

UNIT TITLE: Understanding Mental Health

LEVEL: Two
CREDIT VALUE: 3
GLH: 24
NOCN UNIT CODE: PT1/2/QQ/028
ACCREDITED UNIT NO: J/500/5042

This unit has 5 learning outcomes.

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the term 'Mental Health'. (HSC23b; KSF HWB6)	1.1. Define the term 'Mental Health'. 1.2. Identify and describe the key symptoms of three mental health illnesses. 1.3. Describe the impact of mental health problems.
2. Recognise methods for treating/controlling mental illness. (HSC23b; KSF HWB6)	2.1. Describe management and treatment approaches that may be used in three mental illnesses. 2.2. Discuss and compare the strengths and weaknesses of these approaches.
3. Recognise management techniques when dealing with aggression. (HSC23b; KSF HWB3)	3.1. List and describe obvious signs of aggressive behaviour. 3.2. Identify and explain three causes of aggressive behaviour. 3.3. Describe different ways of defusing and controlling volatile situations.
4. Recognise the role of therapeutic communication skills in 'Mental Health'. (HSC21)	4.1. Outline the range of therapeutic verbal and non-verbal communication skills used in mental health. 4.2. Give an example of the use of three skills, describing their strengths and weaknesses.
5. Recognise the roles and functions of a range of agencies and individuals providing care services for people who are mentally ill. (HSC23; MH2, 3; KSF HWB7)	5.1. Identify the different agencies working the field of 'Mental Health'. 5.2. Explain their roles and how they relate to each other to support an individual with mental illness.

Mapped to Health and Social Care NOS, Skills for Care & Development, 2005.
 Mapped to NHS Knowledge and Skills Framework 2005.

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Please note: Achievement of this unit does not provide evidence against the Care Standards Act requirements.

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ASSESSMENT INFORMATION

Guidance:

This grid gives details of the assessment activities to be used with the unit attached. Please refer to the NOCN Centre Handbook for definitions of each activity and the expectations for assessment practice and evidence for moderation.

The assessment activities for this unit are indicated in the table below:

Key: P = Prescribed – this assessment method *must* be used to assess the unit.
O = Optional – this assessment method *could* be used to assess the unit.

Case study		Project	
Written question & answer/test/exam	O	Role play/simulation	
Essay		Practical demonstration	
Report	O	Group discussion	O
Oral question and answer		Performance/exhibition	
Written description	O	Production of artefact	
Reflective log / diary	P	Practice file	

Signposting Key Skills

This unit offers clear opportunities for learners to provide evidence of achievement in Key Skills achievement in the following skill area/s:

Key Skill		Wider Key Skill	
Communication	✓	Working with others	
Information Technology		Problem solving	✓
Application of Number		Improving Own Learning and Performance	