

## EQF/MQF LEVEL 4

# Award in Mental Health Support and Care

LW/HSC/003

<b>Contact Hours:</b>	<b>60</b>
<b>Placement Hours:</b>	<b>55</b>
<b>Self Study Hours:</b>	<b>141</b>
<b>Assessment Hours:</b>	<b>44</b>
<b>Total Learning Hours:</b>	<b>300</b>

### COURSE DESCRIPTION

This course builds on existing knowledge and experience. This unit is therefore, 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.

### LEARNING OUTCOMES

By the end of the course programme, students will be able to:

- Understand the context of mental health.
- Understand the importance of diversity, equality and inclusion.
- Understand the context of supporting skills for everyday life.
- Understand principles for supporting independence in the tasks of daily living.
- Understand the role that leisure activities play in a mental health setting.
- Understand the role of learning and development activities in meeting the needs of a person with a mental health problem.
- Understand the importance of reflection on, evaluation and improvement of personal and professional practice.
- Use effective communication and build relationships in mental health care.
- Support individuals to identify and plan for leisure activities

- Facilitate learning and development activities with individuals.
- Support individuals to manage their finances.
- Effective team and joint working in mental health care.
- Raising awareness of mental health problems.
- Promote communication in mental health care settings.
- Promote and implement health and safety in health and social care.

### 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. It specifically focuses on supporting individuals with mental health problems and challenging behaviours.

**DURATION** 3 months

**CREDIT VALUE** 12 ECTS/ECVET

**MODE OF TRAINING** Lectures, workshops, and practice

**ASSESSMENT** Assignments, Case studies, Portfolio of evidence

**AWARDING BODY** Learning Works

### LECTURERS

Richmond Foundation

### COURSE STRUCTURE

#### MODULE 1: INTRODUCTION TO THE CONTEXT OF MENTAL HEALTH (1 ECTS)

This unit, aims to provide the learner with knowledge on the main forms of mental health problems according to the



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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.

### **MODULE 2: ETHICS IN A MENTAL HEALTH CARE SETTING (1 ECTS)**

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 an ethical approach. These include: dignity, quality of life, and the rights of the individual.

### **MODULE 3: COMMUNICATION IN A MENTAL HEALTH CARE SETTING (3 ECTS)**

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.

### **MODULE 4: MANAGING RISK, EMERGENCY AND CRISIS IN A MENTAL HEALTH CARE SETTING (2 ECTS)**

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 focuses on the procedures and mechanisms available for the support of an individual with a mental health problem in an emergency or crisis situation.

### **MODULE 5: PRACTICAL CARE FOR PERSONS WITH A MENTAL HEALTH PROBLEM (4 ECTS)**

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.

### **MODULE 6: BEST PRACTICES IN THE CONTEXT OF SUPPORTING INDIVIDUALS MENTAL HEALTH PROBLEMS (1 ECTS)**

This unit introduces learners to 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.

### **FUNDING**

Applicants may get up to 70% of the fee back through the Get Qualified Scheme.

### **PART-TIME**

Lectures are held twice a week in the afternoon on a part-time basis.