**EXECUTIVE SUMMARY**

**Course Title:** *Mental Health in APS: Skill Building Session*

During this highly engaging and captivating skill building session, participants will review characteristics of common mental health disorders to better understand challenges and problem solve solutions when working with clients with mental illness. While exploring the stereotypes and stigmas surrounding mental illness, participants will develop empathy which will help the APS worker enhance rapport building skills and understanding to ensure a thorough service plan is created. Participants will work through a powerful thought disorder simulation, allowing them to “walk in the shoes” of someone who is living with untreated mental illness. This skill based session provides participants a safe place to explore working through a suicide risk assessment in order to confidently asses for suicide risk when working in the field.

The following instructional strategies are used: Loosely Structured Team Based Learning model, experiential exercises (e.g. small group discussion, case studies); PowerPoint slides and video clips; participant guide (encourages self-questioning and interaction with the content and process); and transfer of learning tool to access knowledge and skill acquisition and how these translate into practice in the field.

**Course Requirements:** This instructor-led skill-building session was developed as a blended model, designed to be used to practice and reinforce the skills and information presented in the Mental Health in APS eLearnings parts 1 and 2. Attendees will participate in a variety of in-class and post-training evaluation activities. These activities are designed to enhance the learning experience and reinforce the skill acquisition of training participants as well as determine the overall effectiveness of the training. Certificates of course completion will be awarded upon completion of ALL course activities.

**Target Audience:**

This course is designed for new APS workers as well as Aging & Adult Service partners (e.g. IHSS, Long-Term Care Ombudsman). This course is also appropriate for experienced staff that could benefit from knowledge and/or skills review.

**Skill Building Session Goal:**

Better equip APS workers to understand and communicate with clients and tailor referrals. Familiarizing ones’ self with Mental Health issues will help the worker develop appropriate intervention skills, such as a suicide risk assessment, and be able to effectively communicate with Mental Health partners.

**Outcome Objectives for Participants:**

After completion of session, participants will be able to:

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