Mental Health Improvement and Prevention of Self-Harm and Suicide: **Skilled Level learning**

The Knowledge and Skills Framework for Mental Health Improvement and Prevention of Self-Harm and Suicide was produced by NHS Education for Scotland and Public Health Scotland to support staff across the public sector and beyond to develop the knowledge and skills needed to promote good mental health and wellbeing across the whole population and to prevent mental ill health, self-harm or suicide. You can view the framework by clicking **HERE**

There are four levels of practice in the framework:

- Informed
- Skilled
- Enhanced
- Specialist

These levels are based on the nature and frequency of contact staff have with people who may be at risk of, or affected by, mental ill health, self-harm or suicide.

Who is the 'Skilled Level' training for?
The 'Skilled Level' describes the knowledge and skills required by **'non-specialist' front line staff** working in health, social care, wider public and other services.

These workers are **likely to have direct and/or substantial contact with people who may be at risk of mental ill health, self-harm or suicide,** meaning that they have an important contribution to make in mental health improvement and self-harm and suicide prevention.

How will the Skilled Level programme be delivered?
The programme is made up of two components:

1. A series of self-directed e-learning modules on the NHS 'TURAS' website (available for anyone to download freely)
Each of the e-learning modules (or 'learning bytes') focuses on a different topic but they are all connected; some themes run through them all and they link back to each other where required. They can be completed in any order. The learning bytes are designed to be used flexibly by individuals, teams, organisations and training providers to meet local learning and development needs and priorities. Please allow 3 - 4 hours to complete each module.

2. A new local 'Best Practice Learning Network' supported by the Joint Health Improvement Team to supplement learning about each topic.
We have decided to pilot the Best Practice Learning Network to promote and support local use of the Skilled Level modules. Those attending will be required to first complete the e-learning module and then can attend the associated network session to hear more about the topic from our local specialist topic leads, usually the clinical experts in those fields, to ask any questions, explore the learning material further and consolidate your learning. You can choose to attend all of the sessions or just those where you think you need to develop your knowledge and skills.

Topic	Description	Link to online module on TURAS	Network on MS Teams
Launch of Network and Introduction of the programme	An overview of the Knowledge and Skills Framework and an introduction to each of the topics in the Skilled Level of the framework.	N/A	**10.00 - 11.00am Thursday 22nd July 2021**
Promoting Mental Health and Tackling Inequalities	Includes understanding what mental health is, features of positive mental health determinants, risk factors and inequalities that can lead to mental ill health, what works to improve mental health and how you can apply this knowledge in your own workplace.	Learning Byte 1	**9.30am - 11.00am Thursday 26th August 2021**
Supporting people in Distress and Crisis	Includes understanding distress, crisis and related risk or protective factors, recognising when someone may be experiencing distress or crisis, providing a compassionate and helpful response, supporting self-help and problem-solving and knowing how and when to access more urgent support for someone.	Learning Byte 2	**9.30am - 11.00am Thursday 23rd September 2021**
Supporting People at Risk of Suicide	Includes the factors that might cause people to think about suicide, working with people to assess their risk of suicide, conversations that enable people to talk about their thoughts of suicide, when to seek emergency support and intervention for people at risk of suicide, practical and emotional approaches to supporting people at risk of suicide. Part B includes additional information about children and young people who may be at risk of suicide.	Learning Byte 3	**9.30am - 11.00am Thursday 21st October 2021**
Supporting people at Risk of Self-Harm	Includes the different reasons why people self-harm, understanding self-harm as communication of distress, some common misconceptions surrounding self-harm, impact of thoughts, feelings and emotions on self-harm, adopting a sensitive, compassionate and non-judgemental approach when talking about self-harm, risk and protective factors associated with self-harm, ways you can positively respond to and talk about self-harm.	Learning Byte 4	**9.30am - 11.00am Thursday 18th November 2021**
Supporting Recovery and Quality of Life for People Living with Mental Ill-Health	Includes understanding the concept of recovery and how to work in a way that promotes this, supporting people to engage with wider community resources that promote social and peer support, meaningful purpose and positive relationships, understanding the physical health problems and barriers to treatment and lifestyle change that can be experienced by people living with mental ill health, recognising the impact of stigma and discrimination on mental health recovery, and promoting inclusion, health and quality of life.	Learning Byte 5	**9.30am - 11.00am Thursday 16th December 2021**

Please email health.improvement@borders.scot.nhs.uk to register your attendance at each of the sessions, specifying which one(s) you would like to book.

For further information about the network or the framework please contact either:
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