

Work Package III: The EU-MiCare Methodology & Training Package

The EU-MiCare training program is designed to strengthen the mental health and psychosocial support provided to migrants and refugees by frontline workers across Europe. With the increasing complexity of migration patterns and the ongoing challenges faced by migrant and refugee populations, the project curriculum addresses the critical need for specialized training in mental health within healthcare settings. It consists of four key modules:

- **Module 1. Foundations of Psychosocial Care in Migration Contexts** – Introduces key concepts related to psychosocial well-being, social determinants of mental health, risk and protective factors, psychological dimensions of migration, and common mental health conditions among migrants and refugees.
- **Module 2. Improving Skills in Recognizing and Addressing Migrants' Mental Health Needs** – Examines the impact of culture on mental health, intersectional perspectives, and culturally appropriate mental health screening approaches. It also covers Psychological First Aid (PFA) for migrants and refugees experiencing distress and/or coping with the aftermath of a crisis.
- **Module 3. Improving Skills in Managing Migrants' Mental Health Needs** – Focuses on enhancing communication skills, cultural awareness, and structural competency, with a strong emphasis on interdisciplinary collaboration. It also covers best practices for working with interpreters and cultural mediators, and addresses key considerations for working with children, including unaccompanied and separated youth.
- **Module 4. Self-Care and Staff Well-Being** – Explores strategies for self-care, the psychological impact of working in migration contexts, and structural and organizational support for staff and volunteers.

Validation workshops conducted across multiple countries (Cyprus, Germany, Greece, Italy, Spain) confirmed the importance of a structured training approach, with a clear definition of mental health and a needs assessment before training.

The program is designed for a broad range of professionals and volunteers, including physicians, nurses, psychologists, psychotherapists, social workers, interpreters, and cultural mediators. It offers customized content to address the specific needs of different groups within these professions.

Delivered through a dedicated e-learning platform, the curriculum integrates interactive materials, multimedia resources, case studies, and networking opportunities. Upon completion of each Module, participants will undergo knowledge assessments to reinforce their learning.

The overall approach ensures that the training is interdisciplinary, practical, and adaptable. It equips professionals and volunteers with the necessary competencies to provide effective, culturally responsive support in diverse settings.

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