



Book Reviews

Nuts and bolts of starting and running psychiatric rehabilitation services, 1st edition, C. Basavarajappa, P.C.A. Ahamed, G. Desai, S.K. Chaturvedi, editors (NIMHANS, Bengaluru) 2016. 182 pages. Price: ₹ 200
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This is perhaps the first book on the subject of psychiatric rehabilitation as the field is new in India. It has 20 chapters, across disciplines, as the field is multidisciplinary. As stated in the foreword, the research on different aspects of rehabilitation interventions has provided satisfactory evidence for their benefits. This book will assist all those planning to start such services.

Psychiatric rehabilitation services (PRS) are an integral part of the mental health services. Many families want these services, many non-government organizations (NGOs) are doing it, however, in India, these services are available at very few places. It is an essential part of treatment for recovery and full functioning.

All the 20 chapters discuss integral parts of these services. The first chapter introduces the basics of PRS, the second and third chapters provide the models of PRS and discuss the Indian scenario. Subsequent chapters deal with PRS in different settings such as, inpatient, outpatient, community, institution-based, long term stay/ half way homes, *etc.* Chapters 11 to 15 give the roles of different professionals, like psychiatrists, clinical psychologists, psychiatric social workers, nurse and lay counsellors, health workers and volunteers. However, it would have been good if occupational therapists could also be included.

A chapter on the use of modern technology in PRS is also included. It focuses on computers and internet, social networking, peer support, telepsychiatry, smart phones and applications. It gives future direction, as the use of technology in everyday life is increasing. So psychiatric rehabilitation should include technology for administrative purposes and patient services.

The chapter 17 is devoted to problems encountered in supported employment for persons with mental illnesses. The primary aim is to find a natural match between an individual's strengths, resources, job experiences and available jobs in the community. The phases for this process are, (i) recruitment and assessment, (ii) identification of matching jobs for the clients and sensitization programme, (iii) job interview and selection, (iv) follow up and ongoing support and (v) current status. This chapter also focuses on problems in implementing the same at National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, and how these barriers were overcome.

The chapter, 'Legal and Financial Aspects of Starting Rehabilitation Services' is relevant and gives tips to start at the institute and community level, establishing an NGO/ non-profitable organization (NPO)/ voluntary organization (VO). This chapter also discusses legal acts, like for registration as company, society, provisions for persons with disability (PWD) act, 1995, income tax rebates, *etc.*

Chapter 19 is about co-ordination between NGOs, joining hands for the common cause. According to the author there is a need for co-ordination between the handful of NGOs working in the area of mental health. For this a database of NGOs needs to be developed and networking needs to be done. This will be helpful in research, referencing, and advocacy.

The last chapter, 'Tapping Government Schemes for Persons with Psychiatric Disability' provides procedures for certification for psychiatric disability. This is new in India, so not all hospitals in India provide such certification. This will help to get the certificates even in small towns. It also discusses benefits for PWD like maintenance allowance, travel concession, employment benefits and educational benefits. Details such as taking loans, income tax exemption, self employment programmes, special

employment exchange, vocational rehabilitation centres for the handicapped and schemes such as *Manasa Kendra*, pension transfer, and health insurance are also discussed.

Overall, this book is a comprehensive, well researched and organised work in the area of psychiatric rehabilitation. It is written in a reader friendly manner and in simple language. The book will be of help in planning rehabilitation and research in the field.

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