

A cursory look at the Genesis and Activities of Kumasi Rehabilitation Centre; Cheshire Home

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Abstract: The study sought to document the beginnings and activities of Kumasi Rehabilitation Centre, called Cheshire Home, a premier rehabilitation centre in Ghana. Inmates of Cheshire Home are usually taken through employable skills that make them significant after training. 5 respondents, made up of 4 tutors or instructors and an administrator, Chief Psychiatric Nurse were interviewed. In addition, documents were reviewed while observation was also done to unearth the genesis and activities of the Centre. It was revealed that in-service vocational training in drawing, painting, textiles, shoemaking, designing and fashion are some of the sections of operation in the Cheshire Home. The Home was initiated by a Catholic Archbishop and finally established in 1987. It is recommended that government and other philanthropist make a policy to strengthen vocational training at the various psychiatric hospitals and units.

Keywords: Mental patients, rehabilitation; vocational training; inmates; psychiatric.

I. Introduction

Mental illness or psychiatric disorder is a behavioural or mental pattern that causes significant distress or impairment of personal functioning. Such features may be persistent, relapsing and remitting, or occur as a single episode (Mayo clinic, 2019). Many disorders have been described, with signs and symptoms that vary widely between specific disorders. Such disorders may be diagnosed by a mental health professional. Mental patients appear dishevelled as patients tend to neglect themselves as shown in careless dressing. Gombilla (1997) noted their behaviours and described them:

They are untidy and unclean as a result of failure to take care of their personal hygiene like bathing and washing clothes. Some of them tend to talk more than usual, faster and louder and about things that do not concern them; they are also inscrutable, diffident and importunate. Facial expressions may suggest anxiety, depression or lack of interest in the surroundings, they are sometimes fixed and unchanging unnecessarily violent and some have a sense of persecution and suicidal tendencies. Most of them sleep very little or not at all and wake up early to start working, talking or moving about. (p.34)

Due to their hallucinations which are visual, auditory and others, they are usually fearful as they consist of unpleasant, frightening and terrifying images, instructions or feelings. They are most of the time threatened or tortured as a result, the patient is extremely restless and keeps on fighting assumed imaginary, psychological or realistic (spiritual) enemies by making incoherent gestures or gesticulations.

In Ghana, it is generally known that there is a strong stigma and family shame attached to having a mental ill patient or discharged mental patients due to misunderstanding of mental health matters and the idea that mental illness must be attributed to spiritual or demonic causes and therefore the families of such discharged mental psychiatric patients are not readily able to take them back. They suffer relapses and end up in the streets. These people need rehabilitation before going back to their families and to the community. Fortunately, since 1993, the Kumasi Cheshire Home has begun offering a number of services to such people. Thus, people who have experienced mental break-downs, treated and discharged from psychiatry hospitals are given vocational training skills to enable them become significant at the job market. This is done before they go back to their families and to the communities. Unfortunately, the activities of such an institution are not known and documented for posterity. The study also documents the genesis of the institution with their approved programmes. It is believed that documenting the history and activities of the institution will lay a very good foundation for accepting the mental patients into the Ghanaian community and reduce such discriminations and ill perceptions about mental patients who have recovered.

II. Review of Related Literature

Obu (2010) asserted that, rehabilitation involves the process where the disabled are treated medically and provided an agreeable craft for an idle moment in the centre. Rehabilitation takes place at the psychiatric

hospital as occupational therapy or after the discharge from the psychiatric hospital to a rehabilitation home which is known as the aftercare. Indeed, rehabilitation is considered essential to make these ex-patients acceptable in society and community. Polding and Krambeck, as cited in Glime (1995) consider rehabilitation as re-integration and post treatment efforts. This includes all measures which serve the medical restoration, vocational re-qualification and the social re-integration of the ex-patients. Also, art making is a form of healing and again is a form of healing within a psychotherapeutic relationship.

Vocational rehabilitation is based on the premise that work is good for mental health. For many patients who have never learnt vocational skill, the feeling of competence and productivity resulting from a trade produces positive psychological reinforcement. The importance of vocational rehabilitation has been emphasized by Mateer and Sira (2006) that "it has become evident that emotional or social rehabilitation is often ineffective without major attention to vocational rehabilitation" (p.320). Earlier on, Miller (1998) observed that mental patients become restless when they are alone or had nothing doing. This therefore suggests that when various vocations were introduced to mental institutions, it would occupy them.

III. Methodology

The study was a qualitative research to describe and document the genesis of Kumasi Rehabilitation Centre as well as the activities of the various sections and departments of the Centre. The study was rooted in the descriptive research design since it sought to describe the processes involved in the vocational training of inmates in Kumasi rehabilitation centre. Descriptive design is a research in which the researcher is solely interested in describing the situation or case under study in their research study (Baxter & Jack, 2008). Descriptive research helps others better understand the need for the research. Descriptive research is a research that focuses on expanding knowledge on current issues through process of data collection (Englander, (2012). The participants involved the administrator as well as the tutors or instructors of the main sections of their programmes. Textile section, Fashion and Tailoring section, Painting and drawing section as well as shoe making section. These respondents were purposively sampled for the study since they were the right people who could supply the exact data needed in the study. Some other documents of the institution that cover accreditation and Government backing were also reviewed. Some activities from the sections were also observed. Observation included the equipment used in the various sections. How the tie and dye and the batik are taught were also observed. Other secondary sources were made to supplement the primary data collected. The various sections were described to match the activities of the Centre.

IV. Results and Discussion of Findings

4.1 Sections of Kumasi Rehabilitation Centre

4.1.1 Painting and Drawing Section

Drawing is defined by using lines to create a design, often in imitation of place or thing. Painting is defined by the use of paint, another medium to create colours and values to produce artwork (Davis, 2016). Drawing focuses on lines and shading, and painting focuses on forms and colour. Drawing is a form of visual art in which a person uses various drawing instruments to mark paper or another two-dimensional medium. Instruments include graphite pencils, pen and ink, various kinds of erasers, markers styluses, and various metals (such as silverpoint). Common methods of digital drawing include a stylus or finger on a touchscreen device, stylus -or finger-to-touchpad, or in some cases, a mouse. There are many digital art programs and devices.

A drawing instrument releases a small amount of material onto a surface, leaving a visible mark. The most common support for drawing is paper, although other materials, such as cardboard, wood, plastic, leather, canvas, and board, may be used. The fundamental means of public expression throughout human history. It is one of the simplest and most efficient means of communicating visual ideas. In addition to its more artistic forms, drawing is frequently used in commercial illustration, animation, architecture, engineering and technical drawing. A quick, freehand drawing, usually not intended as a finished work, is sometimes called a sketch. An artist who practices or works in technical drawing may be called a drafter, draftsman or a draughtsman.

Inmates use their hands and fingers to apply the media. The inmate's choice of drawing strokes affects the appearance of image. In Pen and ink drawing, they often used hatching-groups of parallel lines. Cross-hatching, they used hatching in two or more different directions to create a darker tone.

Tools and materials

1. Paintbrushes
2. Watercolour paints
3. Crayons
4. Coloured pencils
5. Markers
6. No.2 pencils

7. Ordinary printer paper
8. A pencil sharpener
9. An eraser
10. Scissors
11. A ruler
12. A tape or glue

4.1.2 Shoe Making Section

Shoemaking is a person whose occupation is making or repairing shoes (Merriam-Webster, 2020). Shoemaker is a person who makes shoes and other footwear as a profession. Shoe maker is a person whose business is making or repairing shoes. Shoemaking is the process of making footwear (Mathew, 2020). A shoemaker is someone who makes designs and repairs footwear. The original name for a shoemaker was cordwainer. Historically, shoes were made one shoe at a time by hand, but this has somewhat been replaced by the shoe manufacturing industry, producing shoes at far greater rate than sole shoemakers can. There are still shoemakers; however, that produces quality, detailed and crafted work. Originally, shoes were made one at a time by hand, often by groups of shoemakers (also known as cordwainers).

Tools and materials used by inmates

1. Knives
2. Shears
3. Scissors
4. Machine Presses
5. Sewing Machines
6. Needles
7. Thread
8. Glue
9. Clamps
10. Various hand tool
11. Rivets

The inmates used knives, shears, scissors, or machine presses to cut out parts of designs, patterns or outlines. Sewing machines, needles and thread, glue and clamps were used to repair and decorate or construct leather products according to people's needs and specifications. Certain desired effects were achieved by using dye, paint or stain. The inmates engrave or stamp leather to achieve a decorative look or use stitching to create various shapes.

4.1.3 Textile Section

In the Textiles Section of the vocational training, inmates are introduced to tie and dye and Batik products. The inmates are also taken through the tie and dye and batik processes. The study revealed that programme of activities are drawn for teaching the inmates the tie and dye as well as the batik. The following steps are used in their training.

1. The inmates are first of all introduced to practical work by finding out if they had any idea of the dress they wear because most at times, some of them wear tie and dye fabrics.
2. The inmates are then introduced to the tools, materials and equipment used in tie and dye and batik processes.
3. Preparation of dye is demonstrated to the inmates.
4. The various skills of tying, folding and marbling in tie and dye and stamping process in batik production are demonstrated to the inmates.
5. The various skills in dyeing and oxidizing fabrics are demonstrated to inmates.
6. Finally, the inmates are assessed by the instructor through the tie and dye and batik fabrics they produce. The instructor does that ascertain the level of their understanding of the processes in tie and dye and batik production.

I observed one of the tie and dye as well as batik production processes as follows.

Tools / Materials

1. Mercerized Cotton
2. Vat Dyes –Red, Yellow, Blue
3. Twine
4. Scissors
5. Plastic Bowl or Container

6. Plastic Spoons
7. Sodium Hydroxide (Caustic Soda)
8. Sodium Hydrosulphite (Hydros)
9. Plastic Cups
10. Wax
11. Stamps (designed wooden stamps)
12. Gas cooker
13. Table (stamping board with foam specially prepared)
14. Pan

Processes Observed in the Tie and Dye Production

In the tie and dye process, the inmates were taught techniques in tie and dye. The inmates were then allowed to work on their own after the introduction. In the first process, mercerized cotton fabrics were cut to the required size 36 inches each by inmates to be used for the tie and dye work. Mercerized cotton is used for the production of batik and tie and dye works for this purpose because the fabric has gone through mercerization which is a continuous chemical process used for cotton and cotton /polyester goods to increase dye ability, lustre, and appearance. This process, which is carried out at room temperature, causes the flat, twisted ribbon-like cotton fibre to swell into a round shape and to contract in length. This causes the fibre to become more lustrous than the original fibre, increase in strength by as much as 20 percent and increase its affinity for dyes. These fabrics were folded into the various techniques by the inmates. These techniques were marbling, folding and twisting.

In the marbling technique inmates placed their wet fabric on a plain rubber which had been spread on the ground. They then crumpled the fabric from one edge till the whole fabric was crumpled to one whole small. This reduced the size of the fabric to a compact form. The twisting technique was also used for their tie and dye fabric. This was done by holding the middle of the fabric and twisting it one end of the fabric to the other till all the fabric was exhausted. In the folding technique, the fabric was folded into equal sizes in a rectangular shape. After, they folded it into a triangular shape in order to achieve a diamond shape when the fabric is produced. The inmates then prepared their dye solution. Vat dyes are insoluble in water; they can be reduced to a leuco form which is soluble in dilute alkaline solution. When treated with a reducing agent Sodium Hydrosulphite (Hydros), vat dyes are changed into a reduced form (converted into 'leuco compound') which is soluble in water in the presence of an alkali example Sodium Hydroxide (Caustic Soda). The dyes in this solution have an affinity for the fibre. Vat dyes have good affinity for cotton fabrics. Warm water was measured and poured into the plastic cup. Then two spoons of Sodium Hydroxide (Caustic Soda) were added to the water and stirred using the plastic spoon. Plastic spoon is used because it does not react with the caustic soda which contains acid and the vat dye which can change the colour of the dye in case a metal spoon was used. Three spoons of red vat dye were added to the caustic soda solution and stirred continuously to achieve a uniform mixture. Three spoons of Sodium Hydrosulphite (Hydros) was added to the solution and stirred to achieve an aqueous solution. The same process was used to produce a dye solution for yellow and blue vat dye solution which was used to dye the other fabrics.

The dye solution was used to dye folded fabric. The inmates poured the red vat dye solution into a big bowl. They then added a measured quantity of water to the dye in the bowl and stirred with the plastic spoon to maintain a uniform solution. They then immersed half of the fabric into the dye while wearing their rubber gloves to prevent the dye from coming into contact with his fingers which can peel off their skin or irritate their body when it comes into contact with the solution which contains acid which is found in the caustic soda. They immersed the fabric well to achieve an even dyeing. With the aid of the plastic spoon, they made sure that the fabric has absorbed the dye without any white places to prevent patches in dyeing. They left the dyed fabric to oxidize for five to ten minutes. They then immersed the other half of the fabric into the second dye solution which was blue and dyed the other half of the fabric with the same method. The inmate then removed the fabric and oxidized it. After oxidation, the fabric was washed in clean water and dried under a shade.

Processes involved in the Batik Production

Batik designing is a form of resistance in textiles production in which wax is used as a form of resistance which is heated in a pan and as it is hot, the wooden stamp with design on it is dipped into the wax and used to stamp on the fabric (Oparinde, 2012). The place where wax has occupied becomes the resistance place where the dye cannot penetrate. In batik production, the fabric can either be dyed first to create a different background or the white plain fabric can be used. Mercerized cotton can be used in batik design.

The fabric was first stamped on a padded table with the wooden stamp as shown in the fig. 1 below. The stamped fabric was then folded and immersed in a plastic bowl of blue vat dye solution.



Fig.1: A stamped fabric done by an inmate

The inmates wearing their gloves turned the fabric in the dye solution for total absorption of the dye 30 – 45 minutes. Heavy objects e.g. stones were then placed on the fabric for immersion into the dye solution for total absorption. The fabric was then dried and oxidized for the true colour of the dye for brightness. The Batik was also immersed into boiling water and stirred with the aid of a stick to remove the wax from the fabric. The fabric was then removed and placed into cold water in a bowl and washed with a hard soap to remove excess wax from the fabric.

After the fabric was removed and dried under a shade. The fabric was ironed when it was dry. This removes excess dye from the fabric and shiny effect for the market.



Figure 2: Batik work produced by inmate

4.1.4 Fashion and Tailoring Section

Fashion design is the art of applying design, aesthetics and natural beauty to clothing and its accessories (Loschek, 2009). It is influenced by cultural and social attitudes, and has varied over time and place. Fashion designers work in a number of ways in designing clothing and accessories such as bracelets and necklaces.

Fashion designers attempt to design clothes which are functional as well as aesthetically pleasing. They consider who is likely to wear a garment and the situations in which it will be worn, and they work within a wide range of materials, colours, patterns and styles. Though, most clothing worn for everyday wear falls within a narrow range of conventional styles, unusual garments are usually sought for special occasions such as evening wear or party dresses. Some clothes are made specifically for an individual, as in the case of haute couture or bespoke tailoring. The institution makes sure to let the inmates understand this concept and empower them accordingly.

Sewing Equipment, Tools and Aids

Sewing tools are those used actually to attach fabric pieces together toward completing the sewing project. Needles and pins are available in a variety of sizes and styles for different users. Pins with coloured heads rather than flat heads are easier to see in fabric and less likely to get lost.

- a) Hand needles

- b) Sharp needles
- c) Crewel needles
- d) Sharps
- e) Ball point needles
- f) Straw needles
- g) Extra-long dressmaker's pins
- h) Household pins
- i) Dressmaker's pins
- j) Colour-headed pins
- k) Pins
- l) Ball point pins
- m) A thimble
- n) Pins cushion
- o) Needle threaded
- p) Beeswax

Execution of Garment Construction Projects

There are many means to arrive at the same end in garment making. No situation in garment making where a single method is used universally. The trainer must select the procedure that would enable the learner to achieve the best result in the easiest way. Garment construction projects require some essential Trimmings to make the steps easier to achieve result. It is important that the learner has knowledge of the Trimmings required for the various processes.

Designing the Garment from Idea to Reality

There are several factors involved in making a garment that looks good and comfortable. The budget and sewing skills play significant role in making the perfect garment. The designer of a particular garment is expected to consider in the planning of the purpose of the garment, body type of the wearer as well as comfort. The purpose of a garment plays a significant part in what the final style will look like which is who, where, what, when and why. This knowledge is imparted to the inmates.

Who at this stage is the consideration of personality, or the character of the wearer? If the wearer is a noblewoman, will wear more expensive fabrics like velvets, silk, satins and brocades? If the wearer is a house help then the garment will be simple and modest using less decoration.

What is the purpose of the garment and what the wearer will be doing in the garment and the activities one will be involved will substantially influence the choice of the fabric and style of the garment? A party dress, one is free to choose from a variety of gown styles, including ones with wide skirts, trains, veils and other restrictions elements.

When is the consideration of the moment in time that the garment will be worn? If dinner wear is worn once or at most two or three times before putting it away. Although it is nice to consider comfort in garments that are worn once or twice a month, for a period of a few hours, it is not vital and one may not have to worry as much about cleaning. A garment for everyday wear on the other hand may be worn every day for several weeks, for hours on end. This garment needs to fit well. One will want it to be durable and easy to clean, as there are many more conditions for the garment to get dirty, damaged and sweaty.

Where is the atmosphere in which this garment will be worn? Whether the garment will be won indoors or out, in the sun, or in the rain, during winter or summer or something to take into account?

Why is consideration of the rationale of making the garment? This is very significant. a special ceremonial gown, a functional garment, a work wear and many activities have specific requirements for authenticity, colours and design particulars. Articulating the reason for making the garment helps bring into focus the particular qualities it has to boast.

Body Type; designing garment and details that complement the body type makes both the garment and the wearer look better. The eye is instinctively drawn to light colours and shiny surfaces. If the wearer has features that are to be emphasized, use fabrics with bright colours or fabric with glossy surface. If there are aspects of the figure one does not want to draw attention to, use darker fabrics in those places. The eye is also drawn by contrast and line. Garment that has contrasting vertical lines like the centre front guards appear slender. Horizontal lines on a garment make that area seem wider. Although styles are changing, these basis rules of fashion are still used today. Many desirables look in the garment style of a period could be accomplished with a variety of tailoring tricks. For example, padded shoulder could make the shoulders look broader, a pointed bodice combined with stuffed pleats and distend expanding the hips, make the waist look smaller. Inmates, with these vast knowledge in sewing, are able to make ends meet after training.

4.2 History of Cheshire Home: Kumasi Rehabilitation Centre

The study revealed the genesis and the history of the Centre from the interview and documents analysed. It was revealed that the Kumasi Cheshire Home, a rehabilitation home for the mentally discharged is located at Edwenase, a suburb of Kumasi. One respondent commented the uniqueness and the genesis of the Centre:

It is the only rehabilitation home for the mentally discharged in operation in the country to date. The home was initiated by Emeritus Dr Peter Kwesi Sarpong, the Catholic Archbishop of Kumasi in September 1982 after the declaration of the international year of the disabled by the United Nations organization in 1981. He launched an appeal in conjunction with the friends of the Disabled to create the awareness of the disabled in the society and how best they could be helped and to be accepted back into the society. (Respondent I)

It was seen that the establishment had a humble beginning, so after the initiation by the Archbishop, a steering committee was formed in May 1983 and a decision arrived at to establish a halfway house to cater for the mentally discharged patients. The creation of awareness of disabled in the society was not without problems due to the fact that ignorance and superstition made her hostile and reject the mentally sick instead of giving them support and assist in their recovery and rehabilitation. The mentally discharged is rejected in the Akan society because it is believed to be inherited from witchcraft and is often met with hostility.

The establishment process continued till it was fully passed in 1987. As one of the respondent indicated:

The Kumasi Cheshire Home was established in 1986 by Arch Bishop of Kumasi most Rev. Bishop Emeritus of Kumasi with the Assistance of leaders of other Christian Dominations, Anglican, Presbyterian and Salvation Army. In view of this situation the Kumasi Cheshire Home was established and was ready by 1987 with the two residents. Two of the graduates are now attached to the shoe-making section of the home and one to the Education wing of the Drug Abuse Department. (Respondent II)

It is worth noting that the home is not a hospital. The Home provides half-way Home for past psychiatric patients declared fit and sound to go home. These people remained stigmatized and discriminated against whilst living within their families and they tend to relapse. There are resident nurses to cater for the health need of the residents. At the home, the residents are given an opportunity to test themselves out in the community and this help for rapidly recovering residents who are almost ready to take their place in the community. Such environment is also absolutely essential for the treatment of social disability which is normally the greatest handicap in rehabilitation of the mentally disordered and discharged. One respondent said:

Although the Home was initiated by the Catholic Bishop, it is non-denominational and open to all irrespective of class, creed or colour. However, preference is given to people in Ashanti region for easy follow-up after they have left the home. (Respondent III)

The home has an occupational therapy department where residents are retrained and those without any occupation, trained to become useful citizens in the community. The department is made up of tailoring section, where female residents learn dressmaking, the shoe making section where male residents learn designing and making of shoes and sandals. There is also the art department where residents learn drawing, painting and designing.

The home has an occupational therapy department and one respondent commented on the rationale for that:

The main aim of the occupational therapy department of the home therefore is to counteract boredom and to channel energies into socially useful activities which might otherwise find outlet in violence and other behaviour disturbances. The aim of this development is to develop the interest, self-confidence, pride in and achievement and encourage togetherness, by allowing residents to work together on group projects. This brings about a greater degree of social interaction where individuals interact, and learn to know and tolerate one another which clearly of value to those who because of mental illness become friendless and isolated. (Respondent IV)

It is therefore not surprising that the residents are friendly and co operational which has resulted from the training given to them.

A personal communication in 2010 with one Adjei (2010) a staff of the home indicated that the home is a Non-Governmental Organization (NGO) which is only financed through donations from individual or Philanthropist such as churches, organizations; both home and abroad. Parents or Guardians pay token fees to support medication and organizational structure / management. It was found out that the Cheshire Foundation and the ChristoffelBlinden foundation are the main overseas financiers who provide

tools and equipment for the training of the residents. Most of the staff of the occupational department are part time tutors, but this does not affect the smooth running of the department.

Another respondent commented on practical activities and said:

Taking the concentration and span of the continuous attention of the inmates into consideration, two hours have been allotted to each course or subject and events certainly make the programme interesting. It gives them the opportunity to go through all the courses and later select one vocation skill to learn. (Respondent V)

The Home has religious activities, Guidance and Counselling section, Occupational therapy section and after care or follow up and society against drug abuse (SADA) personnel from the home visit target groups to educate schools, prisons, community centre to give talk about drug abuse or effects of abusing hard drugs but because of lack of resources it is not functioning.

The Kumasi rehabilitation centre Cheshire Home aims at to rehabilitating the discharged Psychiatric patients to go back to the community safe and sound. Adult Psychiatric patients between the ages of eighteen and fifty -five (18-55) both male and females are admitted. The percentage of males to females is always about higher than the females. There are nineteen (19) females and 32 males with females mostly admitted from mood trigger or depression (Schizophrenia in families and Psychosis disorder) and the males by drug abuse (hard drugs like cocaine, wee, marijuana and alcohol).

In terms of achievement, one respondent revealed:

The Home has effectively rehabilitated a Doctor, Nurses, Professional Teachers, and Pastors and trained others to live economically sustainable lives. The Home now houses up to fifty-five (55) residents and three hundred and fifty (350) have already passed out of the Home since its inception in 1986.(Respondent II).

The documents reviewed revealed the vision, mission and some activities mandated to operate in the institution.

Vision: to help the mentally ill become economically, psychologically and socially useful people in the society.

Mission: To provide half way-home for discharged psychiatric patients. To rehabilitate and reintegrate psychiatric patients into their communities, organizations with similar objectives. To enable service users, live financially independent life.

Activities

Kumasi Cheshire Home rehabilitates discharged psychiatric patients in Ghana for effective reintegration into their communities safe and sound.

The Home undertakes the following as their main activities:

- Continuous medication, Occupational therapy, Guidance and counselling, religious activities, Follow up/ Aftercare, passed out service users visits the Home for replenishment of their medication free of charge Curtsey Ministry of Health (Ghana Health Service) through Accra Psychiatric Hospital Pharmacy.
- The Home provides field for students for 5th year medica science students from Kwame Nkrumah University of Science and Technology (K.N.U.S.T) / KomfoAnokye Teaching Hospital (KATH), Physician Assistants Psychiatry Community Mental Health Officer's students from Kintampo college of Health.
- Again, Rotation Nurses are posted to do their psychiatry affiliation.

Approved Programme of Rehabilitation for Residents

When a Mental discharged Psychiatric Patient makes his/her first entry to the Home, he/she is first interviewed to know his/her background and put on admission. If the interview is unsatisfactory, the patient is referred back to the Psychiatric Hospital but if he is well,the patient is taken on Probation and Art appreciation for (1) one month. After the (1) one month, he/she is takenfor 2 weeks at each workshop. After the two (2) weeks, he is given a first term of Nine (9) months.If the is no improvement he is refer to the Psychiatric Hospital.

Otherwise, after the one (1) month of probation and Art Appreciation, he is asked if he has any trade and profession. These include; Shoe making, Tailoring, Drawing, Designing, Textiles and Fashion Design. If yes, he is given (2) two to eight (8) months for trade and profession. If no, he is sent round for selection of a vocation and for apprenticeship. There is review and assessment after apprenticeship. If it is unsatisfactory, he is given a 1st Term of 9 months to further study the trade. And still if the condition has not improved, he is referred to the Psychiatric Hospital treatment stops, and assumed Farewell.

If the profession and performance is satisfactory, after, the review and assessment,the inmateis discharged and his parents and Guardians are invited. He is assumed Farewell.

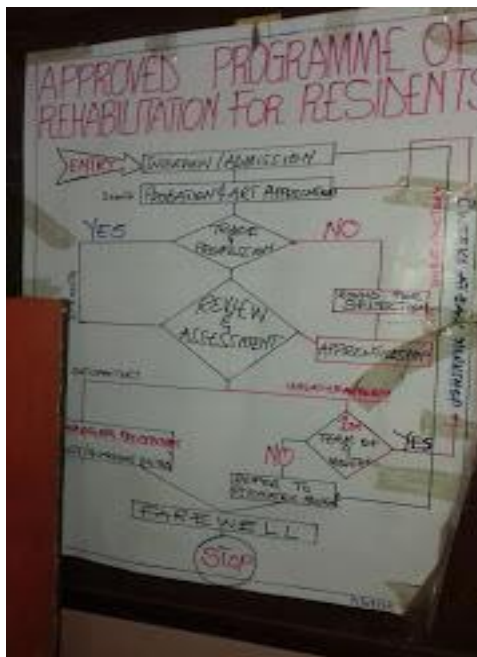


Figure 3: approved programme of rehabilitation for residents

V. Conclusion

Since inmates put themselves in their ideas, wishes, feelings and emotions in their work, as art educators, we could use art as a tool to diagnose their problems based on the messages that they would convey through their art and what they say about their art over a period of time. Based on this we could help in tailoring the educational needs and emotional concern and provide the necessary attention including counselling and art therapy for each inmate. It is therefore important to include vocational training in rehabilitating all inmates to enable them fit into their communities. They should be equipped with vocational skills, supported financially by the government, and their family, so that they can continue to produce these works to be self-employed, which will occupy them and prevent them from being idle and relapsing back to the psychiatric hospital. A follow up should be made by this Organisation to monitor their improvement, and their states in their various societies and communities, and educate the family and societies on mental discharged psychiatric patients living with them.

There should be more rehabilitation centres and professionals in the field. It describes the results of how textiles is effective in helping the discharged mental patients improve upon their condition and mental health or prevent them from returning back or relapsing to the psychiatric hospital, the street or the rehabilitation centre. The government should support these staff at the rehabilitation centres financially so that they can go on follow-up to these discharged mental patients at their various homes to know their health conditions and economic status in their various societies.

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