



WORKING WITH PEOPLE WITH MENTAL HEALTH PROBLEMS

AIMS

1. To develop participants' knowledge and understanding of people with mental health problems.
2. To develop participants' knowledge and understanding of the services provided to people with mental health problems and the relevant legal framework.
3. To develop participants' confidence when working with people with mental health problems.

PROGRAMME

- 9.30** Arrive and coffee
- 10.00** **Introductions** - outline of the day - particular things participants would like to get out of the day - Questionnaire
- 10.15** **Session 1** - to include distinction between mental health problems and learning difficulties – prevalence of different mental health problems –continuum of mental health – positive mental health and well-being - how the mental health system works – mental health in primary care – secondary mental health services
- 11.30** break
- 11.45** **Session 2** - to include definitions of different types of mental health problems - types of behaviour displayed - use of language and terminology e.g. psychosis/neurosis - risks of violence and self-harm – medical models and social models
- 1.00** lunch
- 2.00** **Session 3** – to include what are the causes of mental health problems -different kinds of treatments - talking treatments, medication, lifestyle changes - compare the medical model with the person centred model – BME groups and mental health - women and mental health
- 3.00** break
- 3.15** **Session 4** – to include the Mental Health Act - different sections - compulsory detention - patients' rights - the care programme approach - section 117 aftercare different professionals/sources of specialist help - psychiatrists, psychologists, community psychiatric nurses, care managers, G.P.s, the police etc.
- 4.00** Recommended further reading
- 4.15** Summing up and evaluation
- 4.30** Course ends