Unit 4222-619 Understand mental health problems (CMH 302)

Level: **3**
Credit value: **3**
UAN: **J/602/0103**

Unit aim
This unit aims to provide the learner with knowledge of the main forms of mental health problems according to the psychiatric classification system. Learners also consider the strengths and limitations of this model and look at alternative frameworks for understanding mental distress. The focus of the unit is on understanding the different ways in which mental health problems impact on the individual and others in their social network. It also considers the benefits of early intervention in promoting mental health and well-being.

Learning outcomes
There are **two** learning outcomes to this unit. The learner will:
1. Know the main forms of mental ill health
2. Know the impact of mental ill health on individuals and others in their social network

Guided learning hours
It is recommended that **14** hours should be allocated for this unit, although patterns of delivery are likely to vary.

Details of the relationship between the unit and relevant national standards
This unit is linked to HSC 3111 and MH14.

Support of the unit by a sector or other appropriate body
This unit is endorsed by Skills for Health.

Assessment
This unit needs to be assessed in line with the Skills for Care and Development QCF Assessment Principles

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Assessment Criteria

Outcome 1 Know the main forms of mental ill health

The learner can:

1. describe the main types of mental ill health according to the psychiatric (dsm/icd) classification system: mood disorders, personality disorders, anxiety disorders, psychotic disorders, substance-related disorders, eating disorders, cognitive disorders
2. explain the key strengths and limitations of the psychiatric classification system
3. explain two alternative frameworks for understanding mental distress.
4. explain how mental ill health may be indicated through an individual's emotions, thinking and behaviour.

Outcome 2 Know the impact of mental ill health on individuals and others in their social network

The learner can:

1. explain how individuals experience discrimination due to misinformation, assumptions and stereotypes about mental ill health.
2. explain how mental ill health may have an impact on the individual including:
   - psychological and emotional
   - practical and financial
   - the impact of using services
   - social exclusion
   - positive impacts
3. explain how mental ill health may have an impact on those in the individual's familial, social or work network including:
   - psychological and emotional
   - practical and financial
   - the impact of using services
   - social exclusion
   - positive impacts
4. explain the benefits of early intervention in promoting an individual's mental health and well-being.

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Additional guidance

In learning outcome 1, assessment criterion 1, learners are asked to describe 'the main types of mental ill health according to the psychiatric (DSM/ICD) classification system'. Learners should demonstrate knowledge of how types of mental health are categorised by their main signs and symptoms and how the system attempts to draw a line between mental health and mental disorder. Learners do not need to demonstrate detailed knowledge of each form of disorder within each category.