

UNDERSTANDING STIGMA

and Cognitive Behavioural
Interpersonal Skills
Version 2.0

CALENDAR & DURATION

August 15 to November 30, 2022

DEADLINE FOR APPLICATION

July 25, 2022



OBJECTIVES

- 1 Increase health professionals' awareness of the impact of stigmatization of people living with mental health and substance use conditions.
- 2 Provide opportunities for self-reflection on one's attitudes, beliefs and behaviors towards persons with mental health conditions, and how they relate to healthcare delivery.
- 3 Recognize how improving practitioners' management skills and confidence caring for persons with mental health conditions, leads to diminished social distance and stigmatization.
- 4 Learn where the program fits into the care pathways as a complement to the use of mhGAP intervention Guide.

PARTICIPANTS

This evidence-based course has been tailored for participants who fulfill the following criteria:

- Primary care practitioners from the Caribbean countries, i.e. General Practitioners, Specialized Nurse Practitioners, Clinical Psychologists & other Mental Healthcare Providers directly involved in health care services.
- Two or more years of clinical working experience in health care (preferably in mental health services).
- Interested in enhancing their capacity to understand stigma and implicit biases when treating mental health services user within their Primary Health Care networks.

PURPOSE & BACKGROUND

The purpose of this course is to reduce mental health-related stigma and improve clinical and practice management skills among primary care providers when working with individuals experiencing mental health challenges.

More than half of individuals living with mental health condition(s) do not receive help for their conditions. Often, these individuals avoid or delay seeking treatment due to concerns about being treated differently or fears of losing their livelihood. Stigma against individuals living with mental health conditions is still very much a problem. While this can be subtle or obvious, it can lead to harm.

Mental health-related stigma within the primary care setting remains a barrier to effective treatment and recovery. Poor health services user care results in delaying early intervention and attributing physical illnesses to the mental health diagnosis.

In response to an identified need for stigma-reduction training for health care providers, PAHO's Mental Health Unit, in partnership with the Mental Health Commission of Canada, developed a modified version of the Understanding Stigma / Cognitive Behavioral Interpersonal Skills training for primary healthcare providers.

Included is the addition of a complementary added-value session, "Introduction to the mhGAP-Essential Care and Practice: How the US_CBIS program complements the mhGAP care guidelines."

This course will be delivered via PAHO's Virtual Campus for Public Health.

APPLICATION & ENROLLMENT

The process includes account set-up, application, selection and course enrollment, which takes place online through PAHO's Virtual Campus for Public Health (VCPH).

STEPS:

- 1 Create a user account on VCPH at www.campusvirtualsp.org, by clicking on "Create account" link at the top of the webpage.
- 2 Once logged-in, click on the "Call for applications" button, look for the course, and then the icon of the application form to fill it.
- 3 Provide the required documentation online by the deadline (25 July 2022).

PAHO country offices of the Region of the Americas participate and support the selection process in coordination with the counterparts at the Ministries of Health institutions that support their candidates. The course is offered at no charge. However, enrollment is limited.

COURSE E-STRUCTURE

The interactive training will combine virtual, self-directed and tutoring-based approaches; using Zoom learning modules, assignments, questionnaires and case studies.

See module schedule below:

Module 1	Raising Awareness <ul style="list-style-type: none"> • Cause of Stigma • Stigma & Healthcare • Impact of stigma • Importance of shared experience
Module 2	The impact of Stigma <ul style="list-style-type: none"> • Stigma & Mental Condition • Common Misconceptions • Mental Condition & Substance Use • Stigma & Access to care
Module 3	Challenging Stigma & Discrimination <ul style="list-style-type: none"> • Addressing Stigma • Reducing Stigma • Recovery & Trauma Awareness • Incorporating Respectful Language
Module 4	Cognitive Behavioural Interpersonal Skills (CBIS) <ul style="list-style-type: none"> • Cognitive Behavioural Therapy-(CBT)-based Principles • Overview of CBIS Manual • Identifying Depression & Anxiety • DSMS Criteria for MDD
Module 5	Problem List & Action Plan <ul style="list-style-type: none"> • Problem & Strength-based Assessment to Action • Partnering & Sharing Responsibilities
Module 6	Common CBIS Skills <ul style="list-style-type: none"> • DAI Screening Mental Health • DAI Screening Comorbidity • Practice CBT Self-management Skills
Module 7	Self-Assessment Questionnaire <ul style="list-style-type: none"> • SAQ to navigate CBIS • CBIS & Your Practice • Optimizing Record Keeping



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



PAHO



VIRTUAL
CAMPUS
FOR PUBLIC
HEALTH