

Higher National Unit Specification

General information for centres

Unit title: Mental Health Issues in a Care Setting

Unit code: DH44 34

Unit purpose: This unit is designed to enable candidates to develop their knowledge and understanding of mental health issues. This unit also focuses on the predisposing factors which can influence a breakdown of mental health, and the support and interventions which are currently available. It is primarily intended for candidates working with individuals with mental health issues in any care setting.

On completion of the Unit the candidate should be able to:

- ◆ Examine the concept of mental health in relation to the individual in a care setting
- ◆ Examine the factors that could cause mental health problems for an individual
- ◆ Identify the key legislation and policy in Scotland which may have an impact on an individual with mental health problems.
- ◆ Identify and examine the support available for individuals with mental health problems in care settings

Credit value: 1 HN Credit at SCQF level 7: (8 SCQF credit points at SCQF level 7*)

**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.*

Recommended prior knowledge and skills: Candidates should have good communication skills, both written and oral. These can be evidenced either by the achievement of nationally recognised qualifications for example Higher English or a qualification equivalent to SCQF Level 5 or by the completion of a pre-course interview part of which could take the form of a written assignment. The skills to undertake this Unit could also be demonstrated through an employer's reference or the process of application and interview. In addition to proven communication skills candidates should have preferably undertaken some real work experience, paid or voluntary, in a care setting. It would be helpful but not essential if candidates had completed the Unit D11H 11 Mental Health Issues: An Introduction.

Core skills: There may be opportunities to gather evidence towards core skills in this Unit, although there is no automatic certification of core skills or core skills components.

General information for centres (cont)

Candidates will have the opportunity to develop the following Core Skills:

Communication: through the integrated case study with particular emphasis on listening, observation and facilitating the process of communication.

Working with Others: by demonstrating partnership with individuals receiving care and appropriate others, an ability to understand and analyse own support role in relation to team work.

Problem Solving: through planning, critical thinking, applying a range of techniques and evaluating own work practice.

Context for delivery: If this Unit is delivered as part of a group award, it is recommended that it should be taught and assessed within the subject area of the group award to which it contributes. It could also be delivered as stand-alone and could be useful as part of a professional development programme.

The Assessment Support Pack (ASP) for this unit provides assessment and marking guidelines that exemplify the national standard for achievement. It is a valid, reliable and practicable assessment. Centres wishing to develop their own assessments should refer to the ASP to ensure a comparable standard. A list of existing ASPs is available to download from SQA's website (<http://www.sqa.org.uk/sqa/46233.2769.html>).

Assessment: The assessment for this unit will comprise of an integrated case study incorporating all outcomes.

Higher National Unit specification: statement of standards

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Unit code:

The sections of the Unit stating the Outcomes, knowledge and/or skills, and evidence requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Examine the concept of mental health in relation to the individual in a care setting

Knowledge and/or skills

- ◆ Current understanding of the concept of mental health and wellbeing
- ◆ Varied theories of mental health and wellbeing and the effect mental health issues have on the individual in a care setting
- ◆ The effect of mental health issues on the individual in the work environment and beyond

Evidence requirements

This outcome will be assessed through an integrated case study which will incorporate the candidates existing knowledge and understanding as well as their understanding of current theories emerging in society today.

In the case study candidates are required to demonstrate:

- ◆ An understanding of mental health and wellbeing
- ◆ Knowledge of the wide variations in perceptions of mental health issues and how these affect individuals
- ◆ That they can identify and discuss the major theories that exist and how they impact on the individual
- ◆ That they can explain and contrast the different models/approaches to mental ill health
- ◆ How mental health problems have an effect on the individual's normal functioning within society

Higher National Unit specification: statement of standards

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Assessment guidelines

The candidate is required to identify a fictional or actual individual with whom they have developed a professional rapport, and review the past, present and future care and treatment in relation to the care environment. This case study should be sensitive to confidentiality and written in a way that does not lead directly to any actual persons involved. The candidate should also clarify the current practice within their care setting regarding seeking individual and supervisor's permission to include potentially sensitive information.

In this part of the integrated case study, the candidate should explore the theories of mental health and well being and contrast these with the current theories of ill health and distress. The candidate should identify current models and approaches and discuss the effect each has on the individual.

The assessment should be written in approximately 500-600 words.

Outcome 2

Examine the factors that could cause mental health problems for an individual

Knowledge and/or skills

- ◆ Understanding of a range of causal factors required for mental health
- ◆ Understanding of a range of factors contributing to mental ill health

Evidence requirements

The candidate should:

- ◆ Demonstrate an understanding of the effect mental health/ill health can have on individuals
- ◆ Outline and develop the factors which cause or have the potential to lead to the deterioration of mental health and wellbeing of the individual mentioned in the case study
- ◆ Demonstrate an awareness of the social, physical, intellectual, emotional and spiritual factors intrinsic to mental health
- ◆ Discuss the contributing factors which may lead to mental ill health and demonstrate examples of this through the second part of the case study

Assessment guidelines

This part of the case study should be written in approximately 500-600 words.

Higher National Unit specification: statement of standards (cont)

Unit title: Mental Health Issues in a Care Setting

Outcome 3

Identify the key legislation and policy in Scotland which may have an impact on an individual with mental health problems.

Knowledge and/or skills

Candidates should have an awareness of the following legislation and its implication for care delivery and an individual's well being:

- ◆ The Mental Health (Care and Treatment) (Scotland) Act 2003
- ◆ Adults with Incapacity (Scotland) Act 2000
- ◆ Disability Discrimination Act 1995
- ◆ NHS Community Care Act 1990
- ◆ Any other subsequent legislation which is relevant to mental health issues.
- ◆ Knowledge of current and relevant policies and initiatives

Evidence requirements

The candidate should demonstrate:

- ◆ An understanding and identification of the above legislation and policy and an ability to give a clear account of it in their case study by demonstration of a working knowledge of at least two pieces of relevant legislation or policy.
- ◆ How the legislation, policy and strategies can influence the way the candidate delivers care and support to the individual in the case study.

Assessment guidelines

The candidate is required to identify legislation, policy and strategies that have had or may have an impact on the individual with whom they are working. This part of the assessment should be written in approximately 500-600 words.

Outcome 4

Identify and examine the support available for individuals with mental health problems in care settings

Knowledge and/or skills

Candidates should know about and demonstrate their understanding of the core services:

- ◆ Statutory
- ◆ Non-statutory (including voluntary and private sector)
- ◆ Local and national forums/support groups
- ◆ Candidates should also be aware of how to access and contact these agencies as well as identifying access protocols and key individuals.

Higher National Unit specification: statement of standards (cont)

Unit title: Mental Health Issues in a Care Setting

Evidence requirements

Candidates should illustrate in their case study how they use both local and national agencies as well as forums to act as support and advocates for individuals' needs.

These agencies could include:

- ◆ Statutory agencies, including local authority and health care partnerships.
- ◆ Non-statutory agencies, including voluntary and private sector.
- ◆ Local and national forums
- ◆ Candidates may wish to identify unmet needs and service provision gaps this however should be outlined in a constructive manner highlighting the potential for service development
- ◆ Candidates should explain the relevance and appropriateness of the individual's involvement and participation with the agencies involved in their care.

Assessment guidelines

This part of the assessment should be written in approximately 500-600 words.

Administrative Information

Unit code:	DH44 34
Unit title:	Mental Health Issues in a Care Setting
Superclass category:	PH
Date of publication:	August 2004
Version:	01
Source:	SQA

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Higher National Unit specification: support notes

Unit title: Mental Health Issues in a Care Setting

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

This unit is primarily designed to help candidates develop their knowledge and understanding of mental health issues. It is useful if candidates have a working knowledge of, or experience of mental health problems.

OUTCOME 1: examines the concept of the health/ illness continuum in relation to mental health and wellbeing. It should also recognise the shift away from a medical model of mental dysfunction to a client centred (user led) approach. Candidates are required however to have an understanding of the major classifications such as functional/organic states. There is a need to have an understanding of major diagnostic conditions such as schizophrenia, bipolar disorders, personality disorders, depressions, obsessive compulsive disorders, hysteria and anxiety states. The candidate should balance the above with an understanding of the uniqueness of the client as an individual, disadvantaged and potentially in distress. The candidate is required to have an understanding of current theories as well as traditional ones eg. Durkheim, Skinner, Bandura, Beck, Henderson, DeShazer and O'Hanlon, Haddock and Slade. Fundamentally theories are described as being concepts or ideals given to define a particular belief.

The moral model is perceived as a behavioural modification approach to mental health problems. The use of praise and reward, token economy and behaviour through modelling and reinforcement has developed into many current therapies including: Cognitive Behavioural Therapy, Dialectical Behavioural therapy and Solution Focussed Brief Therapy.

The medical model in regards to mental health would have us believe that there is a biological foundation to the symptom therefore chemical or surgical intervention such as medication, electro convulsive therapy, magnetic resonance and surgery are used to cure, abate or rebalance the illness.

Current social care theory identifies the individual as the disadvantaged service user and central to all interventions and support. Its application as a model would identify the needs of the individual being assessed and met with the view that the user is an informed, empowered individual exercising concordance with other team members. The NHS Community Care Act 1990 cemented this view as a user led service, therefore the candidate should have an understanding of underpinning legislation.

Higher National Unit specification: support notes (cont)

Unit title: Mental Health Issues in a Care Setting

Candidates are required to explore the effect of mental health distress on the functioning of the individual in society. This understanding should illustrate an awareness of the role and limitations resulting from, labelling, stigma, discrimination, public awareness campaigns such as the 'see me, not the illness' campaign.

OUTCOME 2: examines the factors that can cause mental health problems. In doing so the candidate should demonstrate an understanding of the social, physical, intellectual, emotional and spiritual influences on the individual while exploring clients' predisposition towards ill health.

Social influences can include: economic factors such as deprivation, poverty, homelessness, unemployment, social exclusion as well as isolation and family and personal relationships.

Physical influences can include: genetic predisposition, trauma, substance misuse, homeostatic imbalance and organic causes.

Intellectual factors can include: immature personality, impairment (organic/ functional).

Emotional factors can include: loss, bereavement, stress, distress, pregnancy and childbirth.

Spiritual factors can include: unfulfilled expectation, upbringing (norms and values) and pro-dromal issues such as schizophrenagenia.

OUTCOME3: explores the key legislation, policy and strategies that currently influence mental health care and delivery. Some examples are:

- ◆ The national programme for improving mental health and wellbeing.
- ◆ The 'Choose Life' strategy.
- ◆ Scottish Health at Work (SHAW) programme.
- ◆ Doing Well by People with Depression (CCI, programme)
- ◆ The 'see me, not the illness' campaign.
- ◆ As well as the existence of mental health awareness training described within the National Programme for Mental Health and Wellbeing.

The candidate should demonstrate an understanding within their case study of some of these policies and strategies. They should go on to describe the impact that policies have on the care setting and delivery of care/support to the individual. The candidate should also explain an awareness of the implication of such legislation and policy on society as a whole. For example the 'see me, not the illness' campaign addresses both the stigma surrounding mental illness as well as educating the public regarding mental health.

Higher National Unit specification: support notes (cont)

Unit title: Mental Health Issues in a Care Setting

OUTCOME 4: Identifies the role and relationship between the various professionals, volunteers and support agents and their involvement with the individual experiencing mental distress/illness. The candidate should demonstrate their understanding of mental health support and intervention in other environments as well as their own.

The case study should give examples of groups which are useful to the individual referred to in the case study. Some examples are:

The National Schizophrenia Fellowship, Mind, Huntington's Society as well as examples such as Richmond Fellowship, Barony Housing, Link Living, local housing associations, Church of Scotland and Advocacy services.

The account could also show an understanding of supportive and complementary therapies in their geographical area which may assist their clients to an improved quality of mental health and wellbeing.

The following web sites though not exhaustive should give reasonable access to key literature for this Unit:

Advocacy 2000 <http://website.lineone.net/~advocacy2000/>

Alzheimer Scotland <http://www.alzscot.org/>

Her Majesty's Stationary Office (Scottish Legislation)
<http://www.scotland-legislation.hmso.gov.uk/legislation/scotland>

Huntington's Disease Association <http://www.hda.org.uk/charity/contact.html>

Mental Health Foundation www.mentalhealth.org.uk

Mental Welfare Commission for Scotland <http://www.mwscot.org.uk/>

Mind (National Association for Mental Health) <http://www.mind.org.uk/>

National Schizophrenia Fellowship (Scotland)
<http://www.nsfscot.org.uk/text/docs/text/main.htm>

Patient UK <http://www.patient.co.uk/>

Richmond Fellowship (Scotland) <http://www.trfs.org.uk/>

Scotland's Health on the Web <http://www.show.scot.nhs.uk/publicationsindex.htm>

Scottish Executive Publications <http://www.scotland.gov.uk/publications/recent.aspx>

Higher National Unit specification: support notes (cont)

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Guidance on the delivery and assessment of this Unit

This Unit can be delivered as part of a group award or as a free standing Unit.

The assessment for this Unit incorporates all four Outcomes in the form of an integrated case study. The case study should fit into candidates' usual work schedule but should focus on an aspect of work not previously explored. It should provide opportunity for candidates to:

- ◆ Introduce a more person centred approach
- ◆ Reflect on and analyse the activity undertaken and the characteristics of an enabling role
- ◆ Evaluate their own work practice
- ◆ Identify lessons learned and make suggestions for improvement

Links to SVQ Units

This HN Unit provides some of the underpinning knowledge for the following SVQ Units:

HSC312 Support the social, emotional and identity development of children and young people

HSC313 Work with children and young people to promote their own physical and mental health needs

HSC332 Support the social, emotional and identity needs of individuals

HSC350 Recognise, respect and support the spiritual well-being of individuals

HSC352 Support individuals to continue therapies

HSC364 Identify the physical health needs of individuals with mental health needs

HSC392 Work with families, carers and individuals during times of crisis

HSC393 Prepare, implement and evaluate agreed therapeutic group activities

HSC396 Enable people with mental health needs to develop coping strategies

HSC397 Reinforce positive behavioural goals during relationships with individuals

If candidates write about real work situations then this may also provide evidence for PCs.

Open learning

This Unit could be delivered by open learning. In this case, the centre would need to plan carefully to ensure the sufficiency and authenticity of candidate evidence.

For information on normal open learning arrangements, please refer to the SQA guide *Assessment and Quality Assurance of Open and Distance Learning (SQA, 2000)*

Special needs

This Unit specification is intended to ensure that there are no artificial barriers to learning or assessment. Special needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering special alternative Outcomes for Units. For information on these, please refer to the SQA document *Guidance on Special Assessment Arrangements (SQA, 2001)*.

General information for candidates

Unit title: Mental Health Issues in a Care Setting

This unit is designed to acquaint you with current thinking in relation to people with mental health issues and to help you to apply this to your support work. The emphasis is on working in partnership with the service user being central in decision making and care provision.

You need to be in a support role to undertake this unit. This can be paid employment, voluntary work or a carer role within a family or similar situation.

This unit has four outcomes. The first outcome will acquaint you with current theories and their application. There is also a historical perspective that illustrates the diversity of views relating to mental health it's care and support.

Outcome two gives you an awareness of precursors to mental ill health, appropriate treatments and therapies.

Outcome three will give an understanding of pertinent legislation, policies and strategies and how they impact the service user to maintain mental health and well being.

Within Outcome four you should apply your understanding of the three previous outcomes and convey it in relation to your own care environment and how this impacts on the support of the service user.

This Unit intends to equate and draw a link between current theory and practice within social and health care settings.

The unit is assessed by an integrated written case study report that incorporates all four outcomes.