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|  | **Quality Rights Training**  **Mental Health, Human Rights and Recovery**  **16th -20th September 2019, Tagaytay, Philippines** |

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|  | Monday 16th | Tuesday 17th | Wednesday 18th | Thursday 19th | |
| Theme | **Understanding human rights** | **Promoting human rights in mental health** | **Realising recovery and the right to health in mental health and related services** | | **Protecting the right to legal capacity in mental health and related services** |

Equipment Required:

* PowerPoint, projector and IT support
* Participants will need copies of pre & post assessment
* Printed copies of QR draft guidance modules from QR Initiative website
* Flip charts

Style of Workshop:

* As the week progresses we will be asking the participants to prepare small sections of the workshop themselves in advance to gain skills in facilitation within the QR framework.
* We also aim to include small group feedback sessions at the end of each day with special emphasis on adapting new knowledge and skills to the Philippines’ context.

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| Monday 16th September: Understanding Human Rights | |
| 09:30 – 10:00 | Registration & Pre-assessment |
| 10:00 – 10:30 | Welcome and Introductions |
| 10:30 - 11:30 | 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 |
| 11:30 – 12:00 | Coffee Break |
| 12:00 – 13:00 | 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 |
| 13:00 – 14:00 | Topic 3: The relationship between different rights   * Exercise 3.1 – How are all rights linked?   Topic 4: Examples of human rights violations   * Presentation – historical violations of human rights and examples; * Example 4.1 – Scenarios on human rights violations |
| 14:00 – 15:00 | Lunch Break |
| 15:00 – 16:30 | Topic 5: Human rights violations of vulnerable groups/segments of the population  Presentation – examples of these groups; nature of violations against these groups  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 |
| 16:30 – 16:45 | Coffee Break |
| 16:45 – 17:45 | Topic 7: Respecting, protecting and fulfilling human rights   * Reflective exercise * Presentation – Respect, protect and fulfil   Topic 8: Empowering people to defend human rights   * Exercise 8.1: Defending human rights in mental health * Small group feedback session |

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| Tuesday 17th September: Promoting human rights in mental health | |
| 09:00 – 10:30 | Topic 1: Understanding stigma, 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 |
| 10:30 – 11:00 | Coffee Break |
| 11:00 – 12:00 | Topic 2: Understanding disability from a human rights’ perspective   * Exercise 2.1 – Understanding disability * Presentation: The different models of disability |
| 12:00 – 13:00 | Topic 3: The Convention on the Rights of Person with Disabilities   * Reflective exercise * Group work on CRPD: Introduction on Convention on rights of persons with disabilities * Short presentation: Articles of CRPD |
| 13:00 – 14:00 | Lunch Break |
| 14:00 – 15:30 | Topic 4: Applying the CRPD to real life scenarios   * Exercise 4.1: Different scenarios   Topic 5: Zooming in on legal capacity and freedom from violence and abuse   * Exercise 5.1: zooming in on article 12 * Presentation on Article 12 * Exercise 5.2: What changes does Article 12 bring? |
| 15:30 – 15:45 | Coffee Break |
| 15:45 – 16:45 | Topic 6 & 7: Article 16 & 19 focus  Topic 8: Empowering people to defend the CRPD rights in mental health |

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| Wednesday 18th September: Realising recovery and the right to health in mental health and related services | |
| 09:00 – 10:30 | Topic 1: What is mental health?   * What is mental health? * Presentation: What does mental health mean? * Exercise 1.1: What is needed to enjoy mental health and well-being? * Presentation: Protecting and promoting mental health and well being   Topic 2: The role of mental health and related services in promoting the right to health   * 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) |
| 10:30 – 11:00 | Coffee Break |
| 11:00 – 13:00 | Topic 3: What is recovery?   * Exercise 3.1: Feeling better * Presentation: Recovery |
| 13:00 – 14:00 | Lunch Break |
| 14:00 – 15:00 | 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 |
| 15:00 – 15:15 | Coffee Break |
| 15:15 – 16:45 | Topic 5: The role of practitioners and mental health and related services in promoting recovery  Small group feedback session   * Exercise 5.1: Improving practises to promote recovery in mental health and social services |

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| Thursday 19th September: Protecting the right to legal capacity in mental health and related services | |
| 09:00 – 10:30 | Topic 1: Understanding the right to legal capacity   * Introduction to the module * Exercise 1.1: It’s my decision * Presentation: Right to legal capacity * Exercise 1.2: Denial of legal capacity * Presentation: The consequences of denying the right to legal capacity * Summary of topic 1 |
| 10:30 – 11:00 | Coffee Break |
| 11:00 – 12:00 | Topic 2: Supported decision making and advanced planning   * Exercise 2.1: Discussion on supported decision making * Presentation: Supported decision making * Exercise 2.2: Scenarios on supported decision making * Presentation: Advance planning * Exercise: Discussion on advance planning |
| 12:00 – 13:00 | Topic 3: Informed consent and person led treatment and recovery plans   * Presentation: Informed consent * Presentation: Person led treatment and recovery plans |
| 13:00 – 14:00 | Lunch Break |
| 14:00 – 15:00 | Topic 4: Avoiding involuntary detention and treatment in mental health and related 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 |
| 15:00 – 15:30 | Coffee break |
| 15:30 – 16:30 | Continue Topic 4: Avoiding involuntary detention and treatment in mental health and related services  Small group feedback session |