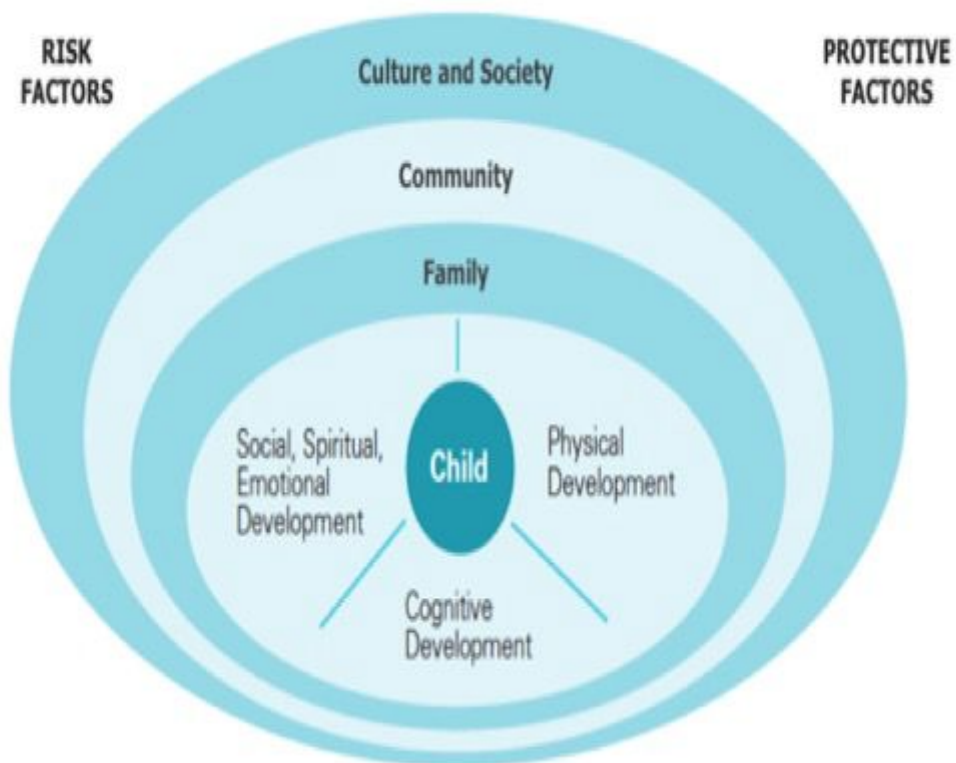


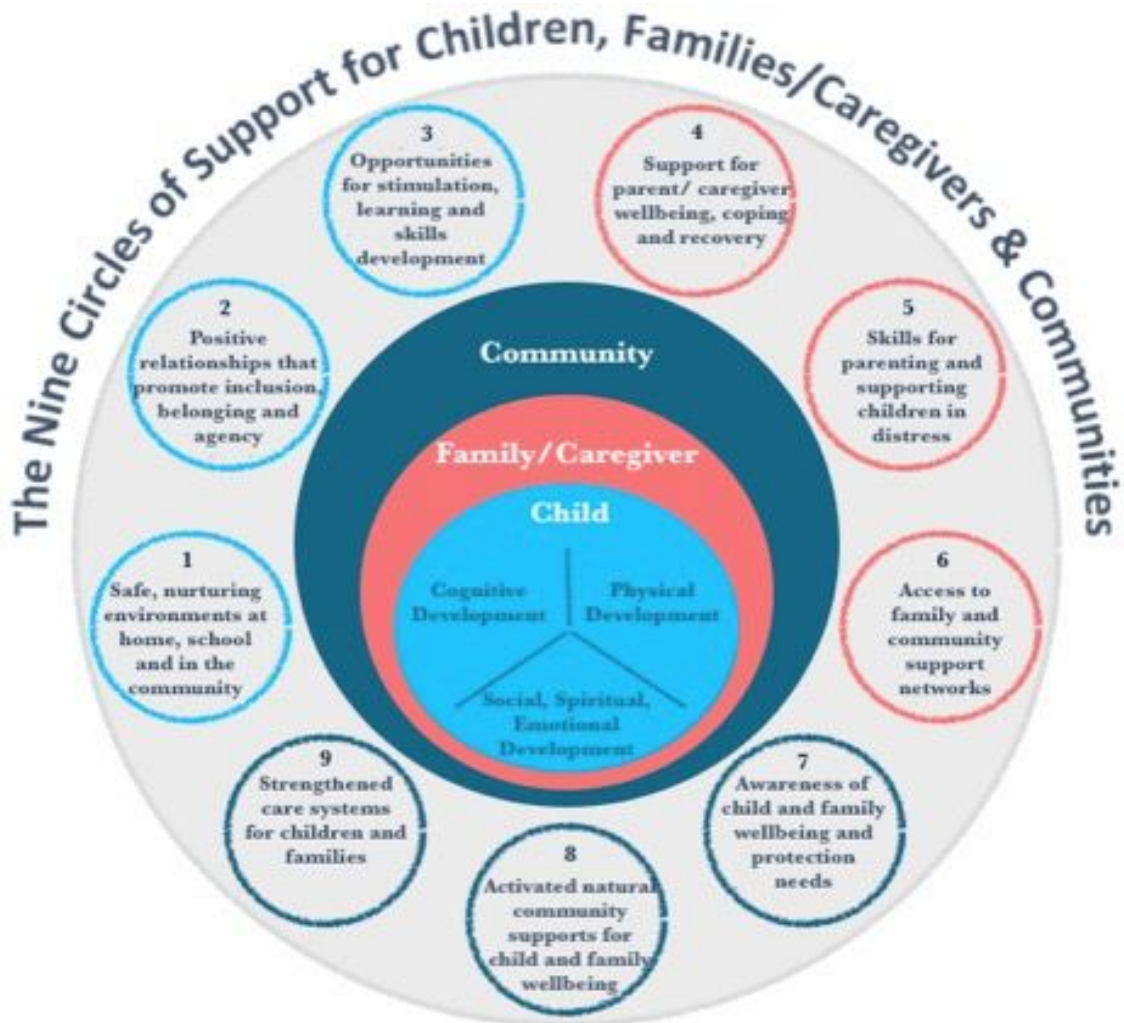


UNICEF Community-based Mental Health and Psychosocial (MHPSS) Guidelines

1. What are some risk factors that could worsen mental health and psychosocial wellbeing in each of the 3 layers of the Social Ecological Model?
2. What are some protective factors in each layer?



3. Consider one of your current programs or projects, or a recent difficult child or family case you've had. How would you engage each of the 9 circles of support in that scenario?



4. In one of your current programs or projects, what is one impact indicator you can use in the monitoring and evaluation of your project? What is one outcome and corresponding outcome indicator you could use? Reference the below as examples, but feel free to create alternatives that are relative to your situation.

TABLE 3: IMPACT INDICATORS

GOAL: REDUCED SUFFERING AND IMPROVED MENTAL HEALTH AND PSYCHOSOCIAL WELLBEING OF CHILDREN AND FAMILIES.				
IMPACT INDICATORS				
GI.1	FUNCTIONING: For example, the ability to carry out essential activities for daily living, which will differ according to factors such as culture, age and gender			
GI.2	SUBJECTIVE WELLBEING: Aspects of subjective wellbeing that could be measured include feeling calm, safe, strong, hopeful, capable, rested, interested and happy; not feeling helpless, depressed, anxious or angry			
GI.3	EXTENT OF PROLONGED DISABLING DISTRESS AND/OR PRESENCE OF MENTAL, NEUROLOGICAL AND SUBSTANCE USE DISORDER (OR SYMPTOMS THEREOF)			
GI.4	ABILITY OF PEOPLE WITH MENTAL HEALTH AND PSYCHOSOCIAL ISSUES TO COPE WITH PROBLEMS: For example, making use of skill in communication, stress management, problem-solving, conflict management or vocational skills			
GI.5	SOCIAL BEHAVIOUR: Being able to, for example, help others and avoid aggressive behaviour, use of violence, discriminatory actions			
GI.6	SOCIAL CONNECTEDNESS: This refers to the quality and number of connections an individual has – or perceives to have – with other people in their social circles (family, friends and acquaintances). Social connections may also go beyond one’s immediate social circle and extend, for example, to other communities.			
KEY OUTCOMES				
1. Emergency responses do not cause harm to children and families, and are dignified, participatory, community-owned and socially and culturally acceptable	2. Children and families are safe and protected, and human rights violations are addressed	3. Family, community and social structures promote the wellbeing and development of all children and caregivers	4. Communities and families support children who have mental health and psychosocial problems	5. Children and families with mental health and psychosocial problems use appropriate care

5. What are ways in which you can engage the community in which your project is serving?

For further resources, please refer to:

[UNICEF Operational Guidelines on Community-Based Mental Health and Psychosocial Support in Humanitarian Settings](#)

[Compendium of Resources: A Supporting Document to UNICEF’s Operational Guidance: Community Based Child Protection](#)

[UNICEF Child Protection Advocacy Brief: Mental Health and Psychosocial Support in Emergencies](#)