

Risk Assessment and Management in Mental Health

A one day course

This course provides an introductory overview of risk assessment and risk management for those working in mental health. It explores the nature of risk, outline new perspectives in risk and how to make effective decision-making in this difficult area of work. The course examines the differences and similarities between suicide and self harm and demonstrates how to enhance professional judgement.

Techniques are provided which help formulate risk assessments in order to understand what is a priority and of importance. This will make sure the risk management is an integral part of an overall recovery care plan.

Who is it for? The course is designed for anyone who works directly with people with personality disorder whether qualified or unqualified or working in the voluntary or statutory sectors. This may include mental health staff such as support workers, ward staff, nurses, occupational therapists or social workers.

Timetable (may be subject to amendment)

- Session 1** Risk – introduction & overview
Overview of nature, prevalence and new perspectives in risk assessment
Exploration of how attitudes, preconceptions and personal experience can help or hinder effective decision-making
Exercise – Risk Priority
- Session 2** Exploration of the main categories of risk with some focus on suicide, self harm and aggression
The promotion of positive risk taking and the recovery model
Exercise – Detection and Protection
- Session 3** Making sense of assessments
Formulation – identifying what is critical and of priority
Constructing a robust risk management plan as part of the care plan
Exercise – DVD Case Study on formulation and planning
- Session 4** Exploration of common problems for practitioners, teams and services
Identification of possible changes to practice
Exercise – Next Steps

Learning Outcomes

On completion of this course, participants will be able to:

- Understand the nature of risk, new perspectives and prevalence
- Understand how personal and professional experience can help or hinder effective assessments
- Recognise the differences between self harm and suicidal behaviour and understand how these may be managed
- Identify the main elements for robust formulation and how this leads to a risk management plan
- Understand the importance of team discussion and effective care planning
- Identify possible changes in individual, team or service provision

Training Techniques

Taught, group exercises/case studies, Q&A, DVD