
Community-Based Psychosocial Rehabilitation

Sample Package of Curriculum and Training Materials

Contact us at xsitementalhealth@pih.org for access to full materials



Notice on Adaptation of Resources

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RESOURCES INCLUDED

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 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*



Introduction to Psychosocial Rehabilitation

Psychosocial Rehabilitation is a long-term process:

Training and equipping service users as a first step

Psychosocial Rehabilitation
Training targeting **service users** and their caregivers

More Targeted Training for
Support persons and caregivers

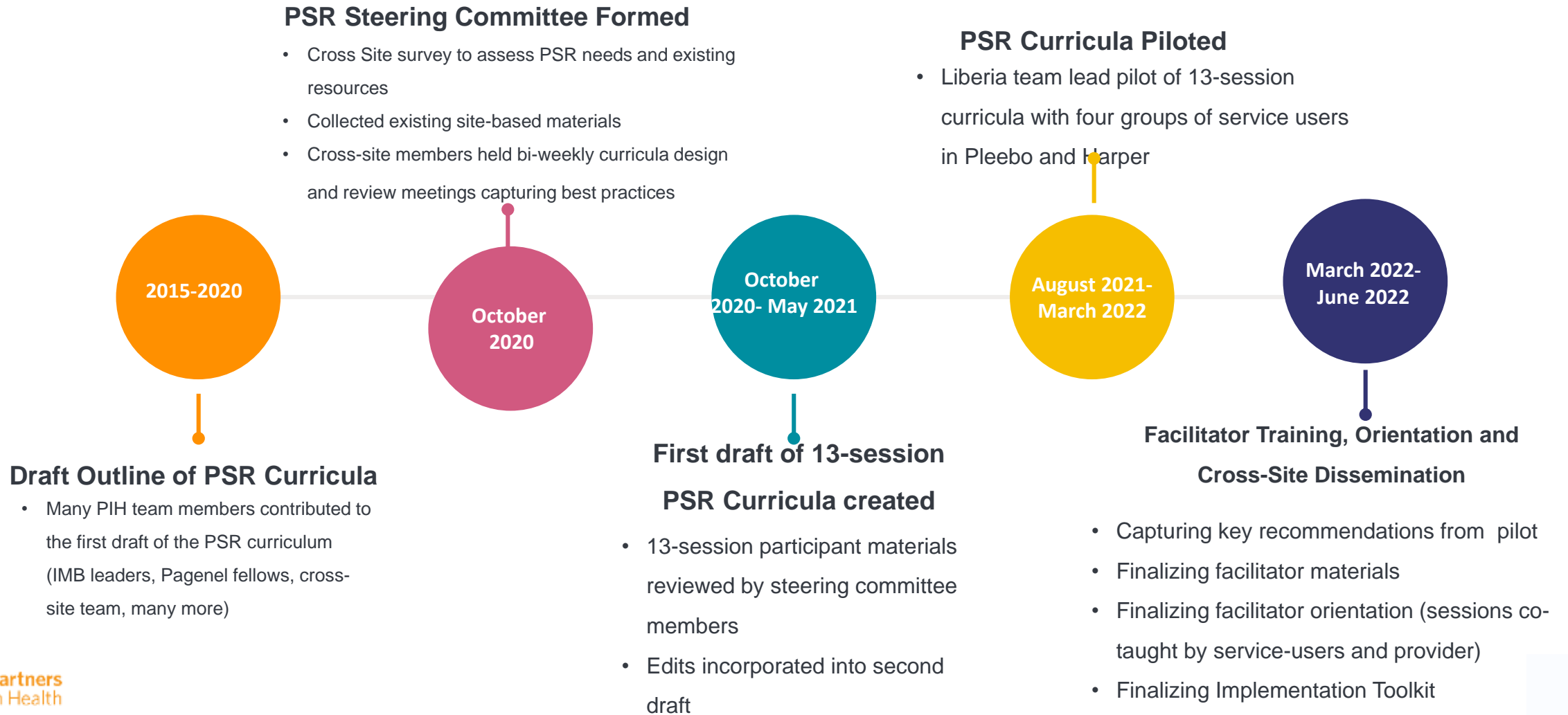
Provider training
in Psychosocial
Rehabilitation

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?



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)

Introduction to the Psychosocial Rehabilitation Training Package

Core Values

Aims for people to feel **empowered and hopeful** about their future.



Strives to help **reduce prejudice and foster social inclusion**.

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

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



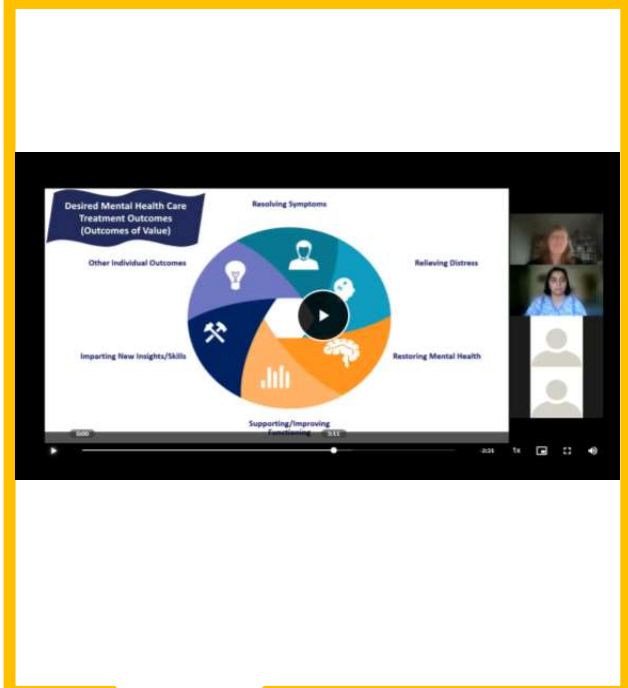
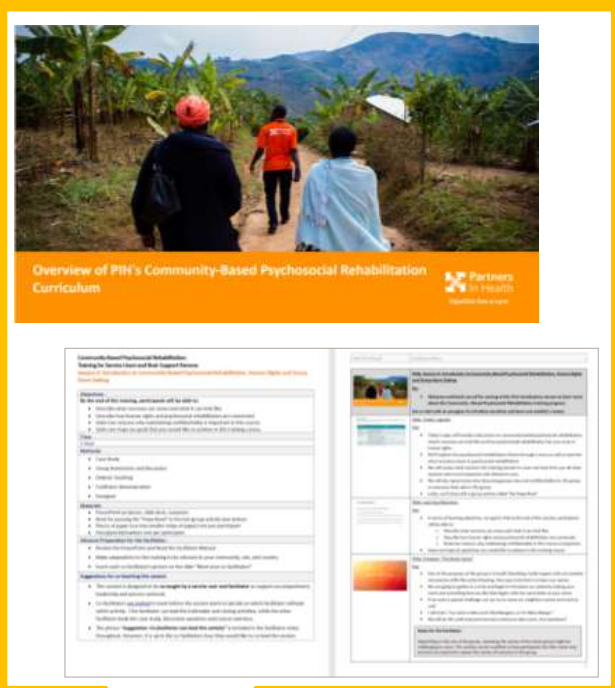
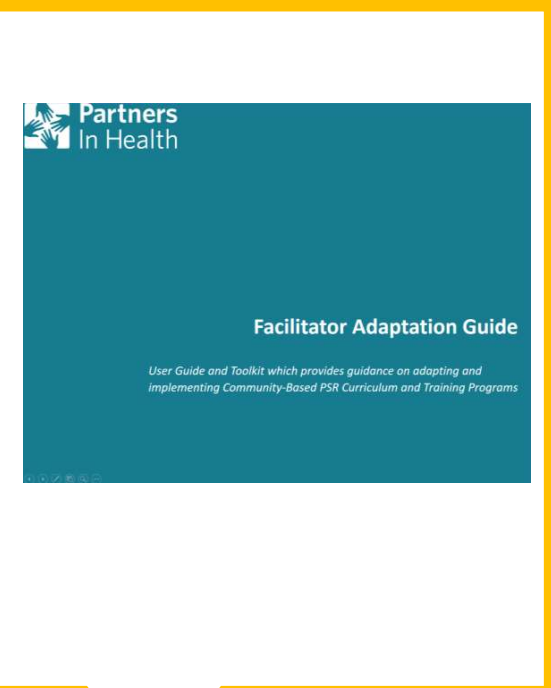
Introduction to the Psychosocial Rehabilitation Training Package

Emphasizing Social Skill Strengthening in each session

Session Title	Social Skills Focus
Session 0: Introduction to the course, Human Rights and Group Norm setting	<ul style="list-style-type: none"> ✓ Basic Conversational Skills ✓ Friendship Skills
Session 1: Strength and Skill Identification and Goal Setting	<ul style="list-style-type: none"> ✓ Pre-vocational skills/ vocational maintenance skills
Session 2: Psychoeducation for service-users	<ul style="list-style-type: none"> ✓ Health Maintenance ✓ Medication Management
Session 3: Stigma and Advocacy	<ul style="list-style-type: none"> ✓ Basic Conversational Skills
Session 4: Treatment	<ul style="list-style-type: none"> ✓ Health Maintenance ✓ Medication Management
Session 5: Relapse Prevention	<ul style="list-style-type: none"> ✓ Health Maintenance ✓ Communication Skills
Session 6: Healthy Lifestyle Management	<ul style="list-style-type: none"> ✓ Relaxation Skills ✓ Communication skills
Session 7: Substance Use	<ul style="list-style-type: none"> ✓ Self-reflection ✓ Coping with substance use
Session 8: Community Awareness for the General Public	<ul style="list-style-type: none"> ✓ Communication skills
Session 9: Gender Based Violence (for female service-users)	<ul style="list-style-type: none"> ✓ Knowing where to turn for help/ how to help someone in your community experiencing violence
Session 10: Responding to Agitation and Distress	<ul style="list-style-type: none"> ✓ Communication skills ✓ Medication management ✓ Strategies for responding to an agitation
Session 11: General Wellness Education	<ul style="list-style-type: none"> ✓ How to ask for help, relaxation skills
Session 12: Resiliency and Social Skills	<ul style="list-style-type: none"> ✓ How to ask for help ✓ Anger Management
Session 13: Livelihood and Vocational Skills	<ul style="list-style-type: none"> ✓ Vocational and livelihood skills

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?

Date	Session Title
JANUARY	
Week 1: Jan 1	Session 0: Introduction to the course, Human Rights and Group Norm setting
Week 2: 7 Jan	Session 1a: Strength and Skill Identification
Week 3: 15 Jan	Session 1b: Goal Setting
Week 4: 30 Jan	Session 2a: Psychoeducation for service-users (Psychosis)
FEBRUARY	
Week 5: 1 Feb	Session 2b: Psychoeducation for service-users (Bipolar Disorder and Epilepsy)
Week 6: 7 Feb	Session 3a: Addressing Stigma
Week 7: 15 Feb	Session 3b: Advocacy and Uncovering Unmet needs
Week 8: 28 Feb	Session 4a: Treatment- Psychosis
MARCH	
Week 9: Mar 1	Session 4b: Treatment- Bipolar Disorder and Epilepsy
Week 10: Mar 7	Session 5a: Relapse Prevention, Common Triggers and Early Warning Signs
Week 11: Mar 15	Session 5b: Developing a Relapse Prevention Plan
Week 12: Mar 30	Session 6: Healthy Lifestyle Management
APRIL	
Week 13: Apr 1	Session 7: Substance Use
Week 14: Apr 7	Session 8: Community Awareness for the General Public

Date	Session Title
APRIL	
Week 15: 14 Apr	Session 9a: Gender Based Violence (For male service-users)
Week 16: 30 Apr	Session 9b: Gender Based Violence (For female service-users)
MAY	
Week 17: 1 May	Session 10a: Responding to agitation and Distress- Strategies for Individuals: Relapse prevention plan in action
Week 18: 7 May	Session 10b: Responding to agitation and Distress- Strategies for caregivers/support persons: De-escalation Techniques
Week 19: 15 May	Session 10c: Responding to agitation and distress- Strategies for the community- Human Rights-centered responses
Week 20: 30 May	Session 11: General Wellness Education
JUNE	
Week 21: 1 Jun	Session 12a: Resilience and Social Skills
Week 22: 7 Jun	Session 12b: Resilience and Social Skills
Week 23: 15 Jun	Session 13: Vocational and Livelihood Skills
Week 24: 30 June	Graduation, Certificates and Next Steps

Implementing and Adapting the Psychosocial Rehabilitation Training Package

*Where can I access the
training materials?*



PSR Overview Slide Deck

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



Overview of PIH's Community-Based Psychosocial Rehabilitation Curriculum



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



Implementing the Psychosocial Rehabilitation Training Package

Adapting the curriculum to fit the context

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

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

