



Level 2 Award in Understanding Mental Wellbeing

April 2014

7 Guided Learning Hours

Credit Value 1

Ofqual Qualification Number 601/3116/0

Description:

The aim of this qualification is to provide candidates with a knowledge and understanding of the principles of mental wellbeing, the effect of mental wellbeing on the individual and community, and how mental wellbeing can be maintained or improved.

The qualification will provide learners with an understanding of the importance of mental wellbeing, the theoretical models that can be used to describe it and factors that may affect it.

Content:

	Page
Summary of learning outcomes	3
Content	4
Assessment	6
Learner Guidance	6
Recommended prior learning	7
Centre Guidance	7
How to apply to offer this qualification	7
Special Needs	8
Recommended qualifications and experience of tutors	8
Contact details	8

Summary of Learning Outcomes:

To achieve this unit a candidate must:

1. **Know how mental wellbeing affects individuals and communities**, *by being able to meet the following assessment criteria:*
 - 1.1 Identify current concepts of mental wellbeing
 - 1.2 Outline the importance of mental wellbeing to the individual
 - 1.3 Outline how the community can affect and be affected by mental wellbeing.

2. **Know how mental wellbeing can be improved and maintained**, *by being able to meet the following assessment criteria:*
 - 2.1 Identify the evidence base for mental wellbeing
 - 2.2 Outline methods for the promotion of mental wellbeing
 - 2.3 Determine applications of mental wellbeing in practical situations

Content:

1 Know how mental wellbeing affects individuals and communities

1.1 *Identify current concepts of mental wellbeing:*

Perspectives of wellbeing: happiness and life satisfaction (the hedonistic perspective), good relationships with others and self realisation (the eudaimonic perspective). High and low levels of mental wellbeing, relationship between mental wellbeing and mental illness.

Concepts such as resilience, peace of mind, self-awareness, confidence, agency (control over own life and environment), capacity for personal relationships and happiness.

Definitions such as the WHO definition of health (2007), WHO definition of mental health (2013), New Economic Foundation definition (2008) and HM Government definition of mental wellbeing (2011 in 'No Health Without Mental Health').

Mental wellbeing models such as Single Continuum model, Dual continuum (Activation / Pleasure) model and Dynamic Model of Mental Wellbeing (to illustrate influences on mental wellbeing); application of the models.

1.2 *Outline the importance of mental wellbeing to the individual:*

Interaction between mental wellbeing and physical health: general health, life expectancy, rates of illness, lifestyle. Impact of low mental wellbeing on physical health and long term conditions.

Interaction between mental wellbeing and psycho/social health: emotional health, self confidence, esteem, optimism, educational outcomes, earnings, relationships, contentment. Possible negative effects: stress, anxiety, depression, mental health problems, drug and alcohol misuse, smoking.

Interaction between mental wellbeing and spiritual health: acceptance, recovery, relationships – with self, others and with God/creation/nature, sense of meaning, hope, peace of mind. Spiritual practices, creativity. Possible negative effects: hopelessness, despair, depression, loss of meaning, suicide.

1.3 *Outline how the community can affect and be affected by mental wellbeing:*

How mental wellbeing and the community can interact to have a positive or negative effect on the community and the individual to include:

Close relationships such as parents and parenting, family, friends, neighbours, social wellbeing, integration, belonging, intergenerational dependence.

Wider relationships such as work, school, colleges, business, social networks;

beneficial effect of a supportive community, social inclusion and social capital.

Environmental effects such as personal and community safety, green spaces, community facilities.

Broader issues such as housing, unemployment, age, class, education, income, ethnicity, transport, substance misuse, community violence, stigma and discrimination, economic cost of illness.

2 Know how mental wellbeing can be improved and maintained

2.1 *Identify the evidence base for mental wellbeing:*

Evidence for effect of the following on mental wellbeing: nutrition, sleep, exercise, physical wellbeing, emotional wellbeing, environment, employment.

Core protective factors, population characteristics, social relationships, wider determinants, core values,. (Mental Wellbeing Impact Assessment 2011). Social, physical and psychological factors.

2.2 *Outline methods for the promotion of mental wellbeing:*

Mental wellbeing requires that an individual's basic needs are met, that individuals have a sense of purpose, that they feel able to achieve important personal goals and participate in society. It is enhanced by conditions that include supportive personal relationships, strong and inclusive communities, good health, financial and personal security, rewarding employment, and a healthy and attractive environment.' Defra (2007).

Methods for achieving this such as five ways to mental wellbeing, relaxation, reframing, mindfulness.

2.3 *Determine applications of mental wellbeing in practical situations:*

What individuals could do in practice to improve their own mental wellbeing, improve the mental well being of others and raise awareness of mental wellbeing, such as:

Five ways to Wellbeing:

Connect. Talk to people: family, friends, colleagues and neighbours. Spend time developing relationships.

Be active. Take a walk, go cycling or play a game of football

Take notice. Awareness of the present moment, including feelings and thoughts, physical sensations and the world. Mindfulness

Keep learning. Learning new skills increases achievement and confidence. Cooking courses, learn to play a musical instrument, fix a bike.

Give to others. Smile, a thank you or a kind word. Volunteering, build new social networks.

Healthy eating, weight management, improving fitness, smoking cessation, alcohol management, sexual health, good parenting, schools, places of worship, workplace, safer communities.

Assessment:

Assessment is by either a multiple-choice examination or a work-book. Both forms of assessment provide good coverage of all of the learning outcomes and assessment criteria.

The multiple choice examination is provided by RSPH. Centres wishing to assess their candidates by workbooks should contact RSPH before confirming this method of assessment with their candidates.

Learner Guidance:

Suggested Reading and resources:

Concepts of mental and social wellbeing.	Faculty of Public Health www.fph.org.uk
Five ways to wellbeing	New Economics Foundation www.neweconomics.org
How to improve and maintain your mental wellbeing.	MIND www.mind.org.uk
Mental health Promotion: Paradigms and Practice.	K Tudor 1996 London Routledge
Mental health, resilience and inequalities.	L Friedli 2009 World Health Organisation
Mental health and wellbeing.	NHS Inform www.nhsinform.co.uk/mentalhealth
Mental wellbeing checklist.	National Mental Health Development Unit www.nmhd.org.uk *
Mental Well-being Impact Assessment.	National MWIA Collaboration (England) 2011. Downloadable from Public Health Observatories www.apho.org.uk or New Economics Foundation www.neweconomics.org

No health without mental health.	HM Government 2011
Risks to mental health: An overview of vulnerabilities and risk factors.	WHO 2012
Wellbeing podcasts.	Mental Health Foundation. www.Mentalhealth.org.uk/help-information/podcasts

* (NB the National Mental Health Development Unit has now closed, but some of their resources may still be accessed online).

Useful Websites

Mental Health Foundation	www.Mentalhealth.org.uk
Mind	www.mind.org.uk
Mindfulness	www.mindfulnet.org
New Economics Foundation	www.neweconomics.org

Recommended prior learning:

There are no recommended prior learning requirements for this qualification.

Centre Guidance:

How to apply to offer this qualification:

To become a centre approved to offer this qualification, please complete the 'Centre Application Form' which can be found on our website in the Qualifications and Training section. If you are already an approved centre, please complete the 'Add an additional qualification form' which can be downloaded from the Centre area on the website www.rsph.org.uk. Please ensure that you include details of your quality assurance procedures. You will need to attach a CV to this application. Please contact the Qualifications Department at centreapproval@rsph.org.uk if you need any assistance.

National Occupational Standards

The qualification has been mapped to the following National Occupational Standards of Skills for Health:

SFHMH39 Enable individuals and families to identify factors affecting, and options for optimising, their mental health and wellbeing.

SFHMH62 Determine the concerns and priorities of individuals and families in relation to their mental health and mental health needs

SFHMH77 Raise stakeholders' awareness of the value of leisure activities for people with mental health needs.

Further details of these National Occupational Standards can be obtained from RSPH Qualifications.

The qualification is also mapped to the following dimensions of the NHS Knowledge and Skills Framework:

Dimension HWB1: Promotion of health and well-being and prevention of adverse effects on health and well-being

Special Needs:

Centres that have candidates with special needs should consult *The Society's Regulations and Guidance for Candidates with Special Assessment Needs*; this is available from The Society and The Society's web site (www.rsph.org.uk).

Recommended Qualifications and Experience of Tutors:

The Society would expect that tutors have teaching experience and a qualification in a relevant subject area, but recognises that experienced teachers can often compensate for a lack of initial subject knowledge, or experienced practitioners for a lack of teaching experience.

Centres should be registered with The Society

Contact Details:

Any enquiries about this qualification should be made to:

The Qualifications Department,
Royal Society for Public Health,
John Snow House,
59 Mansell Street
London E1 8AN
Tel. 020 7265 7300
Fax. 020 7265 7301
Email rsph@rsph.org.uk

Web site: www.rsph.org.uk