

International Community Mental Health (ICMH) Curriculum for TICA

Program Learning Outcomes (PLO)

Participants will have more knowledge and better attitude toward improving community mental health services including...

1. Foundation of community mental health
2. Development of mental health services in the community
3. Common mental health problems across the life-span
4. Mental health promotion and prevention
5. Disaster and mental health management
6. Psychosocial rehabilitation

The program includes 7 courses. The duration of each course is 3 hours. The detail of each course is listed below.

Course 1 Foundation of Community Mental Health

Course Learning Outcomes (CLO)

Participants will be able to understand and describe the foundation of community mental health after the course finish.

Content

Orientation of the program	30 minutes
Concept of community mental health	30 minutes
Mental health action plan 2013 – 2020/30	30 minutes
Mental health epidemiology and indicators	30 minutes
Spectrum of mental health intervention (Mrazek & Haggerty)	30 minutes
Discussion and evaluation	30 minutes

Course 2 Development of mental health services in the community

Course Learning Outcomes (CLO)

Participants will be able to understand how to develop sustainable mental health services in the community.

Content

AIC approach and TOP Model	45 minutes
Suicide prevention programs in the community	60 minutes
-The use of media	
-Destigmatization	
-Resilience	
-Reduction of means accessibility	
How to write project proposal	45 minutes
Discussion and evaluation	30 minutes

Course 3 Child and Adolescent Mental Health Problems, Promotion and Prevention

Course Learning Outcomes (CLO)

Participants will be able to understand common child and adolescent mental health problems and know how to promote and prevent them in the community.

Content

Mental health problem in childhood	45 minutes
-Neurodevelopmental disorders	
-ADHD and Learning disorders	
-Child abuse and domestic violence	
Mental health intervention in childhood	45 minutes
-Screening and intervention for neurodevelopmental disorders	
-School mental health	
-Family Resilience?	
Mental health problem in adolescent	30 minutes
-Teenage pregnancy	
-Substance use disorders	
Mental health intervention in adolescent	30 minutes
-To Be Number One	
Discussion and evaluation	30 minutes

Course 4 Adult and Elderly Mental Health Problems, Promotion and Prevention

Course Learning Outcomes (CLO)

Participants will be able to understand common adult and elderly mental health problems and know how to promote and prevent them in the community.

Content

Mental health problem in adults	45 minutes
-Anxiety	
-Depression	
-Alcohol Use Disorders	
Mental health intervention in adults	45 minutes
-Mental health screening	
-Brief advice/ brief intervention	
Mental health problem in the elderly	30 minutes
-Depression	
-Dementia	
Mental health intervention in the elderly	30 minutes
-Elderly schools/communities	
-Brain exercise	
Discussion and evaluation	30 minutes

Course 5 Disaster and mental health management: COVID-19 pandemic

Course Learning Outcomes (CLO)

Participants will be able to understand natural and manmade disaster and describe relevant mental health intervention.

Content

Natural and manmade disaster	30 minutes
Disaster and impact on mental health	30 minutes
-PTSD and other mental health problems	
Mental Health Crisis Assessment and Treatment Team (MCATT)	45 minutes
-Mental Health Screening	
-Psychological First Aid (PFA) training	
COVID-19 pandemic and mental health intervention	45 minutes
Discussion and evaluation	30 minutes

Course 6 Psychosocial Rehabilitation

Course Learning Outcomes (CLO)

Participants will be able to understand psychosocial rehabilitation.

Content

Disabilities of chronic mental illness and supporting laws	60 minutes
Recovery-oriented service	90 minutes
-Dilemma of psychiatric care and human rights	
-Wellness and strength assessment	
-Illness Management and Recovery (IMR)	
-Community Rehabilitation Center	
Discussion and evaluation	30 minutes

Course 7 Project Proposal Presentation

Course Learning Outcomes (CLO)

Participants will be able to plan for community mental health projects.

Content

Project proposal presentation and discussion	150 minutes
Final evaluation and feedback	30 minutes

Remarks to instructors

Gagne's events of instruction

1. Gain learners' attention
by provocative quotation or asking question about what they need to know
2. Inform learners of the objectives and real-world application
3. Stimulate recall of prior learning
4. Present various stimulating study material
5. Provide learning guidance
by highlighting importance ideas
6. Elicit learner performance
by collaboration, discussion, role-play, case studies etc.
7. Provide feedback (immediate, specific, and constructive)
8. Assess performance
by questioning or independent activities
9. Enhance retention and transfer
by repeating the key concepts and highlighting the connections with other subject areas

Technology to support tele-discussion

Keywords discussion - <https://answergarden.ch/create/>

Answer choice - <https://www.socrative.com/>