



Australian Government

CHCMHS012 Provide support to develop wellness plans and advanced directives

Release: 1

CHCMHS012 Provide support to develop wellness plans and advanced directives

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 support a person living with mental illness to develop recovery wellness plans and advanced directives. These plans outline the person's preferences and plans to maintain wellness and to direct actions and support strategies should they become unwell.

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

Use of the term 'advanced directive' may vary between states and territories.

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. Collect information to support the development of a wellness plan

1.1 Provide information and resources that will enable the person to make informed choices about wellness planning

1.2 Develop a shared understanding of the person's goals, preferences and values in relation to wellness planning

1.3 Work collaboratively to identify any cultural factors that may influence wellness planning

1.4 Work collaboratively to identify who may need to be consulted regarding the wellness plan

1.5 Identify, access and review other information or documents that need to be referred to during the planning process

2. Support the development of a wellness plan

2.1 Develop a shared and whole of life understanding of what wellness means for the person

2.2 Together identify previously useful approaches, factors, and situations that promote and support wellness for the person

2.3 Work collaboratively to decide the type of wellness plan to be completed and the items and areas to be included

2.4 Work collaboratively to identify factors, trigger situations and early signs of unwellness

2.5 Identify options, potential strategies and actions the person will take

2.6 Identify other people to be included in the wellness plan and the actions they will take

2.7 Seek agreement and consent from others according to legal and ethical requirements

2.8 Document the agreed plan

3. Support the development of an advanced directive

3.1 Provide information and resources about advanced directives, their purpose and legal standing

3.2 Collaboratively identify the scope of the advanced directive to be developed

3.3 Work with the person to decide what service, support, treatment and medication instructions or restrictions are to be included

3.4 Collaboratively develop and document specific instructions

3.5 Jointly determine what life management or other instructions are to be included

3.6 Review plan to ensure directive and instructions are clear and unambiguous

3.7 Determine the preferred way to confirm capacity at the time of signing

3.8 Access legal and other specialist advice according to scope and nature of directive requirements

3.9 Work collaboratively to identify and locate a suitable willing independent witness

3.10 Identify with whom and where the directive and any

copies will be stored

4. Implement wellness or other plans
- 4.1 Act preventatively to promote wellness by maintaining positive and emotionally safe environments
 - 4.2 Promptly, sensitively and supportively respond to people in distress or crisis
 - 4.3 Collaboratively discuss the nature of distress and implement wellness strategies
 - 4.4 Follow instructions in wellness plan or advanced directives
 - 4.5 Seek emergency assistance and back up support from supervisor or other workers according to the needs of the person and the worker
 - 4.6 Identify situations that require debriefing, reflective practice or other support and initiate within scope of own job role
 - 4.7 Complete accurate documentation and reports according to organisation procedures

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 CHCMHS012 Provide support to develop wellness plans and advanced directives

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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:

- worked collaboratively with 3 different people with mental illness to create and implement a wellness plan
- developed at least 1 advanced directive

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 wellness plans and advanced directives, 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 legislative requirements for advanced directives
- 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
- purpose and limitations of wellness plans and advanced directives
- different types and formats of wellness plans particularly those which have been designed and developed by people who have experienced mental illness
- various formats for advanced directives
- purpose of statements of capacity
- role and requirements for witnesses
- community, support and mental health services
- services for people experiencing mental distress, unwellness and crisis

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

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