



N123- Community Mental Health Nursing
Activity Guide: Mental Health Promotion Program Development
2nd Semester AY 2024-2025

Activity 1: Mental Health Needs Assessment

Objective: Conduct a comprehensive mental health needs assessment in a selected community.

Tasks:

- Identify the target population group
- Develop at least 3 objectives
- Develop a data collection plan aligned with your objectives
 - Develop assessment tools (e.g., surveys, focus group discussion guides, key informant interview questions).
- Conduct data gathering through field visits, interviews, and community observations.
- Document findings and preliminary insights.

Expected Output: Rapid appraisal report. Deadline April 28, 2025.

Activity 2: Data Analysis and Community Diagnosis

Objective: Analyze collected data and develop an evidence-based community mental health program proposal.

Tasks:

- Organize and interpret collected data to identify trends and priority issues.
- Develop a community diagnosis
- Design interventions aligned with community needs and available resources.
- Prepare a written program proposal following a standard format.

Expected Output: Community mental health program proposal. Deadline May 05, 2025.

Format of Program Proposal:



1. **Title Page** – Includes the program title, proponents, date, and affiliated institution.
2. **Introduction** – Provides background information, justification for the program, and significance to the community.
3. **Problem Statement** – Defines the specific mental health issues identified during the needs assessment.
4. **Objectives** – Lists the general and specific objectives of the program.
5. **Program Description** – Details the proposed interventions, activities, and methodologies.
6. **Implementation Plan** – Includes a timeline, responsible persons, and required resources.
7. **Evaluation Plan** – Describes how program success will be measured (e.g., indicators, tools, and assessment methods).
8. **Budget Plan** – Provides an estimated breakdown of expenses.

Activity 3: Presentation of Program Proposal (May 12, 2025)

Objective: Present the proposed mental health program to peers and faculty for critique and refinement.

Tasks:

- Prepare a PowerPoint presentation summarizing the proposal.
 - Articulate program rationale, objectives, intervention strategies, and expected outcomes.
 - Address feedback and integrate recommendations into the final proposal.
- Expected Output:** Revised and finalized program proposal.

Activity 4: Stakeholders/Faculty Consultations

Objective: Engage community stakeholders to validate and refine the mental health program proposal.

Tasks:

- Write coordination letters duly signed by your faculty in charge. (For the group assigned to teachers and parents)
- Present the proposal to the chosen stakeholders/faculty.
- Gather insights and feedback from stakeholders/faculty.



- Modify the program components based on feasibility and community/faculty input.

Expected Output: Principal-endorsed program with necessary modifications. Deadline May 26, 2025.

Activity 5: Program Implementation and Evaluation

Objective: Execute the mental health program and assess its impact.

Tasks:

- Implement planned activities (e.g., mental health education, peer support groups, referral systems).
- Monitor participant engagement and program effectiveness.
- Collect feedback and assess challenges during implementation.

Expected Output: Implementation report detailing activities, participant responses, and initial evaluation findings. Deadline June 02, 2025.

Activity 6: Presentation of Final Output and Course Evaluation

Objective: Present final project outcomes and reflect on the learning experience.

Tasks:

- Compile a final report including assessment findings, program implementation details, and evaluation results.
- Deliver a presentation summarizing key learnings, challenges, and recommendations for future initiatives.
- Participate in a course evaluation and provide feedback for program improvement.

Expected Output: Final project report and presentation on June 09, 2025.

Assessment and Grading Criteria:

Needs Assessment Report (30%)
Program Proposal (10%)
Program Implementation and Evaluation (50%)
Final Output and Course Evaluation (10%)