



Report

UPSIDES Train-the-Trainer Workshop

Ifakara Health Institute & Muhimbili University of Health and Allied Science

Dar es Salaam, Tanzania

02/11/19 – 02/15/19



In February, all future UPSIDES peer trainers met in Dar es Salaam (Tanzania) for the UPSIDES peer support Train the Trainer workshop. We had the opportunity to meet and work with so many incredible people from all over the world.

Our hosts welcomed us so warmly and introduced us to the mental health system in Tanzania. As we learned from Dr. Fileuka C. Ngakongwa, who currently is one of only 32 psychiatrists in Tanzania, the local mental health system struggles with a huge treatment gap. The UPSIDES team from Tanzania, Donat Shamba, Mary Ramesh and Adeline Herman together with Sofia,

Shamila, Godfrey and Anitha provided a great learning environment for us, so that we felt right at home.

During the week, we had the opportunity, to listen to the experiences of people from six different countries from all over the world: India, Israel, Uganda, Germany, UK and Tanzania.

The training was led by a trainer team from the UK and Germany. Together with Julie and Blue from ImRoc and Candelaria from EX-IN, we tried to include all the expertise in the room into our UPSIDES training.





The UPSIDES training comprises 5 core modules of Peer Support. It is based on different elements of Peer Support training programs from all project partners: ImRoc & P2P from the UK, the Quality Rights Program from India, the Brain Gain Project from Uganda, the EX-IN curriculum from Germany, the Healthy Options program from Tanzania, and the Yozma Derech-Halev Consumer-provider training program from Israel.



We started the first day of training with getting to know each other and we spoke about our own definition and understanding of Recovery. Everybody started to think about their personal Recovery journey and visualized it in a tree of life. On the second day, the core principles of peer support and Recovery planning were our main topic of discussion. Based on the principles, super hero Peer Support Workers were developed in groups. [This is the chicken Peer Support Worker from the Tanzanian group.](#)



On the third day we spoke about our hopes and dreams, our network and resources in the community, and included these in our individual trees of life. The fourth day was all about practicing different communication skills, starting with an exercise of bad listening, to demonstrate how it should not be done. This was fun! More seriously, we spoke about the challenges of a peer support worker and how to address these with a problem-solving approach. On the last day, each country group developed a role description for upcoming peer support workers that fit in their particular setting. We started to plan how to set up an international Peer Support network and how to keep in touch and support each other. Before we knew it, it was time to say our good byes.



It was an amazing experience and an intense week we spent together. We would like to thank all participants for their contribution to make this week such a moving experience!

written by Rebecca Nixdorf

