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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* Printed copies of QR draft guidance modules from QR Initiative website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 groupsTopic 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
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| 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?
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| 15:30 – 15:45 | Coffee Break |
| 15:45 – 16:45 | Topic 6 & 7: Article 16 & 19 focusTopic 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
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| 15:00 – 15:15 | Coffee Break |
| 15:15 – 16:45 | Topic 5: The role of practitioners and mental health and related services in promoting recoverySmall 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
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| 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
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| 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
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| 15:00 – 15:30 | Coffee break  |
| 15:30 – 16:30 | Continue Topic 4: Avoiding involuntary detention and treatment in mental health and related servicesSmall group feedback session |