

Unit 119: Support Individuals with Mental Health Conditions to Change Patterns of Behaviour Using Coping Strategies

Level:	4
Unit type:	Optional
Credit value:	4
Guided learning hours:	16

Unit Aim

This unit provides learners with knowledge and skills required to work with individuals with mental health conditions to change their patterns of behaviour. This unit has a focus on supporting the individuals with mental health conditions to recognise their own behaviours and work with individuals to change their patterns of behaviours.

Assessment requirements

This unit must be assessed in line with *Skills for Health Assessment Principles for Qualifications that Assess Occupational Competence* document. Detailed information can be found in *Annexe A* of the qualification specification.
Evidence for skills within learning outcomes 2-4 must come from real work activities.

Learning outcomes The learner will:	Assessment criteria The learner can:
1 Understand the legal, service and social context of work with individuals in relation to their behaviour	1.1 Explain how the practice of working with individuals with mental health conditions in relation to their behaviour is affected by: - the purpose of the service provider - the priorities of the service provider - legislation
	1.2 Explain how definitions of acceptable behaviour can vary in different circumstances
	1.3 Describe the personal, interpersonal and social factors that may influence or trigger behaviour that is seen as non-acceptable

Learning outcomes The learner will:	Assessment criteria The learner can:
	1.4 Describe the sources of support available to support changes in behaviour
	1.5 Explain how to assess and manage risks to own and others' safety when supporting individuals with behaviour that challenges
	1.6 Explain the ethical and moral issues that arise when dealing with behaviours that could harm the individual or others
2 Be able to gather and use relevant information to explore behavioural responses from an individual with mental health conditions	2.1 Identify and review information from a range of sources about the individual's background, circumstances, behaviour and needs
	2.2 Use strategies to establish a positive working relationship with the individual with mental health conditions
	2.3 Review information to confirm whether it provides an accurate basis to explore behavioural responses
	2.4 Support the individual to identify patterns of behaviour that has a negative impact on themselves and others
	2.5 Support the individual with mental health conditions to recognise the impact of their behaviour on themselves and others
	2.6 Support the individual with mental health conditions to recognise triggers that may lead to patterns of behaviour that have a negative impact on themselves and others
	2.7 Support the individual with mental health conditions to identify ways in which they could change their behavioural response and what benefits this may bring to themselves and others
	2.8 Recognise limitations of own role and the point at which you need to seek further support

Learning outcomes The learner will:	Assessment criteria The learner can:
3 Be able to support an individual with mental health conditions to plan a strategy for changing patterns of behaviour that have a negative impact	3.1 Support the individual with mental health conditions to identify patterns of behaviour that they are willing to change
	3.2 Produce a plan in partnership with the individual to support changing patterns of behaviour
	3.3 Produce a record of what has been agreed with the individual with mental health conditions
4 Be able to support an individual with mental health conditions and significant other to review a strategy for changing patterns of behaviour that have a negative impact	4.1 Conduct strategy reviews according to the individual's needs and the nature of the behaviour
	4.2 Support the individual with mental health conditions and significant others to evaluate the effectiveness of the strategy for changing patterns of behaviour
	4.3 Produce a record of the strategy review
	4.4 Communicate the results of the strategy review to all those who have a right and need to receive them

Additional information about the unit

Exemplification of terms used in assessment criteria:

Individual refers to someone requiring care or support; it will usually mean the person or people supported by the learner.

Strategies for changing patterns of behaviour could include:

- Cognitive Behavioural Therapy (CBT)
- Motivational Interviewing
- E-health interventions
- Neuro-linguistic programming (NLP)
- Dialectic Behavioural Therapy (DBT)
- Psychodynamic therapy
- Family therapy or family systems therapy.

Significant Others may include:

- Team members
- Other colleagues
- Those who use or commission their own health or social care services
- Families, carers and advocates.