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### Training of Trainers on Psychological First Aid

#### **Background about Médecins du Monde (Mdm)**

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Mdm is a campaigning medical organization committed to international solidarity caring for the most vulnerable populations. Mdm is present in Lebanon for more than 30 years implementing different programs aiming to strengthen the primary health care system with a special focus on mental health, SRH with GBV integrated services and emergency preparedness and response.

Mdm is now in a 3 year-AFD-funded project in consortium with PUI and Amel, supporting 4 PHCCs (3 in Beqaa and 1 in Tripoli) in providing quality primary health care services.

Mdm is implementing another AFD-funded project on the provision of specialized gender-sensitive mental health and substance use services in Beirut, Baalbek and Tripoli, in harmony with the National Mental Health Program strategy, in partnership with Skoun, Embrace and NMHP.

Furthermore, Mdm continue to intervene in Macharh El Qaa amongst Syrian and Lebanese communities, improving access to PHC services through the running of a Mobile Medical Unit, home visit, school health activities, epidemics surveillance and response and the provision of specialized mental health services.

#### **BACKGROUND FOR THE TRAINING REQUEST**

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Under the project funded by Agence française de développement (AFD) called SAQIRH (“Strengthening Access to a Quality, Inclusive and Resilient Healthcare System”), Mdm and its partners are working in improving access to quality primary health care for vulnerable populations in Lebanon.

With the current emergency situation, Mdm is launching a call for trainer to provide a “Training of Trainers” (TOT) on Psychological First Aid (PFA) to habilitate Mdm and its partners staff to train colleagues, PHCCs staff and outreach health volunteers on providing Psychological First Aid to communities in need.

**Training participants** around 40 participants 20 per each session, MHPSS supervisors, coordinators and specialists, psychologists, case managers, community outreach officers and advisors, etc.

#### **Location of the training: Beirut**

The consultant will determine the number of hours, days required to reach the objective.

#### **OBJECTIVES AND RESPONSIBILITIES**

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##### **Training objectives:**

After completing this training, participants will be able to:

- Define what is PFA and the objectives of PFA
- Know when and with whom to implement PFA
- Know what is the impact of different types of emergencies on populations
- Know what are the PFA action principles
- Be aware of the specificity of contexts and specific target groups in implementing PFA.
- Acquire the skills to provide PFA in different contexts and to specific target groups.
- Know what are the PFA ethical rules
- Be aware of the importance of self-care when helping others. and know specific self-care techniques
- Training colleagues in their teams to increase their knowledge and skills on PFA

### **Trainer responsibilities:**

- Prepare the training outline in Arabic and English, content and pre-post test.
- Share the training agenda and logistics needs with MDM team.
- Provide the training using different appropriate training techniques.
- Share the relevant training material with the attendees as well as any materials (written and or visual) utilized.
- Prepare a detailed final report with constructive feedback based on the evaluation of the training through formal and informal responses collected from participants.
- Follow-up meeting after two months to discuss challenges and questions by the trained participants after they delivered the training.

### **DELIVERABLES:**

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- Training outline and agenda
- Pre- post test.
- Logistics requirements to provide the training.
- Training material to be shared with the attendees, as well as a utilized materials (written and or visual)
- A detailed final report including constructive qualitative feedback based on the evaluation of the training through formal and informal responses collected from participants

### **REQUESTED PROFILE:**

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- Academic background in Mental health, Public Health or relevant academic background
- Qualified to provide training on Psychological First Aid.
- Experience in providing training to health and mental health professionals

### **SELECTION PROCESS:**

A competitive selection process will take place taking into consideration the entire offers including CV, technical and financial aspects.

### **Required documents**

- CV and Cover Letter
- The technical and methodological approach for the training

- A proposed training plan and schedule including the number of hours for the training.
- A copy of legal documents (MOF registration, VAT registration, Commercial Circular ...)
- References of previous experience
- Financial offer (Price including taxes, the validity of the offer, terms of payment, payment modality etc).

Deadline to apply: 09/11/2023, 05:00 PM

Expected date of the training: Mid November

The proposal must be sent by email to: [logmanag.lebanon@medecinsdumonde.net](mailto:logmanag.lebanon@medecinsdumonde.net), and must mention in the subject of the email "ToT on Psychological First Aid", before 09th November 2023 at 05:00 PM.