**OVERVIEW**

| Name of the course | Diploma in Community Mental Health for Social Workers |
| --- | --- |
| Duration (months) | Six months |
| Design and Duration | 60 hours- **Blended Learning**   1. Face to Face in zoom or similar video conferencing will be held every week on **Wednesday 11am-12:30pm**: Total of 40 hrs live interactive sessions using Zoom Healthcare video conference 2. Self-Paced e-learning: 20 hours e-learning at [elearn.nimhans.ac.in](https://elearn.nimhans.ac.in/) or similar LMS contents, reading materials including assignments) |
| Accessible | By any Internet-enabled Smartphone or Laptop or Tablet or PC |
| Fees | Rs. 5000/- |
| Link for Payment | [**https://bit.ly/3CTRxoX**](https://bit.ly/3CTRxoX)  [Fees payment\_Guide.docx](https://docs.google.com/document/d/1g8DwK0-6WMyrnBO-jOuqXk_kmg6TPqoT/edit?usp=sharing&ouid=113650152992203040167&rtpof=true&sd=true) |
| Curriculum | This course will be available in English language ONLY. |
| Modules | Module 1: Basic concepts in Mental Illness  Module 2: SW Approaches in Psychosocial assessment in Mental Illness  Module 3:Social work interventions in Mental Illness  Module 4: Prevention of Mental Illness  Module 5: Promotion of Mental Health  Module 6: Administration Reporting and Documentation |
| Accreditation Criteria for Certificate  Certificate in ‘Diploma in Community Mental Health for Social Workers’ will be issued to ***ONLY*** those meet the accreditation criteria | 1. More than 80% Attendance ***(19/24 live sessions)*** in the weekly Live sessions which is measured by the software and your video presence **(>60 minutes video presence for each live session is mandatory**).  2. Presentation of Two patient ***Psychosocial Assessments*** in the weekly live interactive sessions  3. Completion of all ***Six E-Assignments*** at [elearn.nimhans.ac.in](https://elearn.nimhans.ac.in/) with 80% for **each** Assignment. Two attempts will be permissible to those who are not able to clear the assignments in the first attempt. Each attempt for all six assignments will be live for 48 hours after which the link will be disabled. (**Note: First Attempt is Mandatory to appear for further attempts**).  4. Monthly reports of patients seen (during the course) to be submitted before the 5th of every month.  5. Completion of pre-test and post-test and feedback  \*\* (There is NO participation Certificate) |
| Team | Clinical experts from NIMHANS Digital Academy (NDA)  **Faculty from the Department of Psychiatric Social Work (PSW)**  Dr E. Aravind Raj, Consultant, Community Mental Health  Dr Bino Thomas, Consultant Adolescent and Child Mental Health  Dr Shreedevi A.U., Consultant, Addiction Medicine  **Facilitator:** Ms. Lydia, PSW & Ph.D Scholar, Dept. of PSW |
| Approval | * Diploma in Community Mental Health is for continued professional development. This certificate course is meant for **professional enhancement/development as well as continued education** * This Diploma course has been approved by NIMHANS’ 20th Board of Studies. * Not recognized by Rehabilitation council of India or Medical Council of India or National Medical Council or Rehabilitation council of India or similar bodies * General   The certificate does not guarantee credit by your institution, or organization or states. However, a good approach is for you to submit your certificate, along with the course syllabus, for potential approval by your home institution or organization or states.[[1]](#footnote-0) |
| Suggestion and comments | Lydia, Psychiatric Social Worker  [psw.nda@nimhans.ac.in](mailto:psw.nda@nimhans.ac.in) or contact 9480819980 |

**BRIEF DESCRIPTION OF THE COURSE**

This is an online program designed to train social work professionals in mental health service delivery systems as part of State and District Mental Health Programmes. The course is designed to enhance theoretical and practical knowledge of social work practice in community mental health. The course deals with topics that help in identifying the mental disorders, psychosocial issues associated with those disorders and psychosocial treatment procedures. Additionally, the course will provide a base for family, couple, children; group and community based psychosocial interventions in preventive and promotive aspects.

**OBJECTIVES OF THE COURSE**

1. To understand the basics of mental disorders to provide information
2. To enhance the knowledge on psychosocial intervention for persons with mental illness at individual, family and community level
3. To learn various preventive and promotive strategies in the field of mental health

**ELIGIBILITY CRITERIA TO ENROLL**

* Master of Arts in Social Work or Master of Social Work (postgraduate) degree from any UGC recognized University and
* Master of Arts in Sociology, working in the field of Social work

**CURRICULUM- BATCH 13**

| Module | Learning Objectives | Didactic Topic & Speaker/ Presenter | Self-paced e-learning on [elearn.nimhans.ac.in](https://elearn.nimhans.ac.in/) |
| --- | --- | --- | --- |
| Module 1  Basic concepts in Mental illness | 1. Introduction to concepts of Mental Health and Mental Health Care  2. Aetiology of Mental Illness  3. Identifying the signs and symptoms of common mental illnesses systematically | 1. Orientation to the course content and eligibility for certificate accreditation  2. Introduction to digital tools  3. Psychosocial Assessment  4. Q & A session | Psychosocial Assessment Proforma |
| Social work in Mental health | 1.1.Mental health and Illness  1.2.General principles of care |
| Common Mental Disorders and Severe mental Disorders | 1.3.Signs & symptoms  1.4.Screening of mental disorders |
| Bio-psycho-social Approach for Mental illness | 1.5.History Taking  1.6.Mental Status Examination |
| ASSIGNMENT 1 | | | |
| Module 2  Social Work Approaches in Psychosocial assessment in Mental Illness | 1. Understanding social work in Mental Health  2. Application of Bio-psycho-social approach in Assessment and Intervention | Bio-psycho-social Approach - Use of Instruments | 2.1.Role of a social worker in the treatment of mental disorders  2.2.Components of Psychosocial assessments |
| Cultural Sensitivities in the use of tools and Interventions | 2.3. Approaches in Psychosocial Assessment and Intervention  2.4.Psychosocial Rehabilitation for persons with Mental illness |
| Psychosocial Assessment Presentation | 2.5.Tools for measuring psychosocial variables |
| Psychosocial Assessment Presentation | 2.6. Cultural Competency in the use of tools and Interventions |
| ASSIGNMENT 2 | | | |
| Module 3    Social work interventions in Mental Illness | 1. Understanding the role of social workers in the treatment of Mental Disorder  2. Application of social work methods in working with people with mental illness | Psychosocial interventions for persons with mental illness  Psychosocial Assessment Presentation | 3.1. Psychosocial interventions at the individual level |
| Group interventions for  Persons with Mental illness  Psychosocial Assessment Presentation | 3.2. Group interventions for Mental illness |
| Working with families of persons with Mental illness  Psychosocial Assessment Presentation | 3.3.Psychosocial Interventions at the family level |
| Community level Interventions for persons with mental illness  Psychosocial Assessment Presentation | 3.4.Psychosocial interventions at the community level |
| ASSIGNMENT 3 | | | |
| Module 4  Prevention of Mental Illness | 1. Enhancing knowledge on psychosocial issues among the various vulnerable groups  2. Enriching the basic skills and strategies to prevent Mental Health problems among the vulnerable group | Working with Vulnerable Population to address Psychosocial issues  Psychosocial Assessment Presentation | 4.1.Working with populations vulnerable to mental disorders |
| Psychosocial Assessment Presentation | 4.2.Community awareness on mental illness and mental health |
| Prevention of mental disorders | 4.3.Counselling skills for psychosocial problems  4.4.Suicide prevention programs |
| Psychosocial Assessment Presentation | 4.5. Stress Management  4.6. Stress at family and workplace |
| ASSIGNMENT 4 | | | |
| Module 5 Promotion of Mental Health | 1. Understanding well-being at individual, family and community level  2. Knowledge enhancement in the ways to improve trained human resources in the field of Social Work and Mental Health | Promotion of Mental Health  Psychosocial Assessment Presentation | 5.1.Building Psychosocial workplace competencies |
| Psychosocial Assessment Presentation | 5.2.Enriching family life |
| Role of GOs and NGOs in Promotion of Mental Health  Psychosocial Assessment Presentation | 5.3.Positive Parenting |
| Psychosocial Assessment Presentation | 5.4.Mental health interventions in different settings |
| ASSIGNMENT 5 | | | |
| Module 6 Administration Reporting & Documentation | 1. Develop understanding on the role of social workers in networking, liaising and advocacy  2. Understanding the importance of documentation and reporting in Social Work Practice. | Decentralizing mental health services in the community  Psychosocial Assessment Presentation | 6.1.Capacity building in mental health |
| Psychosocial Assessment Presentation | 6.2. Monitoring and Evaluation |
| Documentation in Social Work  Psychosocial Assessment Presentation | 6.3. Documentation and reporting |
| Psychosocial Assessment Presentation | 6.4. Code of Ethics |
| ASSIGNMENT 6 | | | |
| POST ASSESSMENT & FEEDBACK | | | 20.03.2023 |
| VERIFICATION OF ACCREDITATION CRITERIA & MASTER SHEET | | | 27.03.2023-30.03.2023 |
| CERTIFICATION PREPARATION AND APPROVAL & INTIMATION TO ELIGIBLE CANDIDATES | | | |
| CERTIFICATE (PRINT/SIGNATURE & LAMINATION) | | | |
| PACKING AND DISPATCH OF CERTIFICATES | | | |
| DOCUMENTATION AND SUBMISSION TO ACADEMIC SECTION OF NIMHANS | | | |
| FINAL CLOSURE | | | |

**MODE OF DELIVERY OF THE COURSE**

Blended learning: Self-paced e-learning (Anytime) + Interactive Virtual sessions (Real Time)

| Duration  60hrs | Self-paced e-learning including assignment (video, ppt, reading) | Live Interactive Video conferencing |
| --- | --- | --- |
| Time in Hours | 20 | 40 |

**Self-paced E-learning (**[elearn.nimhans.ac.in](https://elearn.nimhans.ac.in/))**:** Each participant will have access to a Learning Management Solution (example: Moodle app). The relevant contents will be delivered through this app. These will be in the form of recorded video, selected text books, articles, videos, power points etc.

**Live Interactive Sessions:** Live interactive Sessions will be conducted through NIMHANS multipoint video conferencing platform on every Wednesday 11am-12:30pm. The meeting will be locked at 11:15am. Hence do join before that. This can be accessible through any smartphone, tablet, desktop or laptop. The purposes of these sessions are:

* 1. Clarification of doubts (self-paced learning) and discussion of Self-Assessment Questions.
  2. Psychosocial Assessment discussions
  3. Didactic lecture by NIMHANS faculty on specific topics

**CORE COMPETENCIES AS THE EXPECTED OUTCOME OF THE COURSE**

***What can you do?***

* Identify signs and symptoms of mental illness
* Psychosocial assessments at various dimensions
* Basic counselling and psychosocial intervention
* Enhance documentation and reporting in Social Work Practice in the field of Mental Health

***What can you not do?*** You cannot work as a Psychiatric Social Worker or offer extensive psychosocial interventions for Severe Mental Disorders

1. [↑](#footnote-ref-0)