

Title	Explain and apply knowledge of human development and health issues in mental health support work		
Level	6	Credits	12

Purpose	People credited with this unit standard are able to explain aspects of human development and health/hauora for mental health support work; explain the potential impact on human development and health/hauora of living in challenging circumstances; and plan, implement, and evaluate a strategy to support a consumer/tangata whai ora with a human development or health/hauora issue.
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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.
- Health/hauora – ‘Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.’ Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946; signed on 22 July 1946 by the representatives of 61 States (Official Records of the World Health Organization, no. 2, p. 100) and entered into force on 7 April 1948. Health connotes emotional, physical, mental, and spiritual wellbeing, within the cultural context of the person. In terms of te ao Māori, hauora is based on the cornerstones of taha tinana, taha hinengaro, taha wairua, and taha whānau. Holistic models of health from Pacific nations may also be used in the context of this unit standard.
- Mental health support worker refers to the person seeking award of credit in this unit standard.
- For the purposes of this unit standard, a mental health support work situation may be one that threatens or challenges the identity of the consumer/tangata whai ora; and may include specific cultural ways in which a consumer/tangata whai ora may respond to diagnosis or unwellness.
- Pacific people refer to families and people from the main Pacific Island groups represented in Aotearoa New Zealand; namely – Samoa, Tonga, Cook Islands, Niue, Tokelau, Fiji, Tuvalu, Solomon Islands, Kiribati.
- Recovery needs may include but are not limited to needs related to – accommodation; community involvement; cultural issues, domestic and household management; education and training; employment; family or whānau;

health and personal care; income; living skills; mobility; parenting; personal and social development; recreation; rehabilitation; religious and spiritual issues.

- “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. Available from the Mental Health Commission website: <http://www.mhc.govt.nz>. 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 them self about their illness.
 - j) Recovery involves dealing with both internalised and external stigma and discrimination.
- Service provider guidelines means the guidelines of the service provider where the assessment against this unit standard is taking place.

2 Assessment notes

Support to the consumer/tangata whai ora is in accordance with a framework for mental health support work that is based on the recovery principles or other holistic or cultural approach to recovery.

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).
- 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.

- 3 People awarded this unit standard demonstrate confidentiality in their relationship with the consumer/tangata whai ora and family or whānau. The limits of confidentiality are set according to criteria that include but are not limited to – legislation, codes of conduct, and service provider guidelines. These may include but are not limited to – the Official Information Act 1982; Privacy Act 1993; and codes of practice issued by the Privacy Commissioner.

- 4 Resources may include but are not limited to -
- Bird, Lise; Drewery, Wendy. 2003. *Human development in Aotearoa: A journey through life*. 2nd Ed. Auckland: McGraw-Hill.
 - Lui, David. Dec 2003. *Occasional Paper No. 4: Family – A Samoan perspective: Keynote presentation to the SF National Conference, Christchurch Convention Centre 13-14th September 2003*. Wellington: Mental Health Commission.
 - Mulitalo-Lautā, Pa'u Tafaogalupe III Mano'o Tilive'a. 2000. *Fa'asamoa and social work within the New Zealand context*. Palmerston North: Dunmore Press.
- 5 Sources for the recovery approach include -
- 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.
 - <http://www.mentalhealthrecovery.com/articles.html>.
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

Explain aspects of human development and health/hauora for mental health support work.

Performance criteria

- 1.1 Māori concepts of human development are explained in terms of te ao Māori.
- Range hauora, te ao turoa, te ao hurihuri, whenua.
- 1.2 Māori human development is explained in relation to the significance of whānau, hapū and iwi systems.
- 1.3 Human development throughout the life span is explained according to theory from Pacific people or one other Tauwiwi theory.
- Range human development throughout the life span – developmental stages, developmental tasks;
one other Tauwiwi theory may include but is not limited to – Bronfenbrenner, Erikson, Kohlberg, Maslow.
- 1.4 Major life events are explained in terms of their potential impact on human development.
- Range major life events may include but are not limited to – relationship issues; family or whānau issues; education-related issues; loss of health issues; employment-related issues; income-related issues; housing issues.

1.5 Health/hauora for mental health support work is explained in relation to an holistic model of health/hauora.

Range evidence is required in relation to one Māori, Pacific, or other Tauīwi holistic model.

Outcome 2

Explain the potential impact on human development and health/hauora of living in challenging circumstances.

Performance criteria

2.1 The potential impact of loss and grief on human development and health/hauora is analysed and explained.

2.2 The potential impact of the experience of being a consumer/tangata whai ora on their human development and health/hauora is analysed and explained.

Range impacts may include but are not limited to – reactions to stress and trauma; how people redefine themselves as 'normal'; reactions to being diagnosed as 'mentally ill'; how a consumer/tangata whai ora makes sense of themselves within their context; loss of identity, including lack of self-awareness of identity loss; how a consumer/tangata whai ora may create a counter story to deal with the threat to their identity.

2.3 The potential impact of their parent's/caregiver's unwellness on the human development and health/hauora of children is analysed and explained.

2.4 The impact of abuse, neglect, and violence is analysed in terms of its impact on human development.

Range impact may include but is not limited to – wider society; family or whānau; psychological; physical; spiritual; achievement of developmental stages; lack of attachment; trauma.
Evidence is required of four.

2.5 Attachment, and attachment disorders are explained in terms of their relevance to mental health and mental illness.

Outcome 3

Plan, implement, and evaluate a strategy to support a consumer/tangata whai ora with a human development or health/hauora issue.

Range evidence is required for one mental health support work situation.

Performance criteria

- 3.1 A human development or health/hauora issue of significance to a consumer/tangata whai ora is identified and explained in terms of its impact on their mental health.
- 3.2 A strategy to support the consumer/tangata whai ora in relation to the human development or health/hauora issue is planned, implemented, and evaluated with the consumer/tangata whai ora.
- 3.3 The mental health support worker's contribution to planning, implementing, and evaluating the strategy is identified and explained.
- Range contribution may include but is not limited to – the mental health support worker's role; skills in supporting and reinforcing the identity of the consumer/tangata whai ora; emphasising the 'person first' rather than the diagnosis; supporting the consumer/tangata whai ora to deal with internalised stigma.
- 3.4 The strategy is planned, implemented, and evaluated in accordance with recovery principles and the recovery approach.

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 2023
Rollover and Revision	2	18 May 2012	31 December 2023
Review	3	24 June 2021	31 December 2023

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>.