




List of Skills


1. Participation in the Service User Assessment Process
2. Dealing with Challenging Behaviour

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- A practitioner is able to identify and be aware of symptoms and the behaviors of the person with severe mental illnesses. That means that she or he recognizes:
 - What symptoms a person have and to what degree are they affecting him.
 - To what degree are they affecting his/her social network, family, work situation and relations with friends (do they lead to his/her social isolation).
 - Which coping and management skills of mental health symptoms the person has.

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- A practitioner is able to identify the signs of a crisis/relapse That means that she or he recognizes:
 - What are common early warning signs.
 - What are individual pattern of the relapse of the person. What are strategies for relapse prevention.
 - What are the best approach and available coping strategies.
 - He or she is able to:
 - Show flexibility in adapting her or his behavior to the person being assessed
 - Identify the individual pattern of the relapse: time, early warning signs of the particular patient (identification of early warning signs of relapses of different mental health illnesses has to be part of needed skills)
 - Collect basic personal data (outline basic personal and family background, history), link personal data and events to crises, relapses and overall functioning
 - What is person's perspective, how he/she sees these links, what does he sees as important
 - Assess personal coping strategies of a patient


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- A practitioner is able to identify side effects of medications and their impact on the person. That means that she or he recognizes:
 - Which medication does he/she use
 - What is his/her compliance with it
 - What side effects does a person feel
 - Do they have impacts on his/her compliance with a medication

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- A practitioner is able to understand basic structured tools to assess psychiatric and neurocognitive symptoms [optional]


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- A practitioner is able to assess needs and resources. That means that she or he recognizes:
 - What are current social-health needs of the person
 - Which resources (family, community) have already existed, which have to be created
 - Who are the most important (in which areas) people for the person

- He is able to

- assess current housing situation, money supply, living and work skills, and meaningful daily activity. Your description should be based on a careful assessment; the view of a person (perceived needs) and his/her family has to part of an assessment.
- Outline social needs and functioning (duration and stability of social relations, past and current social skills)
- Describe social network of the patient (amount and intensity of contacts)
- Describe current relationships and role of family in a life of a person.
- Define levels of functioning in different areas, different social roles he/she perform.
- Assess family (caregivers) and social network (family perspective)
- Define family ways of coping with a situation, current or threatening burden, level of EE (expressed emotions) in a family setting.
- Assess the community, community resources (people, places, activities, things, social systems)
- Assess community resources needed on a personal level (housing, work, day activities, personal and spiritual needs)
- Describe community available resources
- Define community unavailable community resources (as a starting point for further suggestions to create new resources)

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- A practitioner is able to assess global functioning. That means that she or he recognizes:
 - What is individual 's ability to perform everyday activities independently, to satisfy personal needs, and to meet reasonable environmental expectation
 - She or he is able to use tools to assess global functioning (e.g.HoNOS)

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- A practitioner is able to assess the quality of life with a help of basic assessment tools

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- A practitioner is able to assess rehabilitation readiness of a patient (indication of persons interest in rehabilitation and his or her self confidence) according to 5 indicators:
 - Need for change
 - Commitment to change
 - Personal closeness
 - Self-Awareness
 - Environmental Awareness

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- A practitioner is able to understand tools for planning service provision and conducting research