Community-Based Psychosocial Rehabilitation
Sample Package of Curriculum and Training Materials

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Introduction to Community-Based Psychosocial Rehabilitation

Training Package Overview

Preview of Facilitator Guide

Implementation and Adaptation Overview
**PIH's Community-Based Psychosocial Rehabilitation Curriculum**

**Introduction to Psychosocial Rehabilitation**
- Global Burden of Disease: Severe Mental Illness Conditions
- Defining Psychosocial Rehabilitation
- Core values: Grounded in Human Rights, recovery model of care, social inclusion
- Community system of care, shared networks between service user, provider, CHW, family and support persons.

**Introduction to the Psychosocial Rehabilitation Training Package**
- Overview of the Curriculum: How the curriculum was developed, Target audience
- Core Values and Core Metrics
- Emphasis on social, vocational and livelihood skill strengthening

**Implementing and Adapting the Psychosocial Rehabilitation Training Package**
- Facilitator Adaptation and Implementation Recommendations
- Summary of findings from Liberia team-led pilot
- Overview of 13-session PSR Curriculum (slides and facilitator materials)
- Example of flow of sessions, how sessions are organized and co-taught
Introduction to Psychosocial Rehabilitation
What is Psychosocial Rehabilitation?

The 1996 WHO consensus statement on Psychosocial Rehabilitation defines it as follows:

“Psychosocial rehabilitation (PSR) is a process that facilitates the opportunity for individuals most affected by a mental health condition to reach their optimal level of independent functioning in the community.

It implies improving both individual skills and introducing environmental changes to create a life of the best quality possible for those most affected by a mental health condition."

Photo source: Companeros en Salud
Introduction to Psychosocial Rehabilitation

The Recovery Model of Care: Treatment is not medicine alone

**Home**
People need a safe and stable place to live.

**Community**
Supportive social relationships provide people with the love, emotional availability, and respect that they need to thrive.

**Purpose**
Meaningful daily routines such as school, work, family, and community participation are important during the recovery process.

**Health**
Strong connections with providers and care team support service users in managing their symptoms and preventing a relapse.
Introduction to Psychosocial Rehabilitation
Creating the cross-site curriculum and need for site-specific adaptation

PIH Psychosocial Rehabilitation Steering Committee decided to develop a Community-Based PSR curriculum and training package because of a universal issue that all site teams expressed seeing among their service users:

Service users seeking mental health services face barriers to social reintegration
Training and equipping service users as a first step

Introduction to Psychosocial Rehabilitation
Psychosocial Rehabilitation is a long-term process:

Training targeting service users and their caregivers

More Targeted Training for Support persons and caregivers

Provider training in Psychosocial Rehabilitation

Vocational Training and Supported Employment to support service users in their livelihood goals
Introduction to the Psychosocial Rehabilitation Training Package
How was the curriculum developed?

- **PSR Steering Committee Formed**
  - Cross Site survey to assess PSR needs and existing resources
  - Collected existing site-based materials
  - Cross-site members held bi-weekly curricula design and review meetings capturing best practices

- **First draft of 13-session PSR Curricula created**
  - 13-session participant materials reviewed by steering committee members
  - Edits incorporated into second draft

- **PSR Curricula Piloted**
  - Liberia team lead pilot of 13-session curricula with four groups of service users in Pleebo and Harper

- **Facilitator Training, Orientation and Cross-Site Dissemination**
  - Capturing key recommendations from pilot
  - Finalizing facilitator materials
  - Finalizing facilitator orientation (sessions co-taught by service-users and provider)
  - Finalizing Implementation Toolkit

**Draft Outline of PSR Curricula**
- Many PIH team members contributed to the first draft of the PSR curriculum (IMB leaders, Pagenel fellows, cross-site team, many more)

**Timeline**
- **2015-2020**
  - First draft of the PSR curriculum
- **October 2020**
  - PSR steering committee formed
- **October 2020 - May 2021**
  - First draft of 13-session PSR curricula created
- **August 2021 - March 2022**
  - PSR curricula piloted
- **March 2022 - June 2022**
  - Facilitator training, orientation and cross-site dissemination
Introduction to the Psychosocial Rehabilitation Training Package

Overview of the curriculum

- **Title**: Community-based Psychosocial Rehabilitation Curriculum and Training Package

- **Target Audience**: Service users with more significant impairments in social or behavioral functioning often diagnosed with schizophrenia, bipolar disorder, epilepsy although support persons, community-health workers and providers are welcome.

- **Training program purpose**:
  - Improve social skills and social functioning among service users
  - Ongoing accompaniment and monitoring of social and vocational goals established by service users

- **Target Outcomes**: Social and livelihood skills development-centered around role plays and group scenarios.

*Photo Source: PIH Liberia, PSR Group, Soap Making (Taken by Garmai Cyrus)*
Aims for people to feel **empowered and hopeful** about their future.

**Uses a team approach** so a person and their care givers have access to the tools and services they need to thrive.

**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 living skills, work skills, social skills, and others.

**Uses the recovery model of care**, considering of the living, working, social environment of each person.
Introduction to the Psychosocial Rehabilitation Training Package
A case for emphasizing social skills training

What are social skills?
They are skills we use to successfully interact (or get-along with) others.

Why are social skills so important?
Social Skills determine:
• How well we get along with others
• How well we get along in our daily lives.
• How we can achieve our goals.
Some examples of social skills training topics included in the training sessions:

- Conversation Skills
- Asking for help
- Listening to others
- Greeting others
- Maintaining your health
- Managing your medication
- Relaxation Skills
- Skills to manage your anger
<table>
<thead>
<tr>
<th>Session Title</th>
<th>Social Skills Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 0: Introduction to the course, Human Rights and Group Norm setting</td>
<td>✓ Basic Conversational Skills ✓ Friendship Skills</td>
</tr>
<tr>
<td>Session 1: Strength and Skill Identification and Goal Setting</td>
<td>✓ Pre-vocational skills/ vocational maintenance skills</td>
</tr>
<tr>
<td>Session 2: Psychoeducation for service-users</td>
<td>✓ Health Maintenance ✓ Medication Management</td>
</tr>
<tr>
<td>Session 3: Stigma and Advocacy</td>
<td>✓ Basic Conversational Skills</td>
</tr>
<tr>
<td>Session 4: Treatment</td>
<td>✓ Health Maintenance ✓ Medication Management</td>
</tr>
<tr>
<td>Session 5: Relapse Prevention</td>
<td>✓ Health Maintenance ✓ Communication Skills</td>
</tr>
<tr>
<td>Session 6: Healthy Lifestyle Management</td>
<td>✓ Relaxation Skills ✓ Communication skills</td>
</tr>
<tr>
<td>Session 7: Substance Use</td>
<td>✓ Self-reflection ✓ Coping with substance use</td>
</tr>
<tr>
<td>Session 8: Community Awareness for the General Public</td>
<td>✓ Communication skills</td>
</tr>
<tr>
<td>Session 9: Gender Based Violence (for female service-users)</td>
<td>✓ Knowing where to turn for help/ how to help someone in your community experiencing violence</td>
</tr>
<tr>
<td>Session 10: Responding to Agitation and Distress</td>
<td>✓ Communication skills ✓ Medication management ✓ Strategies for responding to an agitation</td>
</tr>
<tr>
<td>Session 11: General Wellness Education</td>
<td>✓ How to ask for help, relaxation skills</td>
</tr>
<tr>
<td>Session 12: Resiliency and Social Skills</td>
<td>✓ How to ask for help ✓ Anger Management</td>
</tr>
<tr>
<td>Session 13: Livelihood and Vocational Skills</td>
<td>✓ Vocational and livelihood skills</td>
</tr>
</tbody>
</table>

Introduction to the Psychosocial Rehabilitation Training Package

Emphasizing Social Skill Strengthening in each session
Introduction to the Psychosocial Rehabilitation Training Package
What is included in the training package?

- PSR Overview Slide Deck
- Facilitator Adaptation and Implementation Guide
- 13 sessions: Slides to guide the sessions + step-by-step facilitator instructions
- Facilitator Orientation (live/recorded)
**Introduction to the Psychosocial Rehabilitation Training Package**

**What session topics are included and what is a sample schedule of sessions?**

<table>
<thead>
<tr>
<th>Date</th>
<th>Session Title</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JANUARY</strong></td>
<td></td>
</tr>
<tr>
<td>Week 1: Jan 1</td>
<td>Session 0: Introduction to the course, Human Rights and Group Norm setting</td>
</tr>
<tr>
<td>Week 2: 7 Jan</td>
<td>Session 1a: Strength and Skill Identification</td>
</tr>
<tr>
<td>Week 3: 15 Jan</td>
<td>Session 1b: Goal Setting</td>
</tr>
<tr>
<td>Week 4: 30 Jan</td>
<td>Session 2a: Psychoeducation for service-users (Psychosis)</td>
</tr>
<tr>
<td><strong>FEBRUARY</strong></td>
<td></td>
</tr>
<tr>
<td>Week 5: 1 Feb</td>
<td>Session 2b: Psychoeducation for service-users (Bipolar Disorder and Epilepsy)</td>
</tr>
<tr>
<td>Week 6: 7 Feb</td>
<td>Session 3a: Addressing Stigma</td>
</tr>
<tr>
<td>Week 7: 15 Feb</td>
<td>Session 3b: Advocacy and Uncovering Unmet needs</td>
</tr>
<tr>
<td>Week 8: 28 Feb</td>
<td>Session 4a: Treatment- Psychosis</td>
</tr>
<tr>
<td><strong>MARCH</strong></td>
<td></td>
</tr>
<tr>
<td>Week 9: Mar 1</td>
<td>Session 4b: Treatment- Bipolar Disorder and Epilepsy</td>
</tr>
<tr>
<td>Week 10: Mar 7</td>
<td>Session 5a: Relapse Prevention, Common Triggers and Early Warning Signs</td>
</tr>
<tr>
<td>Week 11: Mar 15</td>
<td>Session 5b: Developing a Relapse Prevention Plan</td>
</tr>
<tr>
<td>Week 12: Mar 30</td>
<td>Session 6: Healthy Lifestyle Management</td>
</tr>
<tr>
<td><strong>APRIL</strong></td>
<td></td>
</tr>
<tr>
<td>Week 13: Apr 1</td>
<td>Session 7: Substance Use</td>
</tr>
<tr>
<td>Week 14: Apr 7</td>
<td>Session 8: Community Awareness for the General Public</td>
</tr>
<tr>
<td><strong>APRIL</strong></td>
<td></td>
</tr>
<tr>
<td>Week 15: 14 Apr</td>
<td>Session 9a: Gender Based Violence (For male service-users)</td>
</tr>
<tr>
<td>Week 16: 30 Apr</td>
<td>Session 9b: Gender Based Violence (For female service-users)</td>
</tr>
<tr>
<td><strong>MAY</strong></td>
<td></td>
</tr>
<tr>
<td>Week 17: 1 May</td>
<td>Session 10a: Responding to agitation and Distress-Strategies for Individuals: Relapse prevention plan in action</td>
</tr>
<tr>
<td>Week 18: 7 May</td>
<td>Session 10b: Responding to agitation and Distress-Strategies for caregivers/support persons: De-escalation Techniques</td>
</tr>
<tr>
<td>Week 19: 15 May</td>
<td>Session 10c: Responding to agitation and distress-Strategies for the community- Human Rights-centered responses</td>
</tr>
<tr>
<td>Week 20: 30 May</td>
<td>Session 11: General Wellness Education</td>
</tr>
<tr>
<td><strong>JUNE</strong></td>
<td></td>
</tr>
<tr>
<td>Week 21: 1 Jun</td>
<td>Session 12a: Resilience and Social Skills</td>
</tr>
<tr>
<td>Week 22: 7 Jun</td>
<td>Session 12b: Resilience and Social Skills</td>
</tr>
<tr>
<td>Week 23: 15 Jun</td>
<td>Session 13: Vocational and Livelihood Skills</td>
</tr>
<tr>
<td>Week 24: 30 June</td>
<td>Graduation, Certificates and Next Steps</td>
</tr>
</tbody>
</table>
Implementing and Adapting the Psychosocial Rehabilitation Training Package

Where can I access the training materials?
Purpose: To provide an overview of the Community-Based PSR Curriculum and Training Package

Who should use this document?
• Facilitators of PSR Training Programs
• Implementers

Where is this document located?
• Accessible on OnePIH’s Learning Portal Here
• Accessible on Team's here
PowerPoint Slides and Step-by-step Facilitator Notes to guide the 13-session training sessions

**Purpose:** To provide step-by-step guidance for training on the 13-session topics included in the PSR Curriculum

**Who should use these documents?**
- Facilitators of PSR Training Programs
- Implementers

**Where is this document located?**
- Accessible on OnePIH’s Learning Portal Here
- Accessible on Team's here
Facilitator Adaptation Guide and Toolkit

**Purpose**: To provide guidance on adapting and implementing the Community Based PSR Curriculum and Training Program.

**Who should use this document?**
- Facilitators of PSR Training Programs
- Implementers

**Where is this document located?**
- Accessible on OnePIH’s Learning Portal Here
- Accessible on Team's here
Facilitator Orientation

**Purpose**: To provide implementers with a live and/or recorded orientation to the sessions, role plays and other activities included in the PSR Curriculum

**Who should use this document?**
- Facilitators of PSR Training Programs
- Implementers

**Where is this document located?**
- Live (and recorded) webinar coming soon, June 2022
The PSR Curriculum was created to meet a universal challenge across sites: Users seeking mental health services face barriers to social reintegration.

Cross-site Psychosocial Rehabilitation curriculum and training package formed.

Site teams adapt PSR curriculum to fit unique context needs (translation, language, activity and case study topics).

Accompany and support service users in their process towards Social Reintegration.

Implementing the Psychosocial Rehabilitation Training Package Adapting the curriculum to fit the context.
Partners in Health, Mental Health Program

Questions? We’d love to chat with you!
Please contact xsitementalhealth@pih.org for access to materials or more information

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