

LEVEL UP: COMPETENCES OF THE FUTURE
WORKING WITH MENTAL SICK PEOPLE
SCRIPT 6

County Center for Family Assistance in Oświęcim in cooperation with

UNITED KINGDOM - BUTTERFLIES LTD

EDU SMART TRAINING CENTER LIMITED IRELAND

PROJECT ERASMUS+, Action 2:

Strategic partnerships for vocational education and training:

„Level up- competences of the future”

2018-1-PL01-KA202-050624

The project is co-financed by the programme Erasmus+

Script 6 LEVEL UP

Script to work with a family that has already attended meetings and has undergone the psychoeducation available in scenario 4 & 5.

Topic: - Topic: - A family with mental/psychiatric illnesses or behavioural dysfunctions and disorders.

The duration of the meeting: 3 hours divided into meetings.

Recipients:

The recipients of the meetings are families,

The script can be used by social workers, family assistants, family coordinators and all other professionals working with family facing divorce difficulties.

Participants:

The meetings may be attended by the whole family, individual family members on their own, adults without children or adults with children e.g:

- Mother with children
- Father with children
- Mother and father with children
- Mother with father
- Whole family

In justified cases, you can invite people relevant to the life of the child, e.g. grandmother, grandfather, etc. to the meeting.

Work methods:

- case study
 - psycho-education
 - mini-lecture
 - group work
 - individual work
 - relaxation techniques
 - psycho-education
 - mini-lecture
 - group work
 - individual work
 - relaxation techniques
 - brainstorming

Materials needed for the meeting:

- worksheets
- markers
- crayons

- scissor
- adhesive cards
- flipchart paper
- A4 paper
- pens

The scenario includes exercises and individual work cards for 3 meetings lasting 1 hour.

The user decides for himself/herself in what order He/she will use the proposed content.

The purpose of the meetings:

The aim of the classes is to psychoeducate the family in the field of forms of help in case of mental illness or behavioural disorders in the family. During the classes, the participants get to know the places where they can get help depending on the difficulties that arise, they get to know the forms and procedures of help granted to individual family members. Participants learn about the rights and duties of parents and children who are directly or indirectly involved in the treatment process. They will become acquainted with the consequences of particular mental illnesses or behavioural disorders, as well as acquire appropriate skills to better deal with the problems that arise.

The following results are planned to be achieved by the participants:

- Learning about aid institutions

- Psychoeducation for the most common mental disorders
- To know the main difficulties in the family in dealing with the disease
- Acquisition of competences to better cope with difficult situations related to the illness of a family member
- More openness and understanding of the patient's situation

The script of the classes aims to familiarize participants with the methods of working with a family in which a mental illness or behavioral disorders appear. We will get to know the main forms of help we can offer to the family and its individual members, we will try to understand more broadly what the crisis in the family is all about and how to lead to a successful solution. We will focus on learning about the development of the family, its individual phases in order to diagnose the causes of the crisis more accurately and to select appropriate methods of support.

The individual workshop tasks will serve to increase understanding of the issues involved, provide participants with specific tools for working with the family, as well as increase interpersonal competence to better cope with the illness.

Meeting 1

The teacher/teachers move. Welcome to the families

- Name
- Education
- Work experience
- Interests

1. During the meeting, the employee answers all the customer's questions and completes an individual work plan with him (only if he agrees to further meetings) *
Copy for the client

S WHAT'S BOTHERING YOU - CALL IT A SINGLE SENTENCE.	M How long has it been bothering you? Since when? Give a specific date	A What do you want? What's your plan to do that? Specifically, write down step by step	R Is this plan real?	T When do you want to do it? Give a real date and time

What the client expects from the employee

1. A copy for the employee - the employee fills in the form from his perspective- what is his plan to help the customer

S WHAT'S BOTHERING YOU - CALL IT A SINGLE SENTENCE.	M How long has it been bothering you? Since when? Give a specific date	A What do you want? What's your plan to do that? Specifically, write down step by step	R Is this plan real?	T When do you want to do it? Give a real date and time

What can I offer an employee

- Once the SMART plan has been completed by the Client and the Employee, a joint action plan must be completed and agreed upon by the Client and the Employee (agreement must be reached)

S WHAT'S BOTHERING YOU - CALL IT A SINGLE SENTENCE.	M How long has it been bothering you? Since when? Give a specific date	A What do you want? What's your plan to do that? Specifically, write down step by step	R Is this plan real?	T When do you want to do it? Give a real date and time

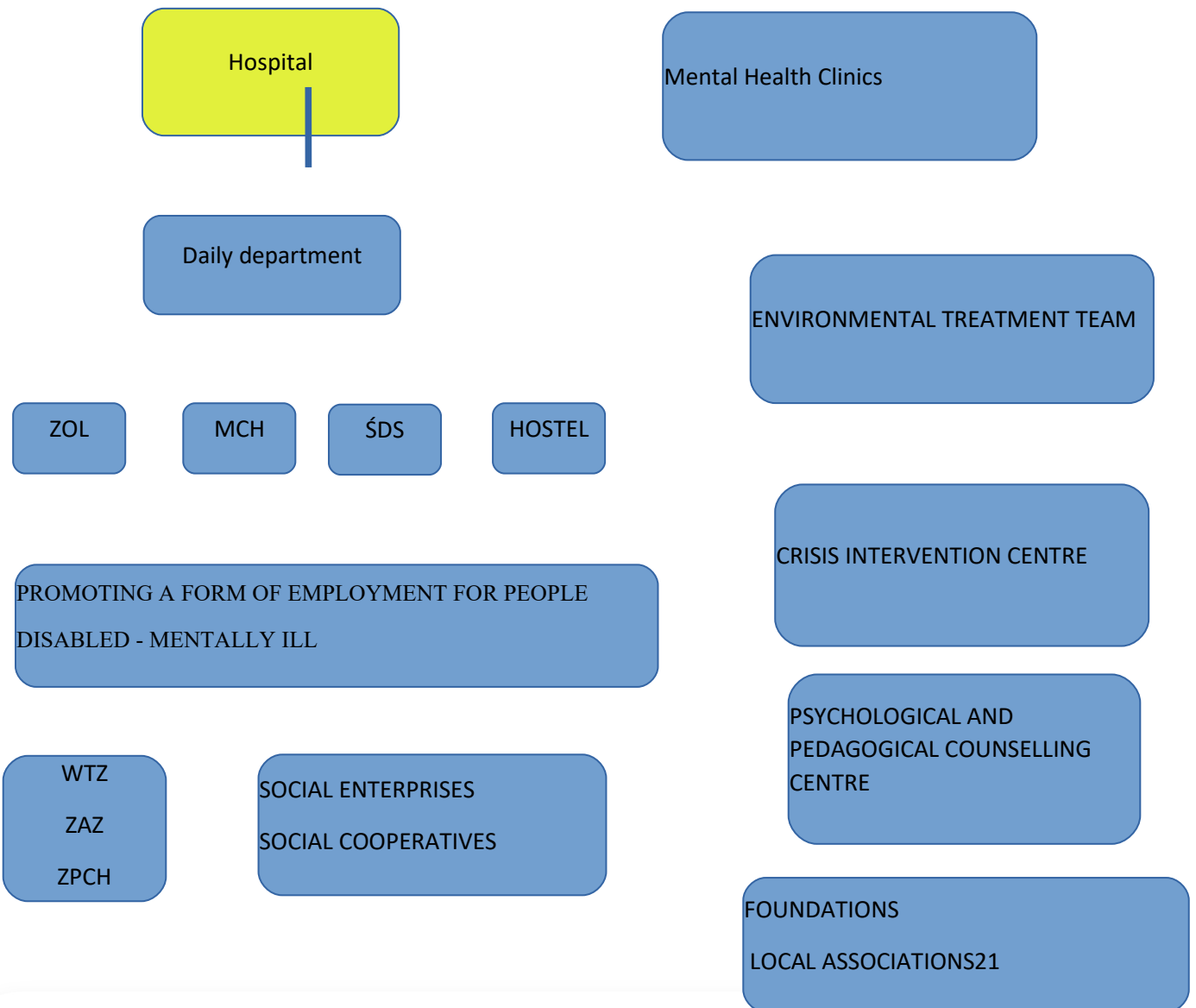
Suggestions and notes from both sides

The instructor distributes to participants the cards on which the centres providing assistance to the sick and their families are listed. He familiarizes the family with the individual places, indicates where the nearest centres are located and in what form they provide help. Pytania pomocnicze do rodziny:

- Have you heard of the centres? If so, which ones and in what context?
- Have you received assistance in these places?

What are your impressions of the places where you have been assisted?

We are familiar with the available forms of assistance



WTZ - Occupational Therapy Workshops

ZAZ - Professional Activity Works

ZPCH - sheltered workshops

MCH - Protected flats

WDS - Environmental Self-help Houses

ZOL - Care and Treatment Facility

The social worker records questions from family members. He or she will answer them at the next meeting



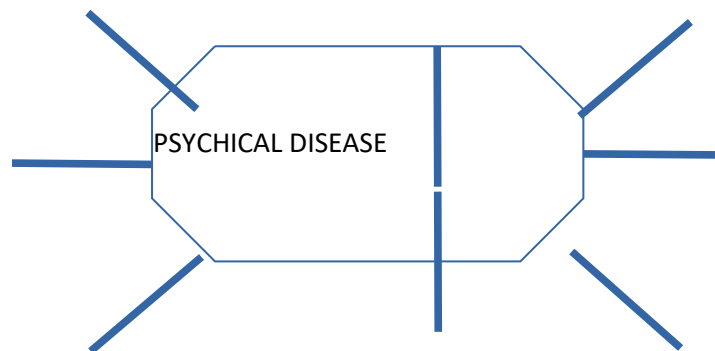
Meeting 2

The social worker welcomes the family. He answers questions asked during the first meeting. He then goes on to the topic of meeting 2 - fear and shame.

The social worker explains:

A common problem when applying for help is fear and shame, which are caused by the presence of mental illness and its perception in society. In this exercise, the family will consider how others perceive mental illness and what consequences it has on the treatment and rehabilitation process.

On a flipchart or a large sheet of paper, the trainer writes down the slogan "Mental illness" and, on the basis of a mind map, writes down the association the family will give, focusing on how the sick person is perceived by others.



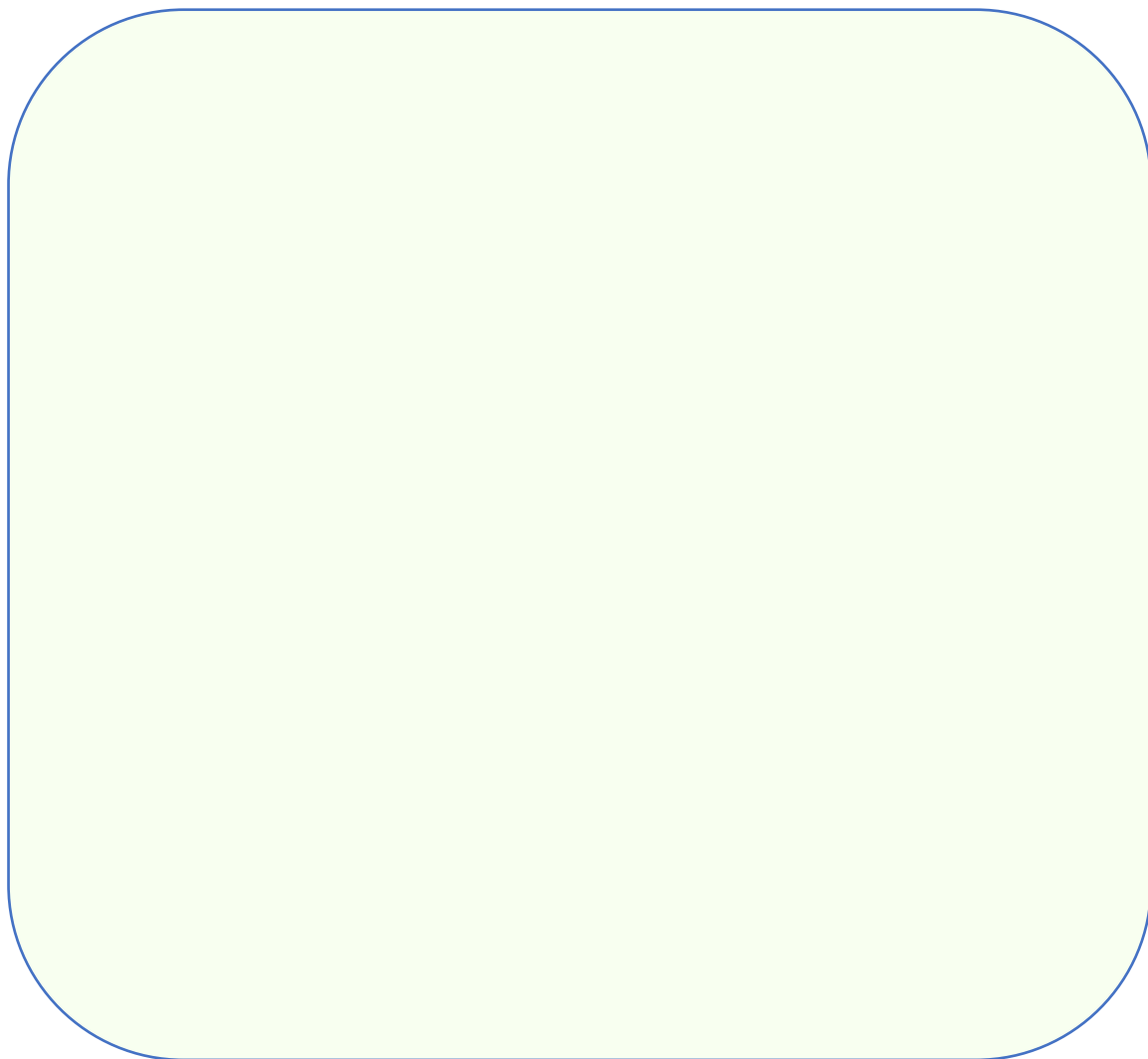
Then, the leaders together with the family choose associations that generate fear or shame in them. They try to transform the negative associations into a positive or neutral form. (e.g. the statement "A person with depression is lazy" can be translated to "A person with depression suffers a lot and has no strength for many things", "a naughty child". → "child with difficulty concentrating", etc.)

Meeting 3

Individuals work individually and then discuss their responses together..

Negative association	<i>Change</i>
<ul style="list-style-type: none">••••••••••	

At the end of the meeting, the employee gives the client a card to take notes. After the client completes the Work Card, the employee answers the questions. If the employee does not know the answer to the questions asked, he informs the client about it, indicating the time and manner of the answer.



Here, the staff member shall also take notes on the continuation or termination of sessions and meetings. He also writes recommendations and recommendations