Adult Mental Health
Learning Guide for Professional Development

Note to Learner: The Institute for Advancement of Family Support Professionals encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

Ongoing: View the Professional Development Program and each training module as an investment in skills and knowledge to help improve home visitor effectiveness.

Before the training:
- Learner and supervisor review course objectives and Family Support Professional competencies
- Learner rates knowledge of learning objectives

During the training, the learner:
- Completes activities
- Reflects on own response
- Identifies questions and concerns
- Completes post-training evaluation

After the training:
- Learner:
  - Rates knowledge of learning objectives
  - Completes post-training activities, as required
  - Develops an action plan for applying skills and knowledge in daily practice
  - Meets with supervisor to:
    - Review pre- and post-training activities
    - Discuss reflections, questions, and concerns
    - Review action plan for applying skills and knowledge in daily practice
    - Assess personal learning goals, transfer of learning, and action plan

The Adult Mental Health & Perinatal Depression series offers family support professionals basic information about mental health disorders and provides an understanding of how trauma, abuse and violence affect a person’s mental health.

Part 1, Adult Mental Health, a 45-minute module, will give participants tools and strategies to recognize women and families at risk for mental health issues, develop a plan for referral, and provide ongoing support to families with mental health disorders.
National Family Support Competencies addressed:
Domain 4: Dynamics of family relationships
  Dimension 15: Influences on family well-being
    Component d: Risks and stressors
Domain 5: Family health, safety and nutrition
  Dimension 18: Mental health
    Component a: Depression
    Component b: Toxic stress and trauma
    Component c: Mental illness

Before the Training

Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)

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<tr>
<th>Learning Objective</th>
<th>Before the Training</th>
<th>After the Training</th>
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<td>Identify personal feelings and stigma about mental health disorders.</td>
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<td>Identify types and prevalence of mental health disorders and co-occurring disorders.</td>
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<td>Understand how trauma and Adverse Childhood Experiences affect individuals’ mental health and impact parenting.</td>
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<td>Recognize behaviors and symptoms in adults that may indicate a need for referral to a mental or behavioral health professional.</td>
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My personal learning goals for this training are:
1. 
2. 
3. 
After the Training

Reflections on what I learned:

Questions and concerns I identified:

Action Plan: (Each learner’s plan will be unique. To get you started, some ideas are listed below.) As a result of this training, I will...

- Practice my engagement and listening skills with a family member, co-worker or friend. I will ask them to talk with me for 5 minutes about some concern, dilemma or decision they are trying to make. While I’m listening, I won’t try to solve their problem. I will try to respond with 90% reflective listening. If I ask questions, they will be open questions rather than closed questions. After the 5 minutes, I’ll ask them how it felt to talk with me and to tell me what I did that was helpful and how it helped. I’ll write their response and how it felt to you to use my active listening skills.


- Discuss my feelings and beliefs about individuals with mental health issues with my supervisor and identify areas for growth.
- Role play talking with families about mental health issues with my colleagues.
- Practice using my program’s screening tools.
- Observe my families for mental and behavioral health symptoms and know my agency’s policies for making referrals.
- Identify resources for mental and behavioral health services in my community.

My Action Plan

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<th>Action</th>
<th>Target Date</th>
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Developed in Partnership by: