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POLICE



KERALA

DEPARTMENT

No. S1-91419/2020/PHQ

Police Headquarters, Kerala
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Phone: 0471-2721547
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Dated: 31 /07/2020

Executive Directive No.22/2020/PHQ

Sub: **Kerala Police – Introduction of Project 'CHIRI' - Happy Childhood in Pandemic times – Instructions issued – Reg.**

Ref: Nil

At least 66 children have committed suicide in Kerala, since the imposing of the lockdown in the state, till the end of June 2020. With schools closed and minimum chances for social interaction, children are experiencing tremendous mental stress, anxiety and other mental health issues.

02. In this context, Hon. Chief Minister of Kerala, has launched a project named '**CHIRI**' (*Children's Happiness & Innocence Rejoicing Initiative*) for ensuring the well being of children in Kerala. The objective of the project is to ensure a safe and happy childhood for children during the COVID-19 pandemic period.

03. The high rate of suicide among children contemplates the fact that majority of the parents are not able to scientifically identify the mental health issues of their children. Thus, the problems faced by children are often left unacknowledged, unidentified and unattended. Lack of awareness on well-being, in some cases, results in handling of the issues in an unscientific manner ensuing grave consequences.

04. '**CHIRI**' is aimed at developing a mental health support system with the collective intervention of the relevant stakeholders, responsible for the care and protection of children. This is aimed at promoting well-being of all children, identifying and addressing the behavioural, emotional, interpersonal, learning and somatic challenges of children.

05. Action Plan

i) 'CHIRI' Help line

Kerala Police has already established a CAP (Children & Police) House in Thiruvananthapuram, which is acting as the State Resource Centre for co-ordinating various child related projects of Kerala Police such as Student Police Cadets Programme (SPC), Our Responsibility to Children Programme (ORC), School Protection Groups, Child Friendly Police Stations and HOPE Program. A Helpline number **(94979 00200)** of the **CHIRI** initiative will be maintained at the CAP House. This Helpline number will be publicised widely with the support of media and various social media platforms. Children facing various mental health issues, as well as parents of such children will be encouraged to call the Helpdesk and register their issues.

ii) CAP (Children & Police) Desk

CAP Desk is a peer to peer support programme to support children in distress through friendly telephonic interactions. This is based on the **Kutty Desk** model which was successfully initiated jointly by the Student Police Cadets Programme and Our Responsibility to Children, during the initial phase of the lockdown. 4700 Children had already been supported through this unique initiative. A pool of 15 Smart Children from each Police district, consisting of Senior Student Police Cadets and children participating in ORC programme will be specially trained and enabled for the functioning of the CAP Desk. Details of children in need of companionship and emotional support will be carefully assigned to the CAP Desk Child Volunteers. They will encourage their peers in distress to speak and will listen to their worries in a compassionate and re-assuring manner. They will motivate children facing stress to engage in productive activities, learning activities and games, without violating the COVID protocols. The CAP Desk Volunteers will also make follow-up calls to their friends assigned to them at regular intervals.

iii) Panel of Mentors, Psychologists and Mental Health Experts.

To assist the CAP Desk Volunteers, a panel of Mentors, Psychologists and Mental Health Experts will be put in place.

- a) **Panel of Mentors:** The pool of Mentors will continuously mentor and guide the children working with the CAP Desk. This pool will be formed by engaging teachers and resource persons from the SPC and ORC programmes who voluntarily come forward to dedicate their time and efforts.

- b) **Panel of Psychologists:** A panel of Psychologists will be formed by roping in functionaries from ORC programme and other Government projects. The details regarding the calls getting registered at the CAP House will be handed over to this panel. Psychologists from this panel will contact the child/parent to carry out the primary assessment. Following this, details of children in need of support – except in the case of children with severe issues - will be handed over to the CAP Desk, so that children from the trained pool will contact their peers to provide companionship and emotional support.
- c) **A panel of Mental Health Experts:** A panel of experts mostly consisting of Psychiatrists and other Mental Health Experts will be put in place. The Psychologists after necessary telephonic counselling will refer the cases that need expert attention to this panel.

iv) Grass root level awareness interventions:-

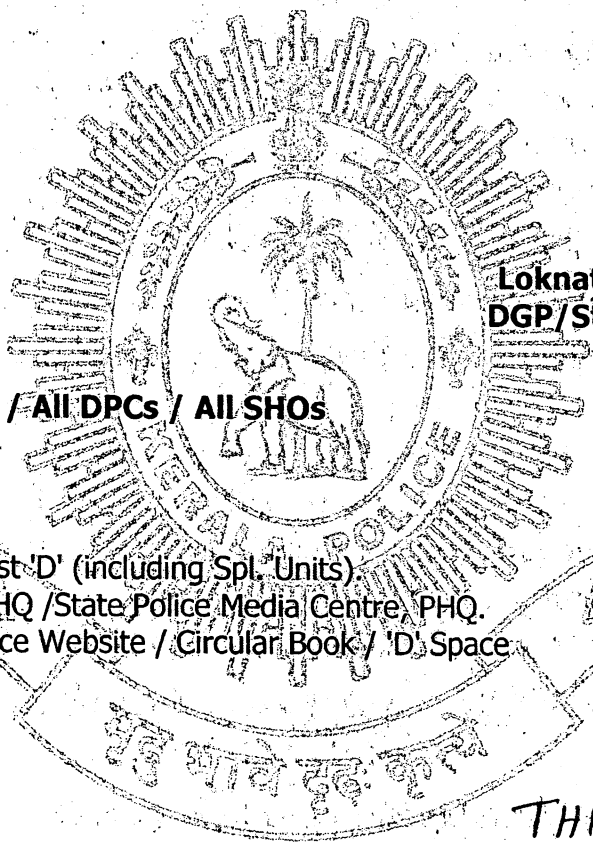
Selected Janamaithri Beat Officers, Anganawadi Workers, School Protection Group members, ASHA Workers, School Counsellors, Kudumbashree members, functionaries of Our Responsibility to Children, Kaval, Child Protection Committees and Jagratha Samithi's will be trained to reach out to children and parents with user friendly Information-Education-Communication materials. This attempt is aimed at educating children and parents on safeguarding the mental health during the pandemic period and passing information regarding the '**CHIRI**' project.

v) Cost involved for the project, as follows, will be met by the Police Headquarters under relevant Head of Account:

- a) Remuneration for trainers training the CAP Desk Volunteers, Mentors and Psychologists.
- b) Compensation to CAP Desk Volunteers for recharging their SIM cards, to make the calls.
- c) Compensation to Psychologists for recharging their SIM cards, to make the calls.
- d) Development of IEC materials.

06. All DPCs, Nodal Officers of SPC, Child Welfare Officer, Asst. Nodal Officer, SHOs along with the due co-operation of other stake holding departments like Women & Child Development Department etc., shall coordinate with each other for the success of the Project.

07. IGP-HQ, Police Headquarters, Thiruvananthapuram, will be the Nodal Officer. He shall be given co-operation and assistance by all Officers concerned. He will submit monthly reports to the State Police Chief, on 5th of every month.



31/7
Loknath Behera IPS
DGP/State Police Chief

Distribution: **IGP-HQ / All DPCs / All SHOs**

Copy for info & n/a:

All Unit Heads.

All Officers in List 'D' (including Spl. Units)

All Officers in PHQ / State Police Media Centre, PHQ.

CA to SPC / Police Website / Circular Book / 'D' Space

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