

Unit 146: Enable Mental Health Service Users and Carers to Manage Change

Level:	3
Unit type:	Optional
Credit value:	3
Guided learning hours:	15

Unit Aim

This unit covers the knowledge and skills required to enable mental health services users to manage change. This unit covers the active involvement of the service user of their carers in the process of managing change.

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.

Learning outcomes The learner will:	Assessment criteria The learner can:
1 Understand the different ways in which individuals with mental health may react to change	1.1 Explain the positive and negative changes that may be experienced by individuals with mental health conditions
	1.2 Explain the impact of the individual's mental health condition and active participation in society
	1.3 Explain how change may impact on mental health workers
	1.4 Explain how a theory about the impact of change may help us understand the different ways in which individuals respond to change
2 Be able to apply an active approach in supporting mental health service users or carers to manage change	2.1 Explain how mental health conditions may affect an individual's ability to cope with and manage change
	2.2 Explain how to involve service users with mental health conditions and encourage them to make and maintain change

Learning outcomes The learner will:	Assessment criteria The learner can:
	2.3 Explain how to help service users with mental health conditions and carers take each of the following active approaches to managing change: • encouraging openness • exploring options • identifying losses and gains • exploring obstacles • problem solving • goal planning • identifying sources of support • finding ways of keeping motivated • maintaining hopefulness • acknowledging and anticipating setbacks • reinforcing achievements
	2.4 Apply an active approach to enable service users with mental health conditions or carers to manage change
	2.5 Show how shared decision-making supports people with mental health conditions and their carers to make informed choices and become active partners in managing change
	2.6 Show how service users with mental health are supported to play an active part in evaluating the service they receive in relation to managing change

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.