



Australian Government

CHCMHS002 Establish self-directed recovery relationships

Release: 1

CHCMHS002 Establish self-directed recovery relationships

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.

Application

This unit describes the skills and knowledge required to promote the principles of recovery oriented practice, and to establish and confirm self-directed recovery relationships with people with mental illness.

This unit applies to work with people living with a mental illness in a range of community services work contexts.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Promote principles of recovery and recovery oriented practice

1.1 Acknowledge and respect the person as the author, definer and director of their own recovery and recovery journey

1.2 Work in ways that inspire hope for the future, belief in recovery by investing in the person and the relationship and increasing support for the person in their community of choice

1.3 Identify and take into account personal values and attitudes regarding recovery, mental health and illness when planning and implementing all work activities

1.4 Demonstrate consideration and respect for the important contribution of the person's other relationships,

ELEMENT**PERFORMANCE CRITERIA**

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life events, culture and activities to the recovery process

2. Establish the context for a self-directed recovery relationship

- 2.1 Establish and maintain a safe, positive working relationship and environment
- 2.2 Identify and address the power dynamics impacting on the relationship
- 2.3 Build a working relationship based on shared understandings using effective communication strategies
- 2.4 Interact with the person showing warmth, openness, care and authenticity
- 2.5 Discuss, clarify and use in all communications the person's preferred language, understandings, analogies and concepts about their experience
- 2.6 Adjust communication strategies to meet cultural preferences
- 2.7 Clarify role expectations and define appropriate relationship guidelines

3. Invite information sharing

- 3.1 Invite the person to tell their story
- 3.2 Respond appropriately to clarify aspects of the story and the persons' understanding of their experience
- 3.3 Respond to the person in a manner that reflects appreciation of their situation and fosters respect, rights, promotion of dignity, hope and belief in their recovery

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3.4 Recognise impacts of mental illness and a mental health diagnosis on the person's life and sense of self

3.5 Establish eligibility and priority for service and refer appropriately if required

3.6 Work within the context of the person's experiences, understandings and meanings to build a shared understanding of their needs

4. Define and confirm the collaborative relationship

4.1 Share information about the organisation and programs, services and support available

4.2 Facilitate an exchange of definitions and understandings of recovery and recovery oriented practice and develop a shared understanding

4.3 Share and exchange other information required to establish a recovery oriented collaboration

4.4 Work with the person to determine their readiness and desire to self-advocate and participate in the service

4.5 Work collaboratively with the person to agree on the type and nature of services or support to be offered and decide the way the relationship will operate

4.6 Establish agreement with the person on roles and responsibilities for both the person and the worker, and document in accordance with organisation procedures

4.7 Clarify and document any other accountability requirements including program, funding or legislative requirements

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this

unit of competency.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=5e0c25cc-3d9d-4b43-80d3-bd22cc4f1e53>

Assessment Requirements for CHCMHS002 Establish self-directed recovery relationships

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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:

- established and maintained self-directed recovery relationships with at least 3 people with mental illness
- performed the activities outlined in the performance criteria of this unit during a period of at least 80 hours of work

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 and local) for mental health work, 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
- specific mental health legislation and its impact on individual workers
- work role boundaries – responsibilities and limitations
- work health and safety
- values and principles of the mental health sector, including:
 - recovery
 - recovery oriented practice
 - health promotion and prevention
 - holistic approach
 - empowerment/disempowerment
 - access and equity
 - early intervention
 - rights
 - social justice and inclusion
 - citizenship
- historical, current and emerging models of understanding mental illness in Australia and internationally
- evidence base for recovery including research and personal recovery experience
- programs, services and supports available to people with mental illness
- strength based approaches
- reflective practice and its role in underpinning ongoing learning, growth and good practice
- techniques for communication and motivational interviewing/counselling, including:
 - active listening
 - attending skills, use of body language, non-verbal communication
 - paraphrasing
 - reflecting feelings
 - open and closed questioning or probing
 - summarising
 - reframing
 - exploring options
 - normalising statements

Assessment Conditions

Skills must have been demonstrated in the workplace with the addition of simulations and scenarios where the full range of contexts and situations have not been provided in the workplace. 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

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<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=5e0c25cc-3d9d-4b43-80d3-bd22cc4f1e53>