

## MENTAL HEALTH AWARENESS - COURSE OUTLINE

### 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

- Session 1** -to include distinction between mental health problems and learning difficulties – prevalence of different mental health problems – definitions of different types of mental health problems - continuum of mental health - types of behaviour displayed - use of language and terminology e.g. psychosis/neurosis - risks of violence and self-harm – medical models and social control models
- Session 2** - to include what are the causes of mental health problems -different kinds of treatments - talking treatments and medication - compare the medical model with the person centred model - ethnic minorities and mental health - women and mental health
- Session 3** - to include the Mental Health Act - different sections - compulsory detention - patients' rights - the care programme approach - section 117 aftercare - community supervision orders - proposed changes - what does the future hold? - different professionals/sources of specialist help - psychiatrists, psychologists, community psychiatric nurses, approved social workers, care managers, G.P.s, the police etc.
- Session 4** - the role of the voluntary sector - what services might be available locally and nationally and how to access them