

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Mental Health and Wellbeing in Youth Work

Unit Reference Number: L/650/4502

Level: Four (4)

Credit Value: Five (5)

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the components and theoretical underpinning of mental health and wellbeing	1.1 Explain the components of mental health and how each relates to overall wellbeing
	1.2 Analyse theories underpinning mental health and wellbeing in relation to young people
2. Understand specific factors that may affect an individual's mental health and well-being	2.1 Explain environmental, emotional and behavioural risk factors that may adversely affect young people's mental health and wellbeing
	2.2 Explain environmental, emotional and behavioural protective factors that may positively affect young people's mental health and wellbeing
	2.3 Explain how intersectionality affects a young person's mental health and wellbeing
3. Understand statutory and legal frameworks in relation to young people's mental health and wellbeing	3.1 Describe key elements of statutory and legal frameworks relating to young people's mental health and wellbeing
4. Understand the difference between deficit and recovery/strengths models of mental health	4.1 Summarise the deficit model of mental health in relation to its usefulness for young people
	4.2 Summarise the recovery / strengths model of mental health in relation to its usefulness to young people
5. Understand frameworks and resources to increase mental health and wellbeing	5.1 Identify key frameworks a youth worker can use in their day to day practice in relation to young people's mental health and wellbeing

	5.2 Summarise resources relating to mental health, and factors affecting the likelihood of these being accessed by young people
	5.3 Identify approaches / resources a youth worker can use in their day to day practice
6. Be able to use a range of frameworks and resources to support a young person's mental health and wellbeing	6.1 Support young people to identify environmental, emotional and/or behavioural factors impacting negatively on their health and wellbeing
	6.2 Support young people to identify social, environmental, emotional and/or behavioural factors impacting positively on their health and wellbeing
7. Be able to review the outcomes of the support provided and assess its effectiveness	7.1 Reflect on own practice when using specific frameworks