLEMENTS (IMPACT-T)



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## SIX MONTHS REPORT (November 2021- April 2022)

### IMPACT-T

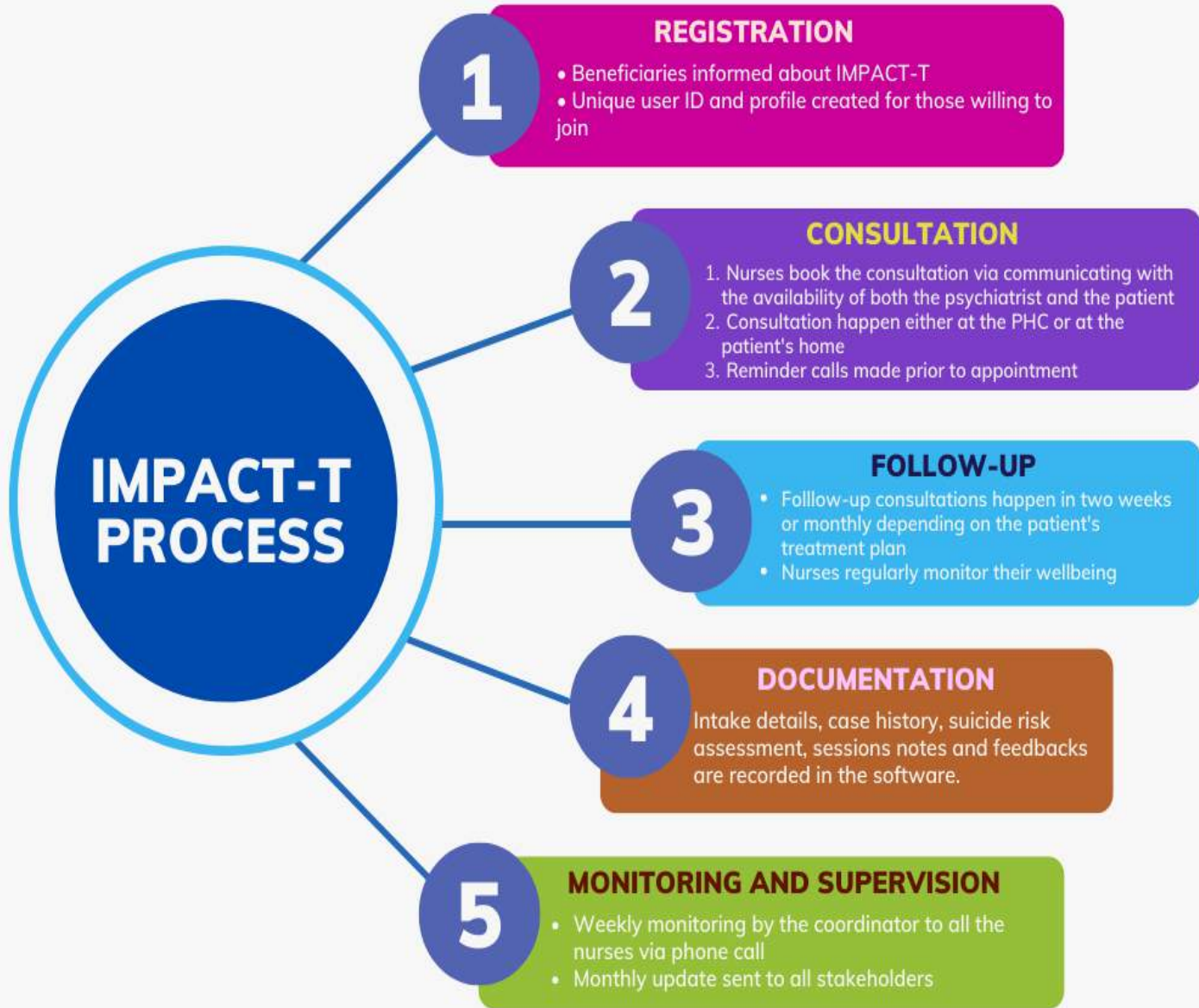
IMPACT-T is pilot assisted- telepsychiatry project of the Department of Health (DOHe), Central Tibetan Administration (CTA) funded by the Bureau of Population, Refugees, and Migration (PRM). The primary objective of this project is to improve access to mental health treatment and reduce existing treatment gap in the remote Tibetan refugee settlements in India. It is being piloted at the five southern Tibetan refugee settlements in India.

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## *Aim:*

To reduce the mental health treatment gap in the Tibetan refugee communities in India.





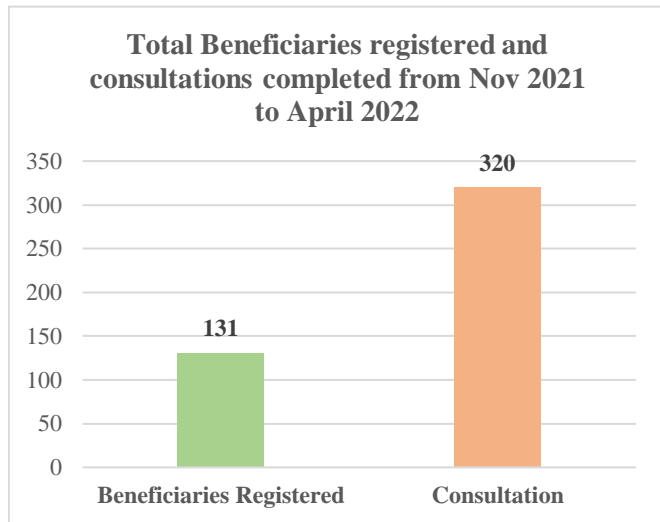
Nurse counseling training in progress



CTA President launched the IMPACT-T on world mental health day 2021

# IMPACT-T Progress

Total registration and consultation:

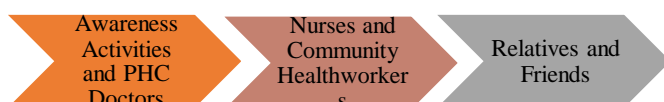


Follow-up consultations:

50% of the registered people received from 2 to 7 follow-up consultations

Sources of referral:

The new beneficiaries were referred to the IMPACT-T by the below sources provided below in descending order:

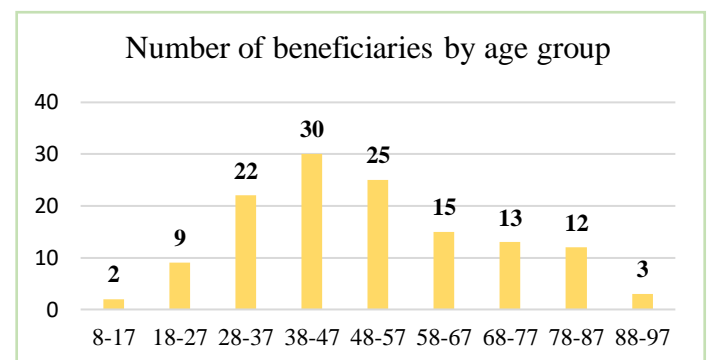


## IMPACT-T Beneficiaries:

Gender:

	N
Female	66
Male	65
<b>Grand Total</b>	<b>131</b>

Age- groups:



Common Disorders:



1. Depression
2. Schizophrenia and Psychosis NOS
3. Anxiety Disorder



Consultation room in PHC



## Beneficiaries' Anecdotes:

very comfortable to speak with psychiatrist over screen instead of in-person as you feel less nervous, while traveling to PHC for our session, I feel very comfortable, I could share whatever is on my mind, I feel relieved, very affordable, yes, I will definitely recommend this to my family and friends, I think I have become more open and extrovert. I see life from different angle unlike before. I am started enjoying my life. - **33 years, Female**

It is very easy. Good audio and video quality. It is very feasible to reach the psychiatrist. As per my experience, nurses and doctor both are well experienced and give treatment as per patient regular need. I am very thankful to be surrounded by the care system  
- **32 years, Female, Mundgod**



Mundgod Nurse discussing with psychiatrist

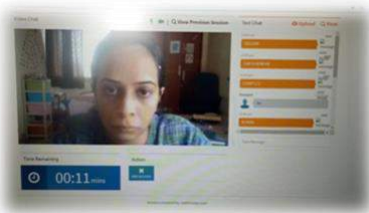


An IMPACT- T session in progress in Hunsur settlement

## Service Providers' Anecdotes:

I had and I am having a very good experience working with Impact. The good thing about treatment is we are trying to give a holistic manner focusing on rehabilitation as well. Although the impact is easy to use but we do face issues (internet connectivity, software issue) sometimes which are troubleshooted immediately by the technical team as they are accessible. I am very impressed with the community nurses as they are well trained and very supportive for patient. The only challenge for me majorly was language barrier which was overcome with help of Nurse.

**Dr. Shilpa Pandya**



A telepsychiatry consultation in progress with Dr. Shilpa



An IMPACT- T awareness session with community leaders in Bylakuppe

## Next Steps:

- Nurses to start delivering counselling to beneficiaries who have mild to moderate mental health problem, especially depression.
- Nurses to start counselling supervision by Sangath counsellors.
- Active recruitment of new beneficiaries from out-patient care.
- Increase awareness on IMPACT-T during mental health awareness activities in May- July 2022.

## Associated Partners:

1. Sangath: A not-for-profit organisation working in Goa, India for 24 years to make mental health services accessible and affordable.  
Contact:  
+91-95525 30557  
contactus@sangath.in
2. 3AM Therapy: Registered as a private limited company, aims to introduce novel ways of providing barrier free therapeutic services which are accessible.

## IMPACT-T Contact:

[telepsych@tibet.net](mailto:telepsych@tibet.net)

[mhdesk@tibet.net](mailto:mhdesk@tibet.net)

Instagram: semtrin

Website: [impact-t.org](http://impact-t.org)

## People:

- Technical assistance from Sangath, Goa
- Software technical support from 3AM Therapy
- A telepsychiatry project coordinator located in South India
- Two tele-psychiatrists
- Seven nurses trained in the four settlements

## IMPACT-T Vision:



Gift of the United States Government

