
BASIC MENTAL HEALTH & PSYCHOSOCIAL SUPPORT COURSE

Participants' Manual



Ethiopian Public Health Institute
Addis Ababa, Ethiopia
March 2022

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Facilitators' Guide



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Course Description: This five day basic MHPSS training course is designed for health care professionals who engage on MHPSS service during public health emergency/disaster & humanitarian crisis/conflict to enable them identify common mental, psychological and social problems and intervene them. The course includes overview of public health emergency/disaster and its impact on MHPSS, general approaches to address MHPSS problems, basic concepts of MHPSS, psychosocial interventions, psychiatric interventions, supervision, monitoring and evaluation in emergency settings.

Course Goal: To provide participants with necessary knowledge, skill and attitude needed to provide MHPSS services for public health emergency/disaster/humanitarian crisis affected communities

Enabling objectives: By the end of the course, the participants are expected to:

- Describe public health emergency, disaster and its impact on MHPSS
- Explain mental health, mental illness, mental disorder, psychosocial, and MHPSS
- Elaborate basic psychosocial interventions during emergencies
- Apply basic principles of mental health interventions
- List common disorders during public health emergency/disaster/humanitarian
- Differentiate psychiatric medications for mental health problems in emergency settings.
- Identify reporting indicators

Training Methods

- Interactive presentations
- Reading assignment
- Role Play
- Case studies/scenario
- Group Discussion
- Quiz

Training Materials

- Basic MHPSS training package (Participant Manual, PPT & Facilitators Guide)
- LCD Projector
- Flip charts and Marker

- Laptop Computer
- Notebooks, Pens & A4 size papers

Reference materials:

- IASC guidelines on mental health and psychosocial support
- WHO Mh-GAP HIG
- DSM 5

Participant Selection criteria:

- Individuals with BA/BSc in any discipline of health science/professions (eg Nurse/midwife, health officer) and directly involved in emergency responses.

Method of Evaluation

Participant

- Formative assessment
 - ✓ Self-assessment (pre-test)
 - ✓ Group exercise
- Summative assessment
 - ✓ Knowledge assessment (70%): Post-test questionnaire
 - ✓ Participants activity (30%): Attendance & participation

Course

- Daily Evaluation by participants
- Daily trainer's feedback evaluation
- End of Course evaluation

Trainer

- Evaluation by participants using trainer evaluation checklist.

Certification Criteria:

- Participants will be certified when they score more than 70% in the summative assessment

Trainers' Selection Criteria

- Training material developers with facilitation skill

- Basic MHPSS ToT trained with facilitation skill
- Long term trained MHPSS professionals-MA/MSc in any field of mental health professions (Psychiatry-MD, Psychiatry Nurse, Psychology, Social work) with facilitation skill

Course Venue

- Training Hall which can accommodate 25-30 participants (Well ventilated, well illuminated) convenient for group work and audio-visual training

Course duration

- Five days

Course composition

25-30 participants, 5-6 trainers