

Level 3: Child Protection Case Management – Mental Health and Psychosocial Support

Acknowledgements

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Overview

Level 3 includes more advanced, but optional, trainings that can further strengthen child protection case management. Each training contains a series of modules and sessions to be delivered over multiple days.

Training aim	To Increase understanding on mental health and psychosocial support needs of children and strengthen capacity to implement focused non-specialized MHPSS activities throughout the case management process.
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Target participants	Experienced caseworkers, case management supervisors or managers. <ul style="list-style-type: none">• A minimum of 6 months of experience, preferably more, is recommend as this training uses existing case management experience in learning• Participants should have completed Level 1 Foundational training and Level 2 Competency-based training
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Within the child protection agency, a supervision and coaching structure to support caseworkers should be in place.

Duration	5 days (30 hours)
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Group size	Between 15 to 20 participants
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MODULE 1
MHPSS Needs:
Loss and grief



MODULE 2
MHPSS Needs:
Distress



MODULE 3
MHPSS Needs:
Signs of
depression, self-
harm and
suicide



MODULE 4
MHPSS
Activities
(Part 1)

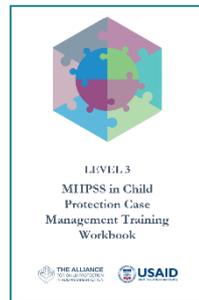


MODULE 5
MHPSS
Activities
(Part 2)

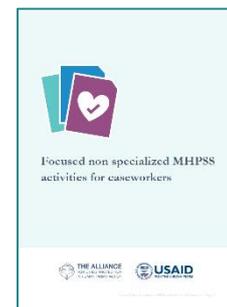
To support participants in learning, the content of each module is presented in a **PowerPoint slide** deck, exercises are included in the **Workbook** and the guidance on the focused non-specialized MHPSS activities are presented in a **MHPSS activity handbook**.



PowerPoint slides



Workbook



MHPSS activity handbook

These materials are interconnected and should be used together. This implies that the PowerPoint slides cannot be used without the workbook, nor is the MHPSS activity handbook a standalone publication.

Preparation

A pre-training reading has been included in the workbook (page 9 to 37) to prepare participants on the Level 3 Child Protection Case Management – MHPSS training. The pre-training reading includes a recap of some key learning messages from the Level 1 Foundational training and Level 2 Competency based training.

It is recommended that participants review the pre-training reading one or a few days before the training to refresh their memory and get ready to participate to the MHPSS training.

The pre-training reading is solely a recap of key learning messages from previous trainings and does not replace participation to this training. As mentioned in the overview, participants must have completed Level 1 Foundational training and Level 2 Competency based training prior to participating to this training.

Recommended room set-up

3 to 5 round tables (depending on group size, with 4 to 5 participants per table)

Venue

Needs to be big enough for the participants and facilitators to move around during activities

Materials needed

- Laptop and presentation remote (if available)
- Projector and screen
- Speakers
- Workbook copy for each participant
- Flipcharts, flipchart stand
- 4-6 packs of colored marker pens
- 4-6 packs of colored pencils
- Masking tape
- Sticky notes
- White A4 papers
- Paper or plastic bag

Contextualization

Before delivering this training, it is important to take the following steps to contextualize this module, including any related slides and workbook exercises. While more contextualization might be required, the main content and activities that require contextualization are highlighted in yellow and it has been flagged in the facilitator's notes. More specifically:

Module	What to contextualize	Module	What to contextualize
 Pre	<ul style="list-style-type: none">• Applying psychosocial approach (contextualize examples of each layer)• Caseworker's role in MHPSS (adapt to local child protection case management SOPs)	 1	<ul style="list-style-type: none">• Getting to know each other game• Case studies• Reflection on an experience of loss and grief• Participate to traditional or religious rituals or ceremonies
 2	<ul style="list-style-type: none">• Support to children with severe distress reactions• Focused non specialized MHPSS activities for children presenting specific signs of distress• Role plays	 3	<ul style="list-style-type: none">• Support to children showing signs of depression• Case study• Steps to take immediately if the child is at risk of suicide or self-harm• Supporting caseworkers
 4	<ul style="list-style-type: none">• Any focused non-specialized MHPSS activity can be contextualized if required• Role plays	 5	<ul style="list-style-type: none">• Any focused non-specialized MHPSS activity can be contextualized if required• Role plays

Sample agenda

The training is developed in 5 modules, each having the duration of a full day of training. The CMTF recommends delivering the complete package of five modules consecutively over **five consecutive days**. Delivery over a consecutive number of days supports the integration of theory and skills and promotes the continuity of learning. The modules are designed so that each builds on what was covered previously.

It is also possible to spread the delivery over a period of **five weeks**. This allows the participants to use the knowledge and practice the skills learned before starting the next module. It is suggested that no more than two weeks pass between training sessions.

The following overview can be used to create an agenda for the Level 3 MHPSS training. An agenda can be adapted to the context and different learning modalities. Sufficient breaks (tea-break, lunchbreak, energizers, etc.) should be included to maintain focus. If using an interpreter, then timings will be significantly longer. If facilitating the session via a video call, the timings should be adjusted and more frequent short breaks should be added.



MODULE 1: MHPSS needs – loss and grief

**Duration: 6 hours
40 minutes**

1	Module opening	40 minutes
2	What are possible mental health and psychosocial support needs of children?	45 minutes
3	How can children react to loss and grief?	2 hours
4	How can I support children who experienced a loss?	2 hours 45 minutes
5	Module closing	30 minutes



MODULE 2: MHPSS needs – distress

**Duration: 6 hours
10 minutes**

1	Module opening	40 minutes
2	What is distress?	45 minutes
3	How can I recognize signs of distress	1 hour 45 minutes
4	How can I support a child with severe distress reactions?	2 hours 30 minutes
5	Module closing	30 minutes



MODULE 3: MHPSS needs – Signs of depression, self-harm and suicide

**Duration: 5 hours
40 minutes**

1	Module opening	40 minutes
2	What is distress?	45 minutes
3	How can I recognize signs of distress	2 hours
4	How can I support a child with severe distress reactions?	1 hour 45 minutes
5	Module closing	30 minutes



MODULE 4: MHPSS Activities (part 1)

**Duration: 5 hours
45 minutes**

1	Module opening	30 minutes
2	Which type of MHPSS activities can I implement?	1 hour

3	MHPSS activities to strengthen trust and assess the child's needs	<i>2 hours</i>
4	MHPSS activities to support the child to understand and cope with severely distressing experiences	<i>1 hour 45 minutes</i>
5	Module closing	<i>30 minutes</i>



MODULE 5: MHPSS Activities (part 2)

***Duration: 5 hours
45 minutes***

1	Module opening	<i>30 minutes</i>
2	MHPSS activities to increase sense of safety	<i>1 hour 30 minutes</i>
3	MHPSS activities to strengthen coping skills and regulate emotions	<i>1 hour 30 minutes</i>
4	MHPSS activities to strengthen a child's self-esteem	<i>1 hour 30 minutes</i>
5	Module closing	<i>45 minutes</i>