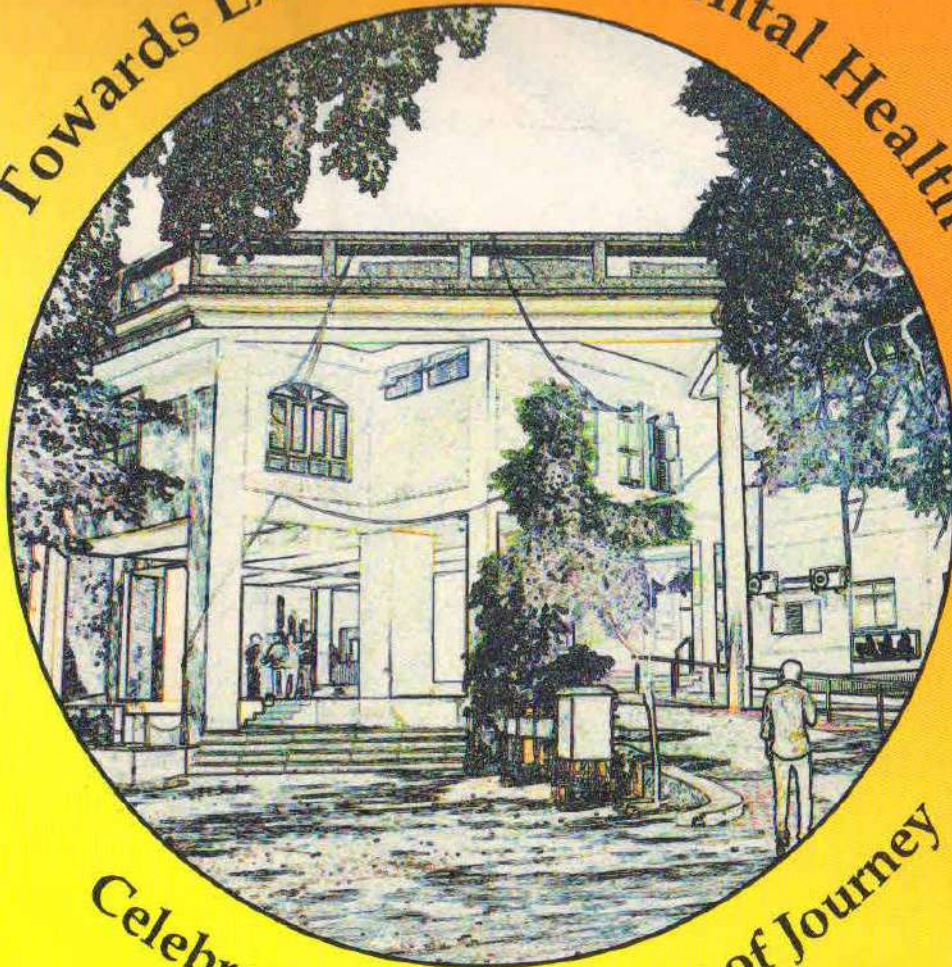


Towards Excellence in Mental Health



Celebrating 150 Years of Journey

Hospital for Mental Health
Ahmedabad

Child Guidance Center



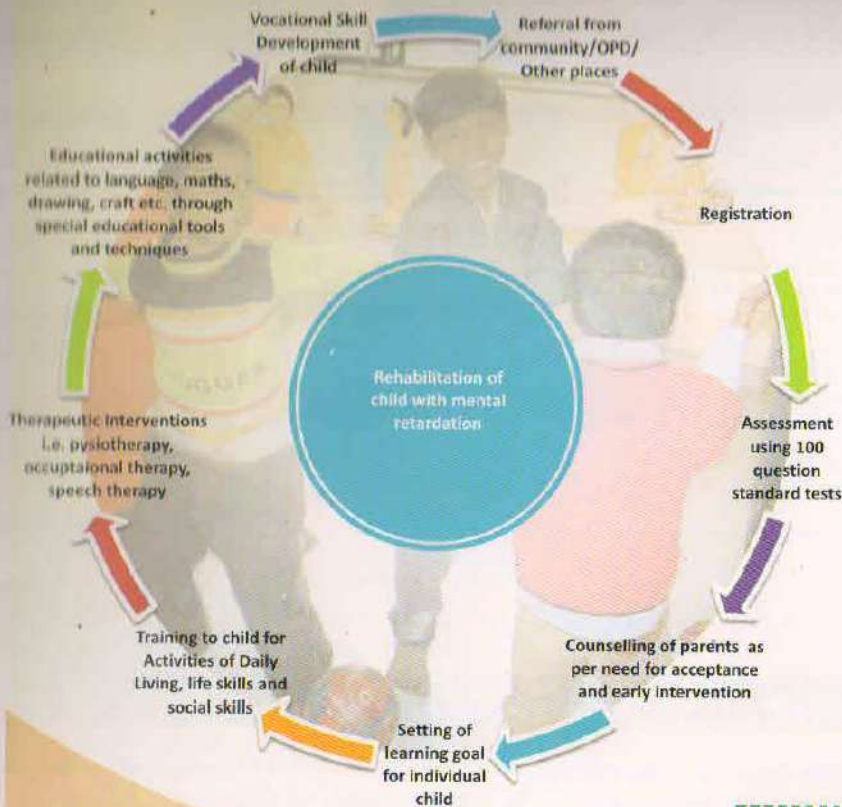
What is the center?

The Child Guidance Center at Hospital for Mental Health deals with children with mental disorders and intellectual impairment. Since 2009, the Human Development & Research Foundation (HDRF) plays a pivotal role by catering to the psychiatric needs of children in the age group ranging between 6 years to 18 years. It is also known as the Sensory and Rehabilitation Centre where medical assessment, training and therapy is given. This center has a multidisciplinary highly educated, experienced and dedicated team consisting of Psychiatrists, Psychologist, Neurologists, Physiotherapist, Occupational Therapist, Speech & Language Specialist and Special Educator.

Why this center?

The primary objective of this center is to create opportunities for children with mental disorders and intellectual impairment to attain optimal level of independence and inculcate in them educational, social, emotional and economic rehabilitation through a multipronged approach.

Service Delivery Model



Which services are rendered by this center?

The center renders the following services to the children with intellectual impairment and their parents/ care givers:

- ◆ Day care centre for children with mental disorders and retardation.
- ◆ Counselling of parents and children.
- ◆ Creating awareness in the society.
- ◆ Medical evaluation and treatment for children.
- ◆ Behaviour modification and early intervention.
- ◆ Special education and social skills.
- ◆ Sensory development therapy.
- ◆ Creative development such as painting, crafts, sports and cultural & outdoor activities.
- ◆ Health education such as daily living, personal hygiene, life skills.
- ◆ Dispersion of benefits as per the provision of Government schemes and allocated benefits.



"This is one of the most reliable places for parents with poor and lower socio-economic status of the society, having children with mental disorders and retardation. The centre reduces the mental and economic burden of these families by way of offering these unique, selfless services that are free of cost. Children receive multi-specialty services from medical and rehabilitation professionals. Being located at Hospital for Mental Health, Ahmedabad this is really a boon for children and their parents who find all these services under one roof which otherwise is an un-affordable".

Ms. Hiral Vaidya, Founder Trustee

What is the speciality of the center?

- It serves the children coming from all parts of Gujarat.
- The Sensory Integration Unit of the center comprises of the White Room, Soft Play Therapy, and Dark Room and Pool that is designed to improve and enhance learning abilities amongst the children with mental disorders/retardation. Other effective usages of different scientific techniques, physical and mental exercises through play helps in the removal of fear and creation of an enabling environment of positive growth for the children.
- A novel concept of public private partnership (PPP) in the sector with an assured 'one window' integrated service approach.
- Spectrum of services ranging from an early intervention to vocational rehabilitation.
- Participation of parents in the management of the centre.

Number of persons served

Service reach



Caring not only of self but of others too...



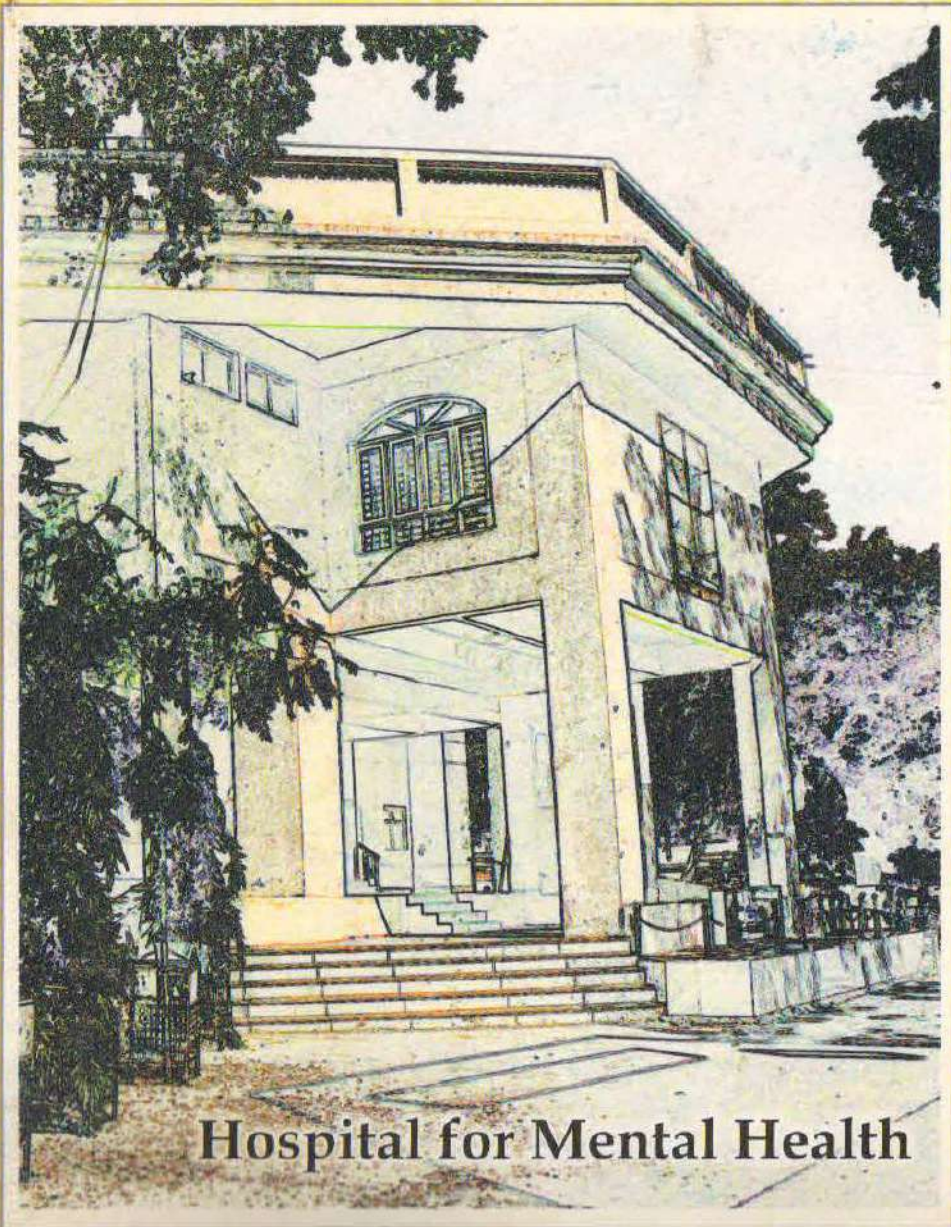
Vikas Dalpatbhai Balval, a child with Cerebral Palsy and Mental Retardation, is one of the many children who have been receiving treatment regularly since 2009. Vikas was spotted during a survey carried out by Human Development & Research Foundation. He is one among the six children of his parents, both of whom are daily wage earners.

Vikas's elder sister, who monitors his progress, witnessed a significant improvement since he started receiving treatment at the Center. She says, "Vikas is a very impulsive and mischievous boy, a bit obstinate in nature and did not have control over his bowel functions. As a result of the training

provided at the Center, an improvement has been recorded. He expresses his needs very clearly by using signs and also writes and draws using his legs."

Besides being located at a very convenient place, providing a cordial and motivational approach of the entire team and special services like free of cost transportation from and to the doorstep acted as a facilitator, which has created unique identity in the community, says elder sister of Vikas with contentment in her words and eyes!

Proudly says Ms. Sonal, the psychologist of this center "Vikas is not only taking care of himself, but also of other children and provides us with useful feedback if he finds any child who is deviating from the instructions given in the centre!"



Hospital for Mental Health

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