

Unit - Mental Health Context

20th February

Session 1

Assessment

To present a case study in a peer seminar group.

- You will be given a case scenario to analyse on the subject of mental health. Your presentation analysis will need to make reference to the following learning outcomes

Unit Overview/Oral Presentation

1. How signs and symptoms associated with mental distress are recognized.
2. What psychopharmacological interventions are commonly used in the treatment of mental health problems.
3. What can be the impact that prescribed medication may have on the therapeutic relationship and process of psychotherapy.

4. Critically evaluate ways in which government policies and recommendations such as those in the National Institute for Health and Clinical Excellence (N.I.C.E.) guidelines may impact on mental health service provision and client well-being (this may also refer to the WG mental health initiative).

5. Critically appraise a range of psychological services and interventions available to clients.

- 6. Comment on the importance of inter-professional and multi-agency approaches to mental health.
- 7. Apply consistently a comprehensive, in-depth and research-informed body of knowledge to your work.

Mental Health

- The World Health Organisation (WHO) defines this concept of mental health as, *'a state of well-being in which an individual can realise his or her own, potential, cope with the normal stress of life, work productively and make a contribution to his or her community'* (WHO, 2013, p.6).

- **Mental wellbeing:** There are many different definitions of mental wellbeing but they generally include areas such as: life satisfaction, optimism, self esteem, mastery and feeling in control, having a purpose in life, and a sense of belonging and support.

- **Mental illness:** Mental illness refers to a diagnosable condition that significantly interferes with an individual's cognitive, emotional or social abilities e.g. depression, anxiety, schizophrenia.

NHS

<http://www.nhsinform.co.uk/mentalhealth/>

Social Determinants

- *"The social determinants of health are the circumstances which people are born, grow up, live, work, age, and the systems put in place to deal with illness. These circumstances are in turn shaped by a wider set of forces: economics, social policies and politics."*

Patel, V., Minas, H., Cohen, A., and Prince, M. eds .2014 *Global Mental Health*. Oxford: Oxford Press (Chapter 7)

Politics of Diagnosing

Diagnostics Tool of the DSM

One of the main diagnostic systems currently used is the 'Diagnostic and Statistical Manual (DSM 5)', published by the American Psychological Association (APA) in May 2013. This manual provides a common language and standard criteria for the classification of mental disorders.

- Even though the manual, with its diagnostic classifications, is widely used throughout the medical and mental health system in many countries beyond the USA; it has also attracted controversy and criticism.
- *Categorical Model McWilliams* (2011) Youtube video

Diagnosis Tool of ICD (International classification of diseases)

- These diagnosis tools, are mainly used in the medical world and in the mental health systems. Hospital staff, clinic staff and insurance companies use it to communicate about a patient's diagnosis after they have evaluated them. They also been used to categorize patients for research purposes

International Classification of Diseases (ICD) WHO

- The ICD is important because it provides a common language for reporting and monitoring diseases. This allows the world to compare and share data in a consistent and standard way – between hospitals, regions and countries and over periods of time. It facilitates the collection and storage of data for analysis and evidence-based decision-making.
- <http://www.who.int/classifications/icd/en/>

Case formulation

One definition of case formulation is '*Case formulation aims to describe a person's presenting problems and use theory to make explanatory inferences about causes and maintaining factors that can inform interventions*'.

- What this means is that it is essentially a story not just to describe, but *explain*, how a person's problem has developed, and how it is maintained so that treatments can be based on influencing those factors

- a description of the presenting issues;
- the factors that act to create vulnerability or precipitate the problems developing;
- factors that may not have been involved in the initial problem developing, but are helping to maintain the problems; and finally,
- factors that can help the person cope or act as resources

Resources

- Paris, J., (2013) *The intelligent Clinician's Guide to the DSM-5*. Oxford: Oxford University Press
- American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorders*
- DSM 5
- <http://www.dsm5.org/Pages/Default.aspx>

Resources

- ICD 11 fact and revision
- <http://www.who.int/classifications/icd/revisions/icd11faq/en/>
- ICD
- <http://www.who.int/classifications/icd/en/>
- Allen Frances (Over diagnosing)
<https://www.youtube.com/watch?v=yuCWVnzSjWA>

Resources

- Frances, A., (2013). *Saving normal: an insider's revolt against out-of-control psychiatric diagnosis, DSM-5, big pharma, and the medicalization of ordinary life*. New York: William Morrow.



Session 2:

Psychological therapies and Common
Mental Health Problems
Case Scenarios

RESOURCES

NICE Common Mental Health Problems

<https://www.nice.org.uk/guidance/cg123/ifp/chapter/Common-mental-health-problems>

NICE (National Institute for health and care excellence)

<http://www.nice.org.uk/>

NICE Clinical Guidelines

<http://www.rcpsych.ac.uk/workinpsychiatry/nccmh/niceclinicalguidelines.aspx>

- Rethink --- Talking treatment/NICE
- <https://www.rethink.org/diagnosis-treatment/treatment-and-support/talking-treatments/nice>
- Welsh Government Psychological Therapies
- Mental Health Measures(2010)
- <http://gov.wales/topics/health/nhswales/healthservice/mental-health-services/strategy/?lang=en>

RESOURCES

- WHO Pharmacological treatment in mental disorders in primary health care
- http://www.who.int/mental_health/management/psychotropic/en/

Session 3:

Global Mental Health – Cultural implications

&

Governmental Policies

Movement for Global Mental Health

<http://www.globalmentalhealth.org/>

- Patel, V., Minas, H., Cohen, A., and Prince, M. eds .2014 *Global Mental Health*. Oxford: Oxford Press (Chapter provided)

Joseph Roundtree Foundation:

Psychological Perspectives on Poverty

- <https://www.jrf.org.uk/report/psychological-perspectives-poverty>
