

PROBLEMS MANAGEMENT PLUS (PM+)

WHAT IS EP+?

Problems Management Plus (PM+) is a brief psychological intervention implemented by the World Health Organization (WHO) for people exposed to adverse situations. As a strategy that can be provided by specialized and non-specialized mental health personnel (nurses, community health workers, etc.), this strategy helps to reduce mental health care gaps.

BACKGROUND:

There are millions of people in the world who live in extremely difficult circumstances (migration, social and political conflicts, etc) and suffer emotionally. Living in adversity, people are exposed to an increased risk of developing social and mental health problems. The risk increases if they are affected by distress, anxiety and depression, mental disorders that when identified can be treated.

In Peru before the pandemic, according to the National Institute of Mental Health Honorio Degado-Hideyo Noguchi, depressive disorders affected 10-25% of women and 5-12% of men at some point in their lives. However, during the COVID-19 pandemic, 57.2% of the population of Metropolitan Lima suffered from stress.

In this context, the Mental Health Program of Socios En Salud provides sessions of the PM+ intervention, since 2018, in order to break the gap in access to mental health care in communities.

CORE OBJECTIVES:

- PM+ Goal: Reduce symptoms of emotional distress and address practical problems for users.
- Training Goal: Develop new skills to help users respond to stress and problems in the future through the EP+ Strategy.

TRAINING PACKAGE:

- Fundamental Helping Skills Training.
- PM + Virtual Training Platform.
- PM+ training manual.
- Information recording sheets.
- Participant worksheets.
- 1 reinforcement session.
- Training certificate.

TARGET AUDIENCE:

Adults with mild major depression, and/or moderate anxiety living in communities affected by adversity.

CORE VALUES:

- Adaptation of the manual to the Peruvian context.
- The facilitator is presented as a teacher of emotions who will teach the user and the user will follow the recommendations and be responsible for his or her recovery.
- Reduces symptoms of anxiety or depression during the 5-session delivery process.
- The session is delivered by a specialized or non-specialized mental health staff trained in the PM+ intervention.
- Ongoing supervision is required during the process of caring for participants.
- Strengthening of basic helping skills such as: confidentiality, normalization, empathy, etc.

SESSION TOPICS:

Session 1: Introduction to PM+ and assessment.

Session 2: Managing stress.

Session 3: Managing problems.

Session 4: Get walking, get doing.

Session 5: Strengthening social support.

Session 6: Staying well and looking forward.