



LEVEL 3

MENTAL HEALTH & AUTISM BUNDLE

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TRAINING

About this course

This course is designed to empower learners with essential skills and knowledge for compassionate care and effective teamwork in care settings. It explores factors influencing mental well-being, providing strategies for actively promoting positive mental health and common mental health problems. Understanding learning disabilities and person-centred approaches is covered, along with recognising unique characteristics and challenges in Autistic Spectrum Conditions. This training has been made possible thanks to Greater Manchester Combined Authority securing funding through the UKSPF fund.

What are the units/modules involved?

- Core Module: Promoting Effective Communication in Care Settings
- Module 1: Understand Mental Well-Being and Mental Health Promotion
- Module 2: Understand Mental Health Problems.
- Module 3: Understand the Context of Supporting Individuals with Learning Disabilities
- Module 4: Understand how to Support Individuals with Autistic Spectrum Conditions

How will the course be delivered?

It will be delivered online with face-to-face observations.

How long does the course take?

It will take around 18 weeks to complete.

Who is eligible for this course?

- Learners must either live OR work within Greater Manchester
- Learners must be employed and actively involved in a care service.
- Do not currently possess a Level 3 Diploma in Adult Care.
- Learners should ideally have a minimum of Level 2 in Literacy and Numeracy or equivalent
- Learner must be aged 16 or above

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What are the benefits?

- Learn to communicate clearly and respectfully in care settings for efficient teamwork and high-quality care.
- Explore factors affecting mental well-being and learn strategies to promote positive mental health actively.
- Understand how to maintain mental well-being and prevent mental health challenges.
- Gain knowledge in common mental health problems and recognising symptoms in individuals.
- Learn empathetic support strategies for those facing mental health issues.
- Develop communication skills for effective interactions in care settings.
- Gain knowledge about learning disabilities and the challenges individuals with them face.

How will learning be assessed?

The qualification assessment revolves around the completion of a comprehensive portfolio of evidence to showcase understanding, competence and skills in practice. The portfolio may include assignments, workbooks, and documentation from onsite practical observations, allowing learners to demonstrate their evidence effectively.

What are the progression routes available?

On successful completion of this qualification, learners may wish to continue their development by undertaking one of the following qualifications:

- Highfield Level 3 Diploma in Care (RQF)
- Highfield Level 4 Certificate in Principles of Leadership and Management in Adult Care (RQF)
- Highfield Level 4 Diploma in Care (RQF)

Why learn with Acorn Training?

We are an award-winning training provider renowned for our diversity and inclusion values and have recently been awarded a 'Good' rating in our first full Ofsted Inspection. We deliver flexible learning with an experienced and dedicated Acorn Training trainer. We work together with care employers and employees to create tailored training to ensure that they are well-equipped to deliver high-quality care.

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