

**REBÂTI SANTÉ MENTALE**

**TEACHERS MENTAL HEALTH  
TRAINING PROGRAM**

**ARCAHAIE PROJECT**



**SESSION 2 REPORT  
FEBRUARY 2013**

**February 11-15<sup>th</sup>, 2013: Session 2****Trainers:**

*Co-trainers selected from the last session are: Mr Rene Wilson and Mr. Laurent Courtois. Mr. Courtois was not able to join us at the start of the program.*

**Trainers from the US:** Dr. Guerda Nicolas and Dr. Gemima St Louis. Due to flights delayed

to the snow in Boston, Dr.

Gemima was not able to join the team until Monday after much difficulties traveling to Haiti.

We are grateful to Dr. St Louis for her commitment to the program.



**Co-Trainers Training:** The program started with a meeting with the co-trainers on Sunday afternoon to orient the co-trainers to the program and go through the trainers manual with them regarding the program. Specific roles, responsibilities, and tasks were discussed with the trainers.

The session was held at the conference room in Musee Orgier-Fombrun. A perfect location for a training focusing on mental health and history.

Cuisine Luloise, head by Mr. Jean Paul Webens of Luly, catered food in.

A total of 16 teachers attended the first session of the program; 11 males and 5 females. These teachers represented several main sectors of the area: Montrouis (tourist area), St Marc, Arachaie (main town), and Tbwa (mountain) and different types of schools (public and private). **The came from the following institutions:**

- Educative D'excellence de Montrouis
- Lycee de Montrouis
- Ecole Evangelique Mixte Petit-Bois
- Arc En Ciel
- College Lumiere
- Lycee Jean-Baptiste Pointe due Sable
- M College Mordene
- Saint Francois De Sale
- CECOMITRIE
- I.M.I.L
- Hope on a String
- Ecole Nationale du Drapeau



**They work with the following grade levels:**

- 4<sup>th</sup> AF
- 1-4<sup>th</sup> AF
- 7<sup>th</sup> AF
- fundamental-secondaire
- Fondamental

Similar to the previous session, the groups were created with the intention of integrating them and building a sense of community among such a diverse group of teachers with the same objective (education of kids). Arranging the group in this manner enable us to accomplished some additional benefits of the program:

- Teachers from different parts of the region connected with each other for the first time
- Teachers had a chance to share experiences across different types of schools
- Teachers from the mountain area felt that they had a voice and place at the table and were instrumental in ensuring that the participants knew their presence and their importance.

The training started with everyone completing the following forms: demographic, questionnaire about mental health, and pre-workshop assessment.

**Mayor Wilson** welcomed the group as well as all of us to the training. He thanked Rebati for coming to the region to conduct this training.

**Mr. Pierre Imbert** from the Barr Foundation also provided greetings and oriented the group as to the rationale for inviting Rebati to implement this program in the area.



Dr. Guerda Nicolas provided greetings on behalf of Rebati, shared the mission and vision of Rebati with the group and oriented them of the focus of the project.

**Mireille Fombrun** welcomed the group and shared her role as the trainer of the history and museum component of the program.

Individuals were paired with an individual whom they did not know and spent a little time getting to know each other and then introduced their partners to the team. Then individuals were put in teams of 4 individuals. In their team, members re-introduced themselves to each other and were asked to create a team name, which they then presented to the larger group. Each group had the chance of decorating a paper with their names, which will be placed in their section of the table where they will seat. The following **team names** were generated during this session:

- **Etwal** (Stars)-education is an opportunity to shine each other and individually
- **Equilibrium**-the need to have a balance perspective.
- **ASME** (Amelioration de la Sante Mental Des Engants)- created given the focus on mental health as the start of an association that addresses the mental health needs of children



 **FEDEDIK**- representing the various names of the members of the group, representing that as an individual coming together to achieve great things.

The training materials were distributed to each participant and the main objectives of the day and the week were discussed with the group. Both French and Creole books were distributed but the group will mainly be working from their Creole book.

Before officially starting with the training, some ground rules were established along with consequences if violated. These were created by the participants and supported by vote by all:

-  Tolerate differences
-  Accept different opinions
-  Mutual Respect of each other
-  No ringing of the phone
-  No talking with your neighbors. If a question raised hands
-  Must be punctual with the time
-  We are all friends and family

The group agreed that if these rules were violated then the individual would have to either dance, sing, or give a joke, give the name of five people in the room, give a summary of what has been discussed thus far.

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week were discussed with the group. Both French and Creole books were distributed but the group will mainly be working from their Creole book.

**The Training focused on the following key areas:**

- Difference between maladie mentale and Sante Mentale
- Difference entre normal development and mental health issues among kids
- Difference between symptom, syndrome, and disorder
- Causes of mental illness
- Roles of teachers
- Overview of specific disorders were discussed: Depression, Anxiety, Trauma, and Grief

A total of 4 Co-Trainers were selected for the next session.



**Guided tour of the museum;** an overview of the history of Haiti from pre-colonization to 1804 was provided; and the link between history and mental health discussed.



We raffled off one UM t-shirts, CD from Dr. Piton (co-trainer from session 1), and a basket of stress reduction materials from Dr. St Louis.

**FRIDAY PRESENTATIONS BY GROUPS**

## PRESNTATION OF CERTIFICATE AND GIFTS

