



**JCK TRAINING**

health and social care | UK & Ireland

# Introducing Mental Health

**COURSE INFORMATION 2011/2012**

## Course Overview: Introducing Mental Health

This is a 1-day in-house course for social care staff whose roles require some basic awareness of mental health issues and the key skills required to work with service users suffering from psychiatric disorders such as Schizophrenia and Depression.

The programme offers an overview of the major mental disorders, the effect of such disorders on sufferers, how they are approached by medical and social care professionals and an examination of some of the myths and stereotypes that surround mental ill health.

We shall also be introducing delegates to a 'Toolkit' of simple skills and interventions that can make working with mental disorder a constructive and rewarding experience for both workers and clients.

### NOTE

Due to the intensive nature of the subject matter this 1-day course not available as a shortened 3 hour workshop, but can be delivered over a longer timescale if required.

### Learning Objectives: By the end of the course participants will be able to:

- Identify mental health problems and refer to and liaise with other agencies
- Outline the differences and similarities between mental disorders and severe mental illnesses
- Prepare for situations arising from client mental health issues
- Outline some of the most common pharmacological, social and psychological interventions

### This course is suitable for:

- Health Professionals
- Supported Housing Workers
- Social Care Staff
- Police Officers/Prison Officers
- Youth Workers

## Course Outline: Introducing Mental Health

Session Title	Description	Learning Method
<b>Introductions</b>	About today's course  Introducing the Trainer and the group members to each other	Working in Pairs Large Group Discussion
<b>The Pub Quiz</b>	Key concepts Myths and stereotypes	Small Group Exercise Slideshow
<b>Fiona, Morris and Neil</b>	Definition and meaning in mental health	Small Group Exercise Photo Slideshow and Case Studies
<b>Casenotes: Richard, Jane and Princess Nira</b>	Diagnosis, treatment and support in mental health care	Small Group Exercise Video clips Case Studies
<b>The Toolkit</b>	Useful skills and techniques to help delegates work effectively with service users	Slideshow Large Group Discussion
<b>Case Studies in Mental Health Issues</b>	Preparing a graphical case presentation	Small Group and/or Individual Exercise Flip chart and pen
<b>Summary, Evaluation and Close</b>		

Delegates will receive a Handout Pack and Course Outline for use on the day. As a follow-up to the training we supply a complementary PDF manual sent to delegates by email. This is a comprehensive text written exclusively for this course and serves as a 'refresher' to the course material covered on the day itself. Delegates will also receive a Certificate of Attendance within a week of the event. All courses are fully evaluated using our own documentation, but in-house evaluation methods can be used if preferred.

## Fees

We can provide an individualised, no-obligation quotation for you on request. The fee we quote is exactly what will be invoiced should you wish to book a course and will be guaranteed for a 3 month period following your initial enquiry.

We charge per course (not per person) and can work with a group of between 5 and 25 delegates at a venue of your choice. The fee includes all trainer expenses such as travel and accommodation, as well as course materials and a Certificate of Attendance for every delegate.

Our quotation includes:

<b>Course Fee</b>	<b>£600 per day <sup>1,2</sup></b>
<b>Travel</b>	<b>£0.40p per mile <sup>3</sup></b>
<b>Accommodation and subsistence</b>	<b>£70 per night <sup>4</sup></b>

### Working with JCK Training

Booking one of our courses is a collaborative process. From requesting a quotation to booking a date, we work closely with our clients to ensure each course is tailored to training needs and meets organisational learning outcomes. Programmes are adapted to meet the needs of any specific staff or client group at no extra charge, and Training Managers are asked to fully approve the programme before confirming dates and details. Clients will be invoiced (for the total quoted on the original quotation) on successful completion of the agreed project.

- 1** The course fee includes course delivery plus pre-course consultation and tailor-made Learning Objectives, content and case material specific and appropriate to the service users with whom your organisation works. Course materials are included as well as Certificates of Attendance for each delegate, which will be printed, signed and sent to you by post within a week of the
- 2** We usually deliver training over the course of a day, but most of our courses can be delivered as shorter 3-hour workshops with some truncation of Learning Objectives and content. Please enquire if this might be of interest to you. In most cases we can only provide shorter workshops on a consecutive AM and PM basis as it would not be practical to travel long distances for a single 3-hour course.
- 3** Travel expenses are based on a return journey between our base in Weymouth, Dorset and the training venue arranged by your organisation. We use Google Maps to calculate the shortest car journey, but will travel by train or air where practical and financially viable in which case any savings will be reflected in the quotation.
- 4** We will charge for overnight accommodation and subsistence only where significant travel is required by the trainer prior to course delivery.



Lead Training Consultant Connor Kinsella with a group of BTEC Care of the Older Person students

## We guarantee:

- ▶ Brief, high-impact courses
- ▶ Individualised programmes focussed on YOUR staff and YOUR client groups
- ▶ Value for Money: we work with groups of up to 25 delegates
- ▶ Skilled, experienced trainers with years of 'hands-on' experience
- ▶ Testimonials and references available on request
- ▶ High quality training materials and reading lists

## Contact Us

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