

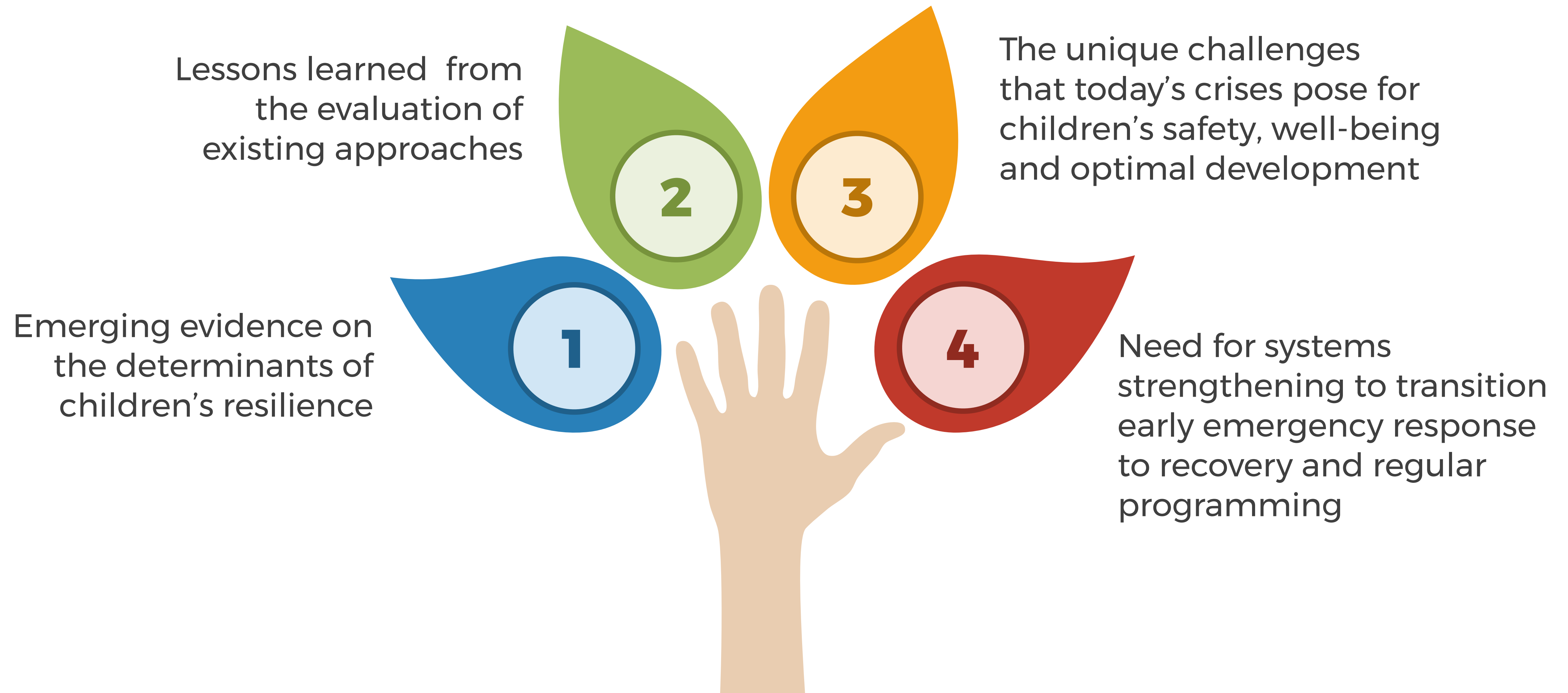
# UNICEF Guidelines on Community-based MHPSS in humanitarian settings





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# Why These Guidelines?



# What is the aim of the guidelines?

Restoring and strengthening family and community supports and systems ultimately aims to:

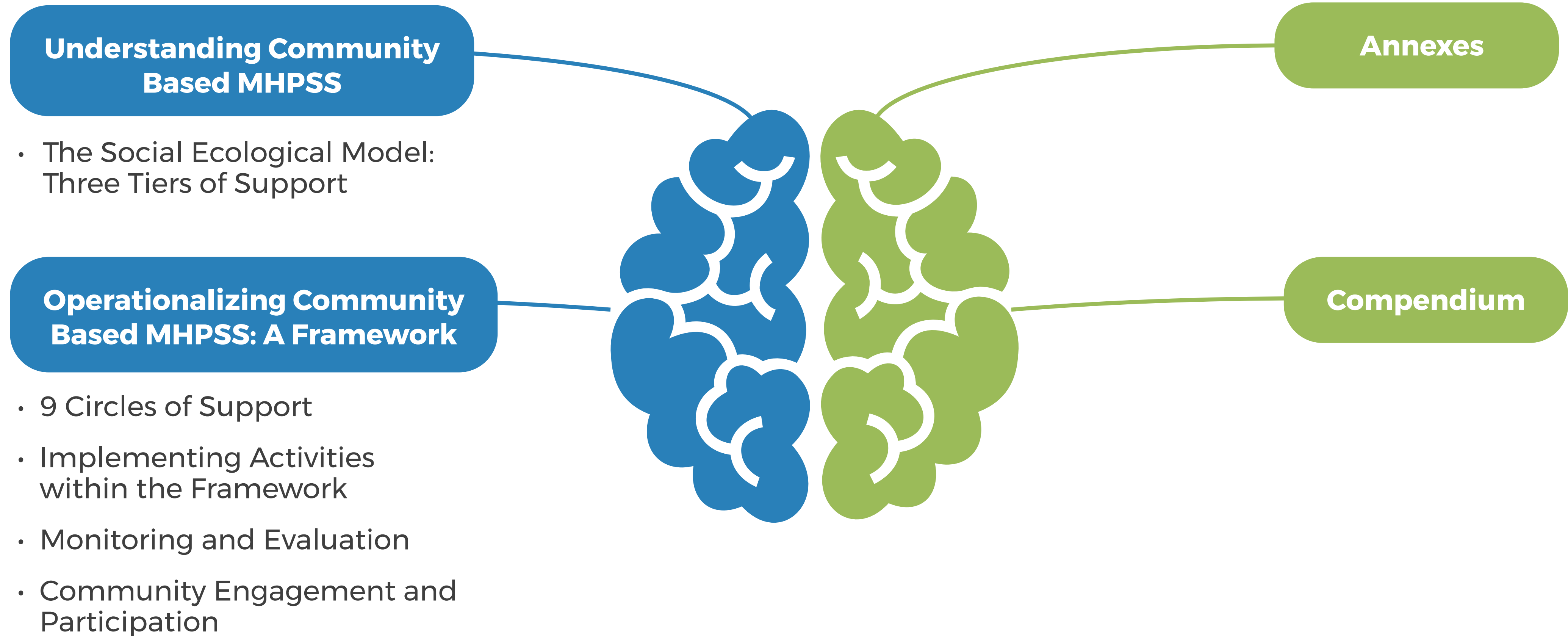


Closely aligned with work of the CP AoR/the Alliance to reduce risks and strengthen protective factors that reinforce child and family resilience

# Who is the intended audience?

These guidelines are intended for UNICEF staff, partners and other agencies working with children in humanitarian settings to help them effectively embed MHPSS programmes for child and family well-being in communities.

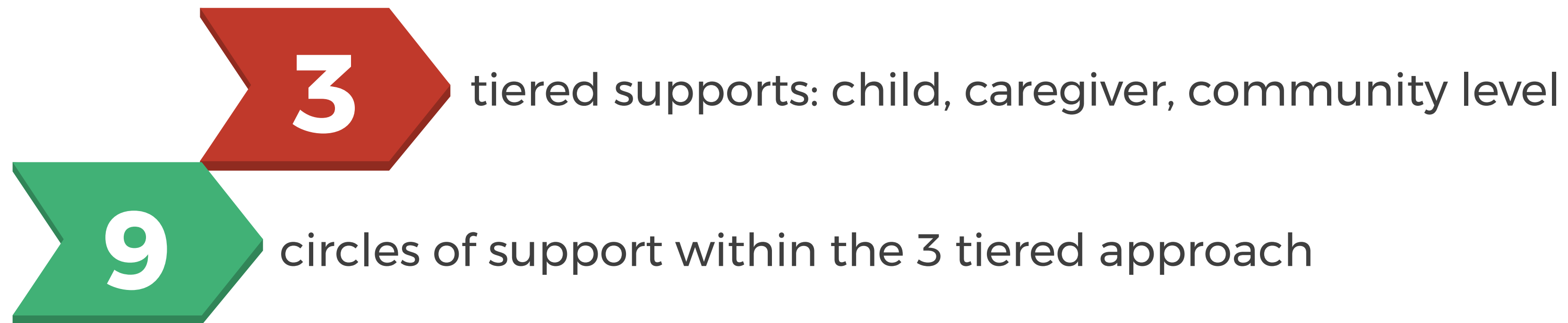
# How are the guidelines structured?



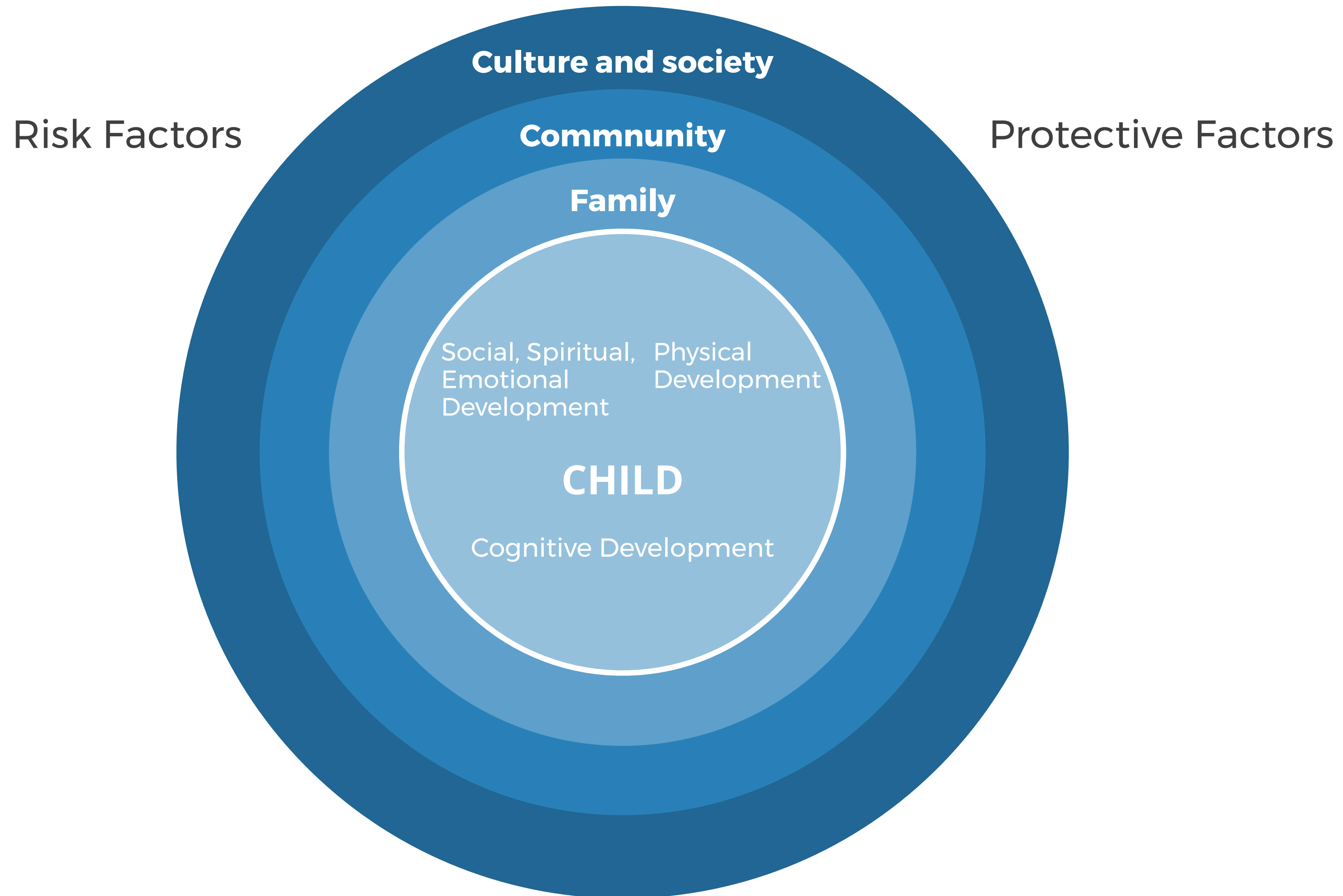
# Understanding Community Based MHPSS

## What do you think of when one says Community Based MHPSS? What are the key elements?

- Strengthen natural supports/systems
- Makes use of community knowledge/capacity
- Requires skill & specific competencies that can be taught & learned
- Involves the community in all phases of programming
- Addresses interventions at all layers of the pyramid in an integrated way
- Includes both lay and professional services & psychological & social supports

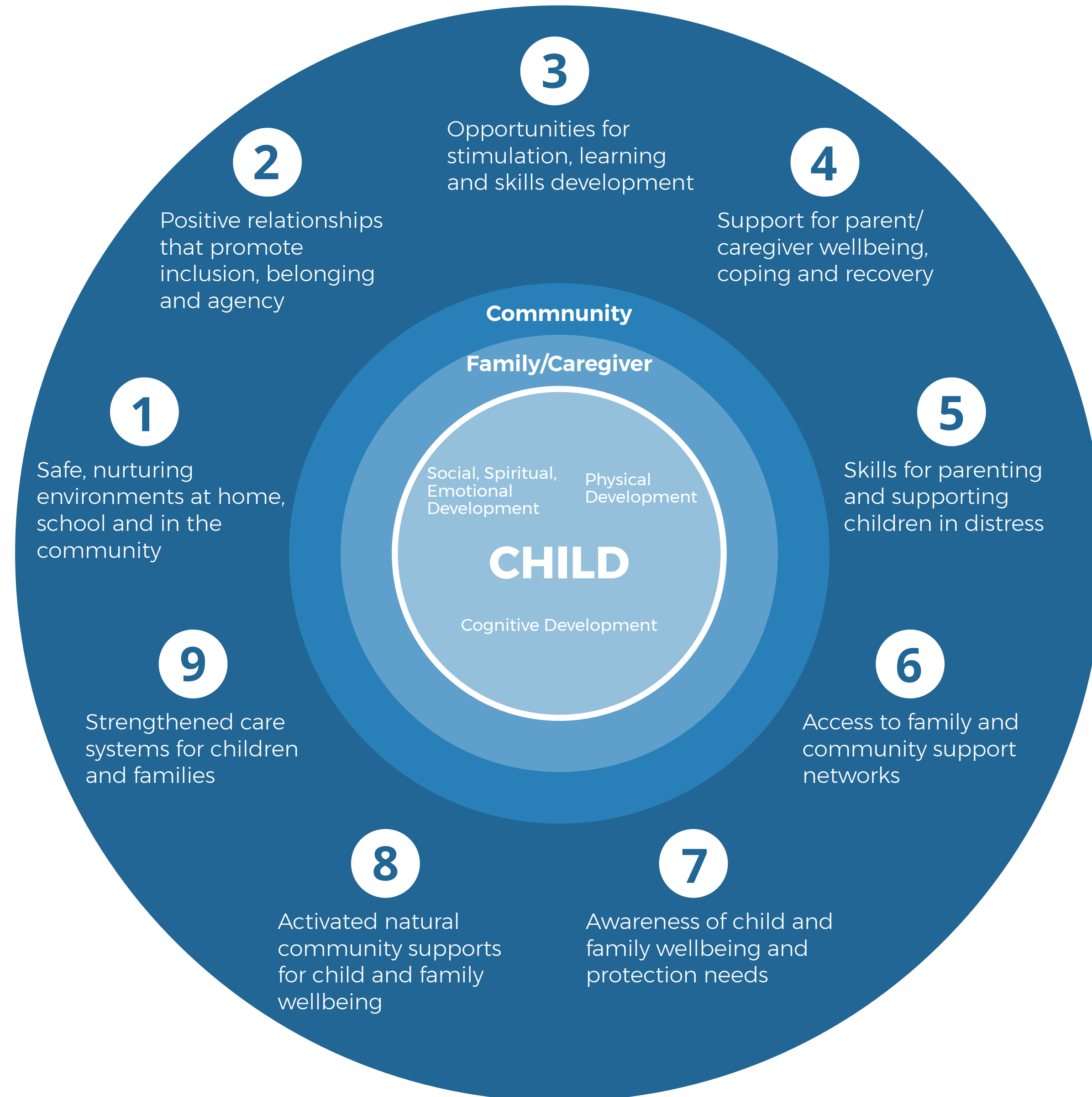


# The Social Ecological Model



# Operationalizing Community Based MHPSS: 9 Circles of Support

The Nine Circles of Support for Children, Families/Caregivers & Communities



# MHPSS Operational Framework



## Nine circles of support

### Child tier

- C1. Safe, nurturing environments at home, school and in the community
- C2. Positive relationships that promote inclusion, belonging and agency
- C3. Opportunities for simulation, learning and skills development

### Family/Caregiver tier

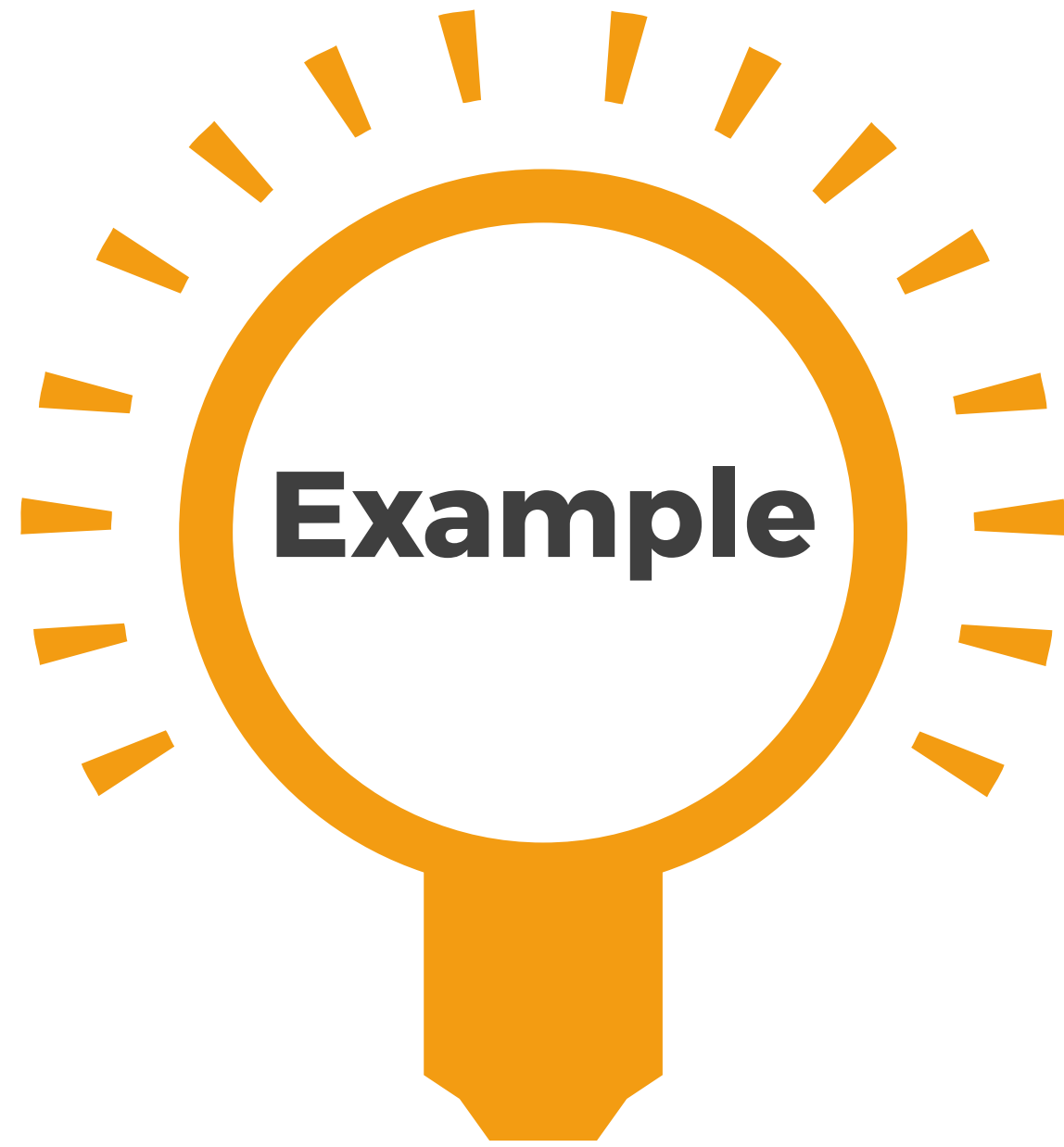
- C4. Support for parent/caregiver wellbeing coping and recovery
- C5. Skills for parenting and supporting children in distress
- C6. Access to family and community support networks

### Community tier

- C7. Awareness of child and family wellbeing and protection needs
- C8. Activated natural community supports for child and family wellbeing
- C9. Strengthened care systems for children and families

# Implementing Activities within the Framework





**Child with a higher level  
mental health need  
comes to a child friendly  
space.**

**How can we support a  
community-based MHPSS  
approach for this child?**

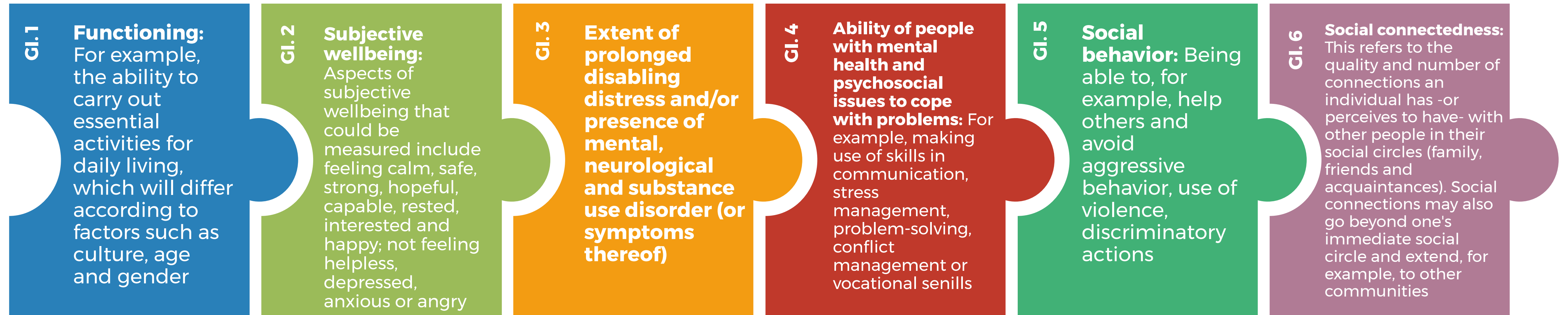
# Guidance on implementation of a community-based MHPSS intervention

- ✱ Recruit
- ✱ Train and supervise
- ✱ Establish information management systems and standard operating procedures (SOPs)

# Monitoring and Evaluation

**Goal: Reduced suffering and improved mental health and psychosocial wellbeing of children and families**

## Impact Indicators



## Key outcomes

1

Emergency responses do no 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

# Community Engagement & Participation

## 6 steps:



Learn about the context



ID and meet community stakeholders



Conduct an inclusive, participatory assessment of needs and resources



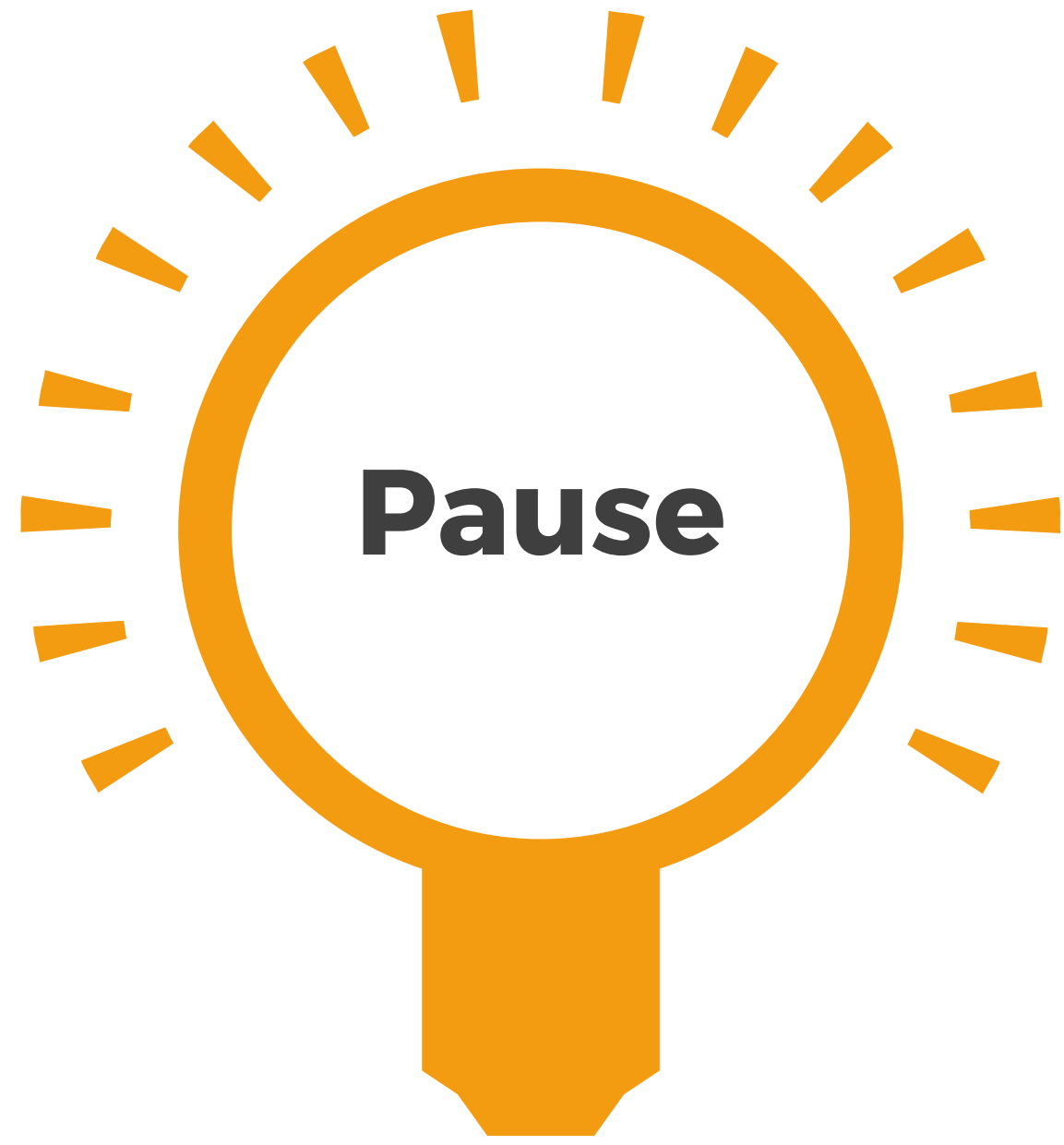
Facilitate inclusive, participatory planning of solutions and interventions



Support program implementation by community actors



Monitor and evaluate interventions together



**Write down 3 ways you  
can engage the  
community**

# Annexes

1. The Evolving Humanitarian Context: Resilience Strengthening Responses
2. UNICEF Key Commitments, Frameworks and Minimum Standards
3. UNICEF CBMHPSS Log Frame
4. Scalable Interventions
5. Community Based MHPSS in Practice – Three Case Studies
  - South Sudan*
  - Nepal*
  - Lebanon*
6. What Other Actors Can Do - Action Sheets from IASC Guidelines for MHPSS in Emergency Settings

# Compendium of Resources

- ✦ Existing evidenced based resources to implement good-practice CB-MHPSS activities across layers of interventions
- ✦ Supporting documents and adaptations of resources in different settings
- ✦ Gives a list of resources for different settings
- ✦ Does NOT describe how to implement, rather to inspire field programs across an IASC layer of intervention

# The Compendium on MHPSS.net



☀ Accessible via [mhpss.net](https://mhpss.net)

☀ A forum for sharing and discussing resources

☀ Introductory Video to the Guidelines and the Compendium

# What are the benefits to using community-engaged MHPSS programming?



## It ensures that programs:

- ☀ Are relevant to local realities, cultural values and understandings,
- ☀ Make the best use of local resources,
- ☀ Effectively identify children and families who are vulnerable or have special needs, and actively promote their inclusion in interventions and relief efforts,
- ☀ Strengthen the natural supports in families and communities to care for children,
- ☀ Strengthen the capacities of childcare systems for broad impact, and
- ☀ Promote local ownership of programs for long-term sustainability.