

HELPING PEOPLE WITH SEVERE MENTAL ILLNESS

TRAINING MATERIALS FOR COMMUNITY BASED
REHABILITATION WORKERS



PROF. DR. SOEHARSO COMMUNITY BASED REHABILITATION
DEVELOPMENT & TRAINING CENTER
SOLO, INDONESIA

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ABOUT THIS MANUAL

This is one of a series of manuals written for and by Community Based Rehabilitation workers in Central Java, Indonesia. They are being used to train fieldworkers for projects in different parts of Indonesia and Bangladesh.

The manuals can be used by anyone interested in the problems of disability: people with disability and their families, CBR workers, therapists, doctors or nurses. They can be used by members of CBR teams set up by the government, CBR workers in small projects run by NGOs, and people working in organizations that want to add CBR to their existing projects such as community development organizations and health outreach programs.

These manuals have no copyright so please copy them and pass them on to others interested in disability issues. You may want to translate them into your local language and change them to make them more suitable for your project and country. For example, change the pictures, names and stories to better fit your local area.

These manuals are new and there are weaknesses and things that could be improved. We hope that anyone reading or using them will send criticism and suggestions to us. We especially want your comments about :

- | | | |
|-----------------|---|---|
| Content | - | Is it relevant? Is there a better way of doing things ? |
| Teaching method | - | Did you learn from reading the manual and doing the learning activities ? |
| Layout | - | Do you like how the pages look ? Is it easy to read and are the pictures helpful and relevant ? |



Many of the ideas and illustration in this manual are not new and have been borrowed. Key sources of material and illustration are :

FEATURES OF MENTAL DISORDERS by ICMR Centre for Advanced Research on Community Mental Health. Available from ICMR, Department of Psychiatry, National Institute of Mental Health and Neurosciences, Bangalore-560 029 India.

STRANGE BEHAVIOUR TREATMENT MANUAL Available from Suchada Sakornsatian Mental Health Technical Development Bureau, Department of Mental Health, Tivanond Rd. Nonthaburi 11000, Thailand.

TRAINING IN THE COMMUNITY FOR PEOPLE WITH DISABILITIES by E. Helander, P. Mendis, G. Nelson, and A. Goerdt. Available from World Health Organization CH-1211 Geneva 27-Switzerland

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NOTE TO READERS

This manual was developed to help community field workers give practical help to people with serious mental illness living in the community. Many of these community workers have limited formal education. Most have only 1-2 weeks training in how to help people with mental illness. In some countries people with problems described in this manual would be seen immediately by a doctor or mental health professional. But in rural and isolated communities there is no access to professionals and community workers must provide simple help for people with mental illness.

Because of these special circumstances, we have simplified complex concepts. We recognize that many important topics in psychiatry are not covered in the manual. Its instructional approach is best described as "need to know" and is not intended to be comprehensive. This approach also meant that concrete examples of management techniques were needed. We have tried to follow the accepted views on mental disorders and to accommodate the conflicting views on culture and mental illness. Some of the management suggestions and examples may not be universally appropriate because of the wide variation in the way mental disorders are seen across cultures and geographic areas.

For ease of reading this manual, we have used "he" and "she" interchangeably throughout the text.

LEARNING OBJECTIVES

At the end of this section (4-5 days) the participants will be able to:

1. Explain what mental illness is to a family or community member;
2. List 4 causes of mental illness;
3. Describe why understanding local beliefs about mental illness is important,
4. List 15 ways a person with mental illness is different from other people in the community;
5. Distinguish between mental illness and a) mental handicap; and b) epilepsy;
6. Describe 6 early warning signs of mental illness and 4 signs that a person should go to hospital;
7. Describe 5 different ways to help a person who is mentally ill;
8. Describe 3 ways that hospitals can help and 4 reasons why they are not helpful for some people with mental illness;
9. Describe why using routine activities and a familiar environment is important when working with people who are mentally ill;
10. Describe 5 principles in using routine activities and in using familiar activities;
11. Demonstrate how to interview a person with mental illness;
12. Demonstrate how to talk to and help a person who is very upset;
13. Demonstrate how to lead educational sessions on mental illness and ways to help the family and the community;
14. Describe the following issues and mental illness: physical illness, illness following childbirth, slow learners, and people who are homeless;
15. Analyze a case study of a person with mental illness and identify: the problems/needs, ways to help the person and the family, and the ways that the family and community can help.