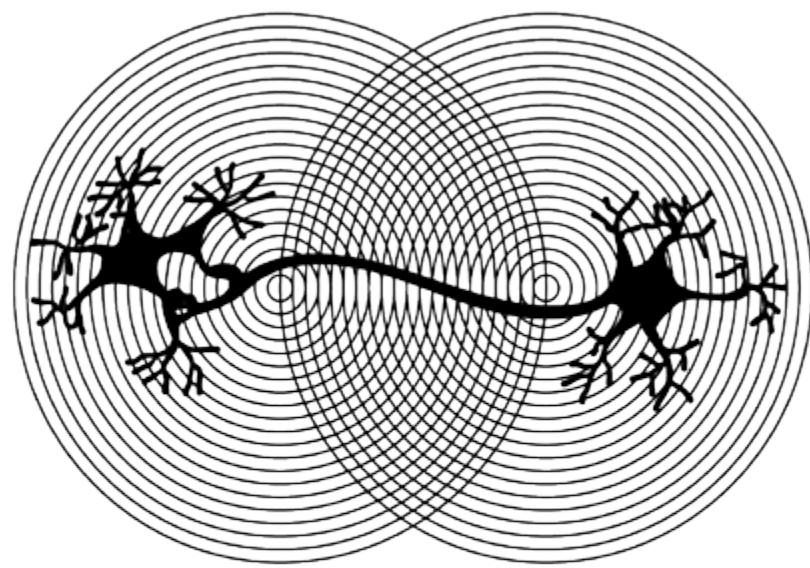


Providing Psychosocial Support - Capacity Building Program



**BAPU TRUST FOR RESEARCH
ON MIND & DISCOURSE**



To support NGOs and CBOs to feel confident in integrating a basic psychosocial component within their broader development program, the Bapu Trust announces its online

“Providing Psychosocial Support - Capacity Building Program”.

Development thinking and practices today, in India, provide support to diverse disadvantaged communities through services- healthcare, education, vocational trainings, livelihood, water, renewable energy and sanitation.

However, children, adolescents and youth, the elderly, certain caste groups, people with disabilities, women, people with various intersectional identities and those in difficult life circumstances are still embedded in a matrix of multiple marginalization and exclusion.

The psychosocial health (mental health) needs remain inadequately addressed within these programs. Integrating a variety of small psychosocial solutions on to the development track is essential for creating caring, enabling, inclusive environments for all persons within a community / constituency.






This interconnectedness between wellbeing and development, could be understood as a synthesis of the human rights and the Development frameworks, as provided for in the Convention on the Rights of Persons with Disabilities (CRPD) and the Sustainable Development Goals (SDGs). While Article 19 of the CRPD mandates intersectional linkages (public health, education, culture, development linked services, social networks), by placing 'mental health' within the larger Development context; mental health is seen as cross cutting in most, if not all, 17 SDG goals, and specifically addressed in SDG 3.

This 'view' allows civil society to not just look at a person as a whole, but also look at whole systems, and whole communities. Psychosocial support responses within development open several life opportunities for people to augment their personal, social and cultural resources (coping, cultivating resilience and pursuing wellness) to cope with difficult life circumstances.

On the other hand, it enables several life opportunities for people with psychosocial disabilities to participate in and as important stakeholders within the development agenda in addition to resourcing oneself.



This presents a huge opportunity to build inclusive communities and the co-creation of a diverse and rich community life.



Looking at the family, neighbourhood and community as resources and indispensable to creating supportive and inclusive communities, the program focuses on support and care approaches towards psychosocial health and wellbeing.

The program will largely look at addressing individual and family needs; and engaging with simple individual, relational and community interventions to move towards wellness; using existing development programs and pathways.



The course draws from BTs many years of creating, piloting and engaging with low income communities on mental health, wellbeing and inclusion practices.

COURSE LEARNING OBJECTIVES



Develop an understanding on Psychosocial Health



Develop an understanding on the intersections of psychosocial health and key areas in development



Developing skills to conduct (basic) assessments of psychosocial distress

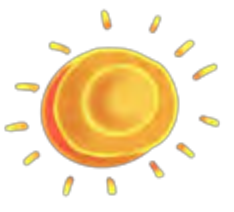


Develop skills to provide simple support interventions at grassroots to address psychosocial concerns

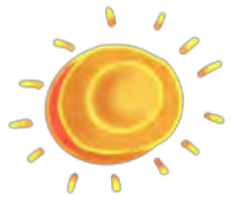


Develop skills for basic prevention and promotion strategies in community mental health

TRAINING MODULES



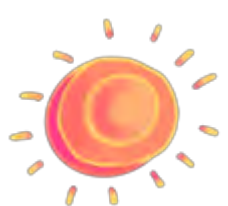
Module 1
Psychosocial Spectrum



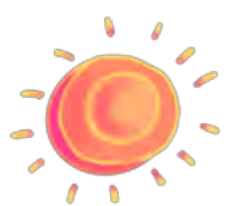
Module 2
Psychosocial Assessment for
community work



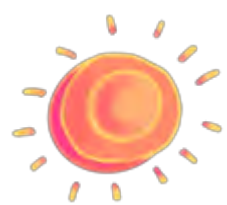
Module 3
Basic Skills in Psychosocial Support



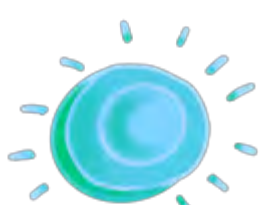
Module 4
Thoughts & Psychosocial Health



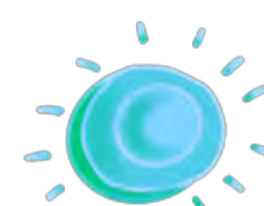
Module 5
Body and Psychosocial Health



Module 6
Emotions and Psychosocial Health



Module 7
Social capital and mobilizing
resources



Module 8
Community strategies for Inclusion

UNIQUE FEATURES



Designed for community based development organizations, family organizations, those working with any vulnerable population



Application and Skill Based thrust



Keeping accessibility needs in mind, vocabulary will be simple



Gives more focus on daily practices that can be done in households



Course materials provided in English, Hindi, Marathi



Interactive and Participatory learning methods

COURSE TRAINERS

Diverse group of trainers trained in Arts Based Therapy Practise, Social and Cognitive Sciences, Community mental health and development practice

Trainers have an established track record as community service providers

Trainings will be facilitated by a group of Community Educators and Inclusion Trainers

Trainers are versatile in Community Experiences and Expressions on mental health

COURSE IS FOR



Staff and individuals working in the areas of education, health, disability, employment, rehabilitation, housing, violence, women's issues, sexuality or other developmental issues



Community grassroots workers, barefoot counselors and service cadres within a program



UG and PG students of social sciences, social work, arts faculty or psychology or development practice



DURATION OF THE TRAINING PROGRAM

The course is a 54 hours long online course, spread over 5 weekends



MEDIUM OF INSTRUCTION

Hindi, Marathi



MODALITY

Training workshops will be facilitated as **online classroom sessions**, with home based assignments. **Full attendance** is expected on all sessions of the course.

ELIGIBILITY CRITERIA



The course is open to all Indian DPOs, NGOs and organizations in Development Practice



Minimum 12th pass, students pursuing UG studies are welcome



Minimum 4 years or more field experience



Currently working in the social sector, in low income communities or with resource poor groups



Working with an organization where s/he could directly apply what s/he learns under the training program



Able to commit to all 7 days of training (54 hours online)



Comfortable with spoken and written – English or/and Hindi or/and Marathi



Professionals, para-professionals and volunteers can apply

TRAINING COSTS

REGISTRATION FEES

INR 500/- payable when applying for the course

TRAINING FEES

INR 15,000/- for 7 days (54 Hrs Online) training
Where there are 2 members attending from the same organization, a further subsidy is being offered @ 25500 inclusive of the 2 people

TRAINING RESOURCE KIT

1 full kit @ INR 5000/- and 3000/-
INR for every additional kit

Training kit includes:

1 set of posters -20 nos

Community mental health booklet- 1
each in English, Hindi or Marathi - 3
nos

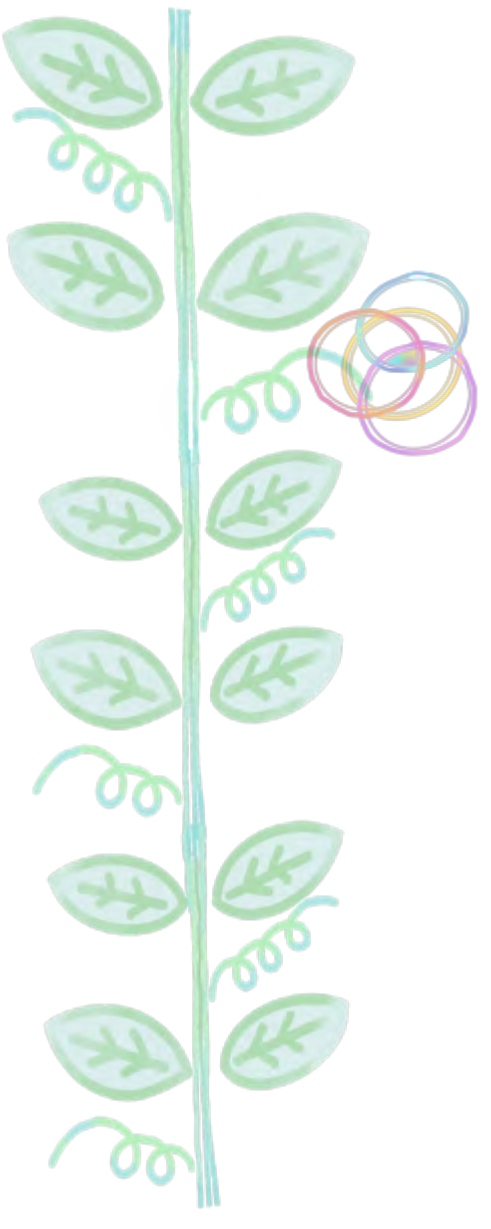
Games- MH Spectrum, Nutrition, and
Emotions Game - 3 nos

Key Awareness Booklets- English, Hindi/
Marathi) 3 nos

Training PPTs, Handouts



If further resources are required additional costs would be applicable as per request for specific training products.

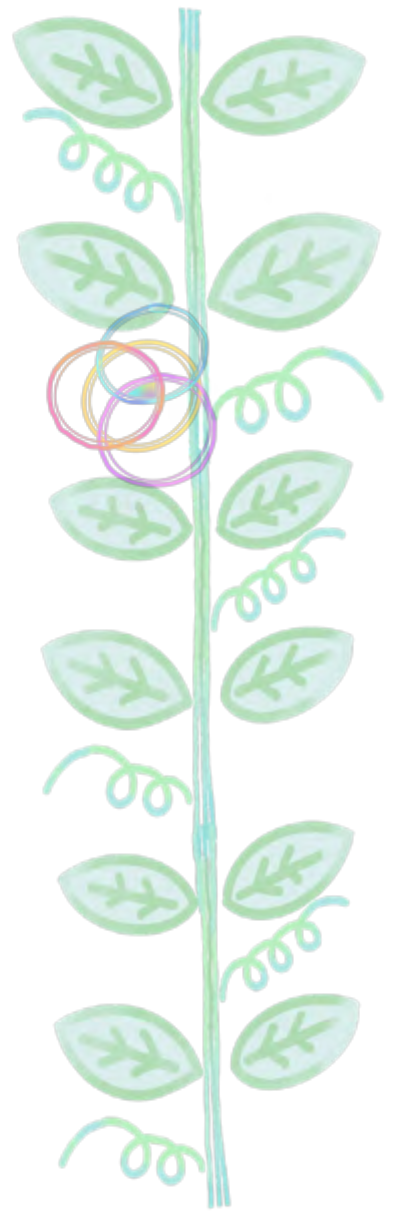


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