Course Title: Risk and mental health

Subject category: Mental Health

Course aim: To provide delegates with essential knowledge and skills for working confidently and ethically with mental health and risk

Course overview: The concept of risk in mental health can provoke much anxiety and confusion on the part of both mental health service users and their supporters. This is made worse when incidents of violence and aggression associated with mental distress are over reported by the media, exaggerating a serious although relatively uncommon problem. This exacerbates stigma for people in distress and promotes a blame culture amongst mental health professionals that provokes ever more defensive responses to risk. This unhappy situation may cause service users to mistrust and disengage from workers - and thereby actually increase risk. Meanwhile, research and indeed experience informs us that by far the greatest risk to mental health service users is the risk of harm to self, or from others.

This one day introductory course aims to increase confidence for those working with risk by providing knowledge of the essential skills, processes and tools of risk assessment, promoting collaborative and engaging approaches and identifying both ethical and effective risk management strategies for application across a range of settings.

The course meets the Core Objectives and standards set by The Quality Assessment Framework (QAF) Care Quality Commission (CQC) for quality and safety in adult social care.

Pre course requirements: Delegates will benefit from having attended an introductory mental health course or equivalent.

Name of trainer: Anna Minogue

Who should attend: Anyone with an interest in gaining essential knowledge and skills for working with mental health and risk

Course level: Level One (Introductory)

What you will learn:

- Understanding the concept of risk in daily life
- The relationship between risk, mental health, independence and recovery
- Positive and appropriate risk taking
- The risk assessment process – a structured stage by stage approach
• Risks associated with mental distress including suicide, self harm, exploitation, abuse, violence and aggression
• Engaging service users and talking about risk
• Actuarial and clinical approaches to assessing risk
• Essential skills, processes and tools
• Using a risk assessment checklist
• Different approaches to managing risk: generating structured plans
• Managing risk positively
• Identifying risk management strategies
• Recommended reading, resources and links

Course timings: This one day course will run from 10am to 4.30pm with short comfort breaks, morning and afternoon and a one hour lunch break.

Programme:
10am  Welcome, introductions, housekeeping and ground rules

10.30am  Introduction to mental health and risk: what is risk? The concept of positive risk; risk and recovery; the risk management process; different types of risk associated with mental distress; differing risk perspectives; the importance of collaboration; confidentiality, joint working and information sharing

11.15am  Break

11.30am  Risk assessment in practice: essential skills and processes involved in risk assessment; talking with service users about risk; actuarial and clinical approaches: strengths and limitations of each; using a risk assessment checklist; identifying levels of risk; how do we feel about reporting risk?; guidelines for accurate recording of risk incidents

1.00pm  Lunch

2.00pm  Managing risk in practice: different approaches to risk management; The Mental Health Act and managing risk; identifying strategies for managing different kinds of risks in mental health

3.00pm  Break

3.15pm  Case studies: mental health and risk case studies and discussion

4.15pm  References, resources and links. Evaluations.

4.30pm  Close