

OPEN CALL

Terre des hommes Hellas is pleased to invite you to a training on the Mental Health and Psychosocial methodology **Problem Management Plus (PM+) Training of Trainers (ToT)**, in the context of the **STEP-IN** project. PM+ is a brief, low intensity, transdiagnostic, psychological intervention developed by the **World Health Organization (WHO)**, targeted to adults (aged 16+) impaired by distress in communities who are exposed to adversity. During PM+ sessions, beneficiaries learn how to manage practical problems, reduce stress and anxiety, improve their mood, and strengthen their social support through evidence-based techniques. The PM+ strategy has been extensively tested through rigorous scientific studies and implemented across diverse cultural contexts.

Who can apply?

This training is designed for frontline workers and professionals working with vulnerable populations and/or populations who are at risk of harm within the Mental Health and Psychosocial Support context. The overall goal of the training is to equip the participants with a deep understanding of the methodology of Problem Management Plus (PM+) Intervention, as introduced by WHO for Individual minors (16+) and adults affected by any kind of adversity, experiencing distress and presenting symptoms and behavior related to common mental health issues of mild to moderate severity. Priority will be given to individuals who have knowledge and experience on PSS and have been trained in relevant methodologies, individuals who have received at the minimum an induction on the PM+ methodology, individuals who have or plan to implement PM+ in the field, individuals who plan to train others to be PM+ helpers.

By the end of the online training, the participants will:

- Learn and/or refresh the strategies of PM+ and will also get acquainted with different examples of its use.
- Be able to increase their training facilitation skills, be able to understand the use of the Trainers' Manual and the role of trainer
- Have the chance to start developing an action plan on specific educational techniques adjusted to the environment of future training for PM+ helpers
- Be able to adapt the PM+ ToT tool in order to train professionals remotely
- Feel more assertive in delivering online trainings



Useful information on the training:

- Dates: 24 - 28 June (5 days/ 35 hours)
- Location: Athens
Training Language: English

We invite those interested in participating to register [HERE](#) until 10/05/2024. For further information, you can contact George Kanaris, Child Protection Project Coordinator, at george.kanaris@tdh.org or Eleftheria Aravidou, MHPSS Coordinator, at eleftheria.aravidou@tdh.org

The [STEP-IN](#) project is coordinated by SOS Children's Villages Italy and in collaboration with Terre des hommes (Tdh) Hellas, Tdh Romania, Jesuit Refugee Service (JRS) Romania, Centro Penc and HERA Center and is co-funded by the European Commission (Health and Digital Executive Agency). For further information on the project, you can visit www.tdh.gr/en/step-in.

Terre des hommes is active in Greece since 2016, contributing to the improvement of the child protection system and the reform of social care. It is a member of the Terre des hommes Foundation, which was founded in 1960 in Lausanne and has since then been one of the leading child protection organizations worldwide. For more information on our projects, you may visit our website at <https://tdh.gr>.

