

Report

MENTAL HEALTH SCREENING & AWARENESS WORKSHOP

Montserrado County

Date: November 17- 20 2021

Venue: Christian Home Academy, District 5, Paynesville - Monrovia – Liberia

Title: Mental Health Awareness Training workshop for Teachers, Administrators, Students, religious leaders, Health practitioners, basic schools & social Workers etc

Organizer: PAC

Sponsors: UNHCR/ABC Cooperation



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1. Introduction

The pan African college for peace and conflict resolution has completed four (4) days mental health training workshop for Teachers, Administrators, Students, religious leaders, Health practitioners, basic schools & social Workers etc.

The aim was to assess for emotional disorders link to SEAH (Sexual Exploitation Abuse & Harassment). It was dedicated to increasing the prevention of sexual exploitation, abuse, harassment as well as the promotion of good mental health initiatives among Liberians.

This report focuses on the activities held during the event which brought together various participants from all sectors from within Montserrado County.

Dr. Anderson from the ABC Cooperation visited the training on day **1,2,3 and 4** at which time he express thanks to the participants for taking part in the training and admonish them to take the training seriously. He also attended the lecture session on mental and trauma. For each session he visited, he shares his experience with participants as teacher educator.

Training Goal

1. Orientate participants to mental health, Trauma, sexual exploitation, abuse and harassment related issues.
2. Guide participants to demonstrate dynamic strategies to minimize sexual exploitation, abuse and harassment in various communities and across Liberia.

Training Objectives

1. Provide basic understanding and awareness on mental health, Trauma, sexual harassment and exploitation in and across Liberia.

Overview

- a. **Date:** Training was held from November 17-20 , 2021
- b. **Venue:** The Venue was held at the main campus of Christian home academy in montserado, district # 5.

c. Participants:

County	MONTSERRADO		
	Male	Female	Total
Teacher	20	5	25
Administrator	8	4	12
Facilitator	11	4	15
District Education Officer	1	1	2
NGO/Social Worker/Health Practitioners	80	35	115
PAC Staffs	22	3	25
Grand Total			194

Training

The training brought together **(194)** one hundred and ninety four participants from within montserrado. The Trainers who facilitated the various topics were very time conscious and broke down participants into groups.

Participants Expectations

During the training, participants give the following points as teams and they expect to see at the end of the four days ceremony:

- Gain more knowledge with regards to mental health & trauma.
- Understand the benefit and uses of flyers and posters with messages promoting mental health, sexual exploitation, abuse, harassment and related issues.
- Understand the number of concepts in the topics.
- Understand ways to mobilise communities in fighting against or minimising SEAH.
- Follow the assessment procedure etc.

Topics covered during Training sessions

- Urban migration, conflict and refugee care
- Gender equality
- Understanding mental and Trauma
- Introduction to research method
- Community mobilization
- Governance in Liberian History
- Leadership and teambuilding
- Project proposal writing

Content challenges (see below chat)

Content	Challenge	Topic	Strategy used to over challenges	Recommendations
	Sexual Exploitation Abuse Harassment	Mental Health, Trauma & Introduction to research method	Inform participants to sometime ask Health, social Workers to speak on such sensitive topics.	Inform stakeholders and other partners to help/participate in such topics.
	Community mobilization	Community mobilization & Development	Discuss in details to encourage participants to work in groups & local communities.	Do follow up during & after training.
	Proposal writing	Proposal Writing	Discuss topics in details by breaking participants in four groups.	Proposal writing for future training should be for intensive two days instead of one.
	Teambuilding & Leadership	Teambuilding & Leadership	Apply a fish board method/exercise & break participants in four groups	Leadership & teambuilding should always be discussed in detail during cluster trainings.

Positive change mental health sports Tournament



The aim & objectives:

- ✚ To promote physical exercise and its benefits to positive mental health
- ✚ To promote peace and unity among youths under 15 years within montserrado.

Activities:

The activities were a festival of Football, Fun and other games that help us in finding a way of talking about mental health among youths.

Venue:

CBA – Christian Boys Association sport pitch (Between 9 and 10 Street Sinkor)

Participating teams:

Eight (8) Teams participated and each team came with 18 players.

- 4 from Bushroad Island
- 4 from Sinkor

Match commissioners: 5

Referees: 4

Total: 21

a. Donations

We want to extend our thanks and appreciation to the UNHCR for donating Banners, SEAH promotional posters/Flyers and T-Shirts for participants, Facilitators and PAC Volunteer staffs. We also want to thank the ABC Cooperation for their financial support which helps us to cover some expenditure that the workshop and tournament incurred.

b. Challenges

Below are some challenges/constraints among many others our organisation faced during the implementation of our planned activities:

- Because of limited funding, breakfast and launch was a serious problem for trainers and participants involve in the workshop.
- We were also unable to produce a handbook and to print other important documents for participants.
- Although the majority of our facilitators prepared their lessons on PowerPoint presentation, we were not able to secure generators, fuel; so facilitators were constraint to use the chalk board instead.
- We also limited the number of group presentations because of limited stationeries including markers, poster sheets etc.
- Although the Facilitators and other PAC staffs were time conscious, majority complaint as they cover their own transportations from their homes to workshop and tournament venue.
- Because of limited funding, we could not cover some topics/activities hence the workshop was run for half a day instead of full day during the 4 days.

c. Upcoming Activities

- **Secure funding to implement SEAH events in various counties (15) in Liberia by training rural/Urban staff to be specific females in majority.**
- Provide advance Capacity Building training for selected participants in the form of a TOT (Training of Trainers).
- Fight against the usage of drugs and detox users
- Conduct Need Assessment to establish skill training centers and build Rehabilitation home which will centralize mental health reduction & Trauma facilitation program.
- Campaign against sexual exploitation abuse and harassment
- Promote human right advocacy

d. Success and lesson learned

- Participants were motivated learners
- Participants were exposed to new ideas/skills with regards to gender equality, proposal writing, mental health, community mobilization, sexual exploitation, abuse, harassment and community development.

e. Recommendations

Participants suggested that this training be repeated in all 15 counties of Liberia as the need to address SEAH is prevailing to the growth of our country Liberia. Participants also need more training with longer durations in proposal writing, introduction to research, Trauma & SEAH, leadership & teambuilding and community mobilization.

Expenditure**Workshop/Sports Tournament**

Budget					
ITEM	Duration	Quantity	Unit Cost (USD)	Total Cost	Sponsor
Consultancy& Handbook Production	6 days	1	1000	1000	PAC Self-funding
SEAH Awareness materials			500	500	PAC Self-funding
<ul style="list-style-type: none"> • Calendar/Brochures • COVID Masks • Disinfectants 		250 Pieces 500 Pieces 200 Pieces			
<ul style="list-style-type: none"> • No to SEAH T- Shirts • No to SEAH Flyers • No to SEAH Banners 		350 Pieces 500 Pieces 10 Pieces	1500	1500	UNHCR
Data collection, entry & Analysis	1 day	150	2	2000	PAC Self-funding
<ul style="list-style-type: none"> • Research Administrators • Interviewee 		Interviewees			
Administration	6 days	2	250	250	PAC Self-funding
<ul style="list-style-type: none"> • Communication/Internet • Stationeries/Photocopies 					
Allowance Facilitators / PAC	4 days	15	25	800	ABC Cooperation
Volunteer staffs					
Sport materials SEAH	2 days		500	1000	PAC Self-funding
Tournament					
<ul style="list-style-type: none"> • Footballs • Trophies • Jerseys • Medals • Refreshments • Indemnities • First Aid • Renting of sport ground 					
Internal Transportation	6 days	1	150		PAC Self-funding
Camera/Telephone for photos	4 days	4	10	40	PAC Self-funding
Workshop	6 days	200 +	600	600	ABC Cooperation
<ul style="list-style-type: none"> • Renting of conference hall • Certifications • Refreshment 		Participants			
Total	7, 690 USD				

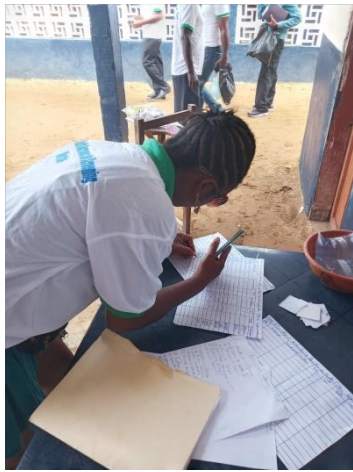
f. Appendix



PAC RECEIVED MATERIAL DONATION FROM UNHCR LIBERIA



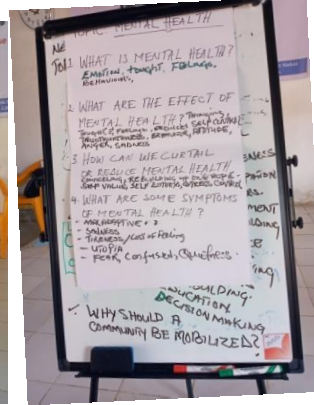
PAC received Financial Donation from ABC Cooperation Liberia



PARTICIPANTS REGISTRATION & LECTURE TIME DURING WORKSHOP



PAC Facilitators demonstrate on group work



Group work Presentations



PAC provide meal for participants during workshop



Panorama photos
Positive Change Mental Health
Sports Tournament



Panorama photos
Workshop participants display
“STOP RAPE”
posters in their communities

DONATIONS ARE WELCOME:

Guaranty Trust Bank (Liberia) LTD

Account Holder

PAN.AFRI.COLL.FOR PEACE&CONFL

Account Number: 203-324765-2-1-0

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