

Our Programmes:

AMHP Refreshers











AMHP Refreshers: Contents



- 1. <u>AMHP Legal Update</u>
- 2. <u>AMHP 18-hour annual update</u>
- 3. MCA/DoLS & the MHA
- 4. <u>Compulsion in the Community</u>
- 5. Nearest Relative Refresher
- 6. Working with the Police (ss.135 & 136)
- 7. <u>Interviewing in a Suitable Manner</u>
- 8. Report Writing for AMHPs
- 9. Culture & AMHP Practice
- 10. Revisiting AMHP Values in Practice
- 11. Reflective Practice for AMHPs
- 12. Risk & Risk Management for AMHPs
- 13. Suicide, Risk & Safeguarding
- 14. <u>Emotional Resilience & Wellbeing</u>

- 15. Understanding Trauma & Adult Attachment
- 16. Assessing Children & Young People
- 17. Young People & Diversity: Gender & Identity
- 18. Assessing People with Autism & the MHA
- 19. MHA and Criminal Justice
- 20. Eating Disorders & the MHA
- 21. Assessing people with Personality Disorder
- 22. Assessing Older People under the MHA
- 23. Working with OCD
- 24. Substance Use & the MHA
- 25. Substance Use & Mental Capacity
- 26. Perinatal Mental Health

See also our range of related programmes:

- Mental Health & Mental Health Act
 - Social Work Skills Legal Literacy
 - Adult Health & Social Care

AMHP Refresher – Legal Update



This one-day course will provide AMHP's with an update in relation to recent case law and examine some of the key issues identified in practice. The session includes best practice recommendations, current research and learning from case law to real life scenarios to allow AMHP's to apply their knowledge, skills and experience in respect of mental health work, explore their own values and reflect on how they can improve their professional practice in their own agency and within a multi-agency context.

This session will revisit key areas as discussed with the AMHP lead immediately prior to delivery to ensure the course is responding to local needs and current national themes—for example recent caselaw

Learning Outcomes:

- Update on the review of the Mental Health Act and the proposals set out in the White Paper 2021
- Interface between the MHA and the MCA and the move from DoLS to LPS
- Key Caselaw: e.g., rulings on the use of technology in AMHP Assessments.
- Opportunity to explore local practice dilemmas.

18-hour AMHP Refresher Programme



This three-day programme has been designed to provide the 18 hours statutory CPD for AMHPs required within the Mental Health Act regulations. It is aligned to the AMHP competencies and focuses on key areas to provide both an update in knowledge of current developments.

The programme offers the opportunity to link with peers and critically reflect on the role of the AMHP, as well as examining the knowledge and skills they require to effectively undertake their roles of 'considering the whole circumstances of the case'.

This programme will provide AMHP's with an update in relation to recent case law and examine some of the key issues identified in practice, fulfilling the 18 hours CPD requirements as a cohesive programme of development.

Learning Outcomes:

- An understanding of recent developments in legislation and Case Law, and the impact of these on AMHP practice.
- The ability to explore and reflect upon practice in relation to statutory duties inquiry findings and case law precedents.
- To provide the statutorily required 18 hours CPD within a 12month period, required for those approved by the Local Authority.
- To refresh knowledge and skills in relation to complex practice areas, including assessing young people and the impact of culture.
- The opportunity to reflect on and analyse decision making and defensible AMHP practice.
- The opportunity to explore local issues and apply learning and best practice recommendations.

disorders.

Learning Outline: MCA/DoLS and the MHA Interface for AMHPs



The Mental Capacity Act 2005, including the Deprivation of Liberty Safeguards (DoLS), and the Mental Health Act 1983 cover the care and treatment of people with mental

This course provides an opportunity to explore the interaction and overlap between these Acts and explore how issues such as how capacity to consent to informal admission and capacity to consent to assessment at home as a place of safety under s135(1) are considered as part of the AMHP role and wider MHAA processes.

Learning Outcomes:

- Awareness and understanding of the evolution of case law in relation to the legal interface and how this has impacted on practice over time.
- Increased confidence in identifying the salient factors to assess an individual's capacity in relation to elements of the MHAA process.
- Increased confidence in applying the MCA principles within the context of the AMHP role.
- Increased understanding of the criteria being applied, and how eligibility of individuals under each legal framework should be considered, assessed, and evidenced.

Compulsion in the Community



Whilst working with Community Treatment Orders and Guardianships may not be an everyday element of practice for most AMHPs operating on duty rota's, they remain elements of practice for which it is useful to revisit and refresh as part of the AMHP CPD activities.

This one-day refresher is a reflective, peer learning, refresher session for AMHP's wishing to update their knowledge and skills in relation to the community compulsions within the Mental Health Act 1983 and how these may (or may not) interact with arrangements for Article 5 safeguards under the Human Rights Act 1998 and DoLS procedures.

Learning Outcomes:

- A Refreshed knowledge of the CTO, CD and Guardianship provisions from MHA 1983, the code of practice and caselaw rulings.
- To consider the appropriate and lawful use compulsion in the community, including its interface with Article 5 of the Human Rights Act 1998 and DoLS
- To understand the capacity, consent and treatment issues associated with community compulsive powers.
- The opportunity to critically reflect and engage with peers to reflect upon, current practice issues and dilemmas.

Nearest Relative Refresher



The Nearest Relative role is a key safeguard within the Mental Health Act and one which the AMHP has specific duties towards.

Over the thirty years since the original 1983 Act received Royal Assent the NR has become an increasingly complex area of the Act to negotiate, with case law and code guidance updating the requirements as time goes on.

This one-day programme is designed to provide an update and refresher on the topic, including a consideration of relevant case law and practice and the opportunity to critically reflect on the opportunities and challenges in practice.

Learning Outcomes:

- An updated understanding of the issues and precedents for the AMHP in relation to informing and consulting the NR within the assessment process.
- An opportunity to reflect on the threshold of 'reasonable objection' within a MHAA context.
- An understanding of the interaction between the nearest relative role and parental responsibility when assessing under 18's.
- The opportunity to reflect with peers on key challenges and strengths in local practice.



Working with the Police (ss135 & 136)

The Policing and Crime Act 2016 introduced changes to the Mental Health Act s135 & s136, including definitions and the length of time that a person can ordinarily be held for. These changes, together with the introduction of waiting times standards for people experiencing a mental health emergency, were intended to focus attention and resources on earlier intervention, and minimising delays.

This course is aimed at supporting AMHPs to reflect on the implications of the changes and the experiences of working with the police in the course of undertaking Mental Health Act Assessments.

Learning Outcomes:

- Understanding and applying the requirements and definitions in practice.
- Exploring the impact of current social and public health context on MHA practice.
- Understanding when assessments can be conducted within private premises, and the legal frameworks available.
- Understanding police perspectives ABC risk assessment, cases in coroner's courts.
- Understanding of what can be deemed as places of safety.
- Opportunities to reflect on assessments in Places of Safety and in Police Stations, & the Interactions PACE and criminal justice frameworks.

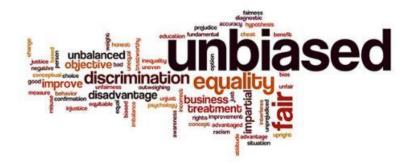
Interviewing in a Suitable Manner (s.13)



One of the core duties of the AMHP is to ensure that they interview the patient 'in a suitable manner' (s.13 MHA 1983) and this one-day programme aims to provide a reflective environment where AMHPs can refresh and critically evaluate their assessment and interviewing skills and update themselves on best practice approaches

Learning Outcomes:

- A refreshed knowledge of best practice approaches to interviewing and assessment skills.
- An opportunity to reflect upon skills in working with interpreters and translators as part of the mental health act assessment
- The opportunity to explore the least restrictive principle and the Code of Practice guidance on interviewing in a suitable manner to promote positive risk taking and a strengths-based approach.
- The opportunity to examine the most recent case law and outcomes and identify their implications for AMHP practice.
- The opportunity to explore the impact of Covid and how to undertake assessments in challenging circumstances.



Report Writing for AMHPs



The preparing of reports is a crucial part of accountable AMHP practice, it helps to support the continuation of care by sharing appropriate information with other professionals and it provides the rationale and evidence to support the AMHPs decision to detain / not detain an individual.

This course is designed for qualified Approved Mental Health Professionals (AMHPs) to develop and refresh their knowledge and skills in regard to report writing for Mental Health Act assessments, and to provide the framework needed to ensure that reports will withstand legal challenge and meet the expectation of the approving authority.

Learning Outcomes:

- An understanding of the legal framework for providing AMHP reports.
- An understanding of what should, and should not, be included in reports.
- An awareness of the framework for legal challenge and how this applies to AMHP report writing.
- An opportunity to reflect on reports for court and defensibility of written communications.
- An understanding of the Code of Practice and how this should inform report writing for Mental Health Act assessments.
- An understanding of the legal authority for AMHP decision making and how this should be evidenced within formal reports.
- An awareness of the legal protections provided by AMHP reports.

Culture and AMHP Practice



The experience of individuals from diverse cultural backgrounds has long been identified as an aspect of the individuals' identity that effects the person's illness, recovery, and treatment experience. BAME groups are disadvantaged because of these impacts with greater levels of detention, sedation and use of s136 being key elements that have been repeatedly reported as issues in service delivery.

The course will consider how to assess people from BAME minorities who have mental health problems considering the importance of communication issues with a focus on critical reflection and application to AMHP practice.

Learning Outcomes:

- To increase the understanding and awareness of cultural issues in relation to the assessment in mental health settings
- To consider diversity as a power issue and how this might impact on AMHP practice.
- To reflect on the cultures and cultural diversity in participants
 practice area and consider how this might impact on individual,
 family and community responses to both mental health and mental
 health services.
- To consider how organisational / professional cultures impact on individuals accessing services and the interventions / resources available.
- To examine the evidence, base for cultural competence and how it might enhance AMHP practice.

Revisiting Values in AMHP Practice



The AMHP role requires practitioners to consider and balance a whole range of complexities and draw upon an array of evidence, perspectives and knowledge to undertake the role.

This one-day programme considers the role and impact of values and ethics in approved mental health practice, examining issues such as the relationship between ethical practice and the valuebase of the practitioner, the use of power and how the principles of the Act are balanced against risk, enforcement, and protection.

Within the context of the Mental Health Act code of practice and proposed Mental Health Act reforms, participants will be encouraged to reflect on the application of values and ethics in practice.

Learning Outcomes:

- A refreshed understanding of the relationship between ethical practice and values within current mental health service contexts.
- The opportunity to reflect on the role of the AMHP & the application of values within this context.
- A refreshed awareness of the theories underpinning the ethical use of power.
- A refreshed awareness of how issues such as discrimination & oppression, empowerment, equality, diversity & human rights underpin decision making.
- The opportunity to critically reflect with colleagues and peers and consider the complexities involved in balancing principles of autonomy & protection.

Reflective Practice for AMHPs



Reflective practice is defined as 'A process of reviewing an experience of practice in order to describe, analyse, evaluate and to inform learning about practice' (Reid,1994 p3). There are a range of models of reflective practice and reflective learning.

Critical reflection is seen as a fundamental element of professional practice and the linchpin of sound professional judgment and decision making.

This session is designed to support AMHPs to use reflective practice to support learning and development, promote application of the social perspective and ultimately outcomes for service users in the context of AMHP practice

Learning Outcomes:

- Understand how critical reflection contributes to learning and development, in practice and via supervision and actively engage in the process.
- Be able to apply reflective models to learning and AMHP practice.
- The opportunity to explore and reflect upon practice in relation to statutory duties and case law precedents / Inquest rulings
- The opportunity to reflect on, and analyse decision making and defensible AMHP practice.
- The opportunity to explore local issues and apply learning and best practice recommendation to these issues.

Risk & Risk Management for AMHPs



Risk assessment is a core part of the AMHP role, and practitioners are required to make complex decisions in pressurised situations on a regular basis. While not every decision will prevent the worst from happening, it is vital that AMHPs are defensible in the assessment and any subsequent interventions that are carried out are transparent and appropriately evidenced.

This one-day programme is designed to support AMHPs to reflect upon and further develop their risk management practice, including a focus on defensible decision making and evidencing within reports.

Learning Outcomes:

- An understanding of the decision-making practices they undertake within the AMHP role and the factors that impact upon them.
- An increased awareness of the importance of evidencing decisions around risk and risk management within the context of MHAA.
- An understanding of static and dynamic risks and how these can be used within the assessment and risk management plan.
- The ability to reflect on own risk management skills and identify further development needs.
- An understanding of how to apply learning from this session to own practice.

Suicide, Risk and Safeguarding for AMHPs



Risk assessment is a core part of the AMHP role, and practitioners are required to make complex decisions in pressurised situations on a regular basis.

While not every decision will prevent the worst from happening, it is vital that AMHPs are defensible in the assessment and any subsequent interventions that are carried out are transparent and appropriately evidenced. Suicide and safeguarding are two areas where the AMHP is required to manage complex risk decisions.

This one-day programme is designed as an AMHP refresher, participants will have the opportunity to reflect on practice, consider models and methods and apply their learning to understanding risk and positive risk in its situational context.

Learning Outcomes:

- An understanding of the decision-making practices they undertake within the AMHP role and the factors that impact upon them.
- An increased awareness of the importance of evidencing decisions around risk and risk management within the context of MHAA including an awareness of positive risk and situational risk.
- An understanding of static and dynamic risks and how these can be used within the assessment and risk management plan.
- The ability to reflect on own risk management skills and identify further development needs.
- To consider suicidality in men and the possible causes and impacts, including consider suicide from a social perspective.

Emotional Resilience & Wellbeing for AMHPs



This one-day programme will enable professionals to explore emotional resilience and understand and look at how to manage organisational pressure, systemic issues and differences.

Delegates will be supported to recognise when their own beliefs, values, experiences and emotions may be impacting on their practice and how to manage this with the use of good boundaries, critical reflection, self-management, peer support and supervision.

There will be the opportunity to recognise and accept the impact of the emotive nature of AMHP practice, including how to utilise different techniques to assist them in terms of practicing in a safe, accountable and defensible manner while protecting their own well-being.

Learning Outcomes:

- Understand what is meant by personal responsibility and resilience within the AMHP role.
- Understand the importance of professional boundaries, how to develop, maintain and utilise them for effective practice.
- Understand how to improve individual resilience skills to recognise, protect against and combat stress.
- Be able to be realistically optimistic during periods of adversity and uncertainty, including when the AMHP decision making comes under scrutiny.
- Be able to use resilience skills to deliver the right messages at the right time and feel confident in having difficult discussions
- Be able to be appropriately flexible with the ability to be in control when faced with uncertainty.

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Trauma & Adult Attachment for AMHPs

This course explores the relationship between adult attachment disorders and the impact of trauma and mental health disorders; particularly personality disorder and episodes of extreme distress.

This course explains how adults develop their attachment style and the impact this has on their ability to cope with stressors, how they interact with the environment around them and the people in their lives, as well as their ability to engage with professionals.

AMHP's will have the opportunity to explore how this information can inform undertaking an assessment and some of the communication methods for engaging with people with attachment disorders that may be useful.

Learning Outcomes:

- An understanding of what the adult attachment styles are, how they
 manifest and ways to effectively communicate with individuals with
 these needs.
- An understanding of what trauma is, how it manifests both short-term and long-term and the principles of trauma informed care.
- The opportunity to explore how the interactions and co-morbidity of trauma and adult attachment disorders with other mental disorders and how this can inform interviewing in a suitable manner when undertaking a MHA assessment.



Assessing Children & Young People under the MHA

This one-day session is designed to support AMHPs to refresh their knowledge and understanding of the frameworks and issues that impact when assessing children and young people under the Mental Health Act.

The 2015 Code of Practice revisions will be the kept in focus whilst issues such as what constitutes urgent care, what is ageappropriate treatment and when informal admission is an appropriate option are explored.

The course will cover the interface between The Children Act 1989 and the Mental Health Act 1983 and give practitioners confidence when working with PR and NR for young people. This session also covers key skills for working with young people in distressing situations.

Learning Outcomes:

- Increased awareness of the revised Code of Practice requirements when working with children and young people and how these may apply in practice.
- Increased understanding of the legal frameworks that interface when assessing children and young people under the MHA.
- Increased confidence in undertaking the AMHP role with children and young people and an awareness of the key factors that need to be considered in these circumstances.



Diversity and Young People: Gender, Sexuality & Identity

This one-day session is designed to support AMHPs to refresh their knowledge and understanding of the frameworks and issues that impact when assessing young people under the Mental Health Act with a particular focus on the diversity needs of young people who are gay, lesbian or bi-sexual.

These young people *may* experience additional discrimination, family rejection or struggles with their own identity which can contribute to young people experiencing a mental health crisis.

It is important for practitioners to have a good understanding and empathy regarding the impact of these issues, but also to be aware of and effectively manage the potential for professional bias and stereotyping.

Learning Outcomes:

- A reminder of the revised Code of Practice requirements when working with children and young people and how these may apply in practice.
- Increased understanding of the legal frameworks that interface when assessing children and young people under the MHA.
- An understanding of the impact of Gender, Sexuality, and Identity on Mental Health, the potential needs of LGBT young people and how to respond to these.
- Being aware of values, ethics and professional bias when responding to diversity.

Assessing Autism under the Mental Health Act



Autism and Autistic Spectrum Disorders (ASD) can currently be defined as a 'mental disorder' within the terms of the Mental Health Act, but the way these spectrum disorders present, and the impact they can have on how an individual communicates can be misinterpreted or exacerbated by the actions of others, and this needs to be a key consideration for any AMHP undertaking a Mental Health Act Assessment with a person affected by these conditions.

This one-day AMHP refresher programme looks at the impact Autistic spectrum disorders can have on the individual, their well-being, communication and social interactions, considering the impact this can have on both the person's presentation and the complexity of the assessment task.

Learning Outcomes:

- To raise participant awareness of Autistic Spectrum disorders.
- To develop understanding of Autistic Spectrum Disorders and the impact on life and learning and explore the effects on mental health and well-being
- To explore common behaviours, presentations and social exclusion issues associated with Autistic Spectrum disorders
- To increase awareness of how equality and diversity and Human Rights issues might apply and explore anti-discriminatory practice issues



Mental Health Act and Criminal Justice

The Mental Health system and the Criminal Justice system interface and interact in a range of situations - whether this is via part 3 of the MHA 1983, or via criminal proceedings where the individual's mental health is/ or becomes a concern.

This one-day programme is designed as a refresher programme for AMHPs and other mental health professionals, who need to have an awareness of this complex interface.

Learning Outcomes:

- To understand the interface and links between Mental Health Act and the Criminal Justice System.
- To challenge assumptions and generalisations about mental health within the context of criminal justice provision
- To understand the role of risk assessment and risk perception in Criminal Justice responses



DCC Interes

Eating Disorders & Mental Health Act

Assessment with individuals experiencing eating disorders is part of the AMHP role and presents a particular set of considerations that need to be taken account of in the assessment process.

Proportionality of interventions for those with severely low BMIs has been a key consideration of the courts over the years, and this one-day programme is designed to provide a refresh of knowledge and the opportunity for AMHPs to reflect on the complexity of undertaking Mental Health Act assessments with this complex and diverse group.

Learning Outcomes:

- Increased awareness of different forms of eating disorders and how they might present.
- Increased understanding of effective and available treatment options
- Understand how the legal framework applies to eating disorders, including key case law relevant to this area.
- Understand how the persons' presentation may affect the assessment process and the used of the Act.

Working with Personality Disorder for AMHPs



People with personality disorders present a significant challenge for mental health services with varying views on the most appropriate course of action for those coming to the attention of the formal mental health system.

This one-day programme is designed to support AMHPs to explore best practice approaches when working with personality disorder under the Mental Health Act 1983. What personality disorder means and the ways in which people affected by the disorder present will be considered from the perspective of AMHP practice.

Participants will be encouraged to critically reflect on their previous experience of assessment and apply the evidence-base • and good practice guidelines relating to assessment and treatment.

Learning Outcomes:

- AMHPS will gain knowledge about how to take positive risks and make the best possible decisions for people with **Personality Disorders**
- Understand what personality disorder means and how it can present in the context of MHA assessment.
- Consider the impact of labels, values and stigma on decision making and service responses.
- Understand risk and risk assessment with individuals presenting with personality disorder
- Consider how to respond and relate to individuals presenting with personality disorder.
- Increased understanding of working with Personality Disorder under the Mental Health Act 1983

Older People & Mental Health Act



Within the context of an aging population, the mental health of older people, often impacted by a wide range of social and psychological issues, has become a significant consideration for those working in the AMHP role. With an increase in organic mental health difficulties, combined with the continuation of functional mental health problems and increasing use of alcohol and other drugs amongst older people, it is becoming important for AMHPs to have an understanding of how mental health problems of varying kinds can affect and impact upon the wellbeing of older people.

This one-day programme is designed as an AMHP refresher, participants will have the opportunity to reflect on practice, consider models and methods and apply their learning to assessments.

Learning Outcomes:

- Understanding of the key issues that affect older people and impact on mental wellbeing.
- Consideration of organic and functional mental health and the resulting difficulties.
- Awareness of the interaction between aging and the development or exacerbation of mental health symptoms and how to assess this in AMHP practice.
- Increased understanding of the role of alcohol within older people's mental health
- The opportunity to reflect and access peer support focused on issues of assessing older people under the Mental Health Act.

Working with OCD for AMHPs



Not all obsessive thoughts and compulsive behaviours are symptoms of a mental health problem. Most of us have worries, doubts and superstitious beliefs. It is when these thoughts and behaviours make no sense, cause distress or affect day-to-day life that it is called Obsessive Compulsive Disorder (OCD).

This course will increase delegates understanding of OCD and how to work with it. It will provide a reflective space for AMHPs to consider how OCD symptoms might interact and impact upon other presentations of mental disorder that may result in an assessment under the MHA.

Learning Outcomes:

- Define and understand the basis of OCD.
- Understand theories of causation.
- Explore the individual's' experience and how this might impact on presentations of other mental disorders
- Understand the symptoms, effects and treatment options for OCD and the risks it can present
- An awareness of how best to support individuals with OCD within the context of a MHA assessment.

Substance Use & Mental Health Act



This one-day programme is designed for qualified Approved Mental Health Professionals (AMHPs) to develop and refresh their knowledge and skills in working with, and undertaking assessments, with individuals who use drugs and alcohol and are presenting with a co-existing mental health difficulty.



Learning Outcomes:

- An understanding how drug and alcohol problems and mental health problems interrelate.
- An awareness of the common substances of misuse and how they impact on mental health conditions.
- An awareness and understanding of the changing patterns of drug use towards legal highs, the social factors influencing this trend and its impact on AMHP practice.
- An understanding of how the Code of Practice informs Mental Health Act assessment for this service user group.
- An understanding of when to assess someone who presents as under the influence of substances and when to wait.
- An awareness of risk assessment and management issues with those individuals with co-existing conditions.

Substance Use & Mental Capacity



This one-day programme is designed for AMHPs in practice and aims to consider the complexities of working with Adults who use substances and alcohol which impacts on their mental capacity and wider social functioning.

This course looks at the Mental Health Act, Mental Capacity Act and the Care Act and the guidance the legislation provides in relation to key areas such as assessing capacity and risk and whether to intervene.

Learning Outcomes:

- An understanding of the relationship between substance use/alcohol and capacity.
- An opportunity to explore the relationship between substance use and capacity including the right to make unwise decisions, fluctuating capacity and the principle of least restriction when intervening.
- Understanding the interface between the Mental Health Act and Capacity Act when assessing individuals with substance use issues.
- Assessing Risk with Individuals that use substances.
- Options for intervening with individuals that use substances.

Perinatal Mental Health



Guidance issued in 2019 indicated that between 10 and 20% of women experience some mental health issues during pregnancy and during the 12 months immediately after giving birth. Most commonly these difficulties are anxiety and depression, which can reach a crisis point if not identified and responded to.

Many women feel shame, guilt or fear at experiencing depression or anxiety that is linked to motherhood and as a result are less likely to seek help this is often compounded by cultural stereotyping around maternal instincts and social stigma of mothers who may be struggling.

This session gives an overview of key issues, risks and dilemmas in relation to AMHP practice with women who are pregnant or have recently given birth.

Learning Outcomes:

- the presentation and aetiology of mental disorders in the perinatal period and potential risks to the mother and her infant and/or others
- the impact of research, policy, case law, and practice issues when assessing women in perinatal period and considerations for managing risk
- the impact of mental disorder in the perinatal period on the mother, her infant, her relationship and wider family practice and ethical dilemmas facing AMHPs in undertaking their duties under the Mental Health Act.



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