

Field: Mental Health Rights and Education
Name: The MINDS Foundation
Location: Vadodara, Gujarat, India
Name of Position: MINDS Fellow (6)

Brief Description of Organization:

The MINDS Foundation is aimed at eliminating stigma surrounding mental illness in rural regions of India. The organization currently services 19 villages (15,000 rural citizens) by providing them with community education and medical treatment. In addition, The MINDS Foundation is implementing a reintegration program that includes vocational skills training, employment, gardening therapy, music therapy, and art therapy. In addition, the organization has an R&D department that runs alongside its programs. Many of these research projects are in place in order for MINDS to constantly evaluate and update its programming according to community needs. Many of these projects are designed by volunteers along with staff and run in the field by the volunteers themselves.

To date The MINDS Foundation has hosted volunteers from Wesleyan University, Dartmouth College, Harvard College, Brandeis University, Amherst College, Yale University, Mount Sinai School of Medicine, and UMASS Amherst. It has already educated over 1,500 rural citizens in 19 villages about mental health care and is currently providing treatment for over 60 patients. In the upcoming year, The MINDS Foundation aims to develop mental health education modules targeted at laypersons in order to produce "social workers" in villages. In addition, the organization is developing modules to educate general physicians, women, and children about mental health.

Information Specific to the Internship:

MINDS Fellow

Qualifications:

Prior experience abroad and exposure to South Asian culture are encouraged. A passion for global health and openness to a new culture are necessary for the MINDS Fellow to gain a valuable experience. Fluency in Hindi or Gujarati is a plus, as is prior experience working with patients who have mental illness (though neither are required to participate). Applicants who are considering taking part in the MINDS Fellowship and do not possess Hindi or Gujarati language skills should be willing to learn!

Primary Responsibilities:

Students will begin their experience with a one to two-week training course in which they will participate with other international students to learn the status of the mental health care system in India, interact with patients, and take a crash course in the Gujarati language. The remainder of their time will include clinical shadowing and field work in which they will work with others in the program to run educational workshops and screening clinics and provide treatment for the rural population.

There are many opportunities for research and project implementation available for students to take part in. Research and project topics can be developed in collaboration with the Director of

Research of The MINDS Foundation. In addition, there is room for students who are interested in pursuing a documentary, photo journal, and implementation of yoga programs as rehabilitation, art therapy programs, music therapy programs, gardening, and many more. Approximately one to two months prior to departing to the site in India, the volunteer will work with MINDS to develop a specific project and timeline to be carried out during their time abroad.

Schedule:

Summer internship opportunity for up to 8 weeks in duration.

Stipend/Assistance:

The MINDS Foundation will provide a shared or single room with air conditioning and bathroom with hot running water for Rs. 200/day. The Fellow's room will be located in a gated campus with security and will have Internet access. Meals are provided on-site for Rs. 150/day and transportation can be arranged.

Additional Information:

Students who are interested in learning about the state of mental health care in developing countries, psychiatry, and community-based health will find this to be a valuable experience. This is an ideal placement for students who are traveling to India for the first time, or do not have extensive experience in developing countries. The experience is well supported with on-site guidance and room for independence. Students will live, study, and eat on campus. They will travel with members from The MINDS Foundation to villages to conduct components of the three-phase grassroots program and/or their research.

To Apply:

Send your resume/CV, cover letter, an updated copy of your academic transcript, and one letter of recommendation to Raghu Appasani (info@mindsfoundation.org). Logistical inquiries (for example, regarding living or travel arrangements) may also be directed to Raghu Appasani. There is a \$25 program fee for those who take part in The MINDS Fellowship.

Website:

<http://www.mindsfoundation.org>