



# Community-Based Psychosocial Rehabilitation Curriculum and Training Package



## Partners In Health

Across communities in 10 countries, the Partners In Health mental health program establishes safe, effective, culturally-sound mental health care as a fundamental, integrated part of primary care. Like all PIH programs, we work in close partnership with in-country government officials and leading medical and academic institutions to increase and improve mental health care services. PIH is strengthening mental health care services in some of the world's poorest places. We help thousands of patients around the globe, and in so doing prove that high-quality mental health care can and should be available to all people, no matter where they live.



## Background

Serious mental illness (SMI) affects more than 4% of the global adult population with an estimated 14 million with bipolar disorder, 20 million globally with schizophrenia, with burden of disease being substantial. We also know that outcomes among those with severe mental illness are tied to recovery of dignity, hope, self-direction, and coherent sense of identity, social relationships and the achievement of quality of life.



## Overview of the Curriculum and Training Package

Across PIH sites mental health program implementers have expressed a universal challenge among service users seeking mental health services: service users face barriers to social reintegration.

PIH sites have been engaged in Psychosocial Rehabilitation social reintegration, and recovery efforts for decades. Recently, a cross-site steering committee dedicated to Psychosocial Rehabilitation (PSR) created and piloted a human-rights centered curriculum and training package titled "Community-Based Psychosocial Rehabilitation." The outline for this curriculum originated from Inshutu Mu Buzima (IMB), PIH's sister organization in Rwanda, was piloted by PIH Liberia, and can be adapted to fit the local and appropriate context and population needs.

The curriculum includes 10 training sessions emphasizing social skills strengthening through role-play and co-facilitator modeling in each session.



## What is included in the training package?

- PSR Overview Slide Deck
- Training Manual for Facilitators
- 10-training session in flipchart format
- Recorded Facilitator Orientation



## Target Audience

Service users with more significant impairments in social or behavioral functioning often diagnosed with Schizophrenia, psychosis, bipolar disorder, or epilepsy.



## Core Metrics

- Improve social skills and social functioning among service users
- Ongoing accompaniment and monitoring of social and vocational goals established by service users.



## Core Values

- Aims for people to feel hopeful and empowered about their future.
- Champions a human-rights centered approach to social reintegration by placing service users at the center of decision making.
- Uses a team approach: Each session is co-facilitated by a provider and a service user.
- Uses the recovery model of care, considering the living, working, and social environment of each person.
- Strives to help reduce prejudice and foster social inclusion.
- Aims to strengthen a person's skills to live the life they want to live. This includes social skills, living skills, and vocation skills.



## Session Topics:

- Introduction to the course, Human Rights, Creating a Mission Statement
- Strength and Skill Identification and Goal Setting
- Psychoeducation
- Treatment adherence
- Relapse Prevention

- Responding to an agitation crisis
- Gender-based violence
- Social Skills Strengthening
- Livelihood and Vocational Skills
- Celebration, Certificates and Planning a Community Outing

