



## National Unit Specification: general information

**UNIT** Mental Health Issues: An Introduction (Intermediate 2)

**CODE** F1P4 11

**COURSE** Care Issues for Society: Older People (Intermediate 2)

### SUMMARY

This Unit is a mandatory Unit of the *Care Issues for Society: Older People (Intermediate 2)* Course, but it is also suitable as a free standing Unit.

This Unit enables the candidate to be aware of the history of mental health services and attitudes towards people with mental disorder. The candidate will consider how relevant legislation impacts on the services provided. The candidate should be enabled to consider the mental health continuum and gain knowledge of how mental health problems affect individuals and others. The candidate will investigate services available to people with mental health problems and for those who support people with mental health problems.

The Unit is suitable for candidates who wish to gain employment at support worker level in the Health and Social Care sectors. It is also suitable for those who wish to progress to further study at a Further Education College or Higher Education Institution.

### OUTCOMES

- 1 Explain changes in attitude to mental health and their effects on care service provision.
- 2 Describe mental health problems and their effects on service users and others.
- 3 Investigate services available for those affected by mental health problems and those who support them.

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#### Administrative Information

**Superclass:** PH

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## **National Unit Specification: general information (cont)**

### **UNIT**    Mental Health Issues: An Introduction (Intermediate 2)

#### **RECOMMENDED ENTRY**

While entry is at the discretion of the centre, candidates would normally be expected to have attained one of the following, or equivalent:

- ◆ Care (Intermediate 1) Course or Units
- ◆ Early Education and Childcare (Intermediate 1) Course or Units
- ◆ Standard Grade in a social subject at General level
- ◆ Standard Grade Social and Vocational Skills at General level

#### **CREDIT VALUE**

1 credit at Intermediate 2 (6 SCQF credit points at SCQF level 5\*)

*\*SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

#### **CORE SKILLS**

There is no automatic certification of Core Skills or Core Skills components in this Unit.

## **National Unit Specification: statement of standards**

### **UNIT    Mental Health Issues: An Introduction (Intermediate 2)**

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit Specification. All sections of the statement of standards are mandatory and cannot be altered without reference to the Scottish Qualifications Authority.

#### **OUTCOME 1**

Explain changes in attitude to mental health and their effects on care service provision.

##### **Performance Criteria**

- (a) Describe how attitudes to mental health have changed.
- (b) Explain the ways these attitudes have affected care service provision.
- (c) Describe the current Scottish legislation in relation to mental health.

#### **OUTCOME 2**

Describe mental health problems and their effects on service users and others.

##### **Performance Criteria**

- (a) Describe the mental health continuum.
- (b) Describe the common mental health problems.
- (c) Describe the effects of mental health problems on service users and others.

#### **OUTCOME 3**

Investigate services available for those affected by mental health problems and those who support them.

##### **Performance Criteria**

- (a) Identify and describe the services available for people with mental health problems.
- (b) Identify and describe the services available for people supporting others with mental health problems.
- (c) Use a variety of sources during the investigation.

## National Unit Specification: statement of standards (cont)

### UNIT Mental Health Issues: An Introduction (Intermediate 2)

#### EVIDENCE REQUIREMENTS FOR THIS UNIT

*The mandatory content for this Unit can be found in the appendix at the end of this Unit specification.*

#### Outcome 1 and 2

Written and/or oral evidence is required to demonstrate the achievement of Outcomes 1 and 2 for the Unit. The evidence should be produced under closed-book, supervised conditions within a time limit of **40 minutes**. 70% of the total marks available must be awarded for knowledge and understanding with the remaining 30% of the marks being awarded for analysis, evaluation and application.

As candidates will increase their knowledge, understanding and skills throughout their study, assessment should take place towards the end of the Unit.

The use of a cut-off score may be appropriate for this assessment.

Each assessment should sample across the mandatory content of the Unit and will allow candidates to generate evidence which covers:

- ◆ **two** examples of how attitudes to mental health have changed
- ◆ **two** examples of the ways these attitudes have affected service provision
- ◆ **one** example of current Scottish Legislation in relation to mental health
- ◆ the mental health continuum
- ◆ **two** common mental health problems
- ◆ **two** effects of **these** problems on the service user
- ◆ **one** effect of mental health problems on ‘others’

If reassessment is required, it should sample a different range of mandatory content.

#### Outcome 3

Written and/or oral recorded evidence of the candidate’s investigation is required. This will be generated by the candidate at appropriate points throughout the Unit. Candidates will be given a clear brief which allows them to achieve the Outcome and Performance Criteria. It would be appropriate for candidates to produce the findings of their investigation in a report including:

- ◆ **five** services available for people with mental health problems
- ◆ **three** services available for people supporting others with mental health problems
- ◆ reference to at least three sources of information

Teachers/lecturers should ensure that the evidence is the candidate’s own work.

The standard to be applied, the breadth of coverage and an appropriate cut-off score are illustrated in the National Assessment Bank (NAB) items available for this Unit. If a centre wishes to design its own assessments they should be of a comparable standard.

## National Unit Specification: support notes

### UNIT Mental Health Issues: An Introduction (Intermediate 2)

This part of the Unit Specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

#### GUIDANCE ON THE CONTENT AND CONTEXT FOR THIS UNIT

*The mandatory content for this Unit can be found in the appendix at the end of this Unit specification*

This Unit is a mandatory Unit in the *Care Issues for Society: Older Person (Intermediate 2) Course* but can be delivered as a freestanding Unit. It is also an optional Unit in the *National Certificate in Health and Social Care (Higher)*.

This Unit is intended as an introduction to mental health issues. It is suitable as a general introduction to care or as professional development for care assistants, support workers and volunteers.

#### Outcome 1

This Outcome will provide a basic understanding of mental health issues for anyone considering these for the first time. The historical perspective should focus on changes in attitude and therefore changes in the way services for people with mental health problems have developed. In other words it should focus on the journey travelled and the direction in which mental health care is progressing.

Discussions should focus on the attitude change from the historic fears that included possession of evil spirits and fear of the unknown to the current time when there is a greater understanding of how everyone's mental health can be affected by a variety of factors.

Asylums and institutionalisation should be covered as should the development of neuroleptic medication and electro-convulsive therapy.

The background to care in the community should be considered including:

- ◆ 1990 NHS and Community Care Act
- ◆ Mental Health (Care and Treatment) (Scotland) Act 2003

This latter point must include an emphasis on the guiding principles and the Advanced Statements as well as the grounds for compulsion. You should highlight the infrequency of use compared to the number of people with mental health problems:

- ◆ Adults with Incapacity (Scotland) Act 2000

#### Outcome 2

Candidates should be provided with a definition of mental health. The start of this topic could be the 1948 World Health Organisation definition of Health; 'A state of complete physical, mental and social well-being and not merely the absence of disease and infirmity'.



## **National Unit Specification: support notes (cont)**

### **UNIT    Mental Health Issues: An Introduction (Intermediate 2)**

Advocacy and self empowerment are important issues to be considered in some depth.

Candidates may choose to investigate services for one particular mental health problem or in one particular area.

### **GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT**

This Unit lends itself to a wide range of teaching and learning approaches.

The content of this Unit can be taught using a variety of methods such as:

- ◆ Practical exercises in small groups
- ◆ Investigations
- ◆ Group discussion
- ◆ Case studies
- ◆ Worksheets
- ◆ Individual or group research
- ◆ Videos
- ◆ Lectures
- ◆ Use of Information and Communication Technology (ICT) such as appropriate and relevant websites

Presentations from the teacher/lecturer on some topics such as ‘the classification of mental disorder’, or group discussion supported by worksheets on mental health and the mental health continuum.

If candidates investigate a piece of legislation over the past 50 years and summarise its relevance to mental health disorder it may be kept to use as part of the research for the externally assessed Project for Care Issues for Society: Older People.

Visits to mental health services or guest speakers are very helpful when considering service provision, for example inviting a mental health advocacy worker. There are good videos available through mental health media including myths about madness and resources on Care in the Community (useful from a historical perspective) and the effects of mental disorder on friends and family. Providing case studies to discuss the effects of mental illness and role playing a case conference are interesting ways of considering relevant services. Candidates find it useful to hear service users’ experiences either through a talk or video. A long serving or retired mental health worker can give a useful historical perspective.

## **National Unit Specification: support notes (cont)**

### **UNIT    Mental Health Issues: An Introduction (Intermediate 2)**

#### **GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT**

The Evidence Requirements and the appendix both provide specific requirements for Unit assessment. They set out clearly what must be addressed by candidates and what evidence teachers/lecturers should look for.

#### **Outcome 1 and 2**

An appropriate Instrument of Assessment for Outcome 1 and 2 would be a single closed-book test, lasting no more than 40 minutes, which may contain structured, restricted or extended response-type questions.

#### **Outcome 3**

Written and/or oral recorded evidence of the candidate's investigation is required. This will be generated by the candidate at appropriate points throughout the Unit. Candidates will be given a clear brief which allows them to achieve the Outcome and Performance Criteria. It would be appropriate for candidates to produce the findings of their investigation in a report including:

- ◆ The services available for people with mental health problems
- ◆ The services available for people supporting others with mental health problems
- ◆ Reference to at least three sources of the information

This report should be carried out in the candidate's own time and the candidate could be interviewed and questioned on the report by the teacher /lecturer or a signed declaration to evidence candidates' own work.

Evidence should be gathered towards the end of the Unit.

Care should be taken to ensure that sufficient time is allowed for remediation and reassessment, if required.

The NABs illustrate the national standard for the Unit. NAB materials provide assessment instruments and guidance on implementation. The questions in the NAB are restricted and extended response in nature. Sampling of content is acceptable and should be adopted as a sign of good practice. Evidence Requirements detail the extent of sampling involved and the NABs illustrate this.

#### **CANDIDATES WITH DISABILITIES AND/OR ADDITIONAL SUPPORT NEEDS**

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* ([www.sqa.org.uk](http://www.sqa.org.uk)).



## National Unit Specification: appendix to the statement of standards

### UNIT Mental Health Issues: An Introduction (Intermediate 2)

*NB This appendix forms part of the statement of standards, ie requirements that are mandatory*

#### Outcome 1

- ◆ Changes in attitudes to include: from times when it was considered ‘to be possessed by evil spirits’ on to today’s thinking where mental health problems may happen to anyone.
- ◆ Change in service provision in relation to the changes in attitude:
  - Asylum to supported living
  - Community care services to meet individual need rather than need of the service

#### Current Scottish legislation in relation to mental health

- ◆ Mental Health (Care and Treatment) (Scotland) Act 2003  
The main principles: non-discrimination & equality, respect for diversity, reciprocity, informal care, participation, respect for carers, least restrictive alternative, benefit advance statements, grounds for compulsion.
- ◆ Adults with Incapacity (Scotland) Act 2000  
An explanation of how this act safeguards the rights of those who, due to illness, etc are unable to exercise their choices.

#### Outcome 2

- ◆ Describe the mental health continuum.
- ◆ Describe two common mental health problems from the following with each having at least two points of description of the mental health problem:
  - **Schizophrenia:** a disorder of thought processes, where sufferers may experience delusions, hallucinations usually auditory, and a reduced ability to feel mainstream emotions.
  - **Depression:** characterised by sadness, general apathy, a loss of self-esteem, feelings of guilt, and, at times, suicidal tendencies.
  - **Dementia:** is a progressive loss of intellectual functions (such as thinking, remembering, and reasoning) of sufficient severity to interfere with a person’s daily functioning. Dementia is not a disease itself but rather a group of symptoms that may accompany certain diseases or conditions.
- ◆ Describe three effects of mental health problems on the individual.
  - **Schizophrenia:** delusions often make the person feel persecuted and fearful, emotional responses are dumbed so cause difficulty in relationships, may withdraw from social interaction and neglect personal care.
  - **Depression:** feelings of apathy and sadness, lack of self-worth, range of physical effects, ie alteration in sleep pattern, changes in appetite.

## National Unit Specification: appendix to the statement of standards

### UNIT Mental Health Issues: An Introduction (Intermediate 2)

- **Dementia** beginning with forgetfulness, and progressing to problems with planning and decision making, orientation to time and place and, at latter stages, personality changes, communication and physical disorders.
- ◆ Describe one effect of a mental health problem disorder on others:
  - Dependence
  - Inability to socialise independently
  - Person's mental health problem being the focus of family life/relationships
  - Economic status affected due to inability to stay in employment
  - Stigma and discrimination

#### Outcome 3

Candidates will investigate **five** services available for people with mental health problems. This will be services for those with a particular mental health problem **or** for services located in a particular geographical area.

Candidates will describe how these services support individuals with mental health problems.

Candidates will investigate **three** services available for people supporting those with mental health problems. The support for these carers should be described and should cover services supporting helpers of someone with a particular problem or for supporting those helpers in a specific geographic area.