

JEEVANI

MODULE FOR COLLEGE COUNSELLORS
PART - II

Interventions



A Project of
Department of Collegiate Education
GOVERNMENT OF KERALA
2019

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Working with Families of Young Adults In Distress

Ms Rija Rappai¹, Dr Anish V Cherian^{2*}

¹MPhil Scholar, Department of Psychiatric Social Work

²Assistant Professor, Department of Psychiatric Social Work
NIMHANS, Bengaluru

*Correspondence : anishvcherian@gmail.com

“The great challenge of transforming India can be achieved through youth which has got the power of ideas, ambition and ability”.
A.P.J. Abdul Kalam

Psychological problems among college students are common. Very often they are self-limiting. Usually the affected individuals may require brief help and support to return to their normal self. But sometimes when there are serious psychological issues and risk concerns, it is essential that the caregivers or family be involved in the interventions. Most care-givers when appraised of the situation would have the expected reaction of shock/ sadness or anxiety. But on some occasions there may be difficulties in dealing with the family members, as the parents may react in an unexpected fashion like anger and denial. There may be many factors, including the concerns the families have regarding the illness, stigma and difficulties involved in the diagnosis. Hence this chapter aims to help counsellors to handle families/care-givers while addressing these issues. Two major aspects which are likely to emerge when counsellors address the students' family are:

- i) Addressing the parents'/ guardian's immediate response when informed that their child (young adult) has a mental health problem
- ii) A brief family-based intervention to support the family to cope with the crisis and ensure early effective intervention.

DISCLOSURE AND THE MANAGEMENT OF IMMEDIATE RESPONSE

A call from my son's college!!

“I was busy with something; I don't exactly remember what I was doing when I received the call from my son's college. The call was quite unexpected from an unknown number. I attended the call; I could comprehend only two things, the call was from an office staff from the college where my son was studying and the principal wanted to meet me as there were some concerns about my son's behaviour. The caller continued to talk but I was so overwhelmed that I could not make sense of the rest.

Lots of questions rushed through my mind; What must he have done? How would his future be here after? What should I tell my husband? How this would affect his younger sister who is in the same