LEARN TO UNDERSTAND A CHILD’S MIND TODAY,
Introduction

Every child is special. And within each one, there is a higher potential waiting to be unlocked. An educator plays a dynamic role in unleashing the child’s hidden capabilities by understanding his mindset and behavioural pattern. This way the child can be moulded and nurtured to achieve full potential.

Fortis understands this and that’s why the Department of Mental Health and Behavioural Sciences, an integrated mental healthcare system has introduced the Fortis School Mental Health Programme. It comprises a team of psychiatrists, clinical and counselling psychologists, psychoanalytical psychotherapists, arts based therapists, special educators, occupational therapists, organisational psychologists and sport psychologists, working together under the leadership of eminent psychiatrist Dr. Samir Parikh towards the goal of ‘Mental Health for All’.
Fortis School Mental Health Programme
A platform promoting psycho-social health and well-being of school-aged children, the Fortis School Mental Health Programme is dedicated to provide state-of-the-art therapeutic, preventive and rehabilitative services with specialised life-skills based initiatives for children and adolescents.

The impetus of the programme is dual in nature, with a strong focus on clinical aspects of working with the young population, as well as building resilience and better coping mechanisms through non-clinical workshops and seminars. Our multi-disciplinary team works collaboratively to ensure the best service provision under one roof for all child and adolescent related mental health needs.

Workshops and Seminars

For Students
1. Good Touch and Bad Touch for the Young Ones (Primary School)
2. Preparing for Exams: Role of Study Skills
3. Effective Time Management
5. On Being Assertive – Coping with Peer Pressure
6. Building Effective Communication Skills
7. Life Skills Training for Adolescents
8. Sex Education for Adolescents (Middle School)
9. Effective Stress Management

For Teachers
10. Media Literacy
11. Relationships and Attraction (Senior School)
12. Risky Behaviour in Adolescents
13. Emotions and You
14. Bullying and its Prevention
15. Body Image and the Self
16. Preventing Substance Use and Abuse
17. Practices to Improve Creative Thinking
18. Personality Development
12. Creating a Stimulating Environment in the Classroom
13. Building Self-Esteem in the Classroom
14. An Introduction to Special Education
15. Early Identification and Intervention of Children with Special Needs
16. Classroom Management of Children with Autism
17. Managing Burnout
18. Integrating Art into Learning - Working with Visual, Auditory and Kinesthetic Learners
19. Effective Arts Based Creative Teaching Methodology
20. Leadership Building

For Parents:
1. Positive Parenting Approaches
2. Working with Children with Behavioural Difficulties
3. Managing your Child’s Learning Problems
4. Promoting your Child’s Well-Being
5. Understanding and Handling Adolescents
6. Helping Children Manage Exams Effectively
7. Signs to be Aware of which Signal Mental Health Concerns
8. Managing Parental Stress
9. Building Your Child’s Emotional Intelligence
10. Building Resilience in Your Child
11. Managing Your Parenting Style Across Time
12. Building Your Relationship with Your Child
13. Gifts and Challenges - a child with special needs in your family

Fortis Pro-social Peer Moderator Programme
Life skills education has been identified as one of the key areas that can bring about a long lasting change in the education system and enhance the personality of children as they grow in schools. This programme is specifically designed to reduce and in some cases altogether prevent the occurrence of problems such as unhealthy risk taking, bullying and aggression, peer pressure, poor academic performance, poor self-esteem and body image, excessive stress and burnout. The programme utilizes intensive workshops wherein students themselves become peer trainers and positive role models, in turn helping other children in their schools learn healthier forms of coping. The Pro-social Peer Moderator programme encompasses the following five modules:
- Study and Exam Skills
- Aggression Management
- Risk Behaviour Management
- Media Literacy
- Gender Sensitization
**Fortis School Counsellor Forum**
The Fortis School Counsellor Forum is a unique initiative conceptualized to provide a platform for practicing counsellors working in school settings to be able to exchange ideas and formulate ways of working with children and adolescents. Set to convene every six to eight weeks, the members of the forum meet with the agenda of discussing cases and enhancing skills. These discussions are facilitated by our senior psychiatrists and clinical psychologists in a structured format. As part of the forum’s activities, courses, skill-building workshops, journal readings and seminars on clinical advancements provide further avenues for skill enhancement.

**Fortis Green Channel Programme**
The Fortis Green Channel Programme is an endeavour to facilitate the liaison between schools and mental healthcare providers for the benefit of students and their families. Prioritizing children first, we ensure streamlined psychological assessments and quick reports along with individualized feedback to the school counsellor and a comprehensive discussion about the treatment plan.

**School Helpline**
To enhance the accessibility of mental healthcare, we have launched a School Helpline for students, parents or teachers undergoing any kind of emotional distress to be able to speak to a psychologist at the time of crisis. The helpline (+91-8376804102) will be active seven days a week from 9am to 5pm.

**Fortis Sport Psychology Programme**
We offer state-of-the-art Sport Psychology interventions for individual athletes and teams looking to further enhance their performance in sport(s). Based on the latest advancements in the field, we utilize a combination of biofeedback mediated psycho-physiological interventions, cognitive restructuring, effective group dynamics and team building. These services are provided by our sports psychologist certified by the American Board of Sport Psychology.

**Clinical Services**
**Psychiatric Services:**
Our team of psychiatrists provide for medical intervention through the use of efficacious medications for treating the various clinical, mental health related conditions that can affect a growing child or a teenager. Be it depression or anxiety, drug use and abuse, or problems like Attention Deficit Hyperactivity Disorder (ADHD), comprehensive treatment paradigms are utilized to effectively manage these and other problems.
Psychological Services
The mainstay of services for the youth involves provision of substantive, evidence-based and efficacious therapeutic services. These are rendered by our RCI (Rehabilitation Council of India) licensed clinical and counselling psychologists as well as our specialized team of psychoanalytical psychotherapists.

- Psychological assessments are conducted for children and adolescents to understand their patterns of development, learning, behavioural and emotional functioning and their personality.
- Parent and family counselling services are available to work with the intricate dynamics that can impact a child.
- Career counselling can help students choose the right vocation.

Remediation Services
The remediation wing at Fortis provides individualised intervention programme for children with developmental, academic and behavioural difficulties. These interventions focus on the strengths of the child using multiple intelligences to bridge the gap along with multisensory techniques to bring about all round development. We believe in teaching children the way they can learn not the way one can teach. Our remedial programme are carried out by registered special educators and occupational therapists.

Art Based Therapy
The creative processes of art and other expressive therapies find a significant place in unleashing the developmental, emotional and expressive needs of the younger population. Our team of UNESCO and CID certified art therapists provide comprehensive therapeutic services for children and adolescents.

For further details, write in to us at mentalhealth@fortishealthcare.com