

Title	Demonstrate an integrated practice theory for mental health support work		
Level	6	Credits	15

Purpose	People credited with this unit standard are able to analyse and reflect on the theory, values, recovery principles, and practice skills in a mental health support work situation, and demonstrate integration of theory, values, recovery principles, and skills into a practice theory for mental health support work.
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Classification	Health, Disability, and Aged Support > Mental Health and Addiction Support
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Available grade	Achieved
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Guidance Information

1 Glossary

Consumer/tangata whai ora is used as a generic term to denote people who are users of mental health services. They may be referred to by various descriptive terms in the range of mental health settings.

Mental health support worker refers to the person seeking award of credit in this unit standard.

A *mental health support work situation* means a specific situation where the mental health support worker has supported either a consumer/tangata whai ora and their family/whānau, or a consumer/tangata whai ora with little or no family/whānau involvement.

Parties to the mental health support work relationship include but are not limited to – consumers/tangata whai ora, community, family/whānau, service providers, colleagues, self.

"Recovery" is defined in the Blueprint as *the ability to live well in the presence or absence of one's mental illness (or whatever people choose to name their experience).* Source: Mental Health Commission. 2001. *Recovery competencies for New Zealand mental health workers*. Wellington: Mental Health Commission: p. 1.

The recovery approach is expanded in the same publication.

The *recovery principles* may be expressed in a range of ways, but for the purposes of this unit standard, they are defined as follows -

- a Recovery is based on the fact that people can recover from mental illness.
- b Recovery is born out of hope.
- c Recovery is a journey defined by the individual.
- d Recovery needs a supportive environment to thrive.
- e Recovery involves individuals redefining who they are in the presence of a psychiatric label.
- f Recovery is an active and ongoing process.
- g Recovery is a non-linear journey.

- h Recovery skills can be learnt.
- i Recovery involves a person educating themselves about their illness.
- j Recovery involves dealing with both internalised and external stigma and discrimination.

2 Assessment notes

Assessment for this unit standard will occur within the context of a qualification in mental health support work. Assessment should be undertaken after the candidate has achieved credit for the majority of the other unit standards in the qualification that cover the underpinning knowledge and skills required for this unit standard.

The following applies to the performance of all elements of this unit standard. All activities must comply with -

- a service provider guidelines, protocols, staff manuals, strategic plans, kawa, tikanga;
- b *Recovery competencies for New Zealand mental health workers* (op. cit). (all Recovery Competencies). (Available from the Mental Health Commission website: <https://www.mentalhealth.org.nz/assets/ResourceFinder/recovery-competencies-for-new-zealand-mental-health-workers-march-2001.pdf>);
- c relevant cultural, legislative, and regulatory requirements, which include but are not limited to -Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996; New Zealand Standards (NZS) 8134:2001 Health and Disability Sector Standards – Te Awarua o te Hauora; New Zealand Standard (NZS) 8143:2001 National Mental Health Sector Standard – He Whariki Oranga Hinengaro; Health and Disability Services (Safety) Act 2001; Health and Safety in Employment Act 1992; Human Rights Act 1993; Official Information Act 1982; Privacy Act 1993.
- d Other legislation relevant to this unit standard includes but is not limited to – Mental Health (Compulsory Assessment and Treatment) Act 1992.

3 Sources for the recovery approach include -

- a *Recovery competencies for New Zealand mental health workers* (op. cit).
Note: this unit standard includes aspects of all of the recovery competencies. To locate further relevant sources, people should refer to the bibliographic references for each competency in Section C of this publication.
- b <https://mentalhealthrecovery.com/wrap-is/>
Note: particular attention should be paid to publications by Mary Ellen Copeland and Charles Rapp that are either included on or referenced by this web page, or in the *Recovery competencies for New Zealand mental health support workers* (op. cit.).

Outcomes and performance criteria

Outcome 1

Analyse and reflect on the theory, values, recovery principles, and practice skills in a mental health support work situation.

Performance criteria

- 1.1 Significant features of the situation are identified and analysed, and the work undertaken by the mental health support worker is explained.

Range significant features include but are not limited to – outline of the known facts and chronology of the situation; parties to the mental health support work relationship; mental health support worker’s role and function in the situation; outline of the work undertaken by the mental health support worker includes but is not limited to – establishment of the supportive relationship with a consumer/tangata whai ora; planning; support provided; closure; overall evaluative analysis.

1.2 Significant features of the service provider context are explained.

Range significant features of the service provider context may include but are not limited to – the service provider’s mission statement; the people using the service; the kind of issues people bring to the service provider; evidence is required of three significant features.

1.3 Theories that were used to explain and guide the mental health support worker's actions is explained.

Range evidence is required of four statements of theory that explained or guided the mental health support worker's actions.

1.4 The values that supported and guided the mental health support worker's actions are explained.

Range values that supported and guided the mental health support worker's actions – ethical values, world views; evidence is required of two ethical values, and a concise statement of the mental health support worker’s world view.

1.5 The recovery principles that supported and guided the mental health support worker's actions are explained.

Range evidence is required of five recovery principles and their application in a mental health support work situation.

1.6 The skills that were used by the mental health support worker are identified, and their application is explained.

Range evidence is required of three skills and their application in a mental health support work situation.

Outcome 2

Demonstrate integration of theory, values, recovery principles, and skills into a practice theory for mental health support work.

Performance criteria

2.1 The impact of working for the service provider on the development of the mental health support worker’s professional identity is explained.

- 2.2 The impact of the mental health support worker’s developing professional identity on their support work is explained.
- 2.3 New learning from the mental health support work situation is identified and explained.
- Range new learning – theoretical, values, recovery principles, skills.
- 2.4 New learning is analysed, and personal and professional changes and development as the basis for future mental health support work are explained.
- 2.5 Reflection on the theory base, values, recovery principles, and skills in the mental health support work situation demonstrates an integrated practice theory for mental health support work.
- 2.6 The integrated practice theory is articulated in a coherent form, and is consistent with a recovery approach to mental health support work.
- 2.7 The mental health support worker’s developmental needs are identified and explained.
- Range developmental needs – personal, professional.

This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	25 June 2007	31 December 2021
Rollover and Revision	2	18 May 2012	31 December 2021
Review	3	28 May 2020	31 December 2021

Consent and Moderation Requirements (CMR) reference	0024
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.