

| <b>PIH Lesotho Skills Package<br/>Mapping: Depression and<br/>Multidrug-resistant<br/>tuberculosis Integration</b> | Community leaders | Treatment<br>supporters | Social Workers<br>(Ideal) | Psychologists (Ideal) | Health center nurses | District psychiatric<br>nurses | Botsabelo Hospital<br>nurses (community<br>+ hospital) | General physicians | MEQ/impact | Management/grants |
|--|-------------------|-------------------------|---------------------------|-----------------------|----------------------|--------------------------------|--|--------------------|------------|-------------------|
| MH explanatory models in context of local culture and religion   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Mental health and stigma   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Case finding   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Call PIH   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Escorting/accompaniment  |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Symptom monitoring   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Referral   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Health education   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Mental health and human rights   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Consultation and collaboration with other cadres of providers  |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Familiarity with main symptom groups and disorders   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Priority mental health care pathways   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Basic mental health evaluation/ mental health status exam  |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Familiarity with learning aids and resources   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Screening tool use   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Triage rules for priority mental disorders   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Active and empathic listening skills   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Familiarity with mental health PIH guidelines & treatment approaches   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Social support groups/ rehabilitation/vocational/activities  |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Gender based violence  |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Relaxation techniques  |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Behavioral activation techniques   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Counseling   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Manualized psychotherapies adapted to context: CETA, humanistic, psychodynamic, CBT                                |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Supervision and mentorship of psychotherapy  |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Supervision of psychopharmacology and mentorship   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Medical management of priority mental disorders (DOT, psychotropic, all)   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Medication adherence support   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Main medication types, recognizing side effects  |                   |                         |                           |                       |                      |                                |  |                    |            |                   |
| Managing acute mental health crises and safety   |                   |                         |                           |                       |                      |                                |  |                    |            |                   |

|  |  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|--|
| Ensuring minimal and safe physical restraint                                     |  |  |  |  |  |  |  |  |  |  |
| Epilepsy evaluation  |  |  |  |  |  |  |  |  |  |  |
| Epilepsy care  |  |  |  |  |  |  |  |  |  |  |
| Specialized psychiatric and neurologic care                                      |  |  |  |  |  |  |  |  |  |  |
| Quality care (right patient, dose, time and drug)                                |  |  |  |  |  |  |  |  |  |  |
| Management of quality improvement (programmatic)                                 |  |  |  |  |  |  |  |  |  |  |
| Data collection  |  |  |  |  |  |  |  |  |  |  |
| Data analysis  |  |  |  |  |  |  |  |  |  |  |
| Research and impact  |  |  |  |  |  |  |  |  |  |  |
| Program management/coordination  |  |  |  |  |  |  |  |  |  |  |
| Financial/grants management  |  |  |  |  |  |  |  |  |  |  |
| Communications/patient success stories   |  |  |  |  |  |  |  |  |  |  |
| Government partnerships  |  |  |  |  |  |  |  |  |  |  |
| Collaboration and advocacy with other sectors and community support for patients |  |  |  |  |  |  |  |  |  |  |

Key:

| Skill Package                            | Color |
|--|-------|
| Doesn't exist but a priority to consider |       |
| General Knowledge                        |       |
| Triage-engagement-education-support      |       |
| Psychotherapy                            |       |
| Pharmacology                             |       |
| Specialist care/referral                 |       |
| Quality/oversight                        |       |

**Contact:** Please note that this tool is only one part of planning and implementing an integrated mental health program. If you want to learn more about Partners In Health's mental health work or wish to adapt this tool please contact us at [xsitementalhealth@pih.org](mailto:xsitementalhealth@pih.org). © 2021 Partners In Health. All rights reserved. Commercial use prohibited.