

MENTAL HEALTH e-Course

STUDENT'S GUIDE



INTRODUCTION

The **main aim** of this course is to **allow medical and key non-medical staff** (International and National Staff) to **implement Mental Health psychosocial support (MHPSS) programmes using specific MSF tools**. Also, the course will involve the management of key MHPS aspects of violence and displacement related conditions.

.After completing this course, you will be able to:

- Have an overview of how to **identify MH needs** and the **steps of how to conduct a MH assessment**
Be able to **draft an action plan** and to **collaborate in the definition of a program proposal**
- Be able to **describe how to establish a networking & how to set it up and develop it**
- Be able to **define the steps** when **developing a complete program planning**

PROGRAM

Module 1. Apply MSF MH Policy

- A1. Previous Knowledge Activity
- A2. Introduction
- A3. MHPS Interventions in humanitarian settings

Module 2. Types of MH Intervention

- A1. Previous Knowledge Activity
- A2. Introduction
- A3. Psychological First Aid
- A4. Case scenario “Psychological First Aid”
- A5. Case study

Module 3. Assessment & Program

- A1. Previous Knowledge Activity
- A2. Understanding an MHPS Assessment
- A3. Decision Game
- A4. Program Planning
- A5. Starting a Draft Proposal

Module 4. MHPSS Interventions

- A1. Previous Knowledge Activity
- A2. Implementing MHPSS in Violence & Displacement
- A3. MHPS intervention in contexts of migration
- A4. Implementing MHPS intervention in Sexual Violence
- A5. Implementation of MHPSS in Malnutrition

- A6. Implement MHPSS Interventions in HIV & TB
- A7. Implementation of MHPSS in Natural Disasters
- A8. MHPSS in other Medical Programs (Ebola)
- A9. Implementation of MHPSS on psychiatric care in Healthcare
- A10. Implementation of MHPSS on PHC

Module 5. HR in Mental Health

- A1. Previous Knowledge Activity
- A2. Job Descriptions (JD) in MHPSS
- A3. Recruitment of MHPSS national staff
- A4. Evaluation of the staff

Module 6. Monitoring & Supervision

- A1. Previous Activity
- A2. Case Study

Module 7. Advocacy

- A1. Previous Knowledge Activity
- A2. Introduction

Module 8. Stress Intervention

- A1. Previous Knowledge Activity
- A2. Reactions to Traumatic Events
- A3. Stress Related Disorders
- A4. Case Study
- A5. Basic Management Plan
- A6. Case Study

Module 9. Trauma Intervention

- A1. Previous Knowledge Activity
- A2. Psychological Implications in Trauma
- A3. Case Study
- A4. Intervention In Trauma-Related Cases

Module 10. Losses Intervention

- A1. Previous Knowledge Activity
 - A2. Grief, Mourning and Loss
 - A3. Case Study
 - A4. Clinical intervention in Grief for Children
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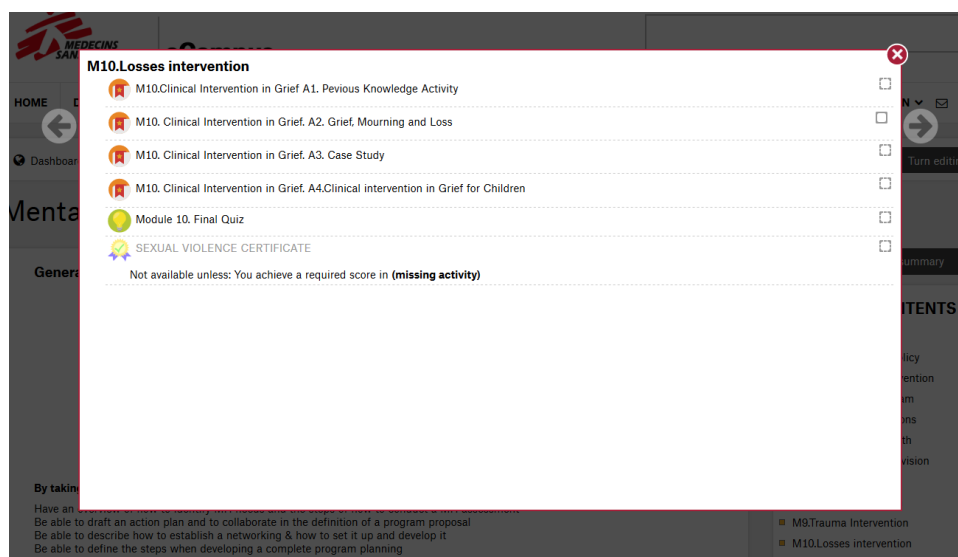
METHODOLOGY

The course is presented in 10 modules with the following features:

- The module is introduced through an **overview**
- In the second activity of the module we suggest you to answer a small quiz in order to make you more aware of your **previous knowledge** for the specific topic of the module
- The rest of the activities of the module combine reading activities with specific drag&drop exercises, challenges or case studies to apply your skills to specific situations, practical examples of real situations that happen in the field and quizzes.
- At the end of the module we suggest you to take the **final quiz** in order to evaluate what you have learned about the topic and which sections of it may need to be reviewed by you. It is also a self-assessment activity.

Some of the modules have a more theoretical focus, such as the topics of Policies and Advocacy, but most of them refer to the specificities of practical situations. In particular, the course is based on the practice during specific interventions. The whole Module 4 is about interventions.

This course is for self-learning, meaning that there will not be a tutor evaluating your results. Quizzes in particular have been designed to facilitate you can self-assess your learning outcomes.



Example of the course organization for the Module 10

TASKS

All along the course participants will have to carry out different tasks. These tasks have a practical approach and their main objective is that participants once in the field can integrate the products of those tasks.

EVALUATION

Participants will be evaluated **PASS / NO PASS**.

In order to get PASS qualification it will be necessary to **pass all evaluable activities (Final Quiz exercises) and watch all the slides of the course.**

In order to get PASS qualification you will also need to **fill the 'Reflection Module' assessment.**

Once you have finalized the course, you will get a **course certificate.**