

EQF/MQF LEVEL 4

Award in Mental Health Support and Care

**COURSE DESCRIPTION**

This course builds on existing knowledge and experience. This unit is therefore, is aimed at providing the student with advanced knowledge, skills and competences, required to work and progress in the caring profession within a mental health setting. The Award provides a specialist work-related programme of study which offers an extensive understanding along with the practical skills required in the mental health sector.

The overall objectives, of the Award include: engaging students in learning what is relevant to their profession and to further develop a range of skills and techniques, personal skills and attributes necessary for a successful career.

The course has been developed by Learning Works in collaboration with the Richmond Foundation.

TARGET CANDIDATES

This Award is aimed at students who already possess a Level 3 qualification, in Healthcare or at least 1 year experience in a relevant position. Additionally, it targets students who wish to develop their knowledge and skills at a higher level in order to progress in their career. Specifically focusing on supporting individuals with mental health problems and challenging behaviours.

DURATION 4 months

CREDIT VALUE 12 ECTS/ECVET

MODE OF TRAINING Lectures and workshops

ASSESSMENT Assignments, Case studies, Portfolio of evidence

AWARDING BODY Learning Works

LECTURERS

Jennifer Azzopardi
Andrew Barberi
Daniela Calleja
Yanica Richards Chircop
Katie Delicata
Stephania Dimech Sant
Dragan Donkov
Casey Scicluna
Tracey Zammit

COURSE STRUCTURE**INTRODUCTION TO THE CONTEXT OF MENTAL HEALTH (1 CREDIT)**

This unit, aims to provide the learner with knowledge on the main forms of mental health problems according to the psychiatric classification system. Learners, also consider the strengths and limitations of this model and look at alternative frameworks for understanding mental distress. The focus of the unit is understanding the diverse ways in which mental health problems impact the individual and others in their social network. It also takes into account the benefits of early intervention in promoting mental health and well-being.

ETHICS IN A MENTAL HEALTH CARE SETTING (1 CREDIT)

This unit introduces students to the ethical principles and moral dilemmas within the context of supporting persons with mental health problems and how these are reflected in legislation. In parallel the unit will focus on the important themes related with ethical approach. These include: dignity, quality of life, and the rights of the individual.

COMMUNICATION IN A MENTAL HEALTH CARE SETTING (3 CREDITS)

This unit aims to enable the learner, to make use of effective communication skills so as to develop and sustain relationships with service users, support workers and colleagues. It also looks at how to support service users in building and managing their social networks. Since, the strength of an individual's social network is a key factor in maintaining an individual's well-being and mental health. This unit is directed towards those who support individuals with specific communication needs. It provides the learner with the knowledge and skills that address personal interaction and the use of specific methods and aids in promoting communication.

MANAGING RISK, EMERGENCY AND CRISIS IN A MENTAL HEALTH CARE SETTING (2 CREDITS)

This unit, aims at providing the learner with an understanding of the general principles and processes involved in care planning and risk management within a mental health context. The unit also delves at the procedures and mechanisms available for the support of an individual with a mental health problem in an emergency or crisis situation.

PRACTICAL CARE FOR PERSONS WITH A MENTAL HEALTH PROBLEM (4 CREDITS)

This unit provides the learner with the knowledge and skills required to support individuals in:

- the tasks of daily living,
 - personal hygiene,
 - managing finances,
 - preparing and settling in to new home environments,
 - taking part in leisure activities,
 - taking part in learning or development activities,
 - maintaining and developing skills for every-day life,
 - accessing and using services and facilities,
 - accessing education, training and employment,
 - continuing recommended therapies,
- and promote their independence in these areas.

BEST PRACTICES IN THE CONTEXT OF SUPPORTING INDIVIDUALS MENTAL HEALTH PROBLEMS (1 CREDIT)

This unit introduces learners with the knowledge and skills required to reflect on, evaluate one's own professional practice with the intention to identify and develop best practices. This unit also looks at the importance of supervision, feedback and the formalisation of such practices.

ENTRY REQUIREMENTS

Learners need to satisfy the following criteria:

- Ages 18 +
- Be able to communicate both orally and written in the English Language
- Hold a clean Police Conduct Certificate.
- Hold a Level 3 qualification in health and social care or equivalent or;
- Have at least 1 year practical work experience in a related position

For applicants who meet the criteria of admittance by experience only, a basic level of English which is demonstrated through the appropriate qualifications such as an 'O' level in English, a school leaving certificate with English indicated as a core subject or equivalent is needed.