

# Open Awards

## Quality Endorsed Unit



### 1 Unit Details

Unit Title:	Becoming a Peer Mentor Within Mental Health & Substance Misuse Services
Unit Code:	PS2/2/WR/024
Level:	2
Credit Value:	7
GLH:	70

### 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the role of Peer Mentor and the importance of professional boundaries	1.1 Describe the role of Peer Mentor
	1.2 Give examples of professional boundaries and explain why they are important
	1.3 Demonstrate self-disclosure in a peer mentoring relationship
	1.4 Describe the process for setting or re-establishing professional boundaries, and recording and reporting concerns
	1.5 Describe the role of supervision in Peer Mentorship work
2. Understand the importance of policies and protocols for volunteering in mental health and substance misuse services	2.1 State why information governance is important for Mentor, Client and Service
	2.2 Describe what is meant by capacity and consent within the context of the MHA and what the responsibility of the Peer Mentor is in relation to this
	2.3 Recognise when it is necessary to share information and describe the correct procedure

	for doing this
	2.4 Identify risk and protective factors for this client group
	2.5 Explain how individual protected characteristics and cultures can affect mental health and access to services and the role of the Peer Mentor in supporting equality and inclusion
3. Understand the nature of mental ill health/addiction and recovery	3.1 Describe the physical and psychosocial impacts of different mental health conditions including substance misuse
	3.2 Explain the impact different traumatic experiences can have on people's mental health
	3.3 Describe interventions that aid recovery for people with mental health or substance misuse problems
	3.4 Identify appropriate interventions for different stages within the cycle of change
	3.5 Identify the contribution a peer mentor can make to an individual's support plan.
4. Understand the role of active listening and effective communication skills within a successful peer relationship	4.1 Describe behaviours and skills that are associated with effective listening
	4.2 Reflect on your own blocks to listening effectively
	4.3 Identify open and closed questions
5. Know about Motivational Interviewing (MI) skills and their application as a psychosocial intervention for working with mental health and substance misuse service clients	5.1 Summarise the main principles of Motivational Interviewing
	5.2 Identify simple and complex reflections
	5.3 Recognise change talk and respond in an MI style
	5.4 Summarise a client interview
6. Be able to use node-link mapping	6.1 Implement guide mapping utilising a strength based approach
	6.2 Map out a personal well-being plan
7. Understand the use of group facilitation skills	7.1 Plan a group work session
	7.2 Identify specific facilitator styles and match them to particular types of groups
	7.3 Identify strategies for managing challenging situations within groups

8. Know how to empower individuals in moving on to wider recovery networks	8.1 Identify the principles of various mutual aid and support services and recognise the difference between statutory and non-statutory services
	8.2 Describe the role families, friends and loved ones can play in people's recovery journey and the strengths and weaknesses of different caring styles
	8.3 Map out strategies for enabling individuals to establish robust on-going recovery networks
	8.4 Explain the process for creating an advance decision