



NIMHANS DIGITAL ACADEMY
DIPLOMA IN COMMUNITY MENTAL HEALTH FOR SOCIAL WORKERS- BATCH 13
September 2022- March 2023

OVERVIEW

Name of the course	Diploma in Community Mental Health for Social Workers
Duration (months)	Six months
Design and Duration	60 hours- Blended Learning A. Face to Face in zoom or similar video conferencing will be held every week on Wednesday 11am-12:30pm : Total of 40 hrs live interactive sessions using Zoom Healthcare video conference B. Self-Paced e-learning: 20 hours e-learning at elearn.nimhans.ac.in or similar LMS contents, reading materials including assignments)
Accessible	By any Internet-enabled Smartphone or Laptop or Tablet or PC
Curriculum	This course will be available in English language ONLY. LINK



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<p>Modules</p>	<p>Module 1: Basic concepts in Mental Illness</p> <p>Module 2: SW Approaches in Psychosocial assessment in Mental Illness</p> <p>Module 3: Social work interventions in Mental Illness</p> <p>Module 4: Prevention of Mental Illness</p> <p>Module 5: Promotion of Mental Health</p> <p>Module 6: Administration Reporting and Documentation</p>
<p>Accreditation Criteria for Certificate</p> <p>Certificate in 'Diploma in Community Mental Health for Social Workers' will be issued to ONLY those meet the accreditation criteria</p>	<ol style="list-style-type: none">1. More than 80% Attendance (<u>19/24 live sessions</u>) in the weekly Live sessions which is measured by the software and your video presence (>60 minutes video presence for each live session is mandatory).2. Presentation of Two patient <u>Psychosocial Assessments</u> in the weekly live interactive sessions3. Completion of all <i>Six E-Assignments</i> at elearn.nimhans.ac.in with 80% for each Assignment. Two attempts will be permissible to those who are not able to clear the assignments in the first attempt. Each attempt for all six assignments will be live for 48 hours after which the link will be disabled. (Note: First Attempt is Mandatory to appear for further attempts).4. Monthly reports of patients seen (during the course) to be submitted before the 5th of every month.5. Completion of pre-test and post-test and feedback <p>** (There is NO participation Certificate)</p>



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Team	<p>Clinical experts from NIMHANS Digital Academy (NDA)</p> <p>Faculty from the Department of Psychiatric Social Work (PSW)</p> <p>Dr E. Aravind Raj, Consultant, Community Mental Health</p> <p>Dr Bino Thomas, Consultant Adolescent and Child Mental Health</p> <p>Dr Shreedevi A.U., Consultant, Addiction Medicine</p> <p>Facilitator: Ms. Lydia, PSW & Ph.D Scholar, Dept. of PSW</p>
Approval	<ul style="list-style-type: none">● Diploma in Community Mental Health is for continued professional development. This certificate course is meant for professional enhancement/development as well as continued education● This Diploma course has been approved by NIMHANS' 20th Board of Studies.● Not recognized by Rehabilitation council of India or Medical Council of India or National Medical Council or Rehabilitation council of India or similar bodies● General <p>The certificate does not guarantee credit by your institution, or organization or states. However, a good approach is for you to submit your certificate, along with the course syllabus, for potential approval by your home institution or organization or states.¹</p>
Suggestion and comments	<p>Lydia, Psychiatric Social Worker</p> <p>psw.nda@nimhans.ac.in or contact 9480819980</p>



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BRIEF DESCRIPTION OF THE COURSE

This is an online program designed to train social work professionals in mental health service delivery systems as part of State and District Mental Health Programmes. The course is designed to enhance theoretical and practical knowledge of social work practice in community mental health. The course deals with topics that help in identifying the mental disorders, psychosocial issues associated with those disorders and psychosocial treatment procedures. Additionally, the course will provide a base for family, couple, children; group and community based psychosocial interventions in preventive and promotive aspects.

OBJECTIVES OF THE COURSE

1. To understand the basics of mental disorders to provide information
2. To enhance the knowledge on psychosocial intervention for persons with mental illness at individual, family and community level
3. To learn various preventive and promotive strategies in the field of mental health

ELIGIBILITY CRITERIA TO ENROLL

- Master of Arts in Social Work or Master of Social Work (postgraduate) degree from any UGC recognized University and
- Master of Arts in Sociology, working in the field of Social work



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CURRICULUM- BATCH 13

Module	Learning Objectives	Week/ Date Wednesdays (11-12:30pm)	Didactic Topic & Speaker/ Presenter	Self-paced e-learning on elearn.nimhans.ac.in
Module 1 Basic concepts in Mental illness	1. Introduction to concepts of Mental Health and Mental Health Care 2. Aetiology of Mental Illness 3. Identifying the signs and symptoms of common mental illnesses systematically	Week-1 21.09.2022	1. Orientation to the course content and eligibility for certificate accreditation 2. Introduction to digital tools 3. Psychosocial Assessment 4. Q & A session	Psychosocial Assessment Proforma
		Week-2 28.09.2022	Social work in Mental health	1.1.Mental health and Illness 1.2.General principles of care
		Week-3 12.10.2022	Common Mental Disorders and Severe mental Disorders	1.3.Signs & symptoms 1.4.Screening of mental disorders



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		Week-4 19.10.2022	Bio-psycho-social Approach for Mental illness	1.5.History Taking 1.6.Mental Status Examination
ASSIGNMENT 1 20.10.2022-22.10.2022				
Module 2 Social Work Approaches in Psychosocial assessment in Mental Illness	1. Understanding social work in Mental Health 2. Application of Bio-psycho-social approach in Assessment and Intervention	Week-5 26.10.2022	Bio-psycho-social Approach - Use of Instruments	2.1.Role of a social worker in the treatment of mental disorders 2.2.Components of Psychosocial assessments
		Week-6 02.11.2022	Cultural Sensitivities in the use of tools and Interventions	2.3. Approaches in Psychosocial Assessment and Intervention 2.4.Psychosocial Rehabilitation for



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				persons with Mental illness
		Week-7 09.11.2022	Psychosocial Assessment Presentation	2.5.Tools for measuring psychosocial variables
		Week-8 16.11.2022	Psychosocial Assessment Presentation	2.6. Cultural Competency in the use of tools and Interventions
ASSIGNMENT 2				
17.11.2022-19.11.2022				
Module 3 Social work interventions in Mental Illness	1. Understanding the role of social workers in the treatment of Mental Disorder	Week-9 23.11.2022	Psychosocial interventions for persons with mental illness Psychosocial Assessment Presentation	3.1. Psychosocial interventions at the individual level
		Week-10 30.11.2022	Group interventions for Persons with Mental illness Psychosocial Assessment Presentation	3.2. Group interventions for Mental illness



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	2. Application of social work methods in working with people with mental illness	Week-11 07.12.2022	Working with families of persons with Mental illness Psychosocial Assessment Presentation	3.3.Psychosocial Interventions at the family level
		Week-12 14.12.2022	Community level Interventions for persons with mental illness Psychosocial Assessment Presentation	3.4.Psychosocial interventions at the community level
ASSIGNMENT 3				
15.12.2022-17.12.2022				
Module 4 Prevention of Mental Illness	1. Enhancing knowledge on psychosocial issues among the various vulnerable groups	Week-13 21.12.2022	Working with Vulnerable Population to address Psychosocial issues Psychosocial Assessment Presentation	4.1.Working with populations vulnerable to mental disorders
	2. Enriching the basic skills and strategies to prevent	Week-14 28.12.2022	Psychosocial Assessment Presentation	4.2.Community awareness on mental illness and mental health



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	Mental Health problems among the vulnerable group	Week-15 04.01.2023	Prevention of mental disorders	4.3.Counselling skills for psychosocial problems 4.4.Suicide prevention programs
		Week-16 11.01.2023	Psychosocial Assessment Presentation	4.5. Stress Management 4.6. Stress at family and workplace
ASSIGNMENT 4				
12.01.2023-14.01.2023				
Module 5 Promotion of Mental Health	1. Understanding well-being at individual, family and community level	Week-17 18.01.2023	Promotion of Mental Health Psychosocial Assessment Presentation	5.1.Building Psychosocial workplace competencies



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	2. Knowledge enhancement in the ways to improve trained human resources in the field of Social Work and Mental Health	Week-18 25.01.2023	Psychosocial Assessment Presentation	5.2.Enriching family life
		Week-19 01.02.2023	Role of GOs and NGOs in Promotion of Mental Health Psychosocial Assessment Presentation	5.3.Positive Parenting
		Week-20 08.02.2023	Psychosocial Assessment Presentation	5.4.Mental health interventions in different settings
ASSIGNMENT 5				
09.02.2021-11.02.2023				
Module 6 Administration Reporting & Documentation	1. Develop understanding on the role of social workers in networking, liaising and advocacy	Week-21 15.02.2023	Decentralizing mental health services in the community Psychosocial Assessment Presentation	6.1.Capacity building in mental health
		Week-22 22.02.2023	Psychosocial Assessment Presentation	6.2. Monitoring and Evaluation



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2. Understanding the importance of documentation and reporting in Social Work Practice.	Week-23 01.03.2023	Documentation in Social Work Psychosocial Assessment Presentation	6.3. Documentation and reporting
	Week-24 08.03.2023	Psychosocial Assessment Presentation	6.4. Code of Ethics
ASSIGNMENT 6			
09.03.2021-11.03.2023			
POST ASSESSMENT & FEEDBACK			20.03.2023
VERIFICATION OF ACCREDITATION CRITERIA & MASTER SHEET			27.03.2023-30.03.2023
CERTIFICATION PREPARATION AND APPROVAL & INTIMATION TO ELIGIBLE CANDIDATES			30.03.2023
CERTIFICATE (PRINT/SIGNATURE & LAMINATION)			01.04.2023-05.04.2023
PACKING AND DISPATCH OF CERTIFICATES			05.04.2023
DOCUMENTATION AND SUBMISSION TO ACADEMIC SECTION OF NIMHANS			05.04.2023-10.04.2023
FINAL CLOSURE			15.04.2023



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MODE OF DELIVERY OF THE COURSE

Blended learning: Self-paced e-learning (Anytime) + Interactive Virtual sessions (Real Time)

Duration 60hrs	Self-paced e-learning including assignment (video, ppt, reading)	Live Interactive Video conferencing
Time in Hours	20	40

Self-paced E-learning (elearn.nimhans.ac.in): Each participant will have access to a Learning Management Solution (example: Moodle app). The relevant contents will be delivered through this app. These will be in the form of recorded video, selected text books, articles, videos, power points etc.

Live Interactive Sessions: Live interactive Sessions will be conducted through NIMHANS multipoint video conferencing platform on every Wednesday 11am-12:30pm. The meeting will be locked at 11:15am. Hence do join before that. This can be accessible through any smartphone, tablet, desktop or laptop. The purposes of these sessions are:

- Clarification of doubts (self-paced learning) and discussion of Self-Assessment Questions.
- Psychosocial Assessment discussions
- Didactic lecture by NIMHANS faculty on specific topics



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CORE COMPETENCIES AS THE EXPECTED OUTCOME OF THE COURSE

What can you do?

- Identify signs and symptoms of mental illness
- Psychosocial assessments at various dimensions
- Basic counselling and psychosocial intervention
- Enhance documentation and reporting in Social Work Practice in the field of Mental Health

What can you not do? You cannot work as a Psychiatric Social Worker or offer extensive psychosocial interventions for Severe Mental Disorders