



ArcaMind

GLOBAL INSTITUTE
FOR MENTAL HEALTH
SOLUTIONS

PM+ Training of Helpers: Day 2

*These materials are designed for use within certified PM+ trainings provided by ArcaMind. Independent use is not advised without facilitation and support.
For more information, contact info@arcamind.com or info@mdfoundation.org*

Good morning and welcome to

PM+ Training!



Schedule for today:

- Energizer Exercise
- Action Plan Check In
- Get Going, Keep Doing
- Debrief
- Strengthening Social Supports
- Debrief
- Admin / Wrap Up





Activity

Energizer



We want to get to know one another!

- Energizer game: *"2 truths and a lie"*
- We'll go around the group and each person will come up with 2 things that are true about themselves, and 1 thing that is not true
- We will have a few people share which one they think is not true
- Pick another person once you've taken a turn

Review of Strategies 1 & 2

Strategy 1 (Managing Stress)

- Introduction & confidentiality (5 min)
- Review from assessment & PSYCHLOPS (10 min)
- What is PM+? (20 min)
- Understanding adversity (30 mins)
- Managing stress (20 min)
- Ending the session (5 min)

Strategy 2 (Managing Problems)

- General review and PSYCHLOPS (5 mins)
- Managing Problems (70 mins)
- Review/Managing stress (10 mins)
- Ending the session (5 min)

Managing Stress & Managing Problems

Action Plan Check In

How did it go?

- What went well?
- What was challenging?
- What did you learn?



PM+ Strategy 3

Roadmap for Session 3

1. General review and PSYCHLOPS (5 mins)
2. Managing Problems (35 mins)
3. Get Going Keep Doing (35 mins)
4. Managing stress (10 mins)
5. Ending the session (5 min)



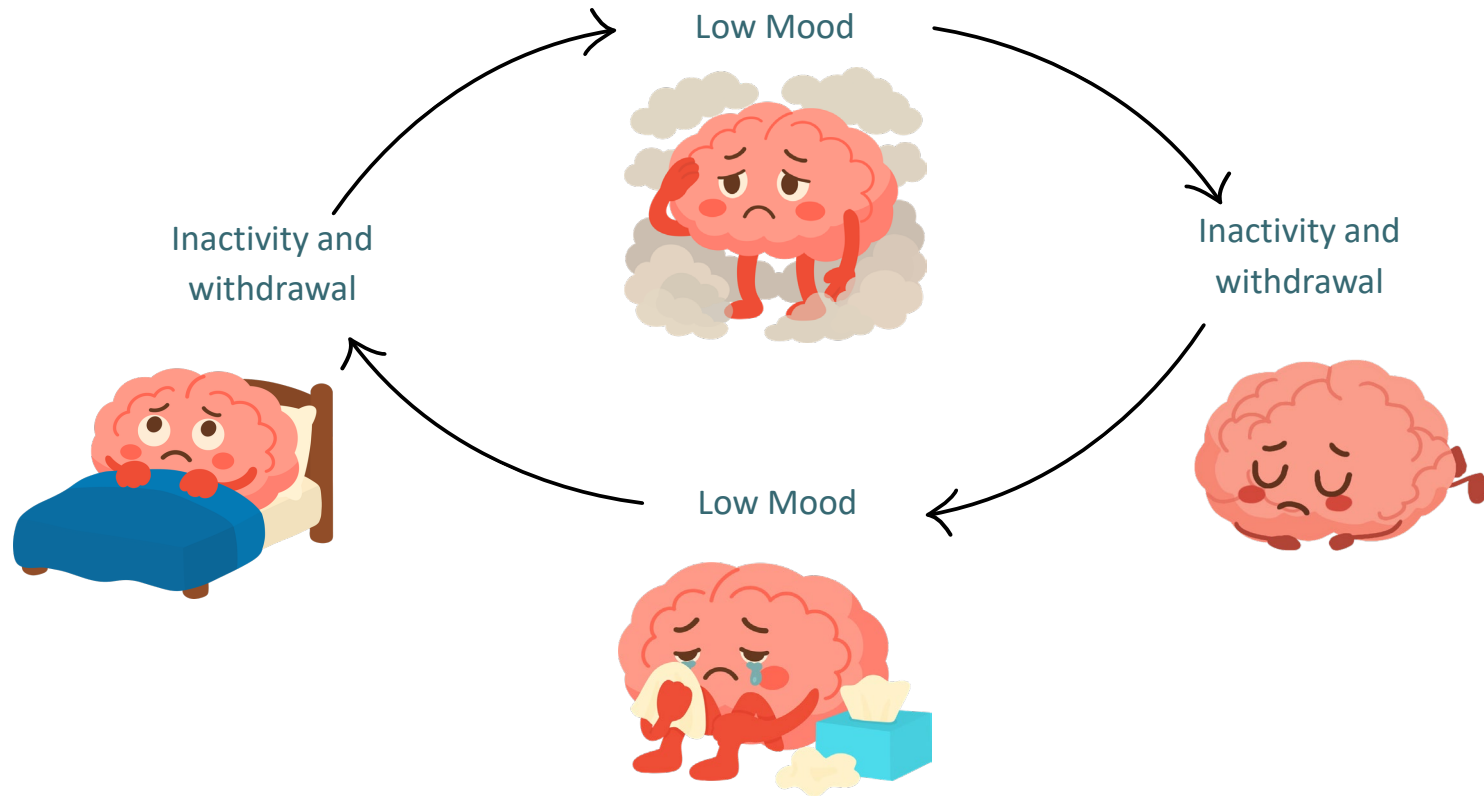
PM+ Strategy 3

Get Going Keep Doing

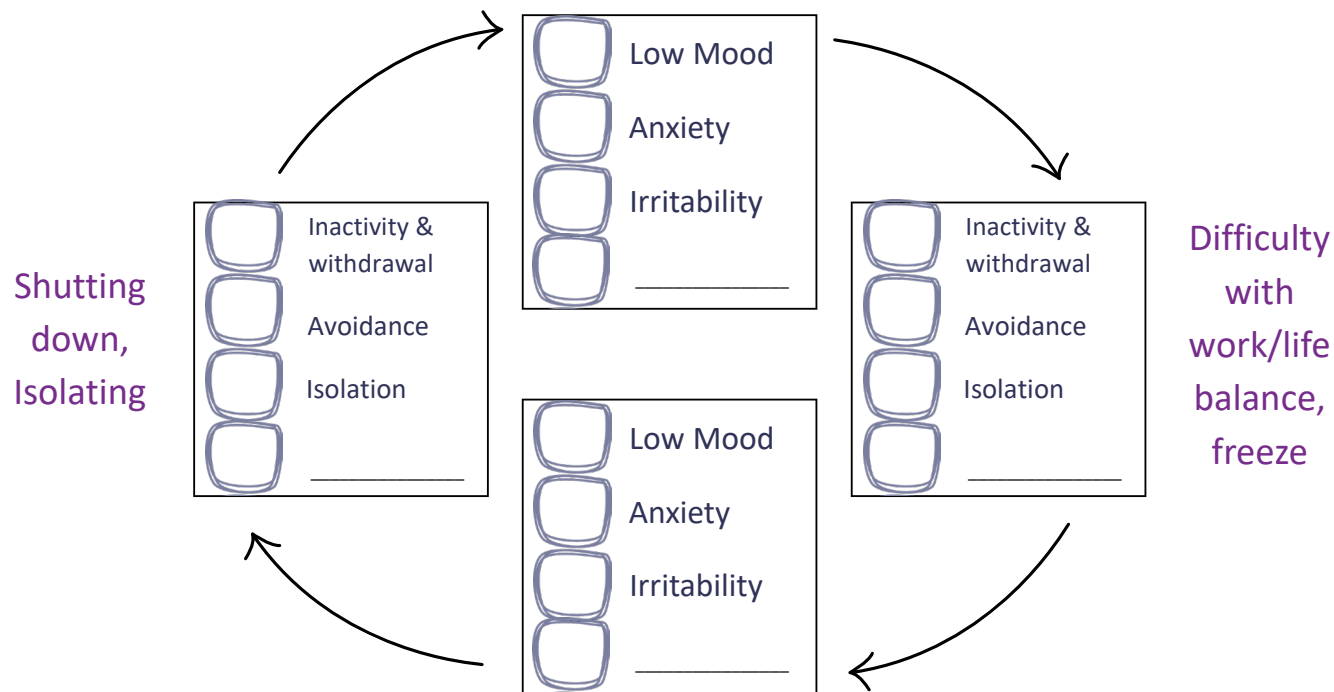
- Inactivity Cycle (Over-activity)
- Activity Cycle
- Activities that bring joy



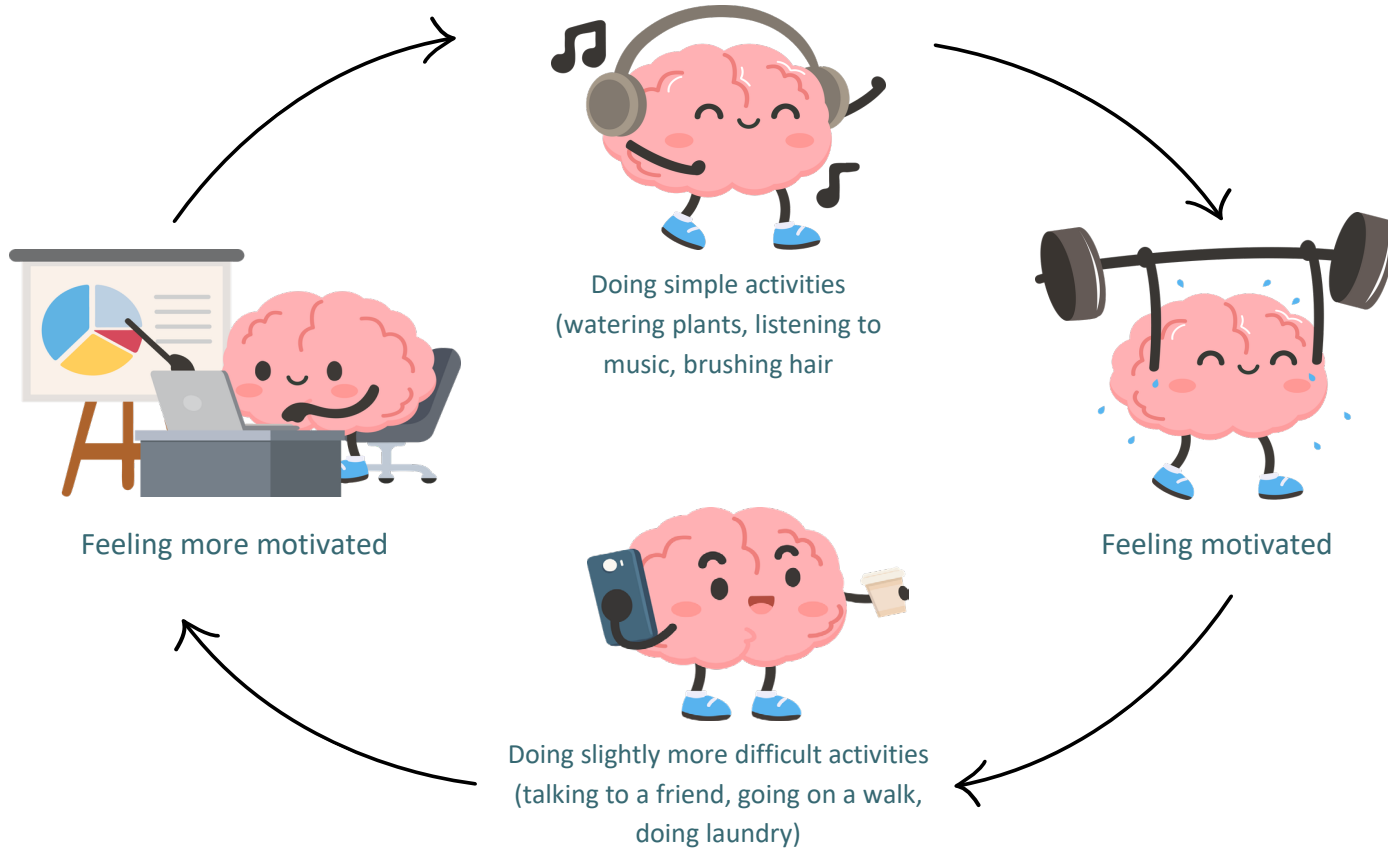
The Inactivity Cycle



The Inactivity Cycle



The Activity Cycle





What brings you joy?

What are some things that you haven't been able to do and What Brings you JOY?

- Eat a favorite meal or food
- Read a book
- Relax and meditate
- Listen, sing, or play music
- Dance
- Do some art
- Read magazines or newspapers
- Pick or arrange flowers
- Write a poem, journal, or story
- Visit a lovely place
- Look at old photos
- Visit a friend or family
- Join a church, mosque, or temple
- Call or talk to a friend, neighbor, or family member
- Invite your neighbor over
- Join a local community gathering
- Make a gift for someone
- Play a game
- Go for a walk
- Try an activity you have not tried before
- Play actively with children
- Have a bath or shower
- Change your clothes
- Brush your hair
- Do some laundry
- Cook a meal
- Pay bills
- Read your mail
- Employment duties
- Cut the grass
- Go grocery shopping
- Go fishing
- Enjoy your favorite smells

Go through Strategy 3 Together

Take notes on:

- How were the strategies from different strategies brought back in?
- What is the **Get going Keep Doing** strategy? Would you explain the strategy differently to your clients?
- Did the helper use different types of diagrams/visuals for this strategy and what might the purpose of that be?



Debrief



Break



Practice Time!



Now moving from observing "receiving PM+"
to practice how to deliver it and teach
strategies

How will the strategies work:

- Review the checklist for Session 3
- Discuss important key points and questions
- Practice with partners



Going through PM+ Strategy 3



Roadmap for Session 3 (Get Going Keep Doing)

1. General review and PSYCHLOPS (5 mins)
2. Managing Problems (35 mins)
 1. Get Going Keep Doing (35 mins)
 1. Managing stress (10 mins)
 1. Ending the session (5 min)

Delivering PM+ to Practice Clients

(Practice Directions for PM+ Helpers)

- Be “**yourself**” – (working in the same organization)
- Have all of your **materials** ready (have the checklist open & the manual nearby to follow)
- Go through the whole strategy
- Stay in “**character**” (you as the PM+ helper) throughout the strategy, even if you make a mistake, that’s okay! Continue with your role.

It is okay and normal to be a little nervous for this!

Debrief





Lunch

PM+ Strategies 4

Strengthening Social Support

- General review and PSYCHLOPS (10 mins)
- Managing Problems (15 mins)
- Get going, Keep Doing (15 mins)
- Strengthening Social Support (20 mins)
- Ending the session (10 mins)

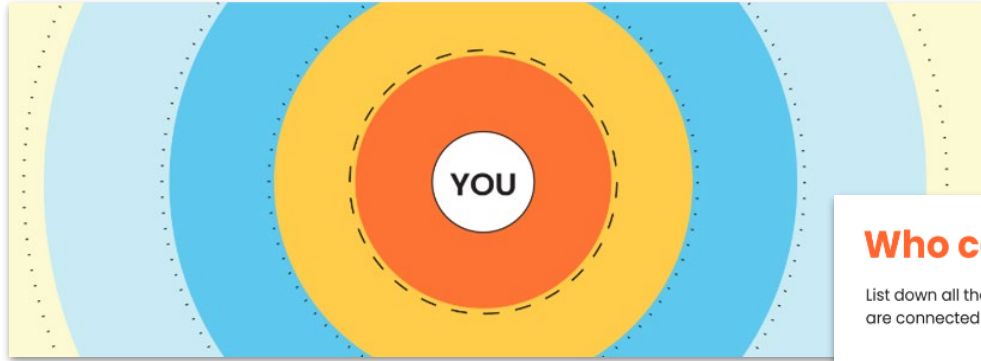
Strengthening Social Supports



- People cope better when they have good social support networks (friends, family, community or religious groups, etc.)
- Spending time helping clients strengthen their social supports may have a big effect on their overall emotional well-being



Support can come in many forms



Who can you connect with?

List down all the people, organizations, or communities that you are connected with.

Help clients think about:

- What type of social support do you currently need?
- Who do you enjoy spending time with?
- Who do you trust?
- What are difficulties that may come up when reaching out?
- How could you overcome or work around these difficulties?

Strengthening Social Support Tips

Common difficulties with Strengthening Social Support

- Recognizing and exploring this topic can be very vulnerable
 - As helpers, it can feel like prying or like insinuating that the client doesn't have a support system
- Most clients *do* have some support system. The strategy is intended to strengthen it
 - Our job is to encourage and promote existing system
 - Be curious about ways to strengthen and create an action plan
 - Explore how and when we connect with that existing system

Referrals



**Many organizations regularly make referrals,
Session 4 is a great place to make those in PM+**

- Fits well with Strengthening Social Support
- At this point you have a rapport with your client
- You are beginning to create a bridge to support for when you end with that client in the following session



Go through Session 4 Together



Take notes on:

- How were the strategies from different sessions brought back in?
- What is the **Strengthening Social Support** strategy? Would you explain the strategy differently to your clients?
- Did the helper use different types of diagrams/visuals this session and what might the purpose of that be?



Break



Practice Time!



Now moving from observing "receiving PM+" to practice how to deliver it and teach strategies

-How will the sessions work:

- Review the Session 4 checklist
- discuss important key points and questions,
- practice with partners



Session 4

(Strengthening Social Support) Review

- General review and PSYCHLOPS (10 mins)
- Managing Problems (15 mins)
- Get going, Keep Doing (15 mins)
- Strengthening Social Support (20 mins)
- Ending the session (10 mins)

Debrief



Offline Activities



- Please complete any assigned homework in the LMS in the Offline Activities Day 2 Module.
- Use the Action Plan developed in session 2 to practice managing problems and Get Going, Keep Doing during the next two weeks

Everything you need can be found in the LMS.



Appreciation

Share something you
appreciate about our
time together today



It's a wrap!



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Miller-Dwan  Foundation