**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 – 10:35  10:35 – 10:45  10:45 – 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 – 11:55  11:55 – 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 – 14:25  14:25 – 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 – 17:05  17:05 – 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 – 17:30  17:30 – 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. |
| **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 – 10:00  10:00 – 10:20  10:20 – 10:55  10:55 – 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 – 12:00  12:00 – 12:30  12:30 – 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 – 14:00  14:00 – 14:35  14:35 – 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 – 16:15  16:15 – 16:40  16:40 – 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 – 17:15  17:15 – 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 – 17:40  17:40 – 17:50  17:50 – 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 – 18:25  18:25 – 18:45  18:45 – 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? |
| **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 – 9:35  9:35 – 10:00  10:00 – 10:30  10:30 – 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 – 12:00  12:00 – 12:25  12:25 – 12:40  12:40 – 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 – 14:40  14:40 – 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 – 16:10  16:10 – 16:30  16:30 – 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 |
| **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 – 9:35  9:35 – 9:45  9:45 – 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 – 11:50  11:50 – 12:00  12:00 – 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 – 12:20  12:20 – 13:00  13:00 – 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 – 15:00  15:00 – 15:25 | **Topic 2 continued**   * Presentation: Advance planning * Exercise: Discussion on advance planning |
| **15:25 –**  15:25 – 15:35  15:35 – 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 – 16:30  16:30 – 17:00  17:00 – 17:30  17:30 – 18:00  18:00 – 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 – 16:50  16:50 – 16:55  16:55 – 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? |
| **17:00 – 17:15**  17:00 – 17:05  17:05– 17:15 | **Topic 2: What does CRPD say about violence, coercion and abuse?**   * Exercise 2.1: Recalling the CRPD * Presentation: Articles of UNCRPD |

**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 – 9:35  9:35 – 9:45  9:45 – 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 – 10:05  10:05 – 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 – 11:00  11:00 – 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 – 11:45  11:45 – 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 |
| 12:00 – 12:10  12:10 – 12:20  12:20 – 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 – 14:30  14:30 – 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– 15:30  15:30 – 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 – 16:15  16:15 – 16:45 | **Topic 11: Response teams**   * Presentation: Response teams * Exercise 11.1: Creating a response team |
| **16:45 – 17:20**  16:45 – 17:00  17:00 – 17:10  17:10 – 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 – 18:00  18:00 – 18:05  18:05 – 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? |
| **18:15 – 18:45** | **Take away points and conclusion** |