



## Course handbook

## Contents

Section	Page number
1. Introduction to the project	3
2. The e-learning programme	3
3. Assessment	6
4. Navigating the programme and technical support	7
5. Evaluation and Certificates	9
6. 1-to1- Mentoring by our European Experts in Community Mental Health Care	10

## Purpose of this handbook

The purpose of this course handbook is to provide an introduction to the ComMent e-learning programme in Social Entrepreneurship and community mental health support. It provides information about the units you will study, the assessments you will undertake, how to navigate the programme and access technical support if required.

Please note that the term 'participant' refers to people who are undertaking the learning programme.

It will also explain the assessments within the programme and the mentoring opportunities which will be available to a limited number of people once they have completed the programme.

If you have any questions regarding the content of the programme, please contact your project team representative, this will usually be the person who invited you to participate in the course.

If you require technical support, please contact Email: [info@eurotraining.gr](mailto:info@eurotraining.gr), subject: ComMent **technical support** or telephone number: +302103306086 (please note that this telephone number is for the Eurotraining office in Greece and participants outside of Greece will pay international call rates to this number).

## 1. Introduction to the project

Welcome to the **ComMent** project eLearning programme. **ComMent** is an ERASMUS funded project focusing on Social Entrepreneurship Training in Community Mental Health. The project combines expertise from the different backgrounds of community mental health, education and social entrepreneurship. These areas are combined in an e-learning training programme tailored for mental health care workers or people with an interest in this area.

The content of the modules has been defined and developed by the European project team partners who are as follows:

- KEK Eurotraining AE (Greece)
- Coventry University (UK)
- University Klagenfurt (Austria)
- Parc Sanitari Sant Joan de Deu (Spain)
- KMOP (Greece)
- Medical University of Sofia (Bulgaria)
- European Alliance Against Depression (Germany)

Participants in the programme come from the countries above. The programme is intended to provide a European perspective on mental health and therefore some of the content may reflect different perspectives on mental health to the ones that exist in the country you live in.

## 2. The e-learning programme

### 2.1 Participating in the training

- The course is available to people who work with or who are interested in working with people who experience mental ill health and are interested in social enterprise.
- The training is free; however you will need access to a PC and internet connection.
- The learning programme corresponds to 60 ECVET points (12 ECVET points for each unit) and participants who successfully complete the programme will receive a certificate
- An evaluation of the e-learning programme will be undertaken by KMOP who is located in Greece

### 2.2 Delivery of the learning programme:

- The course can be completed online at times to suit you
- Maximum 150 hours of learning over 2-3 months
- Assessment via multiple choice end of unit questionnaires
- Following completion of the e-learning program, a small number of participants will have the opportunity to discuss their idea for a social enterprise/entrepreneurial activity with an experienced mentor from our European network

### 2.3 Content of the e-learning programme

There are five units in the module:

1. Introduction to Social Entrepreneurship and Mental Health
2. Motivation and Identity
3. Person-Centered Care
4. Leadership
5. Social Entrepreneurship, Business and Management

The modules focus on providing existing or potential mental health workers across Europe with skills and knowledge necessary for establishing sustainable and successful social enterprises. Each module has been developed by members of the European project team which results in a learning programme that reflects the context of mental health services and social enterprise across Europe.

#### **2.4 A summary of the content of each unit can be found below:**

##### **1. Introduction to Social Entrepreneurship and Mental Health**

According to the World Health Organisation almost 20% of the human population is diagnosed each year with a condition which causes them to experience mental ill health.

This unit introduces the concept of social entrepreneurship and its application to deal with issues related to people who experience mental ill health. At the end of this unit, participants will be able to:

- Explain basic mental health conditions and causes
- Explain 'social economy' and understand the three systems of the economy.
- Explain Social Entrepreneurship and why it is distinct from other third sector organisations and activism.
- Define and understand the role of social entrepreneur as an agent of social change within the economy systems and their role within social enterprises

##### **2. Motivation and Identity**

Unit 2 considers the topics of motivation, identity, self-awareness and reflection. The unit focuses on training prospective social entrepreneurs to understand the needs of the people in their community that they want to help or support. It will enable participants to think about the motivation behind their desire to start a social enterprise. At end of the unit participants will be able to:

- Understand how to demonstrate self-awareness
- Reflect on their own motivation and drive to improve community mental health services
- Explain the importance of creativity and innovation within social entrepreneurship
- Assess the viability of a personal project and think differently in order to achieve different results.

##### **3. Person-Centered Care**

Unit 3 focuses on Person-Centered Care and its importance in a community-based context. At end of the unit participants will be able to:

- Describe the main concepts and principles of the model
- Explain the principle differences between traditional care and person-centered care in order to enable the participants to identify the advantages and disadvantages of both approaches.
- Understand the relationship between the partners in community mental health care, especially therapeutic alliance
- Describe essential behavior and the communication skills which are required in order to provide effective personal-centered care.
- Explain the complexity and challenges of implementing person-centered care into practice
- Understand how to apply the main principles of entrepreneurship when developing services based on Person-centered care.
- Identify the barriers and risk factors when developing social enterprises

#### **4. Leadership**

This unit focuses on different styles of leadership, the importance of communication and communication skills and resilience. At end of the unit participants will be able to:

- Explain the principles of leading a team, including values-driven leadership and how to inspire passion and commitment
- Demonstrate awareness of different communication styles including the principles of effective verbal and non-verbal communication and the importance of listening skills
- Describe the importance of maintaining own well-being and personal motivation/resilience

#### **5. Social Entrepreneurship, Business and Management**

This unit will focus on the business and management skills required to be a successful social entrepreneur. At end of the unit participants will be able to:

- Demonstrate awareness and impact of the complexity of 'running' a social enterprise in a sustainable manner and show business planning, business management, risk assessment, funding and legal structures skills
- Describe the importance of identifying and connecting with networks to promote good practice, joint ventures and sources of support
- Demonstrate the ability to plan and execute a business plan or proposition for a social enterprise
- Demonstrate openness to change and innovation in the development of community mental health services.

### 3. Assessment

3.1 At the end of each unit there is a multiple choice assessment which participants complete to test their understanding of the unit content. This is referred to as a 'validation test' on the learning platform and you can find it here:

#### Introduction to the module and social entrepreneurship in ment

- a. The ComMent project and the principles of self-directed learning
- b. Impact of mental health conditions
- c. test

#### Summary of Unit 1

 A brief Unit Summary

#### Learning material

 Unit 1

 Basic Module: Social entrepreneurship in mental health service provision

 Unit 1: Introduction to the module and social entrepreneurship in mental health service provision

 Training Module 1 online lecture

 Help for translation

#### Validation test

 Test your knowledge on Unit 1

#### Evaluation Questionnaire

 ComMent Module 1 Evaluation Questionnaire

Further details on how to access the test can be found in the appendices at the end of this handbook.

## 4. Navigating the programme and technical support

### 4.1 Navigating the programme

The external website (<http://comment-project.eu/>) is directly connected to the e-learning platform following the pathway: ComMent-Training à e-learning platform

To register, please follow these steps: <http://comment-project.eu/> → ComMent – Training → How to apply → <http://e-learning.comment-project.eu/login/index.php> → participants should select “Create new account” →

▼ Choose your username and password

Username\*

Password\*   Unmask

▼ More details

Email address\*

Email (again)\*

First name\*

Surname\*

City/town

Country

▼ Other fields

Expertise\*

An email will be sent to all new users in order to verify their account. They will then be able to self-enrol to the e-learning units.

Further information regarding using the platform can be found in the ComMent Platform Manual

The modules consist of a summary of the specific unit, the learning material and the validation test. Moreover, there is the Evaluation Questionnaire at the end of the unit to evaluate the quality of the module, as well as the learning material and the platform.

The modules are developed using the authoring tool SoftChalk which is the leading provider of content authoring software for educators, colleges, universities and medical programs. SCORM packages that offer interactive learning materials. The modules are uploaded  Unit 1 Ment platform, and are depicted with the icon:

Additionally, the training modules are available in *pdf format* so as all trainees can download the training materia  Unit 1, it offline:

Students can communicate with others using chat and the ComMent Forum, in order to answer their questions and exchange their ideas for entrepreneurship. To access the forum, please click on the link at the top of the home page entitled ‘Comment Forum’.

## 4.2 How to get technical support

- Email: [info@eurotraining.gr](mailto:info@eurotraining.gr) , subject: ComMent **technical support**
- Telephone number: +302103306086, ComMent **technical support**

Contact details of each partner for questions/clarifications concerning the content of the training, exams and certificates are as follows:

Country	Organisation	Contact person	Contact details
Greece	KEK Eurotraining	Stefanos <b>Vagenas</b>	svagenas@mastgroup.gr
UK	Coventry University	Christina Palmer	christina.palmer@coventry.ac.uk
Austria	University Klagenfurt	Thorsten-Christian Gablonski	Thorsten-Christian.Gablonski@aau.at
Spain	Parc Sanitari Sant Joan de Deu	Stefanos Tyrovolas	s.tyrovolas@pssjd.org
Bulgaria	Medical University of Sofia	Anita Fercheva	anita.fercheva@gmail.com
Germany	European Alliance Against Depression	Juliane Hug,	juliane.hug@medizin.uni-leipzig.de

## 5 Evaluation and Certificates

### 5.1 Evaluation

In order to assess whether or not we achieved the goals we set for the project, at the end of the training programme participants will be asked to complete an evaluation. This is to get feedback on whether the final output was relevant to your needs and delivered effectively and efficiently. We also need to see whether the course had its intended impact, and how sustainable it is.

We have prepared an evaluation questionnaire which is easy to complete and should not take more than 5-10 minutes of your time. Participants simply choose the answer that expresses their opinion in relation to their experience of undertaking the learning programme and, they can, if they wish, add a few comments or clarifications below the question.

Responses are collected anonymously through Google forms, so participants can be totally honest!

The first part of the questionnaire comprises of some demographics questions. For example, they will let us know whether the course was too difficult for people with a limited knowledge of English, or who do not have a university education.

The next part concerns the course itself. Some questions relate to whether the e-learning platform was easy to use and suitable for use on the computers that most people are likely to have access to.

Other questions are concerned with how the support participants received throughout the course by providing technical or educational support.

An important part is participants' overall perception of the course. Did it meet their expectations? What is their overall assessment of the course? Was the course extensive enough or lacking important information?

Most importantly, did it pique participant's interest in social entrepreneurship? Did it get them excited enough so that they could motivate their colleagues and start making a difference?

We certainly hope so!

### 5.2 Certificates

The five (5) training modules are based on ECVET learning outcomes. This training program corresponds to 60 ECVET points (12 ECVET points for each unit).

Certificates will be sent to all trainees after the successful completion of the course and the assessments ("test your knowledge"). Participants need to achieve 80% in each of the unit assessments to receive a certificate. Certificates will be issued to participants within 1 month of completing the course

## **6 1-to1- Mentoring by our European Experts in Community Mental Health Care**

### **6.1 What is mentoring?**

Once participants have completed the e-learning programme and have a rough idea of what kind of project they would like to set up, they will be invited to liaise with a mentor from our European Alliance Against Depression and Coventry University networks. Access to mentoring support is limited so participants should express interest in participating in this as soon as the e-learning programme has been completed.

The ComMent team will match the participant's ideas and aims with a mentor that has expertise in the field of Community Mental Health Care, Social Entrepreneurship or other related area. They will maintain contact via mail, skype or telephone for the duration of 2 to 3 months in order to support participants to refine their ideas and get support and advice from our mentors. Like the e-learning programme itself, this support is free of charge and we highly recommend taking advantage of this opportunity!

### **6.2 When does it start?**

The mentoring process can start whenever learning programme participants have finished all of the units and assessments.

A message will be posted in the ComMent-Forum indicating when the mentoring will start and how you can express your interest in receiving this. We are hoping that, after finishing the e-learning and mentoring, participants will have a clearer idea of what is next and can start developing their project!

We very much hope that you find the course enjoyable and informative – good luck



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