

Risk Assessment & Management in Mental Health

This is an essential introductory course for any staff working in the field of mental health. It provides an evidenced framework for understanding the concept of positive risk assessment and management. It provides practitioners an opportunity to reflect on their own practice and recognise the difficulties arising from interpretation of behaviour and language.

The course covers the four main categories of risk assessment, supported by the latest relevant research and statistics. There is a particular focus on the area of work which tends to cause the greatest level of professional anxiety: self harm and suicide. This focus provides participants with an awareness of how to distinguish people caught in the cycle of self harm from those who may be genuinely suicidal.

The basic skills of successful risk management are facilitated by the use of a DVD Case Study which shows the deterioration of mental health and how the associated risks may be managed. Participants are invited to make their own judgements and substantiate their conclusions in decision making.

The final session provides an opportunity to highlight best practice as described by Department of Health guidance. Participants gauge their own skills and identify any actions which may be necessary to improve risk assessment and management in their working place. Finally, these actions, including future training needs, are shared with the group and an overall theme is identified.