

Unit 66: Support Individuals to Manage Their Own Recovery from Mental Health Conditions

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

Unit Aim

This unit covers both knowledge and skills required to support individuals to manage their own recovery from mental health conditions.

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 outcome 3 must come from real work activities.

Learning outcomes The learner will:	Assessment criteria The learner can:
1 Understand the principles that promote and support recovery from mental health conditions	1.1 Explain the biological, psychological and social factors that influence mental and recovery from mental health conditions
	1.2 Define the term recovery when working with individuals who are managing their own mental health conditions
	1.3 Explain how the factors affect an individual's ability to apply the recovery principles to their own mental health
	1.4 Describe how self-management approaches put the individual in control of their own recovery from mental health conditions

Learning outcomes The learner will:	Assessment criteria The learner can:
	1.5 Explain ways to support and promote recovery from mental health conditions
	1.6 Explain the importance of carer involvement when supporting individuals in recovery from mental health conditions and development of self-management skills
2 Know the range of aspects that may be addressed in a recovery plan	2.1 Explain how different aspects of the individual's life can be addressed in their recovery plan
	2.2 Evaluate the approaches and interventions that can support individuals in their recovery from mental health conditions
3 Be able to support an individual to use approaches for managing their own recovery from mental health conditions	3.1 Support an individual to apply recovery principles and values through their own actions and interactions with others
	3.2 Work in a way that recognises, respects and supports an individual who needs additional support who may have their own definitions of recovery
	3.3 Support an individual in drawing up their own recovery plan
	3.4 Support an individual in putting their recovery plan into practice

Additional information about the unit

Exemplification of terms used in assessment criteria:

Recovery is about building a meaningful and satisfying life, whether or not there are recurring or ongoing symptoms or mental health conditions.

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

Different aspects of the individual's life that can be addressed in a recovery plan could include but are not limited to:

- Health
- Relationships
- Home life
- Working life
- Community.