

Unit Title:	Understand mental health problems
Sector unit reference:	CMH 302
Level:	3
Credit value:	3
Guided learning hours:	14
Unit expiry date:	J/602/0103

Unit purpose and aim

This unit aims to provide the learner with knowledge of the main forms of mental health problems according to the psychiatric classification system. Learners also consider the strengths and limitations of this model and look at alternative frameworks for understanding mental distress. The focus of the unit is on understanding the different ways in which mental health problems impact on the individual and others in their social network. It also considers the benefits of early intervention in promoting mental health and well-being.

Learning Outcomes The learner will:	Assessment Criteria The learner can:	Exemplification
1 Know the main forms of mental ill health	1.1 Describe the main types of mental ill health according to the psychiatric (DSM/ICD) classification system: mood disorders, personality disorders, anxiety disorders, psychotic disorders, substance-related disorders, eating disorders, cognitive disorders 1.2 Explain the key strengths and limitations of the psychiatric classification system 1.3 Explain two alternative frameworks for understanding mental distress 1.4 Explain how mental ill health may be indicated through an individual's emotions, thinking and behaviour	

<p>2. Know the impact of mental ill health on individuals and others in their social network.</p>	<p>2.1 Explain how individuals experience discrimination due to misinformation, assumptions and stereotypes about mental ill health</p> <p>2.2 Explain how mental ill health may have an impact on the individual including:</p> <ul style="list-style-type: none"> a) psychological and emotional b) practical and financial c) the impact of using services d) social exclusion e) positive impacts <p>2.3 Explain how mental ill health may have an impact on those in the individual's familial, social or work network including:</p> <ul style="list-style-type: none"> a) psychological and emotional b) practical and financial c) the impact of using services d) social exclusion e) positive impacts <p>2.4 Explain the benefits of early intervention in promoting an individual's mental health and well-being</p>	
---	---	--

Assessment

This unit needs to be assessed in line with the Skills for Care and Development QCF Assessment principles.

This unit may be assessed using any method, or combination of methods, which clearly demonstrates that the learning outcomes and assessment criteria have been met.

Guidance on assessment and evidence requirements

OCR does not stipulate the mode of delivery for the teaching of the content of this unit. Centres are free to deliver this unit using any mode of delivery that meets the needs of their candidates. Centres should consider the candidates' complete learning experience when designing learning programmes.

In learning outcome 1, assessment criterion 1, learners are asked to describe ‘the main types of mental ill health according to the psychiatric (DSM/ICD) classification system’. Learners should demonstrate knowledge of how types of mental health are categorised by their main signs and symptoms and how the system attempts to draw a line between mental health and mental disorder. Learners do not need to demonstrate detailed knowledge of each form of disorder within each category.

National Occupational Standards (NOS) mapping/signposting

This unit is directly relevant to the needs of employers and relates to relevant national occupational standards.

NOS can be viewed on the relevant Sector Skills Council’s website or the Occupational standards directory at www.ukstandards.co.uk

Functional skills signposting

This section indicates where candidates may have an opportunity to develop their functional skills.

Link to functional skills standards <http://www.qcda.gov.uk/15565.aspx>

Functional Skills Standards					
English		Mathematics		ICT	
Speaking and Listening		Representing		Use ICT systems	✓
Reading	✓	Analysing		Find and select information	✓
Writing	✓	Interpreting		Develop, present and communicate information	✓

Additional information

For further information regarding administration for this qualification, please refer to the OCR document ‘*Administrative Guide for Vocational Qualifications*’ (A850).

This unit is a shared unit. It is located within the subject/sector classification system 01.3 Health and Social Care.