**Sample agenda**

**Level 3 Child Protection Case Management – Mental Health and Psychosocial Support**

Please insert the dates and timing in your agenda Include sufficient breaks (tea break, lunch break, energizers, etc.) to maintain focus.

|  |  |  |
| --- | --- | --- |
| **MODULE 1: MHPSS needs – loss and grief** | | ***Duration: 6 hours 40 minutes*** |
| 1 | Module opening | *40 minutes* |
| 2 | What are possible mental health and psychosocial support needs of children? | *45 minutes* |
| 3 | How can children react to loss and grief? | *2 hours* |
| 4 | How can I support children who experienced a loss? | *2 hours 45 minutes* |
| 5 | Module closing | *30 minutes* |

|  |  |  |
| --- | --- | --- |
| **Wave with solid fillMODULE 2: MHPSS needs – distress** | | ***Duration: 6 hours 10 minutes*** |
| 1 | Module opening | *40 minutes* |
| 2 | What is distress? | *45 minutes* |
| 3 | How can I recognize signs of distress | *1 hour 45 minutes* |
| 4 | How can I support a child with severe distress reactions? | *2 hours 30 minutes* |
| 5 | Module closing | *30 minutes* |

|  |  |  |
| --- | --- | --- |
| **MODULE 3: MHPSS needs – Signs of depression, self-harm and suicide** | | ***Duration: 5 hours 40 minutes*** |
| 1 | Module opening | *40 minutes* |
| 2 | What is distress? | *45 minutes* |
| 3 | How can I recognize signs of distress | *2 hours* |
| 4 | How can I support a child with severe distress reactions? | *1 hour 45 minutes* |
| 5 | Module closing | *30 minutes* |

|  |  |  |
| --- | --- | --- |
| **MODULE 4: MHPSS Activities (part 1)** | | ***Duration: 5 hours 45 minutes*** |
| 1 | Module opening | *30 minutes* |
| 2 | Which type of MHPSS activities can I implement? | *1 hour* |
| 3 | MHPSS activities to strengthen trust and assess the child’s needs | *2 hours* |
| 4 | MHPSS activities to support the child to understand and cope with severely distressing experiences | *1 hour 45 minutes* |
| 5 | Module closing | *30 minutes* |

|  |  |  |
| --- | --- | --- |
| **MODULE 5: MHPSS Activities (part 2)** | | ***Duration: 5 hours 45 minutes*** |
| 1 | Module opening | *30 minutes* |
| 2 | MHPSS activities to increase sense of safety | *1 hour 30 minutes* |
| 3 | MHPSS activities to strengthen coping skills and regulate emotions | *1 hour 30 minutes* |
| 4 | MHPSS activities to strengthen a child’s self-esteem | *1 hour 30 minutes* |
| 5 | Module closing | *45 minutes* |