

YWCA OF MADRAS -SAHODARI PROJECT
FAMILY COUNSELLING CENTRE

Sahodari project - family counselling centre is an outreach project of YWCA and has completed 30 years of service. SAHODARI had its beginnings in the year 1986 as a short stay home and a family counseling centre offering protection, guidance, legal aid and medical care to “Women in Crisis” – women facing marital violence, victims of rape and abuse, women with husbands who are drug and alcohol addicts causing the breakup of homes, run away women with children, girls stranded in bus and railway stations, women with psychiatric problems, homeless women etc. The women are then given legal assistance, educational opportunities or placed in employment. Not all clients are kept in the shelter. Some clients come from outside during the day only for counselling or for help and rehabilitation.

Sahodari Project is also involved in advocacy programmes to create public awareness on the rights of women, campaign for necessary changes in law and policies and to network with other like-minded organizations or NGO’s.

MISSION:

Sahodari’s mission is to look to the future focusing on the problems faced by women and finding more ways of helping women in crisis, thereby empowering more and more women to take their rightful place in society with peace, health, freedom and human dignity.

STATISTICAL DETAILS OF THE CASES FROM
JULY 2015 TO DECEMBER 2015

S.No	STATISTICAL DETAILS OF THE CASES FROM JULY 2015 TO DECEMBER 2015	TOTAL
1	Total No. of New Cases Registered	77
2	Total No. of Enquiry Cases	07
3	No. of Follow - up Cases	328
4	Total No. of Follow-up letters	230
5	Total Number of Cases helped through legal aid clinic	17
6	No. of Shelter Clients	81
	Adults	64
	Children	17

SERVICES RENDERED:

- **Counselling for marital and family related problems:**



Professional counseling and rehabilitation for the families for women facing marital violence, victims of rape and abuse, women with husbands who are drug and alcohol addicts causing the breakup of homes, runaway women with children, girls stranded at bus and railway stations, women with psychiatric problems, homeless women and children etc is provided.

- **Temporary shelter for women, children and young girls in distress:**



Women in distress are usually in a confused state of mind and the Short Stay Shelter Home at Sahodari, gives them a quiet place to think at their problems. We rehabilitate the women and girls socially and economically by providing skill training and counseling. The Short Stay Home for women and girls extends temporary shelter and rehabilitation to those women and girls who have no social support systems due to family problems of mental strain, social ostracism, exploitation and other causes. It creates a space for women to socially and economically equip themselves to face the challenges in life.

➤ **Educational assistance for the under privileged children:**



The children of the deserving clients of the Sahodari Project are supported in continuing their education through financial assistance every academic year by paying school fees and purchase of note books and uniforms.

➤ **Vocational training and job placement:**



Clients who approached Sahodari for counseling are helped to undergo vocational training at the YWCA Community College and at other NGOs free of cost.

Clients with minimum education / illiterates are helped to learn skills to help themselves financially through training programme etc., which are conducted for them.(Jewellery making, Envelopes, preparation of Appam Batter and Masala podi's etc)

➤ **Medical and psychiatric assistance:**



Sahodari has been rendering emergency service to mentally ill clients who were referred for treatment with the co-operation of the family.

Dr. Shanthi Nambi, our consultant Medical Psychiatrist is of great help in treating women who come with psychiatric illnesses. Sahodari also works in collaboration with the Institute of Mental Health.

➤ **Police and legal assistance:**



Sahodari Clients are assisted through our Legal Clinic, in collaboration with the Tamilnadu Legal Services Authority at the Madras High Court. We follow the case periodically till they receive the legal benefits.

➤ **Hostel placement for children:**



The client's children are placed in the hostels if they are semi orphans and destitute children for continuing their education.

➤ **Old age home placements:**



The old age Women who are being neglected and unwanted in their homes by their own Children have been helped through Counselling and Referral Services in old age home for placements and further Rehabilitation.

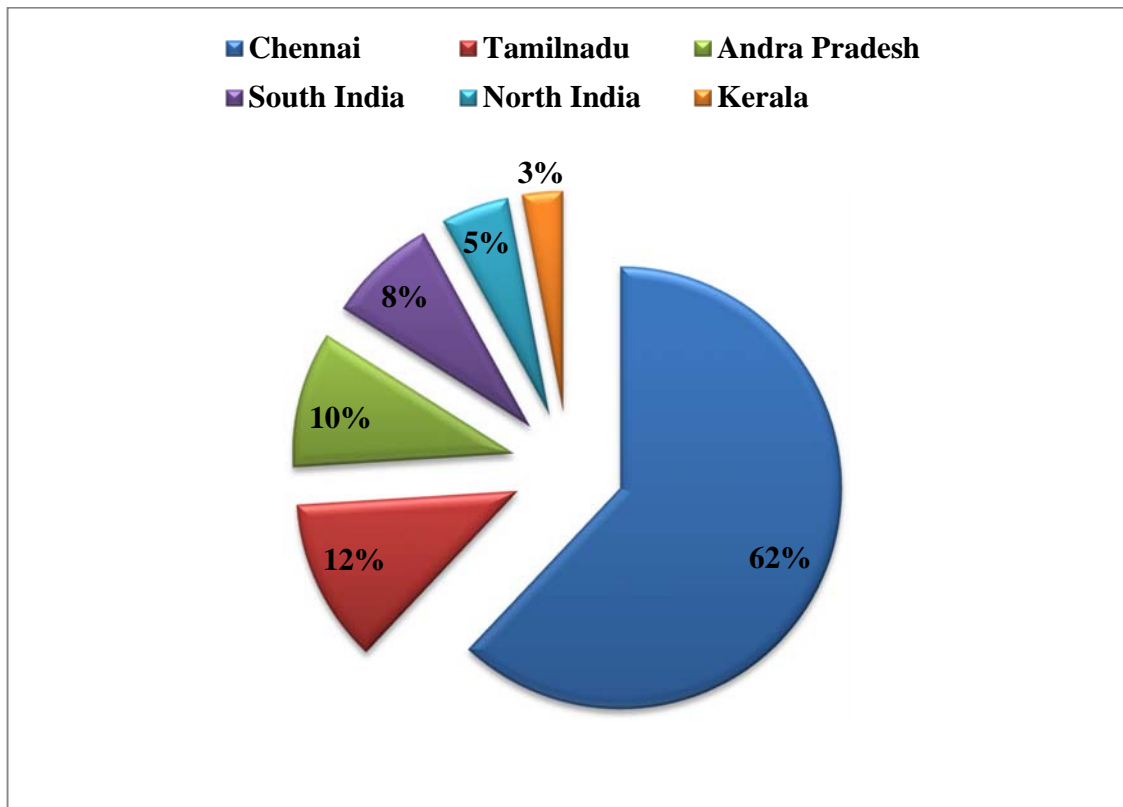
➤ **Residents Recreational Activities:**



The residents of Sahodari were helped to learn the Skills of making Fashion Jewellery and preparing Curry Powders and Batters.

ANALYSIS OF THE CASES DURING THE PERIOD FROM JULY 2015 TO DECEMBER 2015.

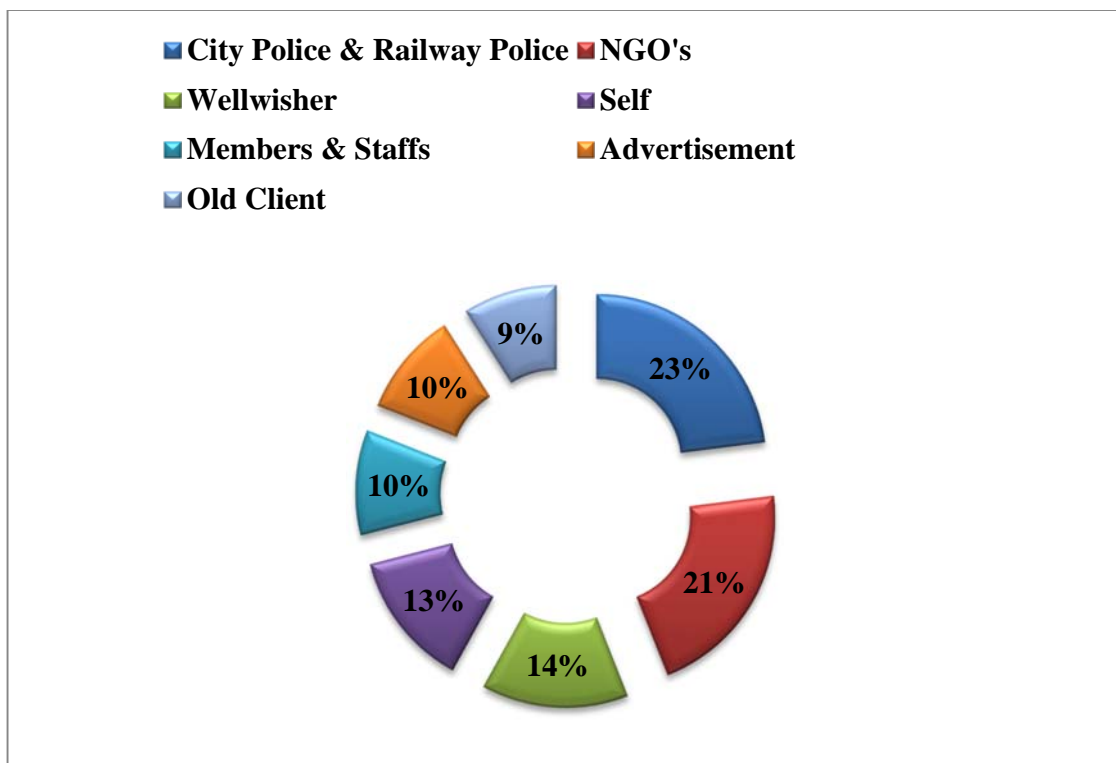
1. PLACE OF ORIGIN



The above diagram represents the place of origin of Sahodari clients who have approached us for Shelter and Counselling.

- 62% of the clients approached us from Chennai.
- 12% of the clients were from outside Chennai from other districts of Tamilnadu.
- 10% of the clients were from Andhra Pradesh
- 8% from South India.
- 5% from North India.
- 3% of the clients were from Kerala. They were runaway and stranded due to marital problems, family problems, love affairs etc.,

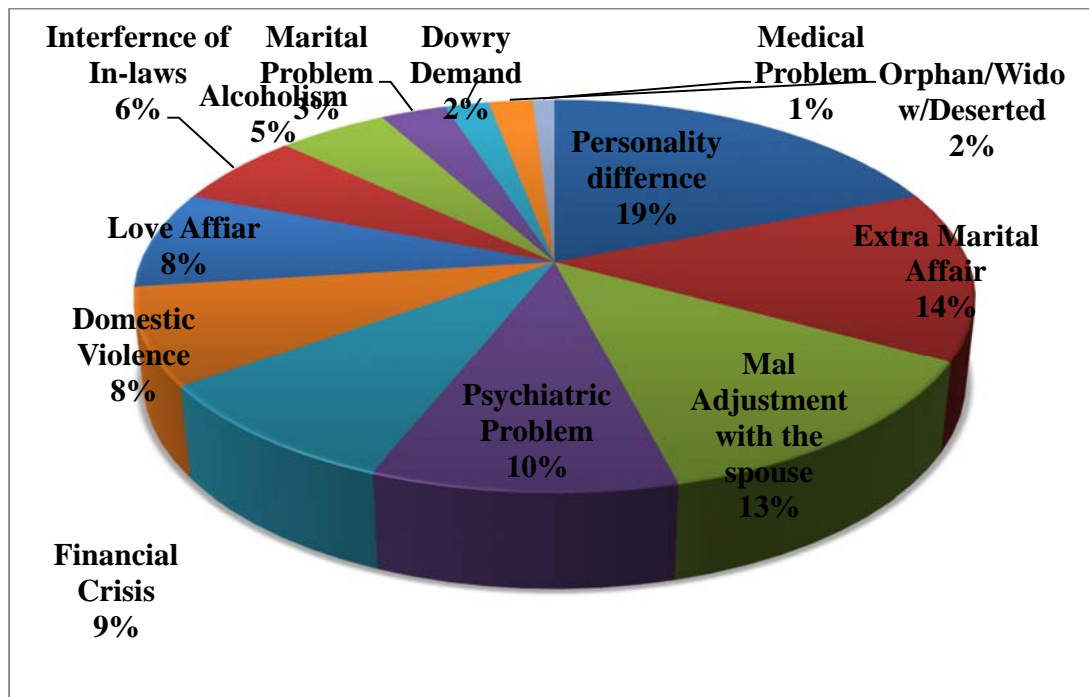
2. SOURCES OF REFERRALS



The clients approached the Sahodari Project with the guidance of a well wisher, city and Railway Police, NGO's etc., The above diagram shows that

- 23% of the clients were referred by city and Railway Police, G1 Vepery All Women Police station, Police from Egmore, Triplicane, Thousand Light, Annasalai, Kilpauk, Chindadripet and Chennai Central Railway Police and the Egmore Railway Police as they were stranded in Railway Stations or bus terminus and were rescued by the police and brought to us for shelter, counselling and guidance regarding marital dispute, family related problems psychological problems etc.,
- 21% of the clients were referred by other organizations like Help Age India, MCCSS, Siga Child line, PCVC, Arunodaya, Balavihar, Vishranthi Charitable Trust, IIDA and Nirmala Community college for shelter and further rehabilitation.
- 14% of the clients were referred by well wishers which included Church Pastors, Doctors from Government Hospitals, Neighbours, Lawyers and auto drivers etc.,
- 13% of the clients approached us on their own and through the awareness programmes held in the communities.
- 10% of the clients were referred by the volunteers and Staffs and Members of YWCA.
- 10% of the clients were approached our centre through the Advertisement from the Net, Police stations etc.,
- 9% of the clients approached us with the guidance of our old clients.

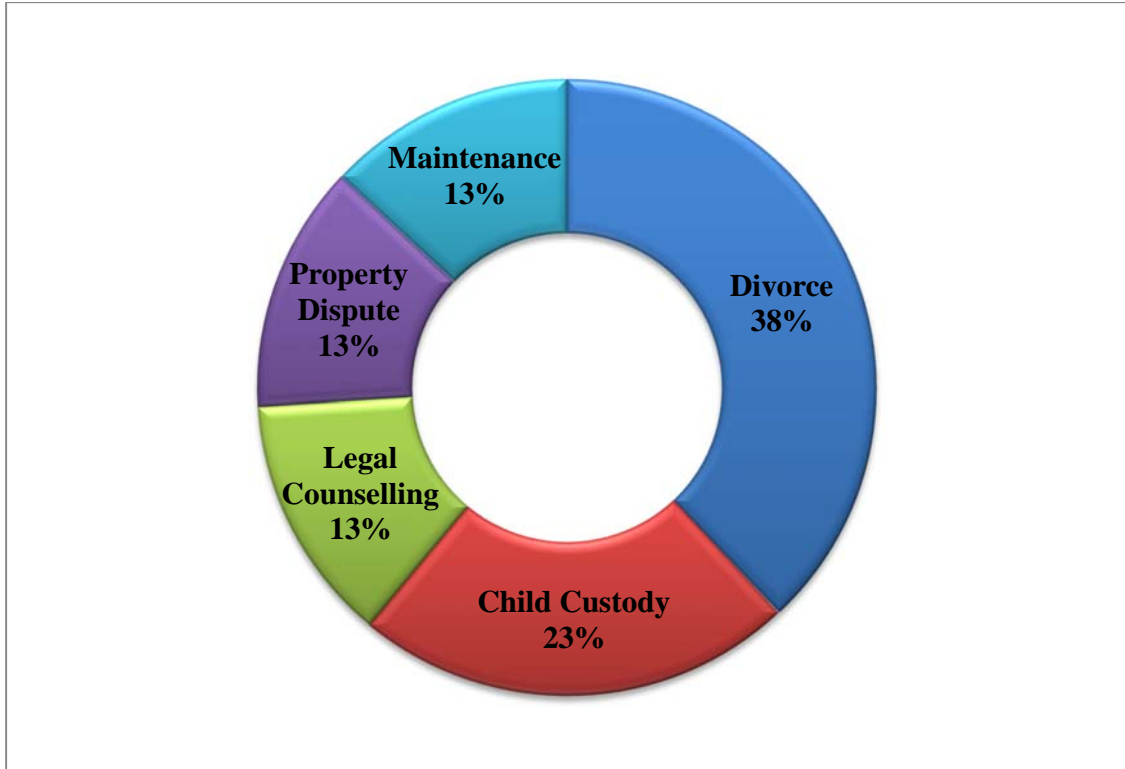
3. PROBLEM FACED BY THE CLIENT



This diagram shows the problems faced by the clients who approached us for help in which

- 19% of the clients had behavioral problems like adamancy in nature, personality differences, and having misunderstandings with their family members, reluctance to give their information and lack of acceptance etc.,
- 14% of the clients faced the problem of extra marital affair of their spouses, constant quarrels between them.
- 13% of the clients had a maladjustment problem with their spouses due to misunderstanding, lack of communication, ego problems, lack of sharing of responsibilities in the family etc.,
- 10% of the clients had psychiatric problems like depression, anxiety, suicidal thought, stress disorder and hallucinations etc.,
- 9% of the clients faced financial crisis due to illiteracy, unemployment and low income.
- 8% of the clients had undergone domestic violence in the family in the form of kicking, beating and verbal abuse and were driven out of the marital home.
- 8% of the clients had a love affair with a married man.
- 6% of the clients faced marital disputes due to interference of in – laws.
- 5% of the clients had alcoholic husbands with suspicious nature towards the client.
- 3% of the clients were facing marital problem within the families.
- 2% of the clients faced the problems of dowry demands by their spouses and in – laws.
- 2% of them were orphans, widows or deserted by their husbands or family.
- 1% of the clients had under gone severe medical problem like HIV and piles.

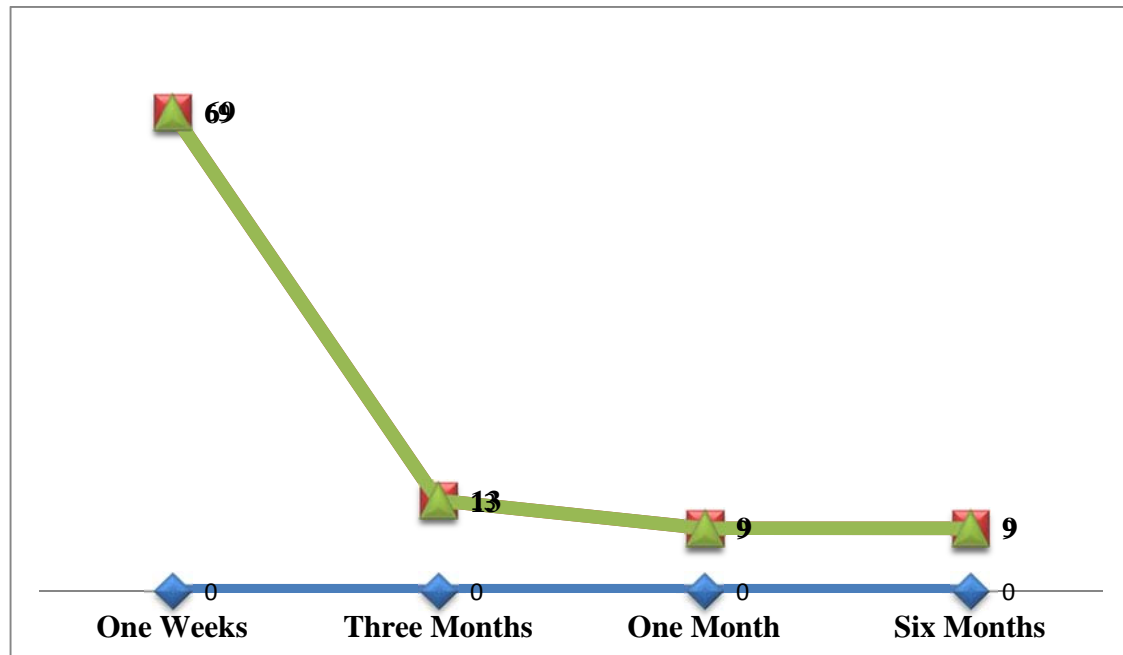
4. HELP RENDERED THROUGH LEGAL AID CLINIC



The service of the Sahodari Project includes legal assistance for the clients, in collaboration with “Tamilnadu State Legal Service Authority”. Through the legal aid clinic, the Panel Lawyer guides the clients to proceed further with the case legally.

- 38% of the clients were helped to proceed with their cases for divorce.
- 23% of the clients were helped to file petitions for custody of children and motivated them to proceed with their case legally.
- 13% of the clients were given legal counselling for marital disputes, maintenance, reunion, property dispute etc.
- 13% of the clients were helped by the panel lawyer to file cases for property disputes.
- 13% of the clients were motivated to proceed with their cases in obtaining maintenance.

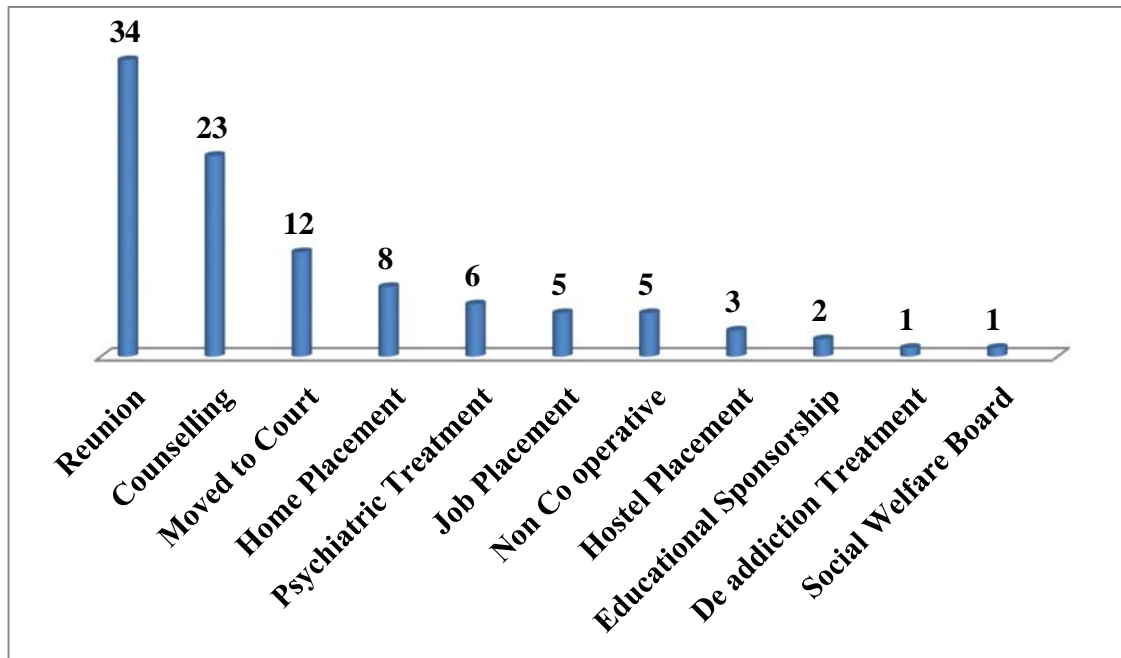
5. DURATION OF SHORT STAY HOME



Sahodari short stay home provides temporary shelter for women in distress and run away girls. The duration of stay extends from a period of one week to one year depending upon the rehabilitation of the clients. The above diagram indicates that,

- **69%** of the clients were provided temporary shelter in our short stay home. We also provided emotional support and counselled them about the effects of wandering and trafficking of women. We always contact their family members through letters, phone calls. The clients who reveal their problem genuinely will be reunited with their families within the duration of one week.
- **13%** of the clients extended their stay to three months as they needed more sessions of counselling due to personality differences, non acceptance of their family members, the course of time needed for psychiatric treatment and rehabilitation.
- **9%** of the clients stayed in our short stay home for a duration of one month due to psychiatric illness, personality differences, marital disputes, alcohol dependence, not giving information, not willing to go back to their families etc., We counselled and helped them to undergo the psychiatric assessment after which they came forward to reveal their address and family details. According to the Psychiatric illness, treatment has been provided and tried to reconcile them with their families. If the family members were not willing to accept the client, they will be referred to the rehabilitation home for mental illness.
- **9%** of the clients were provided shelter for 6 months to complete the vocational training with job placement. For a few clients, the family members were non – cooperative during the counselling process. We network with other Family Counselling Centre's in their own native place to provide continuous guidance to the client in rehabilitation.

6. REHABILITATION OF THE CLIENTS



The service of Sahodari Project includes family counselling which provides the strength, skills and confidence to deal with life's challenges and to make use of the opportunities.

- 34% of the clients who had issues were counselled and problems resolved. They were reunited with the family in an effective manner.
- 23% of the clients were provided marital counselling, Pre-Marital Counselling and guidance to get the widow's / family pension from the Thasildar's office.
- 12% of the clients were assisted through our legal aid panel lawyer for legal counselling, maintenance, restitution of conjugal rights, divorce etc., and were referred to the Tamilnadu State Legal Aid Services Authority for further assistance.
- 8% of the clients were referred to Help Age India for Old age home placement.
- 6% of the clients were helped to undergo psychiatric treatment at the Institute of Mental Health (IMH) & Government General Hospital with the support of their family members.
- 5% of the clients were helped in job placements in order to support their families.
- 5% of the clients had a wandering tendency and were not willing to reveal their family details and refused to co operate and accept our help.
- 3% of the client's children were referred to Hostels and Institutions to continue their education. They were referred to Mariyalaya, Don Bosco Anbu Illam and Roshini Home.
- 2% of the clients were motivated to educate their children and financial assistance was provided.
- 1% of the client's husband was referred to Indian Red Cross Society for De-addiction treatment.
- 1% of the clients were referred to District Social Welfare Office to register and to proceed with their cases under Domestic violence Act.