



STUDENT GUIDE

CHCMHS001

Work with people with mental health issues

Assessment 2 of 2

Case Studies



Assessment Instructions

Task overview

This assessment task is divided into eight (8) questions. Read each question carefully before typing your response in the space provided.

Additional resources and supporting documents

To complete this assessment, you will need:

- Learning resources.



Assessment Information

Submission

You are entitled to three (3) attempts to complete this assessment satisfactorily. Incomplete assessments will not be marked and will count as one of your three attempts.

All questions must be responded to correctly to be assessed as satisfactory for this assessment.

Answers must be typed into the space provided and submitted electronically via the LMS. Hand-written assessments will not be accepted unless previously arranged with your assessor.

Reasonable adjustment

Students may request a reasonable adjustment for assessment tasks.

Reasonable adjustment usually involves varying:

- the processes for conducting the assessment (e.g., allowing additional time)
- the evidence-gathering techniques (e.g., oral rather than written questioning, use of a scribe, modifications to equipment)

However, the evidence collected must allow the student to demonstrate all requirements of the unit.

Refer to the Student Handbook or contact your Trainer for further information.



Please consider the environment before printing this assessment.

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Question 1

Imagine another service provider is discriminating against your client. They have asked you what action they can take.

Provide information on the Commonwealth legislation addressing discrimination and specify the jurisdiction for discrimination within your state or territory. Consider Rowena’s behaviour and list which of her behaviours demonstrate disrespect towards Eugene.

(Approximate word count: 40 - 50 words)

Question 2

Imagine that you are a counsellor for a mental health support service. Aaliyah is a 21-year-old Muslim woman who has been referred to your service after a recent diagnosis of schizophrenia. Aaliyah is accompanied to her first appointment by her mother and father. Aaliyah tells you that she respects her parents' opinions and that they will be helping her make decisions about her recovery, so she wants them included in the process.

Consider Aaliyah’s specific social/cultural/spiritual needs and outline how you would be able to demonstrate respect for these in your practice.

(Approximate word count: 60 - 70 words)

Question 3

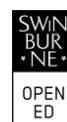
Imagine that you are counselling a client, Michael. Michael has previously been diagnosed with bipolar disorder; however, he has been working with his mental health practitioner for five years and is successfully managing his medication, studying at university, and working part-time.

Michael has been seeing you for grief and loss of support after the death of his father. Last week, Michael told you about a peer support group for loss and grief that a local community services organisation was running. Michael's mental health practitioner had recommended this group to Michael. After discussing the group, you also agreed that Michael would benefit from the group, and when you ended the session last week, Michael decided to make contact with them.

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This week, when you ask Michael about it, he says, "I went in and spoke to them and, initially, it was going really well, but when I told them about my bipolar disorder, the woman suddenly stiffened up and said that 'my type was too disruptive to the group' and that she didn't want me. Even after I explained that I was on my meds and hadn't had an episode in years, she didn't want a bar of me. Some people are just like that, I guess."

You are familiar with the organisation that the group is being run through and know that this is an open group with no restrictions on membership. You believe that the intake worker Michael spoke to was discriminating against him.

- a) What would you say to Michael to explain his rights in relation to this situation and what he can do to exercise these rights?

(Approximate word count: 85 - 100 words)

- b) If Michael was unable to gain a satisfactory result with the organisation, which government organisation would you encourage Michael to refer the matter to?

(Approximate word count: 5 words)

Question 4

Imagine that you are a counsellor working in a small counselling organisation. You are in a first session with a new client, Sean. Sean tells you that he has been feeling very 'down' lately, is finding it difficult to sleep, is always tired, and recently lost his job for missing too many days of work. He tells you that he has come to counselling at the urging of his mother but that he is not sure why he is here because he sees little point in trying to change because he is simply 'stupid' and 'no good'.

You ask Sean whether he has spoken to a doctor or a psychologist, and he says you are the first person he has spoken to.

Consider what Sean's needs might be. What steps would you intend to take in this situation?

(Approximate word count: 25 - 30 words)

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Question 5

Imagine that you are working with a client, Janet, who has been diagnosed with bipolar disorder. She is currently on medication and is feeling stable. Janet tells you that she has recently joined an online dating site. She has met a man who seems nice on the Internet and would like to meet him in real life. She tells you that he has invited her around to his place for dinner. You have concerns about Janet's safety – you feel that she can be quite naive and vulnerable sometimes.

Describe the 'dignity of risk' issue this situation raises and what actions you would take as Janet's counsellor.

(Approximate word count: 110 - 120 words)

Question 6

As a client's circumstances change, you must adapt your approach to working with the client. Imagine that you are counselling a client, Jordan, as part of a larger case management plan. Jordan has been diagnosed with depression but is currently on medication. During your latest session, Jordan tells you that he has been fired from his job and fears that he does not have sufficient skills or qualifications to obtain another job in the current job market. He also tells you that he has no savings and that he is unable to pay his rent.

As Jordan's counsellor, what actions will you take to support him? Hint: Consider who else might be able to provide Jordan with assistance.

(Approximate word count: 40 - 50 words)

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Question 7

Imagine that you are working for an organisation that uses SOAP principles when recording client interactions. Explain what information you would include in each section of your notes.

(Approximate word count: 170 - 180 words)

Question 8

Marcia is 24 years old. She has been diagnosed with bipolar disorder. She lives with her parents and relies on their support and care. They care for her deeply but are very pessimistic about her capabilities. They don't believe that she will ever be employed and don't expect her ever to leave home. Marcia loves them very much, but she feels constrained by their attention. She has a couple of friends who also provide her with support. She would like to have her own money and one day live independently from her parents.

She was diagnosed with bipolar disorder when she was 21 years old, but even before her diagnosis, her parents knew that she was unwell. She had depressive episodes when she would not leave the house and sometimes would not get out of bed. At other times, Marcia was full of energy and would say and do some strange things. The catalyst for her diagnosis was when the police found Marcia running down the street outside their home naked. She was taken to a psychiatric hospital, where they gave her medication to address her manic behaviour and finally diagnosed her with bipolar disorder.

Marcia left school when she was 15 years old, in year 10. She was unemployed for a number of years and finally got a part-time job working in a supermarket; however, she lost that job soon after due to being late for every shift. She had developed depression and found it extremely difficult to get out of bed to go to work. Marcia now attends a social psych rehabilitation service where she receives case management support.

The psych rehabilitation service also provides her with a social outlet. She usually arrives at the service at lunchtime every day and has lunch with the other clients. She then plays some pool in the drop-in centre. She meets with her case manager once a week, and they discuss ways she can recover. She has been taking her medication for three years now, and she feels stable and strong.

Marcia's case manager talks to her about undertaking some further studies so that she would become more employable. She asks Marcia to think about the different areas of work available to her and shows her some pamphlets about different courses. Marcia has always enjoyed putting on makeup and often helps her girlfriends

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with their makeup. She has decided that she would like to be a beautician but has approached her case manager for assistance in exploring options for a course to study.

- a) Imagine that you are Marcia's case manager. How would you respond when Marcia tells you she wants to be a beautician? Remember, you want to ensure that your communication is respectful and hope-giving and promotes her empowerment and recovery.

(Approximate word count: 50 - 60 words)

- b) Imagine that Marcia tells you that she wants to apply for beautician jobs immediately, even though she has no experience. You are concerned that Marcia is likely to be rejected and that this could have a negative impact on her mental health.

Consider the 'dignity of risk' consideration in this scenario and outline your actions.

(Approximate word count: 80 - 90 words)

- c) Imagine that Marcia's parents have come to see you. They are concerned for Marcia and believe she cannot complete a beautician's course and find a job. They are demanding to know what you and Marcia have been talking about during your meetings.

What issues do you need to consider before speaking to Marcia's parents? How would you work in such a way as to uphold Marcia's rights under these circumstances?

(Approximate word count: 70 - 80 words)

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- d) Marcia’s parents tell you they would like Marcia to apply for a disability support pension and give up looking for employment. Marcia says she wants to remain on unemployment benefits and keep looking for work but is wondering if her parents are right.

How would you support Marcia in understanding and exercising her rights?

(Approximate word count: 70 - 80 words)

- e) Describe how you would provide support to Marcia to facilitate progress towards her goal of becoming a beautician in collaboration with her parents and extended care network.

(Approximate word count: 120 - 130 words)

- f) Imagine that Marcia starts a beautician course that takes up most of her days. She doesn’t have time to come into the drop-in centre for lunch anymore and play pool with her friends. She also can’t attend her usual appointment time with you.

Describe how you would adapt your service delivery to meet Marcia’s needs now that her schedule has changed.

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(Approximate word count: 30 - 40 words)

Assessment checklist:

Students must have completed all questions/activities within this assessment before submitting. This includes:

1	Eight (8) questions to be completed in the format requested	<input type="checkbox"/>
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Congratulations, you have reached the end of Assessment 2!

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