



# **NAPSA**

## **Demonstration Workshop**

### **2018**

**MENTAL HEALTH IN APS:-)**

**"An Engaging  
Captivating  
Team Based Approach"**

# In the beginning...

- In 2005, a NAPSA committee of experts released the 23\* APS core competencies list.
- Step by step, over the next 10 years, all training developed as in-person and eLearnings curriculums
- Next, NAPSA developed a Certificate Program

\*ACL is recommending a 24<sup>th</sup>- Supported Decision-making

An additional 25<sup>th</sup> module is APS Worker Safety

# APS CORE COMPETENCIES

- \* 1. APS Overview
- \* 2. APS Values and Ethics
- \* 3. Agency Standards and Procedures- Hawaii- 2018
- \* 4. The Aging Process - 2018
- \* 5. Physical and Developmental Disabilities- 2019
- \* 6. Mental Health Issues
- \* 7. Substance Abuse- 2019
- \* 8. Dynamics of Abuse
- \* 9. Professional Communications
- \*10. Self Neglect
- \*11. Caregiver Neglect
- \*12. Financial Exploitation
- \*13. Physical Abuse – 2018

Those in **Blue** are currently E-learning only but are being converted into Instructor led Classroom versions as well.

\* Indicates an e-Learning course is available

\*\* Indicates that an e-Learning course is being developed

# APS CORE COMPETENCIES

- \* 14. Sexual Abuse
- \* 15. Case Documentation/Report Writing
- \* 16. Intake Process
- \* 17. Investigation: Client Capacity
- \* 18. Investigation: Risk Assessment
- \* 19. Voluntary Case Planning and Intervention
- \* 20. Involuntary Case Planning and Intervention
- \* 21. Collaboration and Resources
- \*\* 22. Legal Issues and Law Enforcement
- \* 23. Case Closure
- 24. Supported Decision Making
- \* 25. **APS Worker Safety- 2018**

For a Detailed list go to:

<https://theacademy.sdsu.edu/programs/master/napsa-23-core-competency-areas/>

Or

<https://theacademy.sdsu.edu/programs/master/napsa-23-core-competency-areas/>



# Workshop Disclaimer & OBJECTIVES

- ▶ This workshop is a DEMONSTRATION of the New 4 hour Mental Health Workshop and NOT intended to be a complete training of that workshop.
- ❑ Objective 1 Workshop Participants will participate in an interactive "demonstration" of Module 9 "Mental Health in APS" for the purpose of seeing the benefit of using it in their state/county/group with their APS staff
- ❑ Objective 2 Workshop Participants will come away with an appreciation of Team Based Learning
- ❑ Objective 3 Workshop Participants will have utilized some new transfer of learning tools that are a part of this Module and therefore be better equipped to train/facilitate the module themselves
- ❑ Objective 4 Workshop Participants will have a fresh understanding of where and how they can access the entire NAPSA Core training both in-class and e-learning modules from the MASTER website

# INTRODUCTION TO TEAM-BASED LEARNING

Team-Based Learning is an evidence based collaborative learning teaching strategy designed around units of instruction, known as “modules,” that are taught in a three-step cycle: preparation, in-class readiness assurance testing, and application-focused exercise. A class typically includes one module.

- Evidence based
- Collaborative
- Preparation
- In-class readiness assurance testing
- Application focused exercise

<http://www.teambasedlearning.org/definition/>

# Four principles

- ▶ Groups should be properly formed (e.g. Intellectual talent should be equally distributed among the groups). These teams are fixed for the whole course.
- ▶ Students are accountable for their pre-learning and for working in teams.
- ▶ Team assignments must promote both learning and team development.
- ▶ Students must receive frequent and immediate feedback.

# Team Based Learning

“Team-Based Learning – A special form of collaborative learning using a specific sequence of individual work, group work and immediate feedback to create a motivational framework in which students increasingly hold each other accountable for coming to class prepared and contributing to discussion.”

*Michael Sweet*



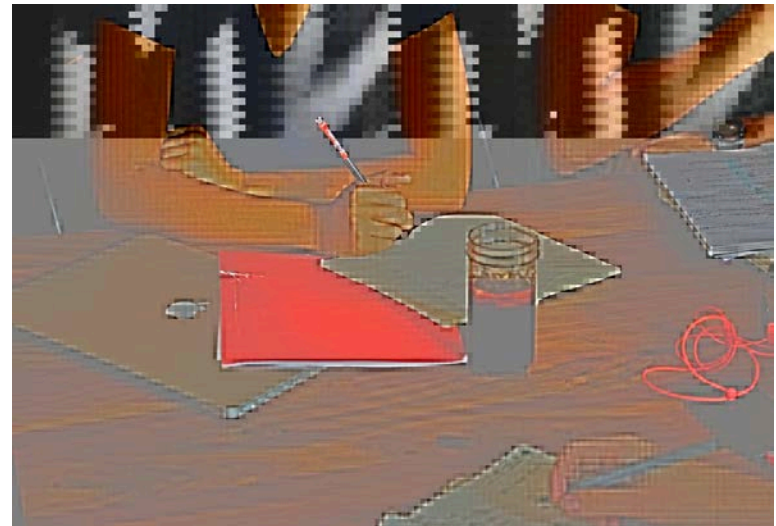


# Outline for the Workshop

- ▶ Loosely structured Team-Based Learning model
- ▶ Experiential Exercises
- ▶ Learning Discussions

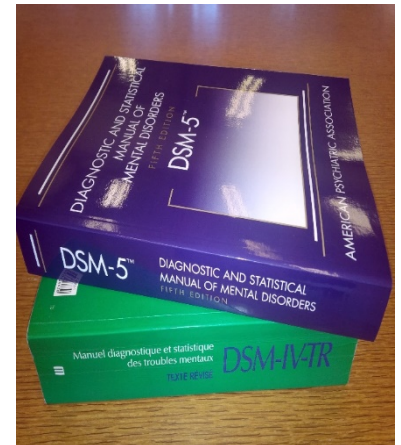
# Learning Objectives for the FULL Module

- ▶ Identify personal and cultural experiences which influence working with clients with mental illness
- ▶ Describe your experience with a thought disorder simulation
- ▶ Articulate the rationale for various steps of an investigation
- ▶ Identify and practice elements of a suicide assessment



# Common Mental Disorders

- Schizophrenia
- Major Depression Disorder
- Bi-Polar Disorder-Type I
- Dementia
- Post-Traumatic Stress Disorder
- Obsessive Compulsive Personality Disorder



# ACTIVITY I:

## Characteristics of the Disorders

### 5 possible points

Working as a team, write as many characteristics on your assigned diagnosis.

- ▶ **Yes**, you may use your smart phone if you like!
- ▶ You have 10 minutes
- ▶ Designate someone to present your team's findings to the group
- ▶ Your team will be scored by the group





# Scoring

Each team has 2 minutes to present

Scoring:

5= comprehensive/thorough

3= essential/most of the characteristics

1= some of the characteristics

# Reliable Mental Health Resources



- ▶ National Institute of Mental Health (NIMH)
- ▶ Substance Abuse and Mental Health Services Administration (SAMSHA)
- ▶ American Psychiatric Association
- ▶ American Psychological Association
- ▶ Diagnostics and Statistics Manual ver 5 (DSM V)

# Mental Health Disorders in the US

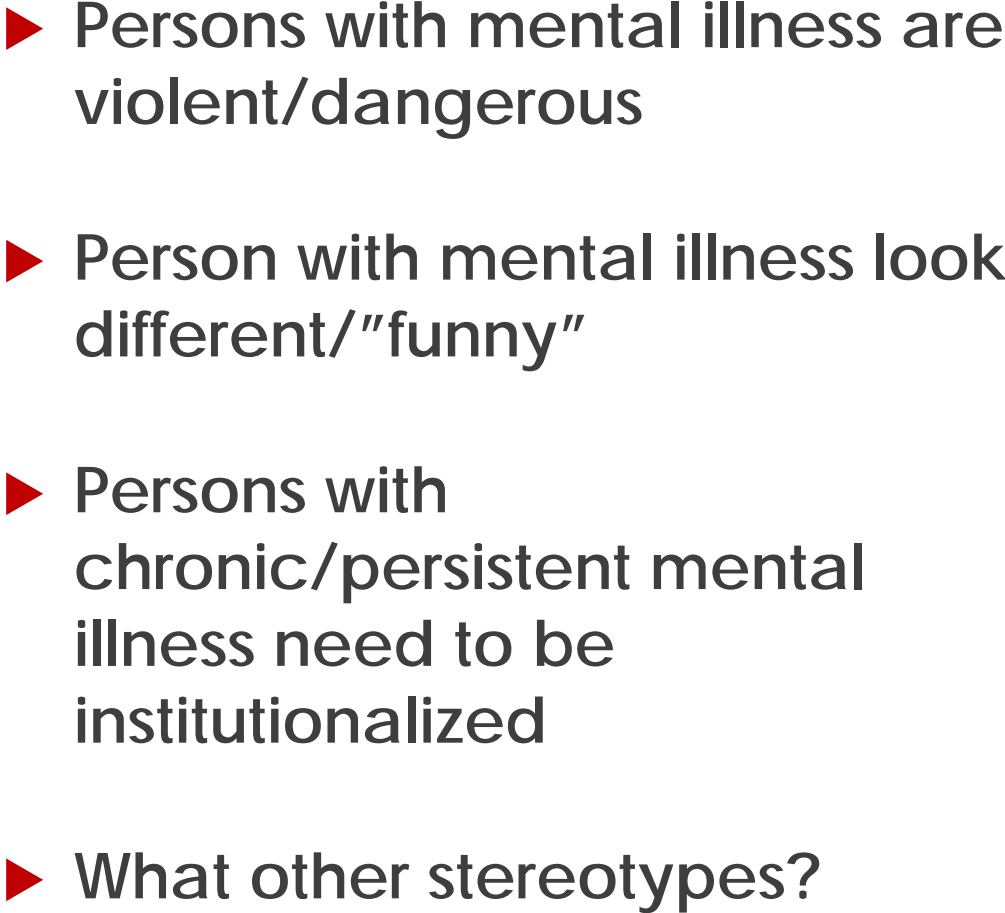
18% of adults in US have a  
mental illness\*

4.2% have a serious mental  
illness\*



- National Institute of Mental Health- Statistics on Prevalence  
<http://www.nimh.nih.gov/health/statistics/prevalence/any-mental-illness-ami-among-us-adults.shtml>  
<http://www.nimh.nih.gov/health/statistics/prevalence/serious-mental-illness-smi-among-us-adults.shtml>

100





# What has been your experience?



What, if anything, were you told about mental illness by your family, culture and/or community?

Have your views about mental illness changed over time?

Discuss for 10 minutes.

# Schizophrenia

- ▶ Affect 1.1 % of US adults \*
- ▶ Positive symptoms:
  - ▶ Delusions
  - ▶ Hallucinations
  - ▶ Disorganized thinking
- ▶ Negative symptoms
  - ▶ Avolition
  - ▶ Diminished emotional expression



\* NIMH: <http://www.nimh.nih.gov/health/statistics/prevalence/schizophrenia.shtml>

# Simulation Activity

- Create triads
  - Client
  - “Voices” uses tube, whisper into client’s ear the prepared script.
  - APS Worker interviews client. Asks him/her to complete a form
- After 3 minutes, switch roles



# Describe the experience

- ▶ Cognitively-could you accomplish what was asked of you?
- ▶ Emotionally-what did you feel?
- ▶ Physically-what did you feel?



# Major Depressive Disorder



- Affects 6.7% of US adults (15.7 million)\*

► <https://www.youtube.com/watch?v=XiCrniLQGYc>

\* NIMH: <http://www.nimh.nih.gov/health/statistics/prevalence/major-depression-among-adults.shtml>

# Debrief

- ▶ What did you value about the video?
- ▶ How could the video help a new APS worker better understand and relate to working with persons with depression?

# What did you learn?

- ▶ Write down one thing you learned that was meaningful for your work with APS.
- ▶ Write down one thing you learned about available APS Training Modules today

And the winners are...





# Questions & Evaluations



- ▶ Questions?  
Comments?
- ▶ Please complete your evaluations.
- ▶ Thank you for your hard work!