Comments on curriculum of mental health

By Dr Dorothy Chan

I would like to suggest adding on the below content for your consideration

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| Topics | Basic Training | Basic Training II | Higher training |
| Basic on social and cognitive behavioural development | * Understanding normal social emotional development * Understand early childhood development * Understand the importance on attachment * Understand social positive reciprocal responsiveness * Relationship between social attachment and developmental delay * Understand positive parenting * Understand the impact of lifelong effect to physical and psychosocial aspect | * Integrate the social economic, psychological and physical parameters for formulate the possible diagnosis of the social and developmental problem * Identify and modify the possible underlying social environmental causes which are affecting the mental health * Collaborate with all other health care professionals for formulating welfare plan * Able to do parenting counselling in individual level | * Provide intervention for mental health issue * Formulate and implementing the multidisciplinary welfare plan in secure the mental health * Able to advocate mental health in professional and public level |
| Physical illness and mental health | * Understand the interaction between physical and mental health | * Able to identify the deviated conditions causing mental health problems | * Provide intervention to reduce the impact |
| Common manifestation of mental health problems like behavioural problmes | * Understand the mental health problems may present in somatic symptoms or behavioural problems * Basic medical knowledge in ruling out the serious medical conditions * Able to understand psychosocial factors affecting the subjects | * Able to identify and manage simple somatic and behavioural manifestation: * Feeding problem like avulsion, refusal * Temper tantrums * Sleep problems, feeling tiredness * School refusal * Anxiety symptom: pricking fingers, hairs etc * Recurrent abdominal pain * Recurrent tension headache * Poor in motivation might even presented as obesity | * Able to coordinate in managing complicated cases * Able to collaborate with other professionals in gathering information and make concrete related diagnosis * Identify and provide intervention for cases related child abuse |
| High Risk Behavioural problems like drug, alcohol, vaping, smoking, sexual behaviour | * Understand the physical and mental harm of these high risk behaviour * Understand the causes for developing * Understand the possible relationship dynamic for this group of high risk behaviour | * Identify the high risk behaviour * Able to take a good adolescent history * Understand basic technique in motivation interviews * Identify the complications like psychological illness * Can screen for the psychiatric crisis like suicidal risk * Make appropriate referrals to psychiatrist or other professionals * Make use of social resources | * Manage complicated cases * Identify cases which might need care or protection order * Initiate child protection procedure for specifica cases * Parenting and individual counselling |
| Common developmental disabilities related to mental health | * Understand some of the developmental disabilities might complicated by psychiatric illness like depression, OCD or mood problems in ADHD or depressive mood in ASD * Understand the existing developmental disabilities will affect the mental health of family members | * Identify psychiatric complications in developmental disorder * Can screen for the psychiatric crisis like suicidal risk * Can screen for high risk of child abuse condition on children with SEN like parental psychiatric illness, overstress, parenting etc * Initiate welfare plan if needed * Appropriate referrals for supporting and intervention * Get known for community resources * Identify other prodromal symptom of psychiatric illness like eating disorder, deliberate self harm, psychosis | * Specific treatment for developmental disabilities * Refer for specific intervention for psychiatric complications * Interim counselling service to parents and individual level * Advocate the awareness specifically to this group of children in mental health at schools, professionals and public |