

PROBLEM MANAGEMENT PLUS IMPLEMENTATION PROTOCOL



Problem Management Plus (PM+) is a psychological help for adults in communities exposed to adversity.

PM+ AIMS 1) PM+ strategies help people manage both practical problems (e.g. unemployment, housing problems, and family conflict. 2) Helps reduce symptoms of emotional distress in clients affected by adversity.) Emotional problems (e.g. feelings of sadness, hopelessness, worry, stress, etc.) 3) Empower clients to be their own helpers to maintain gains they make in treatment.

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PM+ Session Structure

PM+ individual intervention is delivered over 5 week intervention delivered face-to-face over 5 x 90 minute sessions.

Group PM+ is delivered in by 2 paired helpers to 2 to 3 groups (8-10 participants) per week over 5 weeks' intervention delivered face-to-face over 2 hours' sessions.

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PM+ is unique in that it can treat common mental health conditions, such as depression, anxiety, posttraumatic stress disorder and chronic stress, without formal diagnosis and at the community and/or primary health care level.

The PM+ modules include:

1. Classroom training of helpers – Core Basic Program
2. Training of Trainers of PM+ helpers -ToT
3. Training of supervisors - Supervision

PROBLEM MANAGEMENT PLUS IMPLEMENTATION IN MOLDOVA



World Vision Moldova with the funding from NIN and ADH and in collaboration with

- ✓ MHPSS Technical Working Group in Moldova -
- ✓ MENSANA project (participant s selection invitations, selection, liaising with MoH and local authorities/communities
- ✓ MoH accreditation training hours

Started from **June 2023** rolling out the PM+ training. This was the very first of such training to be conducted in Moldova.

- ✓ Delivered by WV and MENSANA certified trainers – big thanks to Prof. Jana Chihai!!

PM+ Core Basic				PM+ToT			
Month	Year	No participants	Target group	Month	Year	No participants	Target group
January	2023	14	NGO members of multidisciplinary	September	2023	10	NGO
September	2023	14	State University of Medicine & Pharmacy; Department of Psychiatry, Narcology & Medical Psychology	December	2023	14	State University of Medicine & Pharmacy; Department of Psychiatry, Narcology & Medical Psychology
March-April	2024	31	Psychologists, social assistants, speech therapists	Planning in May	2024	17	Psychologists, social assistants, speech therapists
PM+ Core Basic/ Total participants	2023-2024	59		PM+ToT	2023-2024	41	



Way forward:

- Next ToT planned to mid of May
- On-going discussion to provide a Technical Plan on Supervision trainings and Field visits :
 - identifying supervisors;
 - out the suitable dates,
 - supervision format (physical/on-line)
 - Supervisors' remuneration.

Recommendation.

Given that we don't know when and how the current crisis in Ukraine ends, its recommended that PM+ training be included in the University Curriculum so that establishing sustainability/continuity; more people in Moldova are trained in PM+. This is not just in readiness for the response to ripple effects of the war in Ukraine but also as a capacity building strategy for Moldova for future need.

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