



**Australian Government**

**Assessment Requirements for  
CHCMHS011 Assess and promote social,  
emotional and physical wellbeing**

**Release: 1**

## Assessment Requirements for CHCMHS011 Assess and promote social, emotional and physical wellbeing

### Modification History

Release	Comments
Release 1	This version was released in <i>CHC Community Services Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages.  New unit.

### Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- collaboratively delivered wellbeing support reflecting recovery oriented practice with at least 3 people:
  - physical
  - social
  - emotional
  - cultural/spiritual

### Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the work role. This includes knowledge of:

- legal and ethical considerations (international, national, state/territory, local) for client wellbeing, and how these are applied in organisations and individual practice:
  - codes of practice
  - discrimination
  - dignity of risk
  - duty of care
  - human rights
  - informed consent
  - mandatory reporting
  - practice standards

- privacy, confidentiality and disclosure
- policy frameworks
- records management
- rights and responsibilities of workers, employers and individuals accessing the service
- work role boundaries – responsibilities and limitations
- work health and safety
- principles and practices of holistic social emotional wellbeing, including:
  - social
  - emotional
  - physical
  - cognitive
  - cultural/spiritual
- impact of a lack of social and emotional wellbeing (SEWB) on mental health
- evidence based practice in relation to support for the individual domains
- iatrogenic effects of mental illness diagnosis and treatment on an individual's wellbeing
- requirements for physical wellbeing, including:
  - nutrition
  - exercise
  - food security/insecurity
  - self-care style opportunities and information
  - oral health
  - comprehensive health checks
  - access to health services, and natural supports and resources
  - sexual health strategies including contraception, sexually transmitted infections (STIs) and strategies for sexual expression
- aspects of social wellbeing and types of social activity of that contribute to wellbeing, including:
  - education
  - employment
  - community
  - volunteering
  - hobbies
  - personal interests
- aspects of emotional wellbeing, including:
  - ability to self-care
  - quality of support systems
  - healthy relationships
- aspects of cultural/spiritual wellbeing, including:
  - involvement in cultural activities and networks
  - ability to practise own culture

- good links within own culture
- cognitive aspects that affect wellbeing, including:
  - ability to practise coping strategies
  - mindfulness
  - relaxation
- models of change, including stages of change model
- awareness of social exclusion/inclusion, disadvantage, systemic oppression and power dynamics
- approaches to practice, including:
  - motivational interviewing
  - solution focused approaches
  - strength based approaches
  - cognitive behavioural approaches
  - narrative approaches
  - acceptance and commitment therapy (ACT)

## **Assessment Conditions**

Skills must have been demonstrated in the workplace or in a simulated environment that reflects workplace conditions. Where simulation is used, it must reflect real working conditions by modelling industry operating conditions and contingencies, as well as, using suitable facilities, equipment and resources.

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

## **Links**

Companion Volume implementation guides are found in VETNet - <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=5e0c25cc-3d9d-4b43-80d3-bd22cc4fle53>