

“PSYCHO RESCUE - Psychiatric RESidential care Communities: Upgrading and Enhancing skills and competences for member of staff professional qualification”

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## A CURRICULUM PROPOSAL FOR THE COMMUNITY MENTAL HEALTH WORKER

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**TARGET:**

**2 Levels:**

- **Basic** – 240 h/year (24 h/month – 2 weekends per month) + 150 h on job training (with a coach) + supervision 100 h

**Target:** Not specifically educated but working in mental health

- **Advanced** – 60 h/year (6 h/month) + 140 h Quality Groups (Groups conducted by workers-concurs to a shared acknowledgment ) + Supervision 100 h

**Target:** Educated but not specifically educated in Community Mental Health

**Supervision** should be conducted by a qualified psychologist with at least 10 years of experience.

**Teachers and Trainers** must be psychologist with at least 10 years of experience.

**Experts** must be at a national level with a specific curriculum on the topic.

**Contents** are suggestions for the learning objectives achievement. It is up to the teacher to enrich them in order to propose an efficient module

**Assessment** consist both in a short written assignment and in a global evaluation done by coach and teachers.

Supervision 100 h + 100 h

**Basic Level**

**240 h/y training**  
**MH non specifically  
educated Workers**

On the job training 150 h

**Advanced Level**

**60 h/y training**  
**MH specifically  
educated Workers**

Quality Groups 140 h

Both the basic and the advanced level are a one year program.

The basic should continue through the advanced level in a second period of time.

**LASTS 1 YEAR**

**6 MODULES BASIC LEVEL**

**LASTS 1 YEAR**

**6 MODULES ADVANCED LEVEL**

<b>BASIC LEVEL</b>				
<b>TOPIC 1:</b>	<b>Learning Objectives</b>	<b>Hours Amount</b>	<b>Learning Method</b>	<b>Assesment</b>
Participation in the Service User Assessment Process	<p>Be able to understand tools for planning service provision and conducting research</p> <p>Demonstrate effective communication and observational skills as part of the assessment process</p> <p>Formulate the assessment in a clear manner.</p> <p>Be able to assess needs and resources.</p> <p>Be aware and identify symptoms and behaviours of an individual experiencing mental health problems.</p> <p>Be able to identify the signs of a crisis/relapse.</p> <p>Be able to communicate with service users to identify side effects of their medication and the impact this has on their lives.</p> <p>Be able to assess service users abilities to carry out everyday activities independently.</p> <p>Be able to assess quality of life using basic assessment tools.</p> <p>Be able to assess service users motivation and ability to live independently in the community according to 5 indicators:</p>	<p>36 h Class</p> <p>150 h (total amount) on the job training</p>	<p>Practice based approach</p> <p>Cooperative Learning</p> <p>Lectures and Workshops with experts</p>	<p>Short Test on specific Items.</p> <p>Assessment conducted by a pool of teachers and the on the job training coach.</p> <p>Assessment will regard the capability of the student to treat the whole topic as a complex matter</p> <p>Practice Portfolio for on the job training</p> <p>Written assignment</p>



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	<ul style="list-style-type: none"> <li>• Need for change;</li> <li>• Commitment to change;</li> <li>• Openness to connecting with others;</li> <li>• Self-awareness;</li> </ul> <p>Environmental awareness (e.g. ability to distinguish between different environments - people, places, situations - and appropriate ways of relating to them).</p>			
<p>Contents: Assessment process, Psycho Social Research Elements, Communication Techniques, Psychology and Mental Illness, Empowerment and counselling</p>				



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ADVANCED LEVEL				
Advanced Level	Participate in the Service User Assessment Process	10 WS 20 QG 10 SU	Workshop on specific topic On the job Research Work based learn activities Quality Groups conducted between practitioners and experts	Supervision conducted by qualified mentors

<b>BASIC LEVEL</b>				
<b>TOPIC 2:</b>	<b>Learning Objectives</b>	<b>Hours Amount</b>	<b>Learning Method</b>	<b>Assesement</b>
Management of risk.	Deal with any behaviour that puts users or workers at risk. Dealing with Challenging Behaviour.	46 h. Class  150 h (total amount) on the job training	Role Playing Techniques  Practice based approach  Work based learn activities  Lectures and Workshops with experts-Witnesses	Assessment conducted by a pool of teachers.  Assessment will regard the capability of the student to treat the whole topic as a complex matter  Practice Portfolio for on the job training
Contents: Psychology and Mental Illness, Risk Management in MH, Empowerment and counselling				



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<b>ADVANCED LEVEL</b>				
Advanced Level	Manage Risk	10 WS 20 OG 30 SU	Workshop on specific topic On the job Research Work based learn activities Quality Groups conducted between practitioners and experts	Supervision conducted by qualified mentors

<b>BASIC LEVEL</b>				
<b>TOPIC 3:</b>	<b>Learning Objectives</b>	<b>Hours Amount</b>	<b>Learning Method</b>	<b>Assesement</b>
Building working alliances with service users and families or carers.	<p>Value service users and their families and carers as experts in their own situations.</p> <p>Uphold and promote the legal and civil rights of service users and family members and carers.</p> <p>Respond adequately to feelings and emotions.</p> <p>Communicate with service users, family members and carers and maintain a relationship with them.</p>	<p>46 h. Class</p> <p>150 h (total amount) on the job training</p>	<p>Theoretical lesson</p> <p>Practice based approach</p> <p>Cooperative Learning</p> <p>Lectures and Workshops with families</p>	<p>Short Test on specific Items.</p> <p>Assessment conducted by a pool of teachers.</p> <p>Assessment will regard the capability of the student to treat the whole topic as a complex matter</p> <p>Practice Portfolio for on the job training</p>
<p>Contents: Family Sociology, Social and Health System, Local Care Management, Communication Techniques, Psychology and Mental Illness, Empowerment and counselling</p>				



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<b>ADVANCED LEVEL</b>				
Advanced Level	Build working alliances with service users and families or carers	10 WS 20 QG 10 SU	Workshop on specific topic  On the job Research  Work based learn activities  Quality Groups conducted between practitioners, experts, families and carers	Supervision conducted by qualified mentors

BASIC LEVEL				
TOPIC 4:	Learning Objectives	Hours Amount	Learning Method	Assesement
Promoting self – management	<p><b>F4-1)</b> Take an active role in building partnerships between service users and service providers</p> <p><b>F4-2)</b> Demonstrate confidence and support the service user management of emotions</p> <p><b>F4-3)</b> Encourage service users independence by providing support with daily living skills.</p> <p><b>F4-4)</b> Motivate service users to be active participants in their own therapeutic process and support the service user to identify and work towards personal goals.</p> <p><b>F4-5)</b> Encourage service users to express their opinions and views about the service they receive.</p> <p><b>F4-6)</b> Promote and facilitate self-help and mutual support for service users and family members and carers</p>	<p>46 h. class</p> <p>150 h (total amount) on the job training</p>	<p>Role playing and problem solving techniques</p> <p>Practice based approach</p> <p>Collaborative Learning</p> <p>Work based learn activities</p> <p>Lectures and Workshops with experts</p>	<p>Short Test on specific Items.</p> <p>Assessment conducted by a pool of teachers.</p> <p>Assessment will regard the capability of the student to treat the whole topic as a complex matter</p> <p>Practice Portfolio for on the job training</p>
Contents: Communication Techniques, Psychology and Mental Illness, Empowerment and counselling				



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ADVANCED LEVEL				
Advanced Level	Promote self management	10 WS 30 QG 30 SU	<i>Workshop on specific topic</i>  <i>On the job Research</i>  Work based learn activities  Quality Groups conducted between practitioners and experts	Supervision conducted by qualified mentors

<b>BASIC LEVEL</b>				
<b>TOPIC 5:</b>	<b>Learning Objectives</b>	<b>Hours Amount</b>	<b>Learning Method</b>	<b>Assesement</b>
Supporting social and community integration	<p>F5-1) Willing to work from an interagency, partnership approach to help achieve service users goals and wishes</p> <p>F5-2) Encourage service users to access opportunities for purposeful activity, for example employment, education, vocational programs, leisure activities</p> <p>F5-3) Promote understanding of mental health problems and coping strategies</p>	<p>36 h class</p> <p>150 h (total amount) on the job training</p>	<p>Role Palying Team Building tecniques</p> <p>Practice based approach</p> <p>Collaborative Learning</p> <p>Work based learn activities</p> <p>Lectures and Workshops with experts</p>	<p>Short Test on specific Items.</p> <p>Assessment conducted by a pool of teachers.</p> <p>Assessment will regard the capability of the student to treat the whole topic as a complex matter</p> <p>Practice Portfolio for on the job training</p>
<p>Contents: Communication Techniques, Psychology and Mental Illness, Management, Local Training System, Local Opportunities and welfare system, Empowerment and counseling, coping strategies</p>				



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<b>ADVANCED LEVEL</b>				
Advanced Level	Supporting social and community integration	10 WS 30 QG 20 SU	<i>Workshop on specific topic</i>  <i>On the job Research</i>  Work based learn activities  Quality Groups conducted between practitioners and experts	Supervision conducted by qualified mentors

<b>BASIC LEVEL</b>				
<b>TOPIC 6:</b>	<b>Learning Objectives</b>	<b>Hours Amount</b>	<b>Learning Method</b>	<b>Assesement</b>
Management of the Service	<p>Adhere to policies and procedures</p> <p>Work as part of a team</p> <p>Take an active part in meetings</p> <p>Take an active role in the improvement of the quality of the project</p> <p>Develop preventive approaches to stress and burn-out</p>	<p>30 h. class</p> <p>150 h (total amount) on the job training</p>	<p>Theoretical lesson</p> <p>Practice based approach</p> <p>Cooperative/Collaborative Learning</p> <p>Work based learn activities</p> <p>Workshops with experts</p>	<p>Short Test on specific Items.</p> <p>Assessment conducted by a pool of teachers.</p> <p>Assessment will regard the capability of the student to treat the whole topic as a complex matter</p> <p>Practice Portfolio for on the job training</p>
<p>Contents: Community Policies and Procedures (Quality System), Teamwork and cooperative work, Leadership and groups, Communication Techniques, Burn out</p>				



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ADVANCED LEVEL				
Advanced Level	Manage the service	10 WS 20 QG	<i>Workshop on specific topic</i> <i>On the job Research</i> Work based learn activities Quality Groups conducted between practitioners and experts	Supervision conducted by qualified mentors in the workplace