

## Adult Mental Health

### Learning Guide for Professional Development

**Note to Learner:** The Institute for Advancement of Family Support Professionals encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

**Ongoing:** View the Professional Development Program and each training module as an investment in skills and knowledge to help improve home visitor effectiveness.

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#### Before the training:

- Learner and supervisor review course objectives and Family Support Professional competencies
- Learner rates knowledge of learning objectives

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#### During the training, the learner:

- Completes activities
- Reflects on own response
- Identifies questions and concerns
- Completes post-training evaluation

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#### After the training:

- Learner:
  - Rates knowledge of learning objectives
  - Completes post-training activities, as required
  - Develops an action plan for applying skills and knowledge in daily practice
  - Meets with supervisor to:
    - Review pre- and post-training activities
    - Discuss reflections, questions, and concerns
    - Review action plan for applying skills and knowledge in daily practice
    - Assess personal learning goals, transfer of learning, and action plan

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The *Adult Mental Health & Perinatal Depression* series offers family support professionals basic information about mental health disorders and provides an understanding of how trauma, abuse and violence affect a person's mental health.

Part 1, *Adult Mental Health*, a 45-minute module, will give participants tools and strategies to recognize women and families at risk for mental health issues, develop a plan for referral, and provide ongoing support to families with mental health disorders.

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**National Family Support Competencies addressed:**

Domain 4: Dynamics of family relationships

Dimension 15: Influences on family well-being

Component d: Risks and stressors

Domain 5: Family health, safety and nutrition

Dimension 18: Mental health

Component a: Depression

Component b: Toxic stress and trauma

Component c: Mental illness

### Before the Training

Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)

Learning Objective	Before the Training	After the Training
Identify personal feelings and stigma about mental health disorders.		
Identify types and prevalence of mental health disorders and co-occurring disorders.		
Understand how trauma and Adverse Childhood Experiences affect individuals' mental health and impact parenting.		
Recognize behaviors and symptoms in adults that may indicate a need for referral to a mental or behavioral health professional.		

My personal learning goals for this training are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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#### After the Training

Reflections on what I learned:

Questions and concerns I identified:

**Action Plan:** (Each learner’s plan will be unique. To get you started, some ideas are listed below.) As a result of this training, I will...

- Practice my engagement and listening skills with a family member, co-worker or friend. I will ask them to talk with me for 5 minutes about some concern, dilemma or decision they are trying to make. While I’m listening, I won’t try to solve their problem. I will try to respond with 90% reflective listening. If I ask questions, they will be open questions rather than closed questions. After the 5 minutes, I’ll ask them how it felt to talk with me and to tell me what I did that was helpful and how it helped. I’ll write their response and how it felt to you to use my active listening skills.

Citation: Motivational Interviewing Training New Trainers Manual©,

[http://www.motivationalinterviewing.org/sites/default/files/tnt\\_manual\\_2014\\_d10\\_20150205.pdf](http://www.motivationalinterviewing.org/sites/default/files/tnt_manual_2014_d10_20150205.pdf), MINT – Excellence in Motivational Interviewing, 2014.

- Discuss my feelings and beliefs about individuals with mental health issues with my supervisor and identify areas for growth.
- Role play talking with families about mental health issues with my colleagues.
- Practice using my program’s screening tools.
- Observe my families for mental and behavioral health symptoms and know my agency’s policies for making referrals.
- Identify resources for mental and behavioral health services in my community.

#### My Action Plan

Action	Target Date	Date Completed

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