

Executive Summary
**MENTAL HEALTH & MENTAL
DISORDERS**

Course Description

The Mental Health and Mental Disorders Training provides an overview of common mental health diagnoses and the effects these diagnoses may have on parenting safely and effectively. The training focuses on recognizing and integrating signs and symptoms of mental health issues in considering risk, prognosis, family strengths and resources and common case plan interventions. Additionally, the training highlights the cultural influences which can sometimes impact mental health and receiving the appropriate mental health intervention in order to stabilize and strengthen a family. Finally, participants will learn key concepts related to mental health such as chronic versus acute symptoms and other terms related to mental health. The course utilizes lecturette, case studies, small group interaction, and video demonstrations to help participants integrate the information.

Target Audience

This training is appropriate for new workers. New workers will be exposed to new information to assist with beginning case work while recognizing signs and symptoms and building their awareness of possible case interventions.

Outcome Objectives

1. Recognize how various mental disorders and early warning signs can affect a person's ability to parent.
2. Recognize the difference between chronic and acute symptoms and the potential prognosis of commonly found mental health disorders.
3. Recognize that biological, psychological, cultural and environmental factors influence the mental health functioning of family members and can sometimes be misconstrued as mental illness.
4. Describe the role of the child welfare worker and the roles of various health care and mental health professional who work with parents, adolescents and children with mental health disorders.
5. Identify common case plan interventions that are most often used by child welfare workers to assist children, adolescents and caregiver suffering from mental disorders.

Ways that Supervisors can support the Transfer of Learning from the classroom to the job...

BEFORE the training

1. Supervisors should ask the worker to consider what makes someone "mentally ill" and to write down their view of mental illness to take with them to the training.
2. Supervisors should ask the worker to list all symptoms of a mental illness that he/she can brainstorm and how these symptoms might affect parenting.

AFTER the training

1. Supervisors should ask the trainee to discuss what he/she learned in the training to challenge his/her view of what makes someone "mentally ill" and what this means about the ability to parent.

2. Supervisors should request the trainee name two key case plan interventions for clients with mental health issues and describe a case in which these two interventions would be most effective.