

## **Center for Socio-Psychological care of Prison inmates for Reformation, Rehabilitation and Reintegration**

To setup a Psycho-Social care Centre for reformation, rehabilitation and reintegration of prison convicts in collaboration with the Department of Home Affairs, State of Gujarat and School of Criminology and Behavioural Sciences RASHTRIYA RAKSHA UNIVERSITY, an Institution of National Importance, Pioneering Security (under the Ministry of Home Affairs, Government of India) at Sabarmati Central jail.

The Mental Health Care Act 2017: “The act mandates the State to provide adequate, efficient and quality mental health intervention to the prisoners. Section 103 (7) of the Act directs that the mental health establishments inside prisons shall be registered with either the central or the state mental healthcare board – and that they should conform to prescribed standards and procedures. The State is obliged under Article 21 of the Constitution to protect not only the physical, but also the mental health of persons in its custody.”

Objective:

1. To identify mental health issues consequential to incarceration by Psychological assessments to identify the strengths & offer psychological therapies as intervention and help them to reform for better reintegration with families and society before their release.
2. Follow up as outdoor clients after release in state legal health service authority Centres & offer psychological therapies and family counseling to desist from reoffending
3. Follow-up as outdoor clients after release at RRU Mental Health service centers at PHC, Sampa or CHC Dahegam or at RRU wellbeing center, Lavad or at RRU center for psychosocial care & rehabilitation center at HMH, Ahmedabad.
4. Family counseling & therapy

## 5. Psychoeducation for reintegration to the society with prosocial behaviours

### Methodology:

School of Criminology & Behavioural Sciences of Rashtriya Raksha University will take the responsibility to offer Psycho-Social Care Services to prison inmates on regular basis.

Comprehensive Mental health services involves Mental status examination, forensic psychological assessments, psychological therapies, psychoeducation and need based intervention for reformation of the inmates with different kinds of Psychological therapies for better reintegration after their discharge. Licensed professional Clinical Psychologists who are Mental Health Professionals (Mental Health Care Bill 2017) would carry out psychological assessments to identify any abnormality including suicidal tendency, psychosomatic illnesses or any minor or major mental ailments and submit the report from time to time. They also will introduce psychological therapies like psychotherapy, behaviours therapy, CBT, REBT, group therapy, vipassana, Refining exercises like 3SRB, Jacobson relaxation etc. as per the requirement based on assessment in collaboration with prison staff.

Prison staff will be sensitized about their important role in reforming the inmates as caregivers which would enhance their self-image in their own professional circle indirectly humanizing their attitude towards criminals. Prison employees will be trained as caregivers in medical model remaining in the boundaries of law.

This would not only benefit in maintaining the mental wellbeing of the inmates as well as prison staff but would go a long way creating a non violent society dreamt of by Father of our Nation.