



Child Assessment and Treatment Center (CATC) Fountain House, Lahore

Fountain house has established a new project for children & adolescent's mental health (Child Assessment & Treatment Center (CATC) in December 2022. The idea of developing this centre came, when Dr. Afzal Javad, Dr. M. Waqar Azeem, Dr. Nazish Imran, Dr. Zeeshan and other eminent psychiatrist from USA & UK discussed scarcity of psychiatric services for children and adolescents with mental health problems.

The primary aim was to develop services for assessment of child & adolescent mental health problems and to facilitate their treatment & management . Furthermore , the other aim was to develop teaching & training programmes in this field with a focus on capacity development for mental health professionals.

This project has started an out-patient assessment facility at Fountain House, Lahore and is currently offering Psychological Assessment / Management for children with:

- Autism Spectrum Disorder (ASD)
- Attention deficit / hyperactivity disorder (ADHD)
- Learning disorders (LD)
- Intellectual disability (ID)
- Global developmental delay (GDD)
- Communication disorder (speech & language pathologies)
- Impulse Control Disorders
- Down syndrome & Cerebral palsy & other motor disorders
- Behavioural & psychological issue
- Neurotic & psychotic disorders.

The team at this centre includes qualified professional experts who are providing a wide array of services, including developmental screenings, identification of delays, diagnostic assessment, I.Q assessment, treatment and behavioural management, Individual sessions, Family counselling sessions, Parents Psychoeducation Group Session, Speech & language therapy, Sensory & occupational therapy, Physiotherapy, Dietitian & nutrition plans, School Mental health Awareness & Training sessions & Volunteer internship & internships.

Please follow this link for further details about child assessment and treatment centre Fountain House (CATC).

https://drive.google.com/file/d/1ATZQr_Q31Y93WF-cieR07vfMhImClKpw/view?usp=drive_link

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Developing Partnership with Patients, Carers and Families A Psychoeducation Program at Fountain House, Lahore-Pakistan

The treatment and care of persons with mental illness require comprehensive approaches that include active participation of the patients and their families in their care. Patients and their families often experience limited opportunities to learn about mental illnesses and their impact and information about reducing the relapse. Those who are not involved in the treatment may feel isolated if left alone. Mental health clinicians may also feel unsupported if participation of families and carers is not available. There is also a strong evidence that psychoeducation of families plays an important role in improving health and social care.

Fountain House Lahore, a facility in Pakistan' is committed to provide help and support for the empowerment of patients and families. Fountain house Lahore is being run by Lahore Mental Health Association and Pakistan Psychiatric Research Center (PPRC) is the scientific component of this facility. Based on the current focus on supporting the patients and their families, PPRC has started a project on developing partnership with patients, carers and families.

The psychoeducation program invites experts for imparting education about mental health illnesses and empowerment for families and understanding the appropriate communication about treatment approaches. This also helps in reducing stigma about mental illnesses. Fountain House organizes a monthly program focusing on psycho education where Mental Health experts talk with patients and their families.

The primary focus of this programme is on improving patients and carers knowledge about mental health problems and to strengthen their coping strategies to deal with the burden . However it also has been shown to have beneficial effects for outcome of mental disorders, Reducing stigma, Increased participation of patients and families in the treatment & increasing empowerment, knowledge about mental illness and the mental health system, and self-care

The program is organized by Dr. Shahid A. Zia, Secretary Publications Lahore Mental Health Association and Executive Member Fountain House Lahore. Ms. Rabia Saleem Psychologist Fountain House is the Coordinator of the program. The program is supported by the World Association of Psychosocial Rehabilitation (WAPR, Pakistan chapter) WPA Sections on Psychiatry in developing countries and Rehabilitation Psychiatry and Pakistan Psychiatric Research Centre (PPRC) Fountain House Lahore.

Kindly look at the following link for further details of this programme.

https://drive.google.com/file/d/1JJSI5s90UJxDwWr45ISmCLBgoA6atqui/view?usp=drive_link

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Poverty Alleviation & Financial Empowerment Program for Persons with Mental Health Problems Fountain House, Lahore Pakistan

Scientific evidence suggests a strong link between poverty and mental and physical health as poverty increases the risk of wellbeing and may predispose individuals for having further difficulties in their social, family & personal life. Poverty alleviation programs have been found to be effective in alleviating poverty in persons without a mental health problem but in addition, evidence also indicates that such programs may also improve mental health outcomes in mentally ill.

This program was initiated by Fountain House, Lahore, Pakistan under the supervision of Dr Afzal Javed in collaboration with Akhuwat an NGO working for poverty alleviation in Pakistan through interest free microfinance loans to alleviate poverty and empower individuals with mental health problems for their finances.

The programme is designed to assess the effect on poverty alleviation on a group of younger persons (19-35) with mental illnesses. Individuals who have recovered from a mental health disorder and who consent to participate are identified then jointly assessed by the mental health professionals at Fountain House and the staff of Akhuwat teams.

The primary objective of this programme is to provide support to these patients for establishing some small businesses to increase their monthly income and to help & support their families for contributions to the financial to their financial incomes. The programme works to help the participants to establish their own businesses, generate savings and improve their ability to pay back the loan. In addition, this initiative support the patients to cover their medication cost and assist the family for additional financial support.

The participants of this programme are assessed regularly by both teams from Fountain House and Akhuwat to ensure the sustainability of the project.

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Akhuwat-Fountain House Khwajasira Support Program Fountain House, Lahore Pakistan

Akhuwat and Fountain House together launched the 'Khwajasira Support Program' in October 2011. Both institutions have combined their specialised experience and expertise in promoting human welfare to create a unique and multi-pronged program for the Khwajasiras of Pakistan. The program works to reintegrate Khwajasiras back into society as equal citizens by empowering them socially and economically providing them free health facilities. It further works to provide them trainings on prevention of different diseases, improve hygiene and many other occupational and social skills. It is an expression of Akhuwat's vision to bind each member of society in a bond of compassion and solidarity whereas mental health professionals at Fountain House strive to provide them with psycho social counselling sessions , food, occupational and other capacity building trainings. Akhuwat and Fountain House also provide them with stipends and many are employed in the institutions. At the heart of the program lies the aim of creating a support system for the Khwajasira community by challenging the deep-rooted prejudice against them through dialogue and cooperation.

Vulnerable Khwajasiras are identified on the basis of seniority in age, economic isolation, and lack of access to social networks, and are registered for a monthly stipend of PKR 1500. This stipend, which serves as a gesture of goodwill, is allocated from zakat contributions and imposes no restrictions on its use. It is provided with the intention of bringing some economic relief to Khwajasiras who due to extreme social and economic exclusion are unable to afford basic necessities.

Registered Khwajasiras are provided with basic healthcare facilities including routine medical check-ups, diagnostic facilities, medicines and treatment of chronic illnesses. Qualified professionals give seminars on the fundamentals of hygiene, nutrition and prevention of diseases, with a special focus on hepatitis, HIV/AIDS and other sexually transmitted diseases. A treatment counter of Punjab AIDS Control Program (PACP) has been established since 2016 within Fountain House premises for screening followed up by complete free treatment of khwajaseras suffering with hepatitis, HIV/AIDS and other sexually transmitted diseases. Fountain House hold 7 monthly Free Medical and psychiatric camps with provision of free medicines

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Volunteer Internship Program Fountain House, Lahore Pakistan

An internship is a valuable opportunity to develop professional skills in a practical setting. As an intern, it is crucial to evaluate the skills you acquire during your time with the Fountain House. Fountain House (institute for mental health) -A Project of Lahore Mental Health Association is working for treatment and rehabilitation of the patients with psychiatric illness coming from less privileged sections of society. It was established in 1963. FH also offers internship program with relevant degrees such as:

- Psychology
- Social Work
- Medical Students
- Others; Professionals of Finance, IT, Marketing etc.

FH posts advertisements on our website and social media pages to inform potential interns of any open internship programs. Eligible interns can then register for the program as per the internship's criteria, and we shortlist the selected interns through interviews and eligibility criteria. FH facilitate almost 225 long-term interns per year and short-term intern's strength is open throughout the year. Once the interns join FH, we conduct an orientation session and provide them with details about FH and its projects. We assign them to wards/blocks according to the internship criteria and provide monthly sessions with professionals. When interns are referred to wards/blocks, psychologists give general introductions and prepare management plans according to their internship duration. They help interns build rapport with members (patients) by involving them in individual and group sessions. At the end of the internship, interns write a report and management plan under the supervision of a psychologist, along with an attendance sheet. After submitting the report, we conduct an end point evaluation and provide certificates to successful interns.

Fountain House offers two types of internships:

- 1: Project-based internships (short-term) that involve case studies internships.
- 2: long-term internships that range from 3 months or more than 3 months.

For further details: internship@fountainhouse.com.pk