

## **EXECUTIVE SUMMARY**

### Mental Health in APS

This training is Module 6 of the NAPSA Core Competency Curriculum and designed for Instructor-Led facilitation for either in-person or virtually.

During this highly engaging and captivating skill building session, participants will continue the learning from the foundational eLearning and review characteristics of common mental health disorders to better understand challenges and problem solve solutions when working with clients with mental health conditions. While exploring the stereotypes and stigmas surrounding mental health conditions, participants will develop empathy which will help the APS professional 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 engage in an experiential activity of someone who is living with an untreated mental health condition. This skill-based session provides participants a safe place to explore working through a suicide risk assessment in order to confidently assess for suicide risk when working in the field.

The following instructional strategies are used: 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.

**Training Goal:** Better equip APS professionals to understand and communicate with clients and tailor referrals. Familiarizing oneself with mental health conditions will help the staff develop appropriate intervention skills, such as a suicide risk assessment, and be able to effectively communicate with mental health partners.

**Learning Objectives:** Upon completion of this training session, participants will be better able to:

- Describe the common symptoms and behaviors of the five broad categories of mental health disorders and how they may impact APS casework.
- Identify personal and cultural experiences which influence working with clients with mental health conditions.

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- Explain ways to adapt the interview and case planning process to better accommodate a client experiencing symptoms of mental health conditions.
- Identify and practice elements of a suicide risk assessment.

**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 Practice eLearning. Participants should complete the eLearning prior to this Instructor-Led Training. eLearning registration can be found at <https://theacademy.sdsu.edu/programs/apswi/core-competency-areas/mental-health-in-aps-practice-elearning/>

**Target Audience:** This course is designed for new APS professionals 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.