

General Programme

<p>Overall Course Objectives (The overall knowledge, skills and competences acquired by the learner at the end of the course.)</p>	<ol style="list-style-type: none"> 1. The aim of this course is to raise a student’s awareness and understanding of different mental health problems. Through a set of well-crafted tools, students following this course shall be able to confidently identify and recognize the signs and symptoms of different mental health problems or a mental health crisis. 2. This course is also designed in order to educate learners on the possible causes and risk factors of various mental health problems. 3. Through the course’s content, learners shall be able to implement five critical actions when dealing with a person who is suffering from a mental health problem or crisis. Through this framework, also known as ALGEE, learners will be able to ensure that a person suffering from a mental health problem acquires sufficient help. 4. By means of this course, learners will be equipped in order to acquire a deeper and more comprehensive understanding of the different treatments available to persons suffering from a mental health problem or crisis. 5. This course shall also assist students better prepare for approaching, helping and supporting a person who is suffering from a mental health problem or crisis. 6. Through the Mental Health First Aid Course, students will be able to acquire the necessary skills in order to take appropriate action if a crisis situation arises involving: suicidal thoughts and behaviour, non-suicidal self-injury, panic attacks, traumatic events, severe psychotic states, severe effects from drug or alcohol use and aggressive behaviours.
<p>Course Rationale (This Row is <i>Optional</i> – explain your reasoning behind offering this course/what is the marked need for this course/how this course fulfils these needs.)</p>	<p>The Mental Health First Aid course comprises of lectures and practices aimed at progressing a student’s understanding and awareness of mental health problems. Richmond Foundation ultimately aims to develop a culture of Mental Health Literacy in Malta. In order to attain the aforesaid objective, the Foundation aspires to disseminate knowledge regarding mental disorders in order to equip persons to be able to competently: recognize, manage or prevent a mental health problem or crisis.</p> <p>With knowledge on physical health and illnesses becoming a more wide-spread and easily accepted notion amongst society, awareness and proficiency in mental health is somewhat of a global taboo. The reality behind mental health problems is the fact that a mental health problem affects approximately 1 in every 4 persons and thus, the aforesaid ratio is of statistical significance to any society. In reality, throughout our daily activities, without us consciously being aware of it, we come into contact with persons suffering from a mental health problem several times a day.</p> <p>Due to a deep-rooted societal stigma surrounding mental illness, persons suffering from a mental health problem are often: reluctant to seek professional help, afraid of being stigmatised or, such persons are unaware of the reality that immediate help is available. As a result, Richmond Foundation, by means of the Mental Health First Aid Course, aims to develop a society which is receptive towards and educated in mental health problems.</p>

	<p>According to Jorm (2015) who is one of the founders of Mental Health First Aid, since its inception, the advantages associated with the Mental Health First Aid Course have become evident through various empirical studies. Academic research has illustrated that participants following the Mental Health First Aid Course have become more accepting towards persons suffering from a mental illness. Subsequently, participants have also become more confident in their ability to assist others and more motivated to implement their knowledge.</p> <p>As Jorm (2013) stipulates “a lot of people never get to use conventional first aid skills because they're not that commonly needed...” “But things like someone being suicidal, having a panic attack or being out of contact with reality are reasonably common.”</p> <p>Through this course, Richmond Foundation aims to ensure that participants are equipped with the necessary skills in order to help a person developing a mental health problem or in a mental health crisis. Our intention is to empower learners to be at the forefront of mental health awareness and competence. We also aspire to continually promote mental health awareness amongst Maltese citizens in order to reflect a mental health literate population equipped with the necessary competencies in order to:</p> <ol style="list-style-type: none"> 1) Safeguard life where a person may be at risk of harm. 2) Restrict further harm through providing assistance in order to prevent a mental health problem from becoming more serious. 3) Promote recovery of good mental health. 4) Provide comfort and support to a person with a mental health problem.
<p>Learning Outcomes for Communication Skills for the whole course (If the course is specifically about communication skills e.g. writing or speaking skills, <u>this Section should be left out</u> and Section D for each module filled in.)</p>	<p>Upon successful completion of this course the learner will be able to:</p> <ol style="list-style-type: none"> a) Identify the prevalent symptoms of a mental health problem or crisis. b) Approach a person, assess and assist a person developing a mental health problem or in a mental health crisis. c) Be able to listen to a person who is suffering from a mental health problem or crisis in a non-judgemental and confidential manner. d) Be able to provide support and information to a person who is suffering from a mental health problem or crisis. e) Equip students with the necessary skills in order to be able to encourage a person suffering from a mental problem or crisis to seek professional help. f) Assist learners understand the importance of encouraging the family members and friends of a person suffering from a mental health problem or crisis to provide support.
<p>Learning Outcomes for Learning Skills for the whole course</p>	<p>The learner will be able to:</p> <ol style="list-style-type: none"> a) Understand what mental health is comprised of. b) Understand what mental health problems refer to.

	<p>c) Distinguish between several mental health problems:</p> <ol style="list-style-type: none"> a. Depression b. Anxiety problems c. Psychosis d. Substance use problems <p>d) Equip a student to assess and assist a person who is in a mental health crisis:</p> <ol style="list-style-type: none"> a. Suicidal thoughts and behaviours b. Non-suicidal self-injury c. Panic attacks d. Panic attacks following a traumatic event e. Severe psychotic states f. Severe effects from alcohol use g. Severe effects from drug use h. Aggressive behaviours <p>e) Understand the commonality of mental health problems and the impact of mental illness.</p> <p>f) Acquire an understanding of the various risk factors which may contribute towards an array of mental health problems.</p> <p>g) Acquire an understanding of various mental health resources.</p>
--	---

Individual Module

	<p>Competences: – at the end of the module/unit the learner will have acquired the responsibility and autonomy to:</p>
	<ol style="list-style-type: none"> a) Through a comprehensive understanding of mental health and different mental health problems, learners should be able to sufficiently identify a person who is developing or suffering from a mental health problem or crisis. b) Be able to distinguish between different mental health problems vis-a-vis a thorough understanding of the idiosyncratic symptoms of various mental health problems. c) Be adept to: approaching, assessing, assisting and supporting a person who is developing a mental health problem or, is in a mental health crisis. d) Be able to prudently listen to a person who is suffering from a mental health problem or crisis in a non-judgemental manner.

<p>Learning Outcomes</p>	<ul style="list-style-type: none"> e) Be able to provide support and information to a person suffering from a mental health problem. f) Be well-versed enough in order to suggest the most adequate form of professional help for a person who is developing a mental health problem or, is in a crisis. g) Be able to sensitively encourage the family members and friends of a person suffering from a mental health problem to provide continual support.
	<p>Knowledge – at the end of the module/unit the learner will have been exposed to the following: (This can be a list of knowledge/content items)</p>
	<ul style="list-style-type: none"> a) Mental health problems <ul style="list-style-type: none"> a. Meaning and significance of mental health b. An understanding of mental health problems c. Commonality of mental health problems d. A comprehensive list detailing the various interventions available for mental health problems e. Register of professionals who may provide assistance to someone suffering from a mental health problem or crisis f. Recovery process for individuals who have suffered from or, who are suffering from a mental health problem or crisis b) Mental Health First Aid <ul style="list-style-type: none"> a. Why use Mental Health First Aid and why is it important b. Outline of the Mental Health First Aid Action Plan c) Depression <ul style="list-style-type: none"> a. Outline detailing the attributes of depression b. Explanation of mood disorders c. Risk factors for depressive disorders d. List of interventions for depressive disorders e. Importance of early intervention for depression f. Crises associated with depression g. The Mental Health First Aid Action Plan for Depression h. Helpful resources for depression and suicidal thoughts d) Anxiety Problems

	<ul style="list-style-type: none"> a. Extensive explanation detailing the meaning of anxiety problems b. Explanation regarding anxiety disorders c. Risk factors associated with anxiety disorders d. Interventions for anxiety disorders e. Importance of early intervention for anxiety problems f. Crises associated with anxiety problems g. The Mental Health First Aid Action Plan for Anxiety Problems h. Helpful resources for anxiety problems <p>e) Psychosis</p> <ul style="list-style-type: none"> a. Comprehensive explanation detailing the meaning of psychosis b. Types of psychotic disorders c. Risk factors for psychotic disorders d. Interventions for psychotic disorders e. Importance of early intervention for psychosis f. Helpful resources for psychosis <p>f) Substance use problems</p> <ul style="list-style-type: none"> a. Meaning of substance use problems b. Explanation of alcohol use problems c. Drug use problems d. Risk factors for substance use disorders e. Interventions for substance use disorders f. Importance of early interventions for substance use problems g. Crises associated with substance use h. The Mental Health First Aid Action Plan for Substance Use Problems i. Helpful resources for substance use problems <p>g) First Aid for suicidal thoughts and behaviours</p> <p>h) First Aid for non-suicidal self-injury</p> <p>i) First Aid for panic attacks</p> <p>j) First Aid following a traumatic event</p>
--	---

- k) First Aid for sever psychotic states
- l) First Aid for severe effects for alcohol use
- m) First Aid for severe effects from drug use
- n) First Aid for aggressive behaviours
- o) Additional helpful resources for mental health problems

Skills – at the end of the module/unit the learner will have mastered the following skills:

Applying knowledge and understanding

The learner will be able to:

- a) Understand the fundamental underpinnings of mental health.
- b) Possess of an in-depth understanding of mental health problems.
- c) Be able to identify the differences between several mental health problems:
 - a. Depression
 - b. Anxiety problems
 - c. Psychosis
 - d. Substance use problems
- d) Vis-à-vis the ALGEE framework, students will be able to interact with and assist a person who experiencing one of the below mental health crisis situations:
 - a. Suicidal thoughts and behaviours
 - b. Non-suicidal self-injury
 - c. Panic attacks
 - d. Panic attacks following a traumatic event
 - e. Severe psychotic states
 - f. Severe effects from alcohol use
 - g. Severe effects from drug use
 - h. Aggressive behaviours
- e) Comprehend the commonality of mental health problems and the impact of mental illness.
- f) Be capable of identifying risk factors which may contribute towards mental health problems.
- g) Be able to listen to a person who is suffering from a mental health problem or crisis in a non-judgemental manner.

- h) Be able to provide support and information to a person suffering from a mental health problem or crisis.
- i) Be well-versed enough in order to suggest the most adequate form of professional help for a person who is developing a mental health problem or, is in a crisis.
- j) Be able to sensitively encourage the family members and friends of a person suffering from a mental health problem to provide continual support.

Judgment Skills and Critical Abilities

(This section has been made sufficiently open to accommodate both vocational and academic orientations. Applicants can refer to Judgment Skills, or Critical Abilities (critical skills, dispositions, values and actions), or both.)

The learner will be able to:

- a) Recognize the distinct signs and symptoms of a mental health problem in its early, developmental stage.
- b) Be able to distinguish between various mental health problems.
- c) Be capable of identifying verbal and non-verbal cues which may signal a mental health problem or crisis.
- d) Be critically aware of how mental health problems affect people's lives.
- e) Be able to recognize the multifarious risk factors which may make a person more susceptible to developing a mental health problem.
- f) Be more critically aware of positive behaviors which may assist a mental health first aider effectively interact with, and assist a person who is suffering from a mental health problem or crisis.
- g) Learners require good judgment skills in order to implement the ALGEE framework sufficiently.
 - a. A number of steps within the ALGEE framework or, certain actions might not be relevant to the contextual situation the first aider is faced with. Thus, the first aider requires judgment skills

in order to ensure that the ALGEE framework is molded in accordance to the situation at hand.

- h) Be critically aware of the adequate language and sensitivity required when talking to a person who is suffering from a mental health problem.
- i) Be able to respect a person's dignity, confidentiality and trust.
- j) Learners should be able to express empathic and non-judgmental communication.
- k) Be able to understand the critical importance of providing emotional support.
- l) Be able to provide knowledgeable and helpful information on mental health services to a person suffering from a mental health problem.
- m) Be critically aware of cultural differences when providing mental health first aid.
- n) Being aware of what concepts, behaviors or language are taboo to a person's cultural background.
- o) Be able to respect cultural differences vis-à-vis appropriate language and behaviors.
- p) Be sensitive and non-judgmental towards a person's right to make decisions.

Learning Outcomes	<p><i>Additional Module-Specific Communication Skills, if required.</i> (Over and above those mentioned in Section A)</p> <p>The learner will be able to:</p> <p>a) Convey the correct concept of Mental Health First Aid</p>
	<p><i>Additional Module-Specific Learner Skills, if required.</i> (Over and above those mentioned in Section)</p> <p>The learner will be able to</p> <p>a) Define, classify and critically evaluate module presentations related to mental health first aid.</p> <p>b) Read materials on and reflect about mental health first aid.</p> <p>c) Reflect on experiences by self and others during the module presentations and work experiences.</p> <p>d) Collaborate and participate in group activities in module presentation.</p>