



QualityRights

QualityRights Training: Mental Health, Human Rights and Recovery

16-20 September 2019, Cagliari, Sardinia

	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
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	Creating mental health and related services free from coercion, violence and abuse

Monday 16th September: Understanding Human Rights	
08:30 – 09:00	Registration & Pre-assessment 9 am start for those that can do the assessment prior to arrival.
9:00- 10:00	Welcome and Introductions: Getting the most from the week and the best from each other Quality Rights Initiative, Aspirations and what's covered this week

10:00-11:00	Topic 1: Human rights and living a good life
11:00-11:20	Coffee Break
11:20 – 12:45	Topic 2: What are human rights? Topic 3: The relationship between different rights
12:45- 13:45	Lunch Break
13:45- 14:45	Topic 4: Examples of human rights violations
14:55- 15:20	Topic 5: Human rights violations of vulnerable groups/segments of the population
15:25– 15:50	25 mins Coffee Break
15:50– 16:45	Topic 6: Consequences of human rights violations
5 mins	Stretch / comfort break
16:50 – 18:00	Topic 7: Respecting, protecting and fulfilling human rights Topic 8: Empowering people to defend human rights
17:50 – 18:00	End of day review: Q & A Plans for Tuesday and for group dinner

Tuesday 17th September: Promoting human rights in mental health	
09:00- 9:15	Welcome and Setting up day ahead:
09:15 – 10:30	Topic 1: Understanding stigma, discrimination and denial of rights
10:30 – 10:55	Coffee / Tea Break (25 mins)
10:55 – 11:55	Topic 2: Understanding disability from a human rights' perspective
	<i>5 min stretch / brain break</i>
12:00– 13:00	Topic 3: The Convention on the Rights of Person with Disabilities
13:00 – 14:00	Lunch Break
	Topic 4: Applying the CRPD to real life scenarios

14:00 – 15:30	Topic 5: Zooming in on legal capacity and freedom from violence and abuse
15:30 – 15:55	Coffee Break 25 mins
15:55 – 16:55	Topic 6 – Discussion & exercise (6:1) Article 16 (Freedom from exploitation, violence & abuse) 30 min Topic 7 - Discussion & short presentation Article 19 (Living Independently) (30 mins)
16:55-17:25	Topic 8: Empowering people to defend the CRPD rights in mental health
17:25-17:35	End of Day Comments, & Reflections: Summary and review – Q & A. Preparing for tomorrow. Evening arrangements

Wednesday 18th September: Realising recovery and the right to health in mental health and related services

09:00- 09:15	Welcome and Setting up day ahead Any further reflections, questions, feedback from yesterday? Overview of day
09:15 – 11:00	Topic 1: What is mental health? Topic 2: The role of mental health and related services in promoting the right to health
11:00 – 11:30	Coffee Break
11:30 – 13:00	Topic 3: What is recovery?
13:00– 14:00	Lunch Break
14:00 – 15:15	Topic 4: Promoting Recovery
15:15 – 15:35	Coffee Break
15:35 – 16:15	Topic 5: The role of practitioners and mental health and related services in promoting recovery
16:15- 16:30	End of Day Reflections, Summary, Questions:

Thursday 19th September: Protecting the right to legal capacity in mental health and related services

09:00-09:15	Welcome and Setting up day ahead- Any further reflections, questions, feedback from yesterday? Overview of day & Introduction to the module
09:15– 10:35	Topic 1: Understanding the right to legal capacity
10:35 – 11:00	Coffee Break (25 mins)

11:00 – 12:30	Topic 2: Supported decision making and advanced planning
5 min	<i>Stretch legs, brain break</i>
12:35– 13:05	Topic 3: Informed consent and person led treatment and recovery plans
13:05 – 14:00	Lunch Break
14:00– 15:30	Topic 4: Avoiding involuntary detention and treatment in mental health and related services
15:30– 16:00	Coffee break (30 mins)
16:00– 17:00	Continue Topic 4: Avoiding involuntary detention and treatment in mental health and related service
17:00- 17:15	End of Day Comments, & Reflections: Summary and review – Q & A.

Friday 20th September: Creating mental health and related services free from coercion, violence and abuse

09:00- 09:15	Welcome and Setting up day ahead – Any further reflections, questions, feedback from yesterday? Overview of the day & Introduction to the module
09:15– 10:35	Topic 1: What are violence, coercion & abuse? Topic 2: What does the CRPD say about violence, coercion & abuse? Topic 3: What are the impacts?
10:35– 11:00	Coffee Break
11:00 – 12:20	Topic 4: Why do these practices happen? Topic 5: Understanding attitudes and power relations
12:20 – 13:00	Lunch break
13:00- 14:10	Topic 6 Strategies to avoid and diffuse challenging situations Topic 7: Communication, response teams and complaints and reporting
5 mins	Stretch and brain refresher
14:15- 15:25	Topic 8: Comfort rooms & culture Topic 9 & 10: Individualised plans to prevent & manage tense challenging situations

15:25– 15:45	Coffee break (20 mins)
15:45– 17:15	<p>Topic 11: Response teams</p> <p>Topic 12: Complaints and reporting procedures</p> <p>Topic 13: Stopping violence, coercion and abuse in my mental health or social service</p>
5 mins	Clear the head and stretch exercise
17:20 – 17:40	<p>Self-Assessment following QR training</p> <p>Reflections / Overview feedback session</p> <p>Completion, closing comments and farewell.</p>



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