

**DRAFT Defined Award Standards for  
Mental Health Care Skills  
(Minor Award, NFQ Level 5)**

<b>Award Title</b>	Mental Health Care Skills
<b>Teideal as Gaeilge</b>	[To be translated]
<b>Award Class</b>	Minor Award
<b>Level</b>	NFQ Level 5    EQF Level 4
<b>Credit Value</b>	15 FET Credits
<b>Mandatory/Elective</b>	Elective

**Purpose**

The award is intended to equip the learner with the knowledge, skill, and competence needed to support and care for individuals in their mental health through using whole-person, compassionate care practices.

**Learning Outcomes**

**Upon successful completion, learners will be able to:**

1. Describe the concept and core principles of recovery in mental health such as respect, compassion, equity, and hope, and identify contextual or environmental factors that can support or hinder a person's recovery journey.
2. Explain professional accountability and promote a culture of open disclosure to support patient safety within mental health services.
3. Identify internal and external recovery factors, such as hope, optimism, community supports and evaluate their impacts on individual outcomes.
4. Outline and employ a range of common holistic mental wellness strategies, used by individuals to maintain positive mental health.
5. Demonstrate respect for individual's dignity by applying sustainable practices in daily routines and using a variety of common holistic strategies to support and maintain positive mental health.

6. Apply a person-centred approach and contribute to the implementation of an individualised recovery care plan, by interpreting, empowering and responding with dignity to the unique needs and individual life contexts.
7. Demonstrate empathic and active listening skills, applying advanced communication techniques to support individuals in recovery.
8. Collaborate and communicate effectively within professional and interdisciplinary teams, working both independently and collectively to support delivery objectives, and deliver inclusive, culturally responsive mental health supports across diverse healthcare settings.
9. Recognise the importance of continuous professional development (CPD) in promoting a recovery-focused approach in mental health services, including the use of digital tools and technologies to support service delivery and empower service users.

### **Access**

To access programmes leading to the above awards, learners should have achieved the knowledge, skills, and competence associated with NFQ Level 4 in the areas of literacy, numeracy, digital skills, communication, and personal effectiveness.

Learners must be able to communicate effectively with colleagues in the workplace through speaking, listening, reading, and writing. This may be through a formal qualification or relevant life and work experience demonstrating equivalent learning.

### **Transfer**

Achievement of this award will enable the learner to transfer to other appropriate programmes leading to awards at the same level of the National Framework of Qualifications.

### **Progression**

Achievement of this award will enable the learner to progress to other appropriate programmes leading to awards at the next or higher levels of the National Framework of Qualifications.

### **Recognition of Prior Learning (RPL)**

Learners may be assessed based on their prior knowledge and experience. This must be conducted in accordance with the relevant policies and procedures of the provider.

### **Specific Validation Requirements:**

- Garda Vetting.
- Access to clinical learning environment (work base learning) with up-to-date equipment, fixtures and fittings, cleaning agents and materials, disinfectants, antiseptics, sterilisers, waste disposal and personal protective equipment.
- Access to an environment and equipment replicating the clinical setting (classroom).
- Work-based learning hours to be set in the application for validation.

### **Sector Specific Requirements:**

- CPR and use an automated external defibrillator (AED).

- Assisted Mobility Training (Safe People Moving and Positioning Training) in accordance with current legislation and workplace health and safety policies.