

Certificate Course - Foundations in Public Mental Health

FPMH 3.0 Course Blue Print 2.0



Jyoti Nivas College Autonomous
B. Voc Department of Psychology
in association with
Public Health Division
Augmenta Health (P) Ltd.



Credits: 3

Total duration: 45 hours

15 Classes*2 Hours = 30 Hours

4 Assignments = 14 Hours

Pre- course Evaluation, Mid-Course Feedback & Post Course Evaluation = 1 Hour

Underlying tenets

- ✓ Mental health is everybody's business and all have an important role to play.
- ✓ Mental health is a continuum ranging from positive wellbeing to mental distress to mental health problems and mental illness.
- ✓ Mental health should be treated equally on par with physical health.
- ✓ Mandatory training in mental health and wellbeing can make a difference.

	Date	Core Principle	Core Content	Facilitator (s)	Activity
	25 th June Tuesday	Registration and Pre-course Evaluation @ https://forms.gle/YSeBLHasp7Wn8hqp6			
1	26 nd June Wednesday	Know the nature & dimensions of mental health and mental illness	General Course Orientation FPMH 3.0 Introduction to Public Mental Health	Dr Sharmitha Ms Nitya	Ice-Breakers: Team introduction, Self-Introduction activity, Course structure and Grading Overview
2	28 th June Friday		Understand and define mental health, wellbeing and mental health problems. Concept of Mental Health Continuum, Differentiate between distress, disorder and disability.		Fun Team Cooling Activity: Mental Disorder Symptom analysis

3	5 th July Friday		Orientation to Common and Severe Mental Disorders. Understand Symptoms of various Mental Disorders		Rapid Fire Hot Shots
Assignment 1: 3 Simple Questions to be answered online on the link shared					
4	10 th July Wednesday	Know the determinants at a structural, community and individual level. Know what works to improve mental health and prevent mental illness within own area of work	Understand what influences mental health (risk and protective factors): 1. Wider factors e.g. poverty, employment, housing, Community factors e.g. social connections, community life, family parenting, 2. Individual factors e.g. sense of control, resilience, physical health. Understand approaches that: 1. Strengthen individuals: positive thinking and behaviour change, personal skills and resilience building, physical health, five ways to wellbeing 2. Strengthen families: preventing adverse childhood experiences, supporting parenting 3. Strengthen communities: empowerment, participation, co-production, social action	Dr Sharmitha Ms. Nitya	Visual Learning: TED Talk Rishi Manchanda What makes us get sick look upstream
5	17 th July Wednesday				Gamified Learning with pick – up sticks
6	19 th July Friday	Don't Panic The truth about Population Hans Rosling - Awakening and unfolding the real potential of our lives Discussion of TED Talk		Dr Sharmitha	Knock-Knock -- Trick or Treat!
Assignment 2: Online Activity Questions to be answered based on TED Talk DON'T PANIC: The Truth About Population - Hans Rosling					
7	24 th July Wednesday	Positive Mental Health & Well-Being	Understand your own mental health, what influences it, its impact on others and how you can improve it.	Ms Nitya	Skill building exercises
8	26 th July Friday		Understand the role personal mental wellbeing plays in competent practice and take responsibility for developing and nurturing your own wellbeing and seeking help as appropriate		

9	9 th August Friday	Recognise, reduce discrimination against people experiencing mental illness	Understand stigma and discrimination and its impact.	Dr Sharmitha Ms Nitya	Taboo/ Synonym Race (Alternative synonyms. addressing myths/ misconceptions)
<p>Half mark past the journey, time for a quick feedback on the journey so far!</p> <p>Assignment 3: World Suicide Prevention Day/ World Mental Health Day (Theme: Suicide Prevention) Working together to Prevent Suicide “Creating Digital Collage”</p>					
10	14 th August Wednesday	Helpie Community Suicide Gatekeeper Training	How to Recognise, Respect & Refer someone who may be experiencing mental distress, including self-harm and suicidal thoughts and intentions	Dr Sunil Dr Sharmitha	Gamified Learning with citiblocs
11	16 th August Friday				
12	21 st August Wednesday	Safe, effective communication through writing	Developing effective Mental Health Education Materials	Dr Sharmitha	4 Suit ♠ Clubs ♦ Diamonds ♥ Hearts ♡ Spades Activity
<p>Assignment 4: Creating your Safety Net with Helpie Rings</p>					
13	23 rd August Friday	Consider social inequalities in one’s space and act to reduce them and empower others	Take action to reduce inequalities where possible: socioeconomic disadvantage and meeting the needs of the most marginalised Building research relationships with tribal communities	Gayathri Devadasan Dr Sharmitha	Role Play
14	28 th August Wednesday	Planning a Public Mental Health Program	Creation of a Campus Community that is deeply conducive to Mental Health	Dr Sharmitha	Case vignettes-based brainstorming
15	4 th September Wednesday	Formal Course culmination	Reflect on the learnings. Course Certificate Distribution. Provide feedback and evaluation of the course.	Dr Sunil Dr Sharmitha Ms Nitya	Public Mental Health Champion Coronation Ceremony Awarding of the best 3 e-collages Post Course Evaluation & Feedback