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| **LEVEL 2 CERTIFICATE IN AWARENESS OF MENTAL HEALTH PROBLEMS** |
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| **Module A** |
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| **The purpose of the assessment tasks is to provide evidence that you have met the requirements set out by the awarding body in order to pass the course. The information and activities in the learning materials will help you complete these assessment tasks. If you have any difficulty in answering any of the questions, please contact your tutor/assessor who will provide you with help and guidance**.  **Good luck with your studies!** |

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| **Module A** | | | | | |
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| **After completing your assessment please email it to your tutor/assessor.** | | | | | |
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| **ADVICE TO ALL CANDIDATES**  Please complete both the personal details and candidate statement boxes below.  Complete all the questions in this assessment.  Please ensure that the answers you provide are in your own words.  Type your answers in the space provided. The document will automatically allow you to enter more text should the space not be enough for you.  You do not need to return your completed activities for the units – just this document.  Please note that for the purposes of assessing your work, we will assume your typed name is a valid alternative to your signature.  **If you require any assistance or guidance, please contact your tutor/assessor.** | | | | | |
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| **CANDIDATE STATEMENT**  I confirm that the answers in this assessment were completed by myself and are my own work.  Signature (type name)Tracey Drysdale  Date | | | | | |
| UNDERSTANDING MENTAL HEALTH | | | Unit 1 | | |
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| **Assessment 1.1: Background to mental health and mental ill health** | | | | | |
| (The reference in brackets at the end of each task refers to the assessment criteria for the learning outcomes of this qualification and is for your tutor's/assessor's use.) | | | | | |
| **1. Define the term ‘mental health’. (1.1)** | | | | | |
| The emotional & Spiritual resilience allows us to enjoy life & to survive pain, disappointment + sadness. | | | | | |
| **2. Describe five components of mental well-being. (1.2)** | | | | | |
| **a)Gentic inheritance- Some people may be more suscepitble to certain mental health problems such as bypolar, schizonphrenia & depression.** | | | | | |
| **b)Positive Child Hood Experiences - Positive and pleasent family with good childhood memories.** | | | | | |
| **c)Positive Life Events - Things that happen in our life and experines play a huge roll in our mental well being.** | | | | | |
| **d)Individual Ability To Cope - Mental health has alot to do with resilience or our ability to cope with life pressures. Some people lack important coping skills.** | | | | | |
| **e)Good Level Of Social Support -The support of family and friends can help provide strength and support.** | | | | | |
| **3. Define the term ‘mental ill health’. (1.1)** | | | | | |
| **Mental ill health is where people find it difficult to think clearly and rationally, interact with others and cope with everyday demands. It also means their relationships / their work and quality of life are affected.** | | | | | |
| **4. Identify examples of mental health problems. (1.4)** | | | | | |
| **Anxiety Disorders - Phobia, Panic Disorder, Obsessive Disorder, Post Tramatic Stress Disorder.**  **Mood Disorders - Clinical Depression, Bipolar Disorder.**  **Eating Disorder - Anorexia Nervosa, Bulima Nervosa.**  **Distroptive, Impulse control disorders not elsewhere classified, and conduct disorders - Kleptomania Pyromania.**  **Neurodevelopment Disorders - Attention dificult hyperactivity disorder.**  **Neurocongnitive Disorders - Alzheimer's Disease.**  **Substance related and Addictive Disorders - Alcohol abuse/ Dependence Drug Abuse/ Dependence.** | | | | | |
| **5. Describe five risk factors associated with developing mental health problems. (1.3)** | | | | | |
| **a) Family Factors - Family history of Psychiatric Disorder, Violence, Childhood, Neglect, Family Break down and unenployment.**  **b)Social Isolation - People feel cut off from their family and friends or the community they live in.**  **c)Negative & Social experiences - Bullying and low academic attainment can affect people and have lasting consequences.**  **d)Negative or Traumatic life events - Abuse, Homelessness, Breavment, Relationship Breakdown, Being assaulted, being included in an accident or developing a sudden illness. Moving house or having children can be stressful and have an impact.**  **e)Financial Sucurity - Fear of business failure, worrys about the cost of civing, mounting Debt and unemployment.** | | | | | |

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| UNDERSTANDING MENTAL HEALTH | Unit 1 |
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| **Assessment 1.2: Understanding how mental health care has changed over time** | |
| **6. Consider historical approaches to mental health care. Describe how people with mental health problems were cared for from the Victorian period up until the 1960s. (2.1)** | |
| People tn the 1960's were institutionalised and segregated from society for many years and placed in sucure hospitals or asylums. | |
| **7. Describe how mental health care changed with the move to community-based care. (2.1)** | |
| **Mental health become more visable allowing people to reintegrate back into society and help rebuild cocail networks to help over come or better manage their mental health problems.**  **Some people had to sleep rough tor turn to crime to survive with the lack of residential care or suppport after being discharged from mental hospitals.** | |
| **8. Explain how the changes in mental health care have impacted upon each of the following. (2.2)** | |
| **a) Society in general: Society was initially very tolerent but attitudes change due to lack of support and information.**  **b) People with mental health difficulties: People reintegrating back into society and rebuilding their social networks help many to overcome or better manage their mental health problems.**  **c) The family and friends of people with mental health difficulties: Tension within family/ relationships as they learned how to support their loved one as they readjusted to life in the community.** | |

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| **9. Explain five difficulties individuals with mental health problems may face in day-to-day living. (2.3)** |
| **a)Social withdrawal and isolation mental health problems cause person's to avoid others and may cause others to avoid them.**  **b)Discrimination and stigman. In various areas of life for example employment, some people see it as a farm of weavness others its something to fear or ridicule.**  **c)Negative emotional effects, Social isolation and discrimination often lead to problems with anxiety, Low self esteem, low self confidence.**  **d)Financial Difficulties - some people are forced to give up work or tak time off or work part time. This may lead to Difficulty getting credit.**  **e)Relationship Problems - Conflicts and arguments become more frquent due to low mood and being irritable.** |

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| UNDERSTANDING MENTAL HEALTH | Unit 1 |
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| **Assessment 1.3: The social context of mental illness** | |
| **10. Describe social attitudes to mental illness. (3.1)** | |
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| **11. Describe cultural attitudes to mental illness. (3.1)** | |
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| **12. Describe media attitudes to mental illness. (3.2)** |
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| **13. Explain the impact of these attitudes on individuals and their care. (3.3)** |
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| UNDERSTANDING MENTAL HEALTH | Unit 1 |
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| **Assessment 1.4: The legal context of mental illness** | |
| **14. List at least five pieces of legislation that relate to mental illness. (4.1)** | |
| a)  b)  c)  d)  e) | |
| **15. Select three pieces of legislation you identified in the previous question and outline how this legislation affects the provision of care to an individual with mental health problems. (4.2)** | |
| a)  b)  c) | |

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| **16. Outline the five main principles of the Mental Capacity Act 2005. (4.3)** |
| a)  b)  c)  d)  e) |
| **17. Explain the various legal mechanisms that aim to ensure that a person's rights and best interests are protected should they be unable to make decisions for themselves due to mental health problems. (4.3)** |
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| **18. Identify and then briefly outline the various principles that underpin the Data Protection Act 1998 and the NHS Code of Practice on Confidentiality 2003. (4.4)** |
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| **19. Explain how a 'duty of confidence' is applied under the Data Protection Act 1998 in relation to individuals with mental health problems. (4.4)** |
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| **Well done!**  **You have now completed the questions for Module A. Please email this document to your tutor/assessor. Your tutor/assessor will provide you with feedback on the assessment. If you need any further help or guidance, please contact your tutor/ assessor.**  **Don't forget to complete the 'Personal details' and 'Candidate statement' boxes on the front page of this assessment.** |