

PIH Skills Package Mapping Template

	Cadre in local system (adaptable)	Community Leaders	Community Health Workers	Social Workers	Psychologists	Nurses-Health Center Level	Nurses-District Hospital Level	General Physicians	Specialist Clinicians
Tasks									
MH explanatory models in context of local culture and religion									
Mental health and stigma									
Mental health and human rights									
Consultation and collaboration with other cadres of providers and referral if necessary									
Familiarity with main symptom groups and disorders									
Priority mental health care pathways									
Basic mental health evaluation									
Familiarity with learning aids and resources									
Screening tool use									
Triage rules for priority mental disorders									
Mental status examination									
Active and empathic listening skills									
Familiarity with accepted treatment approaches									
Relaxation techniques									
Behavioral activation techniques									
Manualized psychotherapies (i.e. IPT, CBT) adapted to context									
Supervision of psychotherapy and mentorship									
Supervision of psychopharmacology and mentorship									
Medical management of priority mental disorders									
Medication adherence support									
Main medication types, recognizing side effects									
Managing acute mental health crises and safety									
Ensuring minimal and safe physical restraint									
Epilepsy evaluation and care									
Specialized psychiatric and neurologic care									
Management of quality improvement									
Collaboration with other sectors and community support for patients									

Key:

Skill Package	Color
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. © 2021 Partners In Health. All rights reserved. Commercial use prohibited.