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
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| 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
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| 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
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| 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
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| 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
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