



NIMHANS DIGITAL ACADEMY
DIPLOMA IN COMMUNITY MENTAL HEALTH FOR SOCIAL WORKERS- BATCH 14
April 2023- September 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
Fees	Rs. 5000/-
Link for Payment	https://bit.ly/3CTRxoX Fees payment Guide.docx
Curriculum	This course will be available in English language ONLY.



NIMHANS DIGITAL ACADEMY

DIPLOMA IN COMMUNITY MENTAL HEALTH FOR SOCIAL WORKERS- BATCH 14

<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 Six E-Assignments 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>



NIMHANS DIGITAL ACADEMY

DIPLOMA IN COMMUNITY MENTAL HEALTH FOR SOCIAL WORKERS- BATCH 14

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>



NIMHANS DIGITAL ACADEMY

DIPLOMA IN COMMUNITY MENTAL HEALTH FOR SOCIAL WORKERS- BATCH 14

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



NIMHANS DIGITAL ACADEMY

DIPLOMA IN COMMUNITY MENTAL HEALTH FOR SOCIAL WORKERS- BATCH 14

CURRICULUM- BATCH 14

Module	Learning Objectives	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	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
		Social work in Mental health	1.1.Mental health and Illness 1.2.General principles of care
		Common Mental Disorders and Severe mental Disorders	1.3.Signs & symptoms 1.4.Screening of mental disorders
		Bio-psycho-social Approach for Mental illness	1.5.History Taking



NIMHANS DIGITAL ACADEMY

DIPLOMA IN COMMUNITY MENTAL HEALTH FOR SOCIAL WORKERS- BATCH 14

			1.6.Mental Status Examination
ASSIGNMENT 1			
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	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
		Cultural Sensitivities in the use of tools and Interventions	2.3. Approaches in Psychosocial Assessment and Intervention 2.4.Psychosocial Rehabilitation for persons with Mental illness
		Psychosocial Assessment Presentation	2.5.Tools for measuring psychosocial variables
		Psychosocial Assessment Presentation	2.6. Cultural Competency in the use of tools and Interventions



NIMHANS DIGITAL ACADEMY

DIPLOMA IN COMMUNITY MENTAL HEALTH FOR SOCIAL WORKERS- BATCH 14

ASSIGNMENT 2			
Module 3 Social work interventions in Mental Illness	1. Understanding the role of social workers in the treatment of Mental Disorder	Psychosocial interventions for persons with mental illness Psychosocial Assessment Presentation	3.1. Psychosocial interventions at the individual level
		Group interventions for Persons with Mental illness Psychosocial Assessment Presentation	3.2. Group interventions for Mental illness
	2. Application of social work methods in working with people with mental illness	Working with families of persons with Mental illness Psychosocial Assessment Presentation	3.3. Psychosocial Interventions at the family level
		Community level Interventions for persons with mental illness Psychosocial Assessment Presentation	3.4. Psychosocial interventions at the community level
ASSIGNMENT 3			
Module 4 Prevention of Mental Illness	1. Enhancing knowledge on psychosocial issues among the various vulnerable groups	Working with Vulnerable Population to address Psychosocial issues Psychosocial Assessment Presentation	4.1. Working with populations vulnerable to mental disorders
		Psychosocial Assessment Presentation	4.2. Community awareness on mental illness and mental



NIMHANS DIGITAL ACADEMY

DIPLOMA IN COMMUNITY MENTAL HEALTH FOR SOCIAL WORKERS- BATCH 14

	2. Enriching the basic skills and strategies to prevent Mental Health problems among the vulnerable group		health
		Prevention of mental disorders	4.3.Counselling skills for psychosocial problems 4.4.Suicide prevention programs
		Psychosocial Assessment Presentation	4.5. Stress Management 4.6. Stress at family and workplace
ASSIGNMENT 4			
Module 5 Promotion of Mental Health	1. Understanding well-being at individual, family and community level	Promotion of Mental Health Psychosocial Assessment Presentation	5.1.Building Psychosocial workplace competencies
	2. Knowledge enhancement in the ways to improve trained human	Psychosocial Assessment Presentation	5.2.Enriching family life



NIMHANS DIGITAL ACADEMY

DIPLOMA IN COMMUNITY MENTAL HEALTH FOR SOCIAL WORKERS- BATCH 14

	resources in the field of Social Work and Mental Health		
		Role of GOs and NGOs in Promotion of Mental Health	5.3.Positive Parenting
		Psychosocial Assessment Presentation	
		Psychosocial Assessment Presentation	5.4.Mental health interventions in different settings
ASSIGNMENT 5			
Module 6 Administration Reporting & Documentation	1. Develop understanding on the role of social workers in networking, liaising and advocacy	Decentralizing mental health services in the community	6.1.Capacity building in mental health
		Psychosocial Assessment Presentation	
	2. Understanding the importance of documentation and reporting in Social Work Practice.	Psychosocial Assessment Presentation	6.2. Monitoring and Evaluation
		Documentation in Social Work	6.3. Documentation and reporting
	Psychosocial Assessment Presentation	6.4. Code of Ethics	
ASSIGNMENT 6			
POST ASSESSMENT & FEEDBACK			
VERIFICATION OF ACCREDITATION CRITERIA & MASTER SHEET			



NIMHANS DIGITAL ACADEMY

DIPLOMA IN COMMUNITY MENTAL HEALTH FOR SOCIAL WORKERS- BATCH 14

CERTIFICATION PREPARATION AND APPROVAL & INTIMATION TO ELIGIBLE CANDIDATES
CERTIFICATE (PRINT/SIGNATURE & LAMINATION)
PACKING AND DISPATCH OF CERTIFICATES
DOCUMENTATION AND SUBMISSION TO ACADEMIC SECTION OF NIMHANS
FINAL CLOSURE

MODE OF DELIVERY OF THE COURSE

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

Duration 60 hrs	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.



NIMHANS DIGITAL ACADEMY

DIPLOMA IN COMMUNITY MENTAL HEALTH FOR SOCIAL WORKERS- BATCH 14

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. This can be accessible through any smartphone, tablet, desktop or laptop. The purposes of these sessions are:

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

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.