

We Can Talk online education framework



Fundamentals of compassionate care to support children and young people presenting to hospital in a mental health crisis

The educational framework below is an amended version of our highly successful one day training course offered to participating NHS Trusts. In order to ensure the online training tools we create are educationally robust we have used the same objectives underpinning this validated framework. It is important to note that this online tool will not fully address all these outcomes in their entirety but users will gain at least an introduction to all these concepts.

Understanding

- Understand stigma and discrimination faced by people with mental health problems [1]
- Understand the importance of the emotional wellbeing of children and young people alongside their physical health [6] (9.1.a)
- Understand and recognize risk for mental health in children and young people ([6] 9.1.c&d, [4])
- Understand the importance of effective communication when supporting individuals who are experiencing a mental health problem [6]
- Be aware that an individual's behaviour may be a form of non-verbal communication [6]
- Understand how an individual's feelings and perception may affect their behaviour [6]
- Develop and maintain communication with children and young people and others about difficult matters and/or in difficult situations [5]
- Be able to build respectful, trusting, non-judgemental relationships by actively listening and avoiding assumptions [6] (2.2.a)
- Understand the importance of the child or young person and their parents/carers, participating as fully as possible in decisions, and being provided with information and support necessary to enable participation in those decisions [6] (9.2.f)

Supporting

- Understand and be able to demonstrate empathy, respect, a non-judgemental attitude and a holistic approach to working with others [1]
- Understand concepts of risk [1]
- Be aware of the concept of mental health crisis, and the potential impact on people's behaviour, feelings and perceptions when experiencing a crisis [1]
- Recognise that good quality care is vital to reduce risk
- Be willing to take responsibility for positively addressing a situation where somebody with mental health problems needs support [1]
- Show respect for ethical principles and professional accountability and responsibility, with regard to safe and effective care of children and young people [2]



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Frameworks referenced:

[1] London Health Programmes & OPM (2013) London mental health models of care - competency framework.

<http://www.opm.co.uk/wp-content/uploads/2013/10/LondonMentalHealthModelsOfCare1.pdf>

[2] Northern Ireland Practice and Education Council for Nursing and Midwifery (2010) A Competency Profile for Nurses & Midwives: promoting the mental health and well-being of children and young people.

http://www.nipec.n-i.nhs.uk/Image/SitePDFS/Nipec_Comp_Profile.pdf

[3] Nursing & Midwifery Council (2014) Standards for competence for registered nurses.

<https://www.nmc.org.uk/standards/additional-standards/standards-for-competence-for-registered-nurses/>

[4] Royal College of Nursing (2014) Mental health in children and young people: An RCN toolkit for nurses who are not mental health specialists.

https://www2.rcn.org.uk/_data/assets/pdf_file/0003/596451/RCNguidance_CYPmental_health_WEB.pdf

[5] Royal College of Nursing (2012) Core competencies for nursing children and young people.

<https://sadmin.rcn.org.uk/professional-development/publications/pub-004202>

[6] Skills for Health, Health Education England and Skills for Care (2017) Mental Health Core Skills Education and Training Framework.

<http://www.skillsforhealth.org.uk/services/item/525-mental-health-download>

