

**Yongin WHO Fellowship Program
for Training Mental Health Professionals
in the Western Pacific Region**

March – October, 2010



**WHO Collaborating Center
for Psychosocial Rehabilitation and Community Mental Health
Yongin Mental Hospital**

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■ Background

WHO Collaborating Center for Psychosocial Rehabilitation and Community Mental Health of Yongin Mental Hospital was designated in Apr. 2003. Terms of References of the center are following (1) To collaborate with the WHO in the development and provision of clinically effective psychiatric rehabilitation and community mental health services in line with the Western Pacific Region Mental Health Strategy; (2) To collaborate in training and education activities of the WHO's programs, the training and re-orientation of mental health professionals and primary health care workers in order to develop the attitudes, skills, and knowledge needed for modern mental health care; (3) To join the WHO's advocacy efforts in the field of mental health, with a devotion to increasing awareness of both policy-makers and the general public of the importance of mental health in Korea; (4) To conduct research on the cognitive and vocational functioning of mentally ill patients; (5) To conduct ongoing evaluations and clinical outcome studies of psychosocial rehabilitation programs; (6) To publish mental health and PSR-related books and leaflets including WHO publication; and (7) To document and disseminate evidences and best practices in PSR and community mental health-related areas, including distribution and translation of WHO publication

To achieve the second term of training and re-orientation of mental health professionals and primary health care workers, we would like to invite mental health professionals in our Western Pacific Region to train in the WHO CC for psychosocial rehabilitation programs and community mental health services.

■ Scope and Objectives of Activities

The relationship between educational approaches for the mental health professionals to develop new program/ services and improvement of treatment outcome is already verified in mental health area. Teaching mental health staff about learning strategies will lead to more effective rehabilitation program. The training efforts should focus on helping mental health workers develop user-friendly rehabilitation program rather than on insisting that individuals learn state-of-the-art intervention. Duration of the training is basically two months, but it can be adjusted to the need of the trainee

■ Venue for Training and Education

1) Psychiatric Rehabilitation Center and Inpatient Wards in the Hospital

: equipped with guest house, seminar room, conference room, program room, cafeteria, protected

workshop, daily living skill house, etc.

- 2) Seoul Metropolitan Mental Health Center
- 3) Yongin Community Mental Health Center
- 4) Seongnam Community Mental Health Center
- 5) Seongnam Alcohol and Substance Counseling Center
- 6) Residential Facility-Group Home
- 7) Club house - Taihwa fountain house

■ Contents of Yongin Mental Health Fellowship Program

1) Lectures

- Global mental health situation
- Concept and practices of Psycho-social rehabilitation
- Overview on Community mental health service
- Mental health policy, plan and program
- Mental health situation of Korea
- Therapeutic community for inpatients
- Vocational rehabilitation
- Social skills training
- Cognitive rehabilitation program for schizophrenia
- Emotional Management Program for Schizophrenia
- Psychoeducation program for patients and care-givers
- Crisis intervention service
- Early intervention service
- Case management
- Family therapy
- Psychopharmacology updated (option)
- Child and adolescent psychiatry (option)
- Psychogenetics (option)

2) Participation in Programs and Activities

- Social skills training program
- Cognitive rehabilitation program for schizophrenia
- Emotion control program for schizophrenia

- Psychoeducation program for patients and care-giver
- Patients' self-help group meeting
- Outreach for case management
- Psychodrama (option)
- Dance therapy (option)

3) Site visits

- Vocational rehabilitation center in and out of hospital
- Residential facilities
- Community mental health center
- Alcohol and substance counseling center
- Child and adolescent mental health center
- Seoul metropolitan mental health center
- Club house
- Day hospital (option)

4) Supervision sessions

- Current interests and work place information of the trainees will be presented in the beginning of the training. Trainees should develop future plan for practical services development in their institution and community. Four supervision sessions will be provided including final presentation and feedback

■ Participants in 2009

Term	Name	Nationality
6/Apr/2009 – 1/May/2009	Dr. XUE Zhiqiang Dr. YU Shijiang	China
8/June/2009 – 3/July/2009	Dr. Kanna Sugiura Dr. Syeda Ruksheda	Japan India(South-East Asian Region)
22/June/2009 – 16/July/2009	Dr. Sam Sangvath Dr. Yim Sobotra	Cambodia
26/Oct/2009 – 20/Nov/2009	Dr. Guljanat Erlan Dr. Tuya Baldanjamts	Mongolia

■ Tentative Curriculum for the 1st week

Principles and practices of psychiatric rehabilitation and community mental health service

	Time	Venue	Tutor	Notice
Monday				
Welcome and Introduction about WHO CC and Fellowship program	09:00-17:00	WHO CC	Dr. Seo Y. J.	Including looking around WHO collaborating center and hospital
Tuesday				
Lecture (1)	09:00-12:00	Seminar Room	Dr. Hwang T. Y.	Global mental health situation
Lecture (2)	14:00-15:20	Seminar Room	Dr. Lee J. G.	Mental health situation of Korea
Project presentation	15:40-17:00	Conference Room		Trainees presentation on future plan and project
Wednesday				
Lecture (3)	09:00-12:00	Seminar Room	Dr. Hwang T. Y.	Principles and practices of psycho-social rehabilitation
Lecture (4)	14:00-17:00	Seminar Room	Dr. Seo Y. J.	Mental health policy, plan and program
Thursday				
Lecture (5)	10:40-12:00	Seminar Room	Dr. Lee J. G.	Overview on community mental health service
Lecture (6)	14:00-17:00	Seminar Room	Dr. Seo Y. J.	Crisis intervention and Early intervention service
Friday				
Lecture (7)	09:00-10:20	Seminar Room	Dr. Han E. S.	Vocational rehabilitation
Lecture (8)	10:40-12:00	Seminar Room	Dr. Kim S. S.	Case management
Supervision (1)	14:00-17:00			Supervisor meeting

■ Tentative Curriculum for the 2nd week

Rehabilitation program activities and Special lectures

	Time	Venue	Tutor	Details
Monday				
Lecture (9)	09:00- 10:00	Seminar Room	MA. Lee W. K.	Cognitive rehabilitation and Emotion control program
Program activity(1)	10:20- 12:00	Program Room	MA. Lee W. K.	Cognitive rehabilitation program for schizophrenia
Lecture (10)	14:00- 15:20	Seminar Room	MSW. Kong J. H.	Psychoeducation program for patients and care-givers
Program activity(2)	15:40- 17:00	Program Room	MSW. Kong J. H.	Psycho-education program for patients
Tuesday				
Lecture (11)	09:00- 10:00	Seminar Room	MSW. Baik H. U.	Social skill training
Program activity (3)	10:20- 12:00	Program Room	MSW. Baik H. U.	Social Skill Training (1)
Lecture (12)	14:00- 15:20	Seminar Room	Dr. Lee J. G.	Therapeutic community
Program activity (4)	15:40- 17:00	Program Room	Dr. Lee J. G.	Community meeting
Wednesday				
Site Visit with special lecture	09:00- 17:00		Prof. Lee Y. M.	Ajou university hospital
Thursday				
Program activity (5)	09:00- 12:00	Program Room	MSW. Baik H. U.	Social Skill Training (2)
Program activity (6)	14:00- 17:00	Program Room	MA. Lee W. K.	Emotion control program
Friday				
Special lecture	09:00- 12:00	Seminar Room	Dr. Park S. D.	Family therapy
Supervision (2)	14:00- 17:00			Supervisor meeting

■ Tentative Curriculum for the 3rd week

Site visits

	When	Where	Tutor	Details
Monday				
Visit (1)	09:00- 17:00	Seongnam CMHC	Dr. Kwon E. J.	Seongnam Community Mental Health Center
Tuesday				
Visit (2)	09:00- 12:00	Alcohol and Substance Center	Dr. Oh H. S.	Seongnam Alcohol and substance counseling center
Visit (3)	13:00- 17:00	Child and Adolescent Center	Dr.	Seongnam child and adolescent mental health center
Wednesday				
Visit (4)	09:00- 12:00	Seoul MMHC	Dr. Seo Y. J.	Seoul Metropolitan Mental Health Center
Visit (5)	13:00- 17:00	Club house	MSW. Moon Y. H.	Taihwa fountain house
27th March (Thursday)				
Visit (6)	09:00- 12:00	Residential Facility	PRN. Lee S. Y.	Group home 'Woorizip'
Visit (7)	13:00- 17:00	Mental Health Center	Dr. Kim S. S.	Yongin community mental health center
28th March (Friday)				
Visit (8)	09:00- 12:00	Vocational Rehab Facilities	MSW. Park S. I.	Looking around sheltered workshop and work-places
Supervision (3)	14:00- 17:00			Supervisor meeting

■ Tentative Curriculum for the 4th week

Optional Program, Evaluation and Wrap-up

	When	Where	Tutor	Details
Monday				
Optional program (1)	09:00- 12:00			Psychopharmacology
Optional program (2)	13:00- 17:00			Geriatric Psychiatry
Tuesday				
Optional program (3)	09:00- 12:00			Invited Guest Lecture
Future Plan Presentation	14:00- 17:00	Conference Room		Trainees presentation on future plan and project (again)
Wednesday				
Evaluation of the Course (1)	09:00- 12:00	Seminar Room	Dr. Seo Y. J.	
Evaluation of the Course (2)	13:00- 17:00	Seminar Room	WHO CC Staff	
Thursday				
Optional Site visit program				
Friday				
Departure				