

# Global Training Institute for Urban MHPSS Intervention

In affiliation with American University in Cairo  
Center for Migration and Refugee Studies

**NEW Training Courses**



# New Certificate Courses

## Urban MHPSS Intervention

### Training of Trainers of Urban MHPSS Intervention

Practical training courses to enhance the skills of working professionals

ONLINE and RESIDENTIAL in Cairo, Egypt in English and Arabic

# Why specialized training for the urban context?

- 60% of refugees / 80% of IDP live in urban area
- Urban issues – Serious protection problems that influence ps well-being
  - Urban crime / Violence / Poverty / Discrimination / Exploitation / Abuse
  - Risks to MI / Difficulty to access mental health services
  - UNHCR unable to protect - without power to uphold rights - insufficient funds
  - Lack of government will or protection
- Historically interventions designed for rural camps
- Models of intervention specific to complications of urban context needed
- Capacity building is needed for teams to implement urban models

# Course structure

## Urban MHPSS Interventions

Module 1: Orientation

One month Online from home

Module 2: Classroom / Field

11 days in Cairo, Egypt

Module 3: Follow up support

One month Online from home

## Added for Training of Trainers

Module 4: Training of Trainers  
(Immediately follows Modules 1-2)

5 days in Cairo, Egypt

# Training topics

- Best practice based on IASC MHPSS Guidelines and global research with modifications for the urban context.
- Protocol for design and implementation of a community based MHPSS program in the urban context.
- Process for selection, training and supervision community based intervention teams who are members of the affected communities including models of care for these caregivers.
- Skills for community based assessment of needs, problems and resources in the urban context.
- Skills in 24-7 urban crisis response.
- Working with translators.
- Program monitoring in the urban context

# Training topics continued

- Skills to design multilayered community based interventions in the urban context.
- Inclusion of culturally relevant / faith-sensitive interventions
- Level 1 Interventions supporting psychosocial well-being in a dignified way.
- Level 2 Interventions to effectively working with communities to support MHPSS through sharing of information / assistance in crisis response / facilitation of community integration and more.
- Level 3 techniques for individual / family / group / counseling – problem solving – case management and casework in challenging urban situations.
- Level 4 interventions including community based clinics / family – community awareness raising / community support groups for previously hospitalized patients / techniques to minimize relapse / crisis response

# Community based field training

Participants will join experienced workers in the urban field to experience community based interventions.

Discussions will be facilitated with communities to review the effectiveness and challenges of community interventions facilitated by refugees.

# Community based MHPSS Refugees assisting refugees in Egypt





# Psychosocial Services and Training Institute in Cairo (PSTIC)

Affiliated with Terre des hommes / Implementing partner of UNHCR

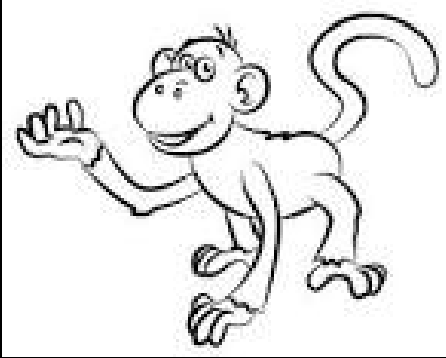
Egypt 210000 POC from Eritrea, Ethiopian, Somalia, South Sudan, Sudan, Iraq, Syria and Yemen living in urban centers.

PSTIC team is “OF” the community

Multi-lingual/ multi-national / multi-cultural

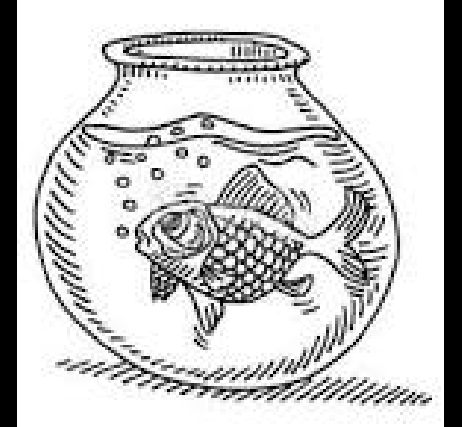
100+ **trained refugees** working **24-7** hours inside their communities.

Interventions facilitate protection of most vulnerable through home and community based interventions promoting mental health and psychosocial well being.



## The monkey and the fish

Monkey saw Fish swimming.  
He did not know that Fish liked water.  
He sympathized with Fish and took it out  
of water thinking it would drown.  
In the process the Fish died.  
Monkey cried and said he was only **helping**...



# What issues do PSTIC workers assist?



Most anything.... And anyone... At any time... Adults-Children

- Inaccurate information
- Lack of basic needs – homeless - hungry
- Emergency health problems – chronic health issues without care
- Protection issues  
(Arrest, Detention, SGBV, Child Protection, Community violence)
- Psychosocial issues / People without hope! Little opportunity.
- People with disabilities
- Mental health issues
- And the list goes on.....and on....

PSTIC Team today



**135 workers**

**120 refugee workers from:** Eritrean / Ethiopian/ Iraqi/ Somali/ Sudan/  
South Sudan/ Syrian/ Yemen

11 Egyptian psychiatrists

**Assist about 2000 cases with 7000 beneficiaries monthly**

# PSTIC IASC MHPSS Intervention Pyramid

## Level 4

- Emergency response 24-7
- Awareness raising -Reduce stigma /Encourage community support
- MH assessment
- Referral to public adult/adolescent/child services
- Outpatient clinics for treatment
- Inpatient referral – discharge planning and follow-up
- Social club for MH patients
- Community based case management to ensure compliance to treatment

## Level 4: Specialized Services

## Level 3

- Emergency response 24 -7
- Case management
- Psychological First Aid in in urgent situations
- Community – Home based Individual / family psychosocial support
- Individual, Family Group counselling by PSW
- Conflict mediation – Problem solving

## Level 3: Focused Non-Specialized Supports

## Level 2

- Emergency response with community support 24 - 7
- Community based PSW
- Community awareness raising – Facilitate community support
- Promotion of community responsibility and mobilization
- Community support groups / Men – Women – Youth ...

## Level 2: Community and family supports

## Level 1

- Emergency response 24 - 7
- Advocacy to UNHCR-NGO for basic needs
- Providing information
- Health Advocacy Team / Emergency response / Access to health care
- Housing Advocacy Team / Protection
- Access to education for children with special needs
- Awareness of refugee issues to Egyptian neighbors
- Support to detention centers for migrants failed at sea
- Access to livelihood

## Level 1: Social considerations in basic services and security

# The course schedule

## Taught in English / January – March 2018

Module 1 Online January 2018

Module 2 Residential in Egypt February 4-15, 2018

Module 3 Online March 2018

## Taught in Arabic / June – August 2018

Module 1 Online June 2018

Module 2 Residential in Egypt July 15-26, 2018

Module 3 Online August 2018

# GOALS

1. Urban Conference / April 7,8,9, 2018
2. Document models of urban intervention
3. Pursue research on models of urban intervention
4. Research on impact of this urban training on work of trainees
5. Guidance note with “best practices” on urban care

## Needed input from Reference Group

- Is this training needed?
- Arabic course needed?
- What do you recommend schedule / content?
- How can this become an interagency training?
- Seeking endorsement from WHO – IOM – UNHCR and other organizations.
- Will organizations send their workers?
- Other comments.



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