



# PSYCHOSOCIAL MANAGEMENT OF INTERNALISING AND EXTERNALIZING DISORDERS AMONG CHILDREN IN CONFLICT WITH LAW

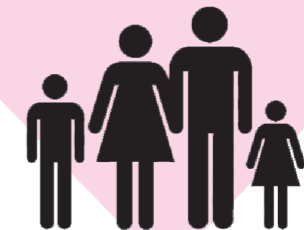


|   |   |  |  |  |   |   |
|---|---|--|--|--|---|---|
| <ul style="list-style-type: none"> <li>Extreme sadness</li> <li>Disinterest</li> <li>Hopelessness</li> <li>Social isolation</li> <li>Poor communication</li> <li>Low self-esteem</li> <li>Guilt</li> <li>Absence / poor school performance</li> </ul> | <ul style="list-style-type: none"> <li>Excessive worry</li> <li>Sleeplessness</li> <li>Trouble in concentrating</li> <li>Restlessness</li> <li>Fatigue</li> <li>panic</li> <li>Phobias</li> </ul> | <ul style="list-style-type: none"> <li>Overactive</li> <li>Impulsive</li> <li>Poor attention</li> <li>Easily disturbed/distracted</li> <li>Difficulty in remembering things</li> <li>Misplacing things</li> <li>Trouble in organizing</li> </ul> | <ul style="list-style-type: none"> <li>Excessively disobedient</li> <li>Deliberate provocation of anger in others</li> <li>Defiance of rules</li> <li>Arguing with adults</li> <li>Blaming others for own mistake</li> <li>Often loses temper</li> <li>Easily annoyed by others</li> </ul> | <ul style="list-style-type: none"> <li>Breaking rules/law repeatedly</li> <li>Absenteeism</li> <li>Stealing &amp; lying</li> <li>Cruelty</li> <li>Destroying things</li> <li>Substance use</li> <li>Manipulating</li> <li>No guilt or remorse</li> </ul> | <ul style="list-style-type: none"> <li>Delayed milestones</li> <li>Subnormal intelligence</li> <li>Delayed or poor speech and language development</li> <li>Motor difficulties</li> <li>Poor ability to learn new things</li> <li>Poor self-help skills, school performance and memory</li> </ul> | <ul style="list-style-type: none"> <li>Inability to discriminate among letters, numerals or sounds</li> <li>Poor reading and writing</li> <li>Poor coordination</li> <li>Difficulties with sequencing</li> <li>Disorganization</li> <li>Sensory difficulties</li> <li>Short attention span</li> </ul> |
| Depression  | Anxiety   | Attention Deficit Hyper Activity Disorder  | Oppositional Defiant Disorder  | Conduct Disorder   | Intellectual Developmental Disorder   | Learning Disability   |
| <b>INTERNALISING DISORDERS</b>  |   | <b>EXTERNALISING DISORDERS</b>   |  |  | <b>DEVELOPMENTAL DISORDERS</b>  |   |
| <b>ACCEPT</b>   |   | <b>MOTIVATE</b>  |  |  | <b>FOLLOW UP</b>  |   |
| <b>EDUCATE</b>  |   | <b>FACILITATE</b>  |  |  | <b>ACCOMPANY</b>  |   |



**MENTAL HEALTH PROFESSIONAL (Child Psychiatrist/DMHP)**

**PSYCHOSOCIAL INTERVENTIONS**



|  |   |  |  |   |
|--|---|--|--|---|
| <p><b>CHILD</b></p> <ul style="list-style-type: none"> <li>Relaxation training</li> <li>Cognitive behavioral therapy</li> <li>Social skills training</li> <li>Problem solving skills</li> <li>Coping with stress</li> <li>Developing support group</li> <li>Ensure social support</li> </ul> <p><b>FAMILY</b></p> <ul style="list-style-type: none"> <li>Family therapy</li> <li>Group work with parents</li> <li>Parent management training</li> <li>Parental stress management</li> </ul> <p><b>SCHOOL/COMMUNITY</b></p> <ul style="list-style-type: none"> <li>Psycho education of teachers</li> <li>Support group formation in school</li> <li>Group work in school</li> </ul> | <p><b>CHILD</b></p> <ul style="list-style-type: none"> <li>Insight facilitation</li> <li>Behaviour management</li> <li>Anger management</li> <li>Activity scheduling</li> <li>Recognition of emotions</li> <li>Developing empathy</li> <li>Group work</li> <li>Individual counseling</li> <li>Life skill education</li> </ul> | <p><b>PARENT</b></p> <ul style="list-style-type: none"> <li>Parent Management Training</li> <li>Reinforcing the child</li> <li>Limit setting</li> <li>Spending quality time</li> <li>Sharing responsibilities</li> <li>Positive communication</li> <li>Problem solving</li> <li>Skill development</li> <li>Family therapy</li> <li>Parental stress management</li> </ul> | <p><b>SCHOOL/COMMUNITY</b></p> <ul style="list-style-type: none"> <li>Teachers education program on mental health issues among children</li> <li>Educating teachers on class room management of children with externalising disorders</li> <li>Positively engage children in their special skills and interest</li> <li>Involve children in sports and other cocurricular activities</li> <li>Give responsibility to children</li> <li>Provide supportive supervision</li> </ul> | <p><b>CHILD</b></p> <ul style="list-style-type: none"> <li>Sensory-motor &amp; cognitive stimulation</li> <li>Speech &amp; language therapy</li> <li>Physiotherapy &amp; occupational therapy</li> <li>Self-help &amp; social skills training</li> <li>Education (normal stream /special education )</li> <li>Vocational training and job placement</li> </ul> <p><b>PARENT</b></p> <ul style="list-style-type: none"> <li>Parent counseling and guidance</li> <li>Parent training for home based management</li> <li>Group work with parents</li> <li>Formation of parent support group</li> </ul> <p><b>SCHOOL AND COMMUNITY</b></p> <ul style="list-style-type: none"> <li>Access social welfare benefits</li> <li>Referrals for special education, physiotherapy, occupational therapy, speech therapy, vocational training and rehabilitation</li> </ul> |
|--|---|--|--|---|

## KAVAL - PSYCHOSOCIAL CARE FOR CHILDREN IN CONFLICT WITH LAW

India is a signatory to UNCRC in 1992 that bounds the nation to adopt child friendly approaches in child protection. Children in Conflict with Law are the most marginalized. Children in Difficult Circumstances experience unsafe and non supportive environment along with other biopsychosocial vulnerabilities. Psychosocial care is a multidisciplinary intersectoral approach that adopts humanistic ways of care towards social reintegration and rehabilitation of CCL. By bringing together the enactments such as judicial, law enforcement, social welfare, health and education it ensures holistic care for children.

Children in Conflict with Law, living in impoverished conditions, often undergo inhumane experiences in life. These experiences that are beyond the coping capacity of the child, induces higher level of stress manifested as varied emotional and behavioural issues. Some of these children who come in to conflict with law have reported developmental disorders. Social workers working with children in conflict with law need to be equipped to identify and provide professional support services. These children are the most vulnerable as they need higher levels of care from not only parents but also from the support system in the society.

The social workers as they identify the child with internalizing, externalising or developmental disorders, need to assess and understand the psychosocial problems experienced by child and family, followed by educating parents on professional support available for the child's conditions. Social workers need to clarify parental concerns by providing right information. They need to be supported and accompanied to the mental health professional or any other professional services as per the need. Child & parent should also be educated on continuation of services and follow-up. Along with this ensuring the continuity of services and adhering to the follow-up services by child and family need to be ensured by the social worker. The social worker need to work with the child and family through social work approaches and integrating the knowledge and services of multiple agencies of care and support to arrest the chances of recidivism, revictimisation and enable professional care and support towards social rehabilitation and reintegration of Children in Conflict with Law

Government of Kerala, Department of Women and Child Development in association with Department of Psychiatric Social Work, NIMHANS, Bengaluru, has developed "KAVAL" a program for the psychosocial rehabilitation and reintegration of Children in Conflict with Law that provides continuous care & support to the child until the child is rehabilitated and reintegrated back to the society.

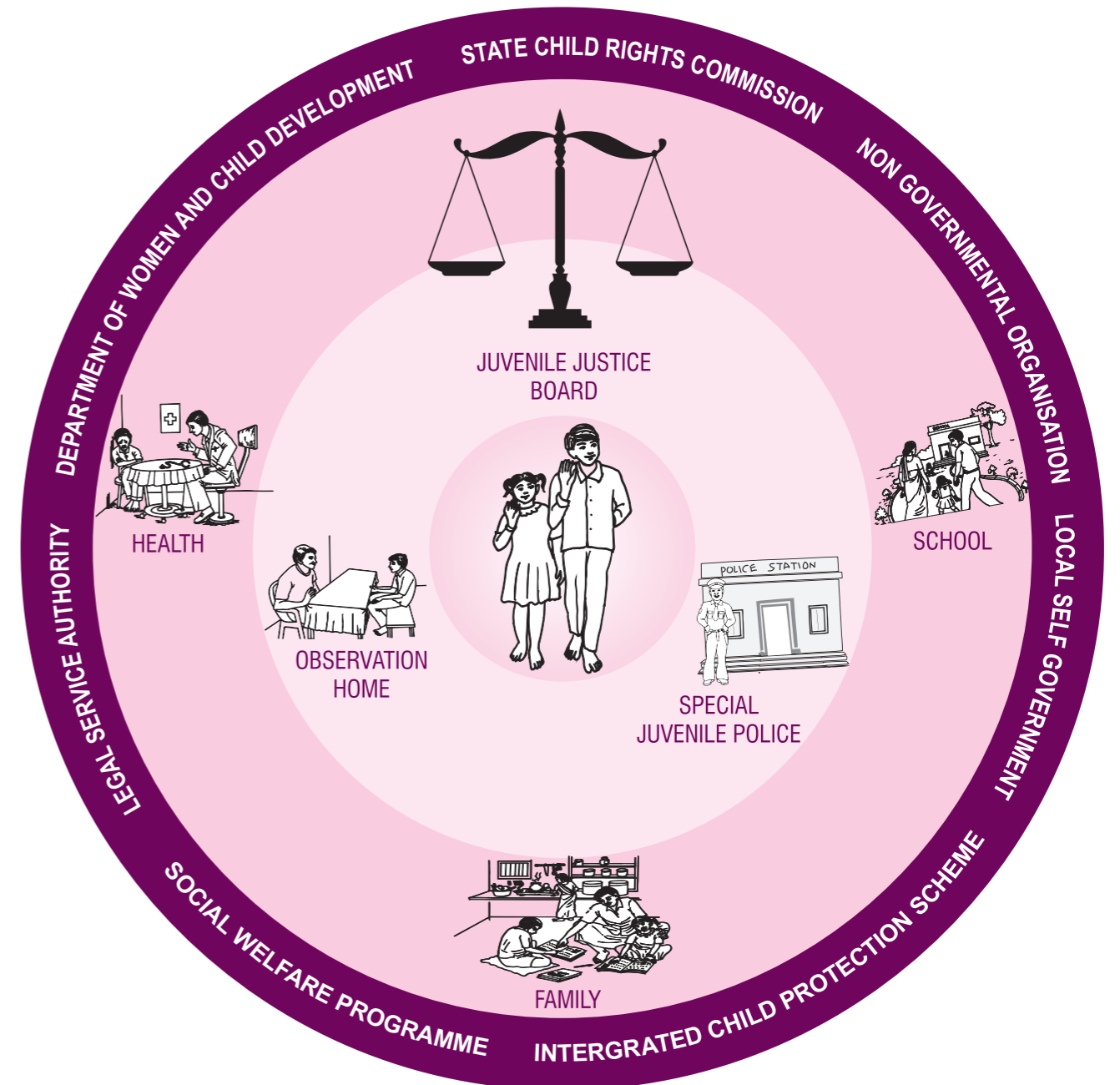


FOR FURTHER DETAILS PLEASE CONTACT  
**Dr.K.Sekar**  
 Professor  
 Department of Psychiatric Social Work  
 NIMHANS, Bengaluru, 560029, India  
 Email: sekarkasi@gmail.com, Ph: 919845214397



Department of Women and Child Development  
 Government of Kerala

## PSYCHOSOCIAL CARE FOR CHILDREN IN CONFLICT WITH LAW



**NATIONAL INSTITUTE OF MENTAL HEALTH AND NEURO SCIENCES**

AN INSTITUTE OF NATIONAL IMPORTANCE, BENGALURU - 560 029

**DEPARTMENT OF PSYCHIATRIC SOCIAL WORK**

IN COLLABORATION WITH

**DEPARTMENT OF WOMEN AND CHILD DEVELOPMENT, GOVT. OF KERALA**