



Concept Note for establishment of Community Mental Health Center (CMHC) by Department of Psychology, University of Malakand.

The Department of Psychology, established in year 2011. Starting with the Supervision of Dr. Arab Naz, Chairman Department of Sociology .Psychology and Social Work.

Till now its major achievements are

1. Approximately 300 students have secured their graduation degrees in Clinical Psychology.
2. Have started BS program in year 2017.
3. Study tours are part of curriculum.
4. 2 training workshops have been arranged in year 2017.
5. 2 seminars highlighting the importance of Mental Health have been arranged in year 2017.
6. Conducted regular Psychological help sessions with more than 300 students of the university.

FUTURE TARGETS:

To start M.Phil and PH.D classes.I.A



Community Mental Health Center (CMHC):

The Department of Psychology aims to start a “**Community Mental Health Center**”, at the University of Malakand .The Department of Psychology is having faculty, logistic and infra structure shortage. But keeping in view the growing need of mental health support of faculty, faculty families, students and community. The Department wants to take initiative in establishment of “**Community Mental Health Center**” (CMHC) that needs the approval and help of **the Honorable Vice Chancellor Prof Dr. Gul Zaman**.

The Community Mental Health Center is the dire need of the community of Dir, as there is no reciprocal helping hand in the whole district. At present, the Department of Psychology faculty members and students of the final year M.Sc program takes sessions with the concerned. The growing need of mental health help by professionals needs proper attention and concern. This center will work under the Department of Psychology, but will be independent and will be just meant for treatment of psychological illness. The Department of Psychology, aims to make this center self-sufficient so that it does not make any financial constraints.

The “Community Mental Health Center” (CMHC), will work under the Department of Psychology, University of Malakand.

Targets of “Community Mental Health Center” (CMHC):

1. Providing mental health services to the community on very low charges:i.e : 50 rupees per session
2. Engaging students with clinical background, as internees for a period of 06 months.
3. Enhancing sense of entrepreneurship in internees by taking percentage in the client fee.
4. Creating awareness of mental health in the community.

The requirements of the “**Community Mental Health Center**” (CMHC), may be addressed by the following proposal so that this Center may stand strong to deliver better results and serve the community with excellence.

Requirements for Establishing of Community Mental Health Center-CMHC

1. Provision of Staff for CMHC:

The staff of CMHC will comprise of

- a. Head of CMHC. (Professor/Associate Professor/Assitant Professor)
- b. Coordinator of CMHC. (lecturer)
- c. Research Coordinator.
- d. Trainees. (at least ten students having Clinical Psychology Diploma or Specialization in Clinical Psychology)
- e. Peon.

The Honorable Vice Chancellor is requested for the approval of Honorarium for the Head the Coordinator and research Coordinator, according to the University rules and regulations. Also, request is being made for the appointment of peon.

2. Provision of Space for CMHC:

The “Community Mental Health Center” needs proper space/infrastructure. Where the community can easily approach, and avail the services offered by CMHC without disturbing the University environment.

3. Provision of separate Offices and therapeutic cells.

There should be 10 therapy/counselling cells, 02 meeting halls for case conferences and group therapy. The cells should be built in such a way that they maintain the confidentiality of the client and are noise proof. The need of individual offices for the Head, the Coordinator and trainees is also required.

4. Provision of Laboratory.

Therefore, there is a greater need of provision of separated laboratory/hall for this purpose. Which will be well equipped and will meet the minimum standards of prescribed quality testing, assessment and diagnosis.

5. Provision of logistic Support.

The Community Mental Health Center will needs logistic support as multimedia, Desk top, photo copier, printer and furniture.

Sr	Particulars	Required need.
A	Conservancy and Works	
i.	Therapy cells	10
ii.	Laboratory	01
iii.	Office Rooms	4
iv.	Meeting halls/group therapy rooms.	02
B	Pay and Allowances	
i	Head of CMHC	01
ii	Coordinator	01
iii	Research Coordinator	01
iv	Peon	01
v.	Petty cash	01
C	Machinery and Equipments	
i	Laptop/desk top	01
ii	Multimedia	02
iv	Printer	01
v	Photocopier	01

**The above requests are submitted to the Honorable Vice Chancellor,
Professor Dr Gul Zaman. For Approval, please.**

Noor Fatima Ajmal

Incharge,

Department of Psychology

Dated 23rd Oct, 2018