Training course on Social Protection and Persons with Mental Health Conditions

Professional Development Training Course Outline

Category	Social Protection	**Duration**	10 Days
Base Fee	$3,000 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Social Protection and Persons with Mental Health Conditions is a critical and often neglected area, addressing the profound and often invisible vulnerabilities faced by individuals living with mental health conditions (MHCs) and their families. Beyond the clinical aspects, MHCs are deeply intertwined with poverty, social exclusion, unemployment, stigma, and discrimination, creating a vicious cycle that impedes recovery and well-being. Mainstream social protection systems frequently fail to adequately identify, reach, or support individuals with MHCs, exacerbating their marginalization and hindering their full participation in society. This specialized field focuses on designing and implementing social protection solutions that are not only inclusive but also sensitive to the unique challenges posed by MHCs, actively working to reduce financial hardship, facilitate access to care, combat stigma, and promote social inclusion. Training Course on Social Protection and Persons with Mental Health Conditions is meticulously designed to equip with the advanced theoretical insights and intensive practical tools necessary to excel in Social Protection and Persons with Mental Health Conditions. We will delve into the complex interplay of MHCs with poverty, stigma, and human rights, master the intricacies of designing inclusive social protection interventions, and explore cutting-edge approaches to targeting, linking with mental health services, and addressing discrimination. A significant focus will be placed on understanding legal and policy frameworks, fostering multi-sectoral coordination, ensuring confidentiality and non-discrimination, and navigating the practical challenges of implementing sensitive and effective programs. By integrating interdisciplinary perspectives, analyzing real-world complex case studies, and engaging in hands-on design and simulation exercises, attendees will develop the strategic acumen to confidently champion and implement social protection for persons with MHCs, fostering unparalleled dignity, recovery, and social justice.

Programme Curriculum

Training Course on Social Protection and Persons with Mental Health Conditions

Introduction

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Course Objectives

Upon completion of this course, participants will be able to:

1. Analyze the fundamental concepts of **mental health conditions (MHCs)** and their **socio-economic impacts** on individuals and families.
2. Comprehend the strategic importance and potential of **social protection in supporting persons with MHCs** and promoting mental well-being.
3. Master the design and implementation of diverse **social protection instruments** tailored for persons with MHCs.
4. Develop expertise in **identifying and targeting persons with MHCs** while ensuring confidentiality and non-discrimination.
5. Formulate strategies for effectively **linking social protection with mental health services and community-based care**.
6. Understand the critical role of social protection in **addressing stigma, discrimination, and human rights violations** related to MHCs.
7. Implement robust approaches to **social protection for caregivers** of persons with MHCs.
8. Explore key **data management, monitoring, and evaluation** considerations for mental health-inclusive social protection.
9. Identify and analyze relevant **policy, legal, and institutional frameworks** for mental health and social protection.
10. Explore various **financing mechanisms and resource mobilization strategies** for social protection for persons with MHCs.
11. Develop strategies for fostering **multi-sectoral coordination and partnerships** with mental health service providers and user organizations.

12. Design a preliminary **social protection strategy** for persons with MHCs in a specific national or sub-national context.
13. Examine **global best practices and lessons learned** from successful social protection initiatives for persons with MHCs.

Target Audience

This course is essential for professionals working on social protection and mental health:

1. **Social Protection Policymakers & Program Managers:** Designing and implementing social safety nets.
2. **Mental Health Specialists & Practitioners:** Working in clinical and community mental health.
3. **Public Health Professionals:** Involved in mental health policy and programming.
4. **Human Rights Advocates:** Focusing on the rights and dignity of persons with MHCs.
5. **Government Officials:** From ministries of social welfare, health, finance, and planning.
6. **UN Agency Representatives:** From WHO, UNICEF, ILO, UNDP, OHCHR.
7. **Civil Society Organizations & User/Family Organizations:** Implementing programs and advocating for persons with MHCs.
8. **Researchers & M&E Specialists:** Studying the impact of interventions on mental health.

Course Duration: 10 Days

Course Modules

Module 1: Understanding Mental Health Conditions and their Socio-Economic Impacts

- Define mental health conditions (MHCs) and common types (e.g., depression, anxiety, schizophrenia).
- Analyze the profound socio-economic impacts on individuals and families: poverty, unemployment, reduced productivity, education disruption.
- Discuss the intersectionality of MHCs with poverty, stigma, gender, age, and other forms of vulnerability.
- Explore the specific challenges faced by persons with MHCs: discrimination, social exclusion, limited access to care, human rights violations.
- Emphasize the need for a holistic, multi-sectoral approach to mental health.

Module 2: The Strategic Role of Social Protection in Mental Health

- Explain the strategic importance of social protection in supporting persons with MHCs.
- Discuss how social protection can reduce financial hardship, improve access to care, and combat stigma.
- Analyze its contribution to recovery, social inclusion, and overall mental well-being.
- Explore the linkages between social protection and human rights for persons with MHCs.
- Overview of global recommendations and evidence for social protection in mental health.

Module 3: Social Protection Instruments for Persons with MHCs

- **Cash Transfers:** Designing conditional or unconditional cash transfers to address financial barriers to care, medication, and daily living.
- **Health Protection:** Facilitating access to health insurance, fee waivers, and direct support for mental health services.
- **Livelihood Support:** Implementing public works programs, skills training, and micro-grants adapted for persons with MHCs.

- **Social Services:** Ensuring access to psychosocial support, housing support, legal aid, and community-based rehabilitation.
- Exploring the "Cash Plus" approach for integrated mental health and social support.

Module 4: Identification and Targeting of Persons with MHCs

- Challenges of identifying and targeting persons with MHCs due to stigma, lack of diagnosis, and data limitations.
- Strategies for inclusive identification that respect confidentiality, human rights, and "do no harm" principles.
- Discuss the role of community-based outreach, mental health professionals, and user/family organizations in identification.
- Leveraging existing social registries and health information systems for identification (with robust safeguards).
- Addressing the specific needs of vulnerable sub-groups (e.g., homeless, incarcerated, youth).

Module 5: Linking Social Protection with Mental Health Services

- The critical importance of establishing strong referral pathways between social protection programs and mental health services.
- Strategies for promoting access to community-based mental health care, psychosocial support, and peer support networks.
- Facilitating access to medication, therapy, and rehabilitation services through social protection.
- Developing effective coordination mechanisms between social protection ministries/agencies and mental health programs.
- Case studies of successful integrated mental health-social protection models globally.

Module 6: Addressing Stigma, Discrimination, and Human Rights

- Analyzing the pervasive role of social protection in combating stigma and discrimination against persons with MHCs.
- Designing social protection programs to promote social inclusion and reduce isolation.
- Discuss legal and policy reforms to protect the human rights of persons with MHCs (e.g., right to work, right to social security).
- Promoting safe spaces, confidential feedback mechanisms, and accessible grievance redress for persons with MHCs.
- Engaging communities, media, and policymakers in challenging negative stereotypes and promoting understanding.

Module 7: Social Protection for Caregivers of Persons with MHCs

- Understanding the significant burden (financial, emotional, time) on caregivers of persons with MHCs.
- Designing social protection programs to provide direct support to caregivers (e.g., caregiver allowances, respite care).
- Linking caregivers to psychosocial support services, peer networks, and skills training.
- Recognizing and valuing the unpaid care work provided by families.
- Case studies of successful caregiver support programs.

Module 8: Data, Monitoring, and Evaluation for Mental Health-Inclusive SP

- Developing robust M&E frameworks for social protection programs targeting persons with MHCs.

- Challenges in collecting sensitive data related to mental health and ensuring strict confidentiality and ethical protocols.
- Developing appropriate indicators to track mental well-being, social inclusion, treatment adherence, and stigma reduction.
- Strategies for ethical data management, privacy, security, and responsible data sharing.
- Using M&E findings to inform program adjustments, policy advocacy, and demonstrate impact.

Module 9: Policy, Legal, and Institutional Frameworks

- Identifying and analyzing national policies and legal frameworks related to mental health, social protection, and human rights.
- Discussing the alignment of national policies with international guidelines (e.g., WHO Mental Health Action Plan, CRPD).
- Advocating for policy reforms that ensure universal access to social protection and non-discrimination for persons with MHCs.
- Strengthening institutional mandates, capacities, and coordination mechanisms between relevant ministries (e.g., social welfare, health, justice).
- Exploring the role of national mental health strategies in integrating social protection.

Module 10: Financing Social Protection for Persons with MHCs

- Exploring various financing mechanisms for social protection programs targeting persons with MHCs.
- Discussing the role of national budgets, health budgets, and international development assistance.
- Strategies for ensuring predictable, sustainable, and diversified funding for long-term support.
- Analyzing the cost-effectiveness and economic benefits of social protection investments in mental health.
- Advocating for increased and more efficient allocation of resources for social protection for persons with MHCs.

Module 11: Multi-Sectoral Coordination and Partnerships

- Fostering effective coordination and collaboration between social protection actors, mental health services, civil society organizations, and user/family organizations.
- Developing clear roles, responsibilities, and communication protocols for integrated programming.
- Building strong, trust-based partnerships with community-based mental health initiatives and peer support networks.
- Strategies for ensuring meaningful participation and leadership of persons with MHCs and their caregivers in program design and implementation.
- Lessons learned from multi-sectoral collaboration in mental health.

Module 12: Future Directions and Transformative Impact

- Exploring emerging trends and innovations in social protection for persons with MHCs (e.g., digital mental health solutions, adaptive social protection for shocks).
- Discussing the role of social protection in promoting a recovery-oriented approach to mental health.
- Analyzing the intersection of MHCs with climate change, migration, and other complex shocks, and the need for integrated responses.
- Advocating for universal social protection as a key strategy for mental health equity and social justice for all.
- Developing a personal or organizational action plan for advancing social protection for persons with MHCs.

Training Methodology

- **Interactive Workshops:** Facilitated discussions, group exercises, and problem-solving activities.
- **Case Studies:** Real-world examples to illustrate successful community-based surveillance practices.
- **Role-Playing and Simulations:** Practice engaging communities in surveillance activities.
- **Expert Presentations:** Insights from experienced public health professionals and community leaders.
- **Group Projects:** Collaborative development of community surveillance plans.
- **Action Planning:** Development of personalized action plans for implementing community-based surveillance.
- **Digital Tools and Resources:** Utilization of online platforms for collaboration and learning.
- **Peer-to-Peer Learning:** Sharing experiences and insights on community engagement.
- **Post-Training Support:** Access to online forums, mentorship, and continued learning resources.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	04 Dec 2026	Online	$2,000
23 Nov 2026	04 Dec 2026	Physical	$3,000
23 Nov 2026	04 Dec 2026	Physical	$6,000
23 Nov 2026	04 Dec 2026	Physical	$6,000
23 Nov 2026	04 Dec 2026	Physical	$12,000
23 Nov 2026	04 Dec 2026	Physical	$9,000
23 Nov 2026	04 Dec 2026	Physical	$12,000
23 Nov 2026	04 Dec 2026	Physical	$12,000

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