**SCHEDULE FOR QUALITYRIGHTS TRAINING**

**MENTAL HEALTH, HUMAN RIGHTS AND RECOVERY**

**4th – 8th February 2019**

**Accra, Ghana**

**Day 1 – 4th February 2019**

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| **Time**  | **Session details**  |
| 9:30 – 10:00 | Welcome and introductions |
| 10:00 – 10:30  | The WHO QualityRights Initiative – aims, objectives and topics covered |
|  | **Module name: Understanding human rights** |
| **10:30 – 11:20**10:30 – 10:3510:35 – 10:4510:45 – 11:00 | **Topic 1: Human rights and living a good life*** What do you understand by the term “human rights”?
* Exercise 1.1 – We are all born free and equal
* Exercise 1.2 – Living a good life
 |
| **11:00 – 11:20** | **Tea break** |
| **11:20 – 12:20**11:20 – 11:5511:55 – 12:20 | **Topic 2: What are human rights?*** Presentation: What are human rights? – UDHR, Core human rights principles
* Exercise 2.1 – Comparative exercise with living a good life
 |
| **12:20 – 12:40** | **Topic 3: The relationship between different rights*** Exercise 3.1 – How are all rights linked?
 |
| **12:40 – 13:45** | **Lunch** |
| **13:45 – 1**13:45 – 14:2514:25 – 15:00 | **Topic 4: Examples of human rights violations*** Presentation: Human rights violations – presentation – historical violations of human rights and examples;
* Example 4.1 – Scenarios on human rights violations
 |
| **15:00 – 15:35** | **Topic 5: Groups and segments of the population at risk of human rights violations*** Presentation – examples of these groups; nature of violations against these groups
 |
| **15:35 – 16:00** | **Tea break** |
| **16:00 – 1**16:00 – 16:40(optional)16:40 – 17:0517:05 – 17:10 | **Topic 6: Consequences of human rights violations*** Exercise 6.1: Identify examples of human rights violations
* Presentation – Examples of groups and rights violations experienced by them
* Exercise 6.2: Impacts of violations
* Reflective exercise – Based on the discussion on human rights violations
 |
| **17:10 – 17:45**17:10 – 17:3017:30 – 17:45 | **Topic 7: Respecting, protecting and fulfilling human rights*** Reflective exercise
* Presentation – Respect, protect and fulfil
 |
| **17:45 – 18:00** | **Break** |
| **18:00 – 18:45** | **Topic 8: Empowering people to defend human rights*** Exercise 8.1: Defending human rights in mental health
 |
| **18:45 – 19:15** | **Topic 9: Human rights advocacy*** Presentation – Human rights defenders – individuals, communities, governments, United Nations, Advocacy groups and NGOs.
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| **19:15 – 19:30** | **Summary and recap** |

**Day 2: 5th February 2019**

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| **Time**  | **Session details**  |
|  | **Module name: Promoting human rights in mental health** |
| **9:30 – 11:10**9:30 – 10:0010:00 – 10:2010:20 – 10:5510:55 – 11:10 | **Topic 1: Understanding discrimination and denial of rights*** Exercise 1.1: Rights of people with psycho-social, intellectual and cognitive disabilities
* Presentation: Defining discrimination
* Exercise 1.2: That’s not who I am!
* Exercise 1.3: Understanding institutionalised discrimination
 |
| **11:10 – 11:30** | **Tea break** |
| **11:30 – 12:35**11:30 – 12:0012:00 – 12:3012:30 – 12:35 | **Topic 2: Understanding disability from a human rights perspective*** Exercise 2.1 – Understanding disability
* Presentation: The different models of disability
* Reflective exercise
 |
| **12:35 – 13:30** | **Lunch** |
| **13:30 – 15:00**13:45 – 14:0014:00 – 14:3514:35 – 14:55 | **Topic 3: Convention on the rights of persons with disabilities*** Reflective exercise
* Presentation: Introduction on Convention on rights of persons with disabilities
* Short presentation: Articles of CRPD
 |
| **14:55– 15:35** | **Topic 4: Applying CRPD to real life scenarios*** Exercise 4.1: Different scenarios
 |
| **15:35 – 16:00** | **Tea break** |
| **16:00 – 17:00**16:00 – 16:1516:15 – 16:4016:40 – 17:00 | **Topic 5: Zooming in on Article 12 – Equal recognition before the law*** Exercise 5.1: zooming in on article 12
* Presentation on Article 12
* Exercise 5.2: What changes does Article 12 bring?
 |
| **17:00 – 17:30**17:00 – 17:1517:15 – 17:30 | **Topic 6: Zooming in on Article 16 – Freedom from exploitation, violence and abuse*** Discussion on Article 16
* Exercise 6.1: Freedom from exploitation, violence and abuse
 |
| **17:30 – 17:55**17:30 – 17:4017:40 – 17:5017:50 – 17:55 | **Topic 7: Zooming in on Article 19: Living independently and being included in the community*** Discussion on Article 19
* Presentation on Article 19
* Reflective exercise
 |
| **17:55 – 18:10** | **Break**  |
| **18:10 – 19:05**18:10 – 18:2518:25 – 18:4518:45 – 19:05 | **Topic 8: Empowering people to defend CRPD rights*** Reflective exercise
* Exercise 8.1: Why should I get involved and will it change anything?
* Exercise 8.2: What actions can you take to protect this right of the CRPD?
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| **19:05 – 19:15** | **Summary and recap** |

**Day 3: 6th February 2019**

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| **Time**  | **Module Name: Realising recovery and the right to mental health and social services****Session details**  |
| **9:30 – 10:30**9:30 – 9:359:35 – 10:0010:00 – 10:3010:30 – 10:55 | **Topic 1: What is mental health?** * What is mental health?
* Presentation: What does mental health mean?
* Exercise 1.1: What health you to enjoy mental health and well-being?
* Presentation: Protecting and promoting mental health and well being
 |
| **10:55 – 11:15** | **Tea break** |
| **11:15 –**11:15 – 12:0012:00 – 12:2512:25 – 12:4012:40 – 13:00 | **Topic 2: Promoting the right to health in mental health and social services*** Exercise 2.1: Grand designs
* Exercise 2.2: Does this service adequately support mental health?
* Presentation: The role of mental health and social services in promoting physical health
* Exercise 2.2 – Does my facility adequately support mental health? (continued)
 |
| **13:00 – 14:00** | **Lunch** |
| **14:00 – 15:30**14:00 – 14:4014:40 – 15:30 | **Topic 3: What is recovery*** Exercise 3.1: Feeling better
* Presentation: Recovery
 |
| **15:30 – 15:50** | **Tea Break** |
| **15:50 – 16:50**15:50 – 16:1016:10 – 16:3016:30 – 16:50 | **Topic 4: Promoting recovery*** What supports recovery?
* Exercise 4.1: The role of the individual as well as families, friends and other supporters in promoting recovery
* Personal recovery stories
 |
| **16:50 – 17:30** | **Topic 5: Role of practitioners and mental health and social services in promoting*** Exercise 5.1: Improving practises to promote recovery in mental health and social services
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| **17:30 – 17:40** | **Take away points** |
| **17:40 – 18:00** | **Break** |

**Day 4: 7th February 2019**

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| **Time**  | **Module Name: Protecting the right to legal capacity in mental health and social services**  |
| **9:30** 9:30 – 9:359:35 – 9:459:45 – 11:15 | **Topic 1: Understanding the right to legal capacity*** Introduction to the module
* Exercise 1.1: It’s my decision
* Presentation: Right to legal capacity
 |
| **11:15 – 11:30** | **Tea break** |
| **11:30 - 12:10**11:30 – 11:5011:50 – 12:0012:00 – 12:10 | **Topic 1: Understanding the right to legal capacity (continued)*** Exercise 1.2: Denial of legal capacity
* Presentation: The consequences of denying the right to legal capacity
* Summary of topic 1
 |
| **12:10 -** 12:10 – 12:2012:20 – 13:0013:00 – 13:30 | **Topic 2: Supported decision-making and advance planning*** Exercise 2.1: Discussion on supported decision making
* Presentation: Supported decision making
* Exercise 2.2: Scenarios on supported decision making
 |
| **13:30 – 14:30** | **Lunch** |
| **14:30 – 15:25**14:30 – 15:0015:00 – 15:25 | **Topic 2 continued*** Presentation: Advance planning
* Exercise: Discussion on advance planning
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| **15:25 –**15:25 – 15:3515:35 – 15:55 | **Topic 3: Informed consent and person led treatment and recovery plans*** Presentation: Informed consent
* Presentation: Person led treatment and recovery plans
 |
| **15:55 – 16:15** | **Tea break** |
| **16:15 – 18:30**16:15 – 16:3016:30 – 17:0017:00 – 17:3017:30 – 18:0018:00 – 18:30 | **Topic 4: Avoiding involuntary detention and treatment in mental health and social services*** Exercise 4.1: The experience of involuntary admission and treatment
* Presentation: What does CRPD say about involuntary detention and treatment?
* Exercise 4.2: What about in my country?
* Exercise 4.3: Scenario on avoiding coercive measures
* Exercise 4.4: A challenging situation
 |
| 18:30 – 18:45 | **Take away points** |
|  | **Module name: Creating mental health and related services free from coercion, violence and abuse** |
| **16:45 – 17:15**16:45 – 16:5016:50 – 16:5516:55 – 17:00 | **Topic 1: What are violence, coercion and abuse?*** Presentation on the module
* Exercise 1.1: Forms of violence, coercion and abuse
* Presentation: What are violence, coercion and abuse?
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| **17:00 – 17:15**17:00 – 17:0517:05– 17:15 | **Topic 2: What does CRPD say about violence, coercion and abuse?*** Exercise 2.1: Recalling the CRPD
* Presentation: Articles of UNCRPD
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**Day 5: 8th February 2019**

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| **Time**  | **Module Name: Creating mental health and related services free from coercion, violence and abuse**  |
| **9:30 – 10:00**9:30 – 9:359:35 – 9:459:45 – 10:00 | **Topic 1: What are violence, coercion and abuse?*** Introduction to the module
* Exercise 1.1: Forms of violence, coercion and abuse
* Presentation: What are violence, coercion and abuse?
 |
| **10:00 – 10:20**10:00 – 10:0510:05 – 10:20 | **Topic 2: What does CRPD say about violence, coercion and abuse?*** Exercise 2.1: Recalling the CRPD
* Presentation: Articles of UNCRPD
 |
| **10:20 – 11:15**10:20 – 11:0011:00 – 11:15 | **Topic 3: What are impacts of violence, coercion and abuse?*** Exercise 3.1: Personal experiences/videos of violence, coercion and abuse
* Exercise 3.2: Violence, coercion and abuse have impacts
 |
| **11:15 – 11:30** | **Tea break** |
| **11:30 – 12:00**11:30 – 11:4511:45 – 12:00 | **Topic 4: Why are these practises happening?** * Exercise 4.1: Reasons why violence, coercion and abuse occur in services
* Presentation: Reasons why violence, coercion and abuse occur in services
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| 12:00 – 12:1012:10 – 12:2012:20 – 12:50 | **Topic 5: Understanding attitudes and power relations*** Exercise 5.1: The meaning of power
* Presentation: Power dynamics in mental health and social services
* Exercise 5.2: What contributes to power dynamics?
 |
| **12:50 – 13:45** | **Lunch**  |
| **13:45 – 14:15** | **Topic 6: Key strategies to avoid and diffuse conflictual situations*** Presentation: What is an effective and appropriate response to tense situations?
 |
| **14:15 – 14:50**14:15 – 14:3014:30 – 14:55 | **Topic 7: Communication techniques*** Presentation: Communication skills
* Exercise 7.1: Phrases for calming a tense situation
 |
| **14:55 – 15:00** | **Topic 8: Supportive environments and the use of comfort rooms*** Presentation: Supportive environments and comfort rooms
 |
| **15:00 – 15:10** | **Topic 9: Creating a saying “yes” and “can do” culture*** Presentation: Creating a saying “yes” and “can do” culture
 |
| **15:10 – 15:20** | **Tea break** |
| **15:20 – 16:00**15:20– 15:3015:30 – 16:00 | **Topic 10: Individualized plans to explore sensitivities and signs of distress*** Presentation: Individualised plans to explore sensitivities and signs of distress
* Exercise 10.1: Making individualised plans
 |
| **16:00 – 16:45**16:00 – 16:1516:15 – 16:45 | **Topic 11: Response teams*** Presentation: Response teams
* Exercise 11.1: Creating a response team
 |
| **16:45 – 17:20**16:45 – 17:0017:00 – 17:1017:10 – 17:20 | **Topic 12: Complaints and reporting procedures*** Presentation: Procedure for reporting complaints, coercion, violence and abuse
* Presentation: Complementary strategies for addressing complaints, coercion, violence and abuse
* Exercise 12.1: Access to external complaints mechanism
 |
| **17:20 – 17:30**  | **Break**  |
| **17:30 – 18:15**17:30 – 18:0018:00 – 18:0518:05 – 18:15 | **Topic 13: Stopping violence, coercion and abuse in my mental health or social service*** Ending abusive practices in services is possible! Example
* Presentation: Recap of strategies for understanding and stopping violence, coercion and abuse
* Exercise 13.1: What can you do to prevent violence, coercion and abuse?
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| **18:15 – 18:45** | **Take away points and conclusion** |