

LSICLG9

Identify the mental health needs of clients when counselling and refer in an appropriate manner



Overview

This unit is about being constantly alert to possible indications of mental ill health. You are expected to keep up to date with regards to mental health needs. You will be expected to assess any immediate risk to the client or to others. You will need to follow any organisational/service policies and procedures and seek advice when appropriate. You will also need to recognise physical signs and symptoms caused by the client receiving medication for mental health issues and make an informed decision about the compatibility of counselling and interventions caused by medication. You will be required to understand the effects of major categories of medication prescribed for mental health issues.

There are two elements to this unit

1. Identify and respond to mental health needs
2. Work with clients receiving medication for mental health issues

This unit is relevant to those working in the following counselling contexts

1. Institutions
2. Statutory Services
3. VCS (Voluntary Community Sector Services)
4. Social Enterprises
5. Individual Practice
6. Commercial Enterprises

All units within the suite of National Occupational Standards for Counselling are not specific to any theoretical model.

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Performance criteria

Identify and respond to any mental ill health when working with clients

You must be able to:

- P1 remain constantly alert to possible indications of mental health needs
- P2 regularly update your knowledge about the range of mental health needs
- P3 identify and recognise the importance of the individual's identity: ethnicity, sexuality etcetera and socio-cultural context in relation to mental health needs
- P4 respond promptly to any indications of mental health needs in order to ensure that an appropriate intervention is made
- P5 involve the client in the mental health assessment process as much as possible to ensure an empowering approach and discuss and agree confidentiality its boundaries and limits
- P6 assess any immediate risk to the client and/or to others including self that may result from worsening/declining mental ill health
- P7 discuss with the client where possible and take prompt action appropriate to your assessment of risk
- P8 identify and refer clients, providing ongoing support through the process if required, when the mental health needs can not be met through counselling
- P9 in discussion with the client ask for information about any previous diagnosis the client has received, and any related conditions and behaviour
- P10 identify any statutory responsibilities in consultation with your supervisor/manager you may have with regard to potential risk including the need to promote independent living or protect others from risk of harm
- P11 recognise the need to follow any organisational/service policy and procedure, the need to seek advice from the supervisor/manager/mental health consultant when the mental health of the client shows marked deterioration
- P12 demonstrate the capacity to make a clear and concise case presentation
- P13 recognise indications of drug/alcohol/substance misuse (including prescribed drugs), seek advice and take appropriate action if necessary counselling
- P14 assess the risk to the client, self and to others that may result from drug/alcohol/ substance misuse, discuss with the client and seek advice if appropriate, and take action appropriate to your assessment of risk

Work with clients receiving medication for mental health issues

You must be able to:

- P15 recognise carefully and sensitively physical signs and symptoms that accompany or mimic psychiatric disorders

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- P16 make an informed decision about referral to a general practitioner or mental health professional if you anticipate that medication may be required to help the client manage chronic or acute symptoms
- P17 make an informed decision about the compatibility of counselling and interventions caused by medication the client is taking for mental health issues
- P18 understand how medication for mental health can influence or hinder the counselling process
- P19 understand the need to encourage and support the client in discussing his/her use of medication with his/her general practitioner and/or other mental health professionals
- P20 support the client in following the instructions of his or her general practitioner or mental health professional with regard to following medication that has been prescribed for mental health issues
- P21 support the client in following the instructions of the general practitioner or mental health professional with regard to terminating the use of medication
- P22 understand the effects of the major categories of medication prescribed for mental health issues
- P23 understand the way in which medications are prescribed for specific mental health problems
- P24 identify when a client's situation is sufficiently complex or multifaceted to require a further opinion
- P25 recognise and try and talk sensitively to a client who is at risk and has access to lethal quantities of medication and report according to agency/service guidance concerns to the general practitioner or mental health professional appropriately
- P26 understand cultural differences and their potential impact on clients complying with medication

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Knowledge and understanding

You need to know and understand:

Identify and respond to any mental ill health when working with clients

- K1 how to recognise the indicators of mental ill health
- K2 the use and effects of medication and how it might influence or hinder the use of counselling by the client
- K3 nice and other relevant guidelines with regard to mental health
- K4 the range of mental health needs and their effects
- K5 the physical, behavioural, emotional and psychological indication of mental health needs
- K6 how to evaluate information provided by the individual or from other sources as indicating mental health needs
- K7 the information required to make a reasoned judgment about mental health, including the use of appropriate objective measures, supervisor/manager/community mental health specialist
- K8 sources of information on mental health and related services
- K9 methods of referral to mental health and related services
- K10 the range interventions appropriate for clients with mental health needs and methods of deciding on appropriate action
- K11 assessment of the need for urgency of action when referring individuals to services
- K12 signs and symptoms of common mental health disorders
- K13 signs and symptoms of harm and abuse
- K14 the impact of societal factors on the likelihood of risk, abuse, harm or failure to protect
- K15 relevant legal, national, ethical and organisational requirements, policies and codes of practice
- K16 policy and procedure for risk assessment
- K17 the physical, behavioural and psychological range indications of substance misuse
- K18 commonly prescribed medication that may be lethal if taken in overdose

Work with clients receiving medication for mental health issues

You need to know and understand:

- K19 medication treatments for common mental health problems
- K20 referral systems to general practice and mental health services
- K21 the therapeutic effects of medication prescribed for mental health issues, including knowledge of short-term and long-term (preventative) benefits
- K22 psychiatric symptoms that are responsive to medication
- K23 the importance of following precise information about how drugs are administered and how their use should be terminated
- K24 when clients are likely to experience beneficial effects of newly

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- prescribed medication
- K25 potential side effects of medication
- K26 signs and symptoms of common mental health problems and their treatment
- K27 where to locate critical research evidence relating to the compatibility of counselling and the use of prescribed drugs
- K28 general information about diagnostic systems that are used in making diagnoses by health professionals

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Suite Counselling National Occupational Standards v4

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