

**'AN INTRODUCTION TO CHILD AND ADOLESCENT MENTAL HEALTH'**

**ONLINE RESOURCE**



## **PARTICIPANT'S GUIDE**

[elearning@werrycentre.org.nz](mailto:elearning@werrycentre.org.nz)

[www.werrycentre.org.nz](http://www.werrycentre.org.nz)

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## OVERVIEW

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*An Introduction to Child and Adolescent Mental Health* has been designed to serve as an introduction to the knowledge, skills and attitudes that are necessary when working in child and adolescent mental health in New Zealand. For ongoing clinical work in CAMHS, more in-depth knowledge and understanding is needed.

It is intended that this resource will be used by practitioners who have recently started working in this area. Practitioners can include: Nurses, Social Workers, Occupational Therapists, Cultural Workers, Psychology Interns and others.

The *Introduction to Child and Adolescent Mental Health* resource is made up of a series of four courses that are intended to be completed sequentially. Passing the quiz (90% pass rate required) at the end of each course provides the participant with an enrolment key for the next course. Upon completion of all four courses the participant will receive a 'Certificate of Achievement'.

This online course is equivalent to 8 hours of self-directed study and is provided free of charge. Each course will take between 1- 1 ½ hours to complete and 1-1 ½ extra time for additional reading. We do not advise completing more than one course per day. The courses can be completed at participants' own pace – there is no start/finish date.

This guide will assist you to access The Werry Centre online learning materials and activities. The Werry Centre uses the Moodle e-learning platform to deliver online resource material.

It is a good idea to have this guide to hand when you access your course for the first time.

An online version of this guide is available on the 'About Werry Centre Moodle Courses' homepage and in each course.

## SUPPORT

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Requests for technical and learning support can be made to the Werry Centre by participants via a forum (within the course), or by emailing [elarning@werrycentre.org.nz](mailto:elarning@werrycentre.org.nz).

Participants and supervisors should be aware of the computer set up required to run this Moodle course (listed below) and should ensure machines are set up prior to beginning the course. IT support from within your organisation may need to be accessed to ensure computers are set up correctly and that access to the appropriate websites is allowed.

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The content of the topics covered in 'An Introduction to Child and Adolescent Mental Health' is potentially upsetting and we recommend that participants talk to an appropriate person should they wish to discuss issues of a personal nature.

## LEARNING OBJECTIVES

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### Course One: Developmental Considerations in Infants, Children and Adolescents

1. Demonstrate an awareness of the complexities associated with defining 'normal' development.
2. Define attachment and describe secure attachment in an infant.
3. Identify the four different types of attachment.
4. Compare and contrast childrens' temperaments and comment on how stable temperament is across infancy, childhood and adolescence.
5. Describe effective parenting and recall four types of parenting styles.
6. Summarise aspects of describing families/whanau and be able to explain age and cultural differences in these definitions.
7. Construct a genogram using the examples given.

### Course Two: Engagement Strategies for Working in Child and Adolescent Mental Health

1. Assess own ability and confidence to engage with a range of different people accessing child and adolescent mental health services (CAMHS).
2. Describe how interviewing techniques differ when interviewing a child or an adolescent in a child and adolescent mental health service.
3. Describe how the Choice and Partnership Approach (CAPA) is used in CAMHS to engage families/whanau.
4. Summarise engagement approaches when working with Māori and Pacific families/whanau.

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### **Course Three: Assessment in Child and Adolescent Mental Health**

1. List the advantages and disadvantages of using diagnostic classification systems.
2. Apply knowledge of diagnostic classification systems to recognise aspects of commonly seen disorders in CAMHS.
3. Apply the main concepts of cultural models such as Te Whare Tapa Wha and Fonofale to a clinical scenario.
4. Outline why issues of consent and confidentiality need to be addressed with the young person in the CAMHS clinical assessment.
5. Describe the main areas/topics covered in a child and adolescent mental health clinical assessment.
6. Identify and describe some of your own mental state observations from the clinical simulations provided.
7. Specify factors that will lead children and adolescents to be at risk of self harm or at risk of harming others.
8. Analyse and critically evaluate guidelines and policies regarding documenting and managing risk.
9. Identify and describe some common strengths and protective factors in young people.

### **Course Four: Interventions in Child and Adolescent Mental Health**

1. Identify and briefly describe the interventions and therapies (including case management and cultural interventions) frequently used in CAMHS.
2. Select suitable evidence-based interventions for commonly presenting disorders in CAMHS.
3. Identify how relevant legislation and guidelines impact upon CAMH services.
4. Be able to analyse and critically evaluate a clinical scenario and suggest ways in which the practitioner concerned could improve their practise.
5. Specify how hope and social supports can facilitate recovery.
6. Describe why an appreciation of resilience and resiliency factors are important in CAMHS.

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## ACCESSING THE ONLINE RESOURCE FOR THE FIRST TIME

1. Go to the Moodle course url by following the link provided to you by the Werry Centre in your enrolment confirmation email.
2. The following screen will appear:

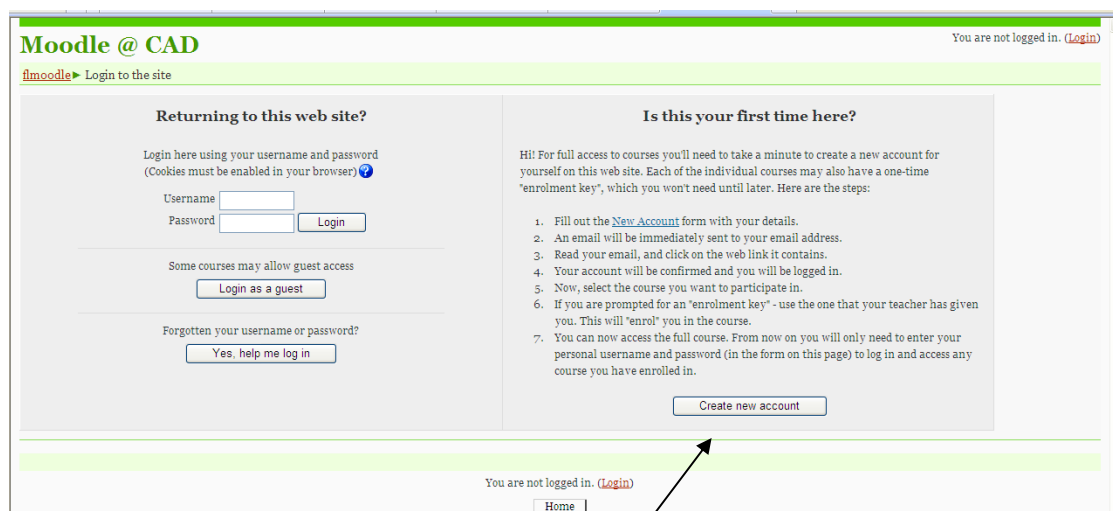


Image for illustrative purposes only

3. Either login, or, if you are visiting for the first time click on 'create new account' and follow the seven steps outlined.

**Please ensure you keep your login information in a safe place. We encourage you to use your full first and surname as your username as this will be the name used on your certificate.**

4. You will receive an automated email from Moodle (the course), please note this email may be directed to your 'junk' email folder, so check your 'junk' folder if you have not received it. Once received, open your automated email and click on the link in the email to confirm your registration, you will then be directed back to Moodle.
5. Click on 'Courses', and select the course for which you intend to enrol and have **an enrolment key** for, this would have been provided to you in your enrolment confirmation email. Note: enrolment keys are case sensitive
6. Enter the enrolment key that has been provided to you by the Werry Centre (Note: you will only have to enter this enrolment key the first time you login to each course). If you have not received

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an enrolment key, please email us [elarning@werrycentre.org.nz](mailto:elarning@werrycentre.org.nz) to request one. **Please do not share your enrolment key with others.**

7. You will then be taken to your course page. Once you enter the course site we suggest you bookmark or save the address to your 'favourites', so you can easily access the course in the future. You will be required to enter your username and password every time you access the site.

## COMPLETING THE 'INTRODUCTION TO CHILD AND ADOLESCENT MENTAL HEALTH' ONLINE RESOURCE

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The 'Introduction to Child and Adolescent Mental Health' is made up of a series of four courses that are intended to be completed sequentially. Go through the lessons and exercises in each course and complete the quiz at the end. The quiz at the end of each course will provide you with the enrolment key for the next course provided you met the 90% pass rate that is required. Save all the enrolment keys you are issued in a safe place as you will require these later to obtain your certificate.

Upon completion of all four courses you will receive a Certificate of Achievement.

Once you have followed the steps for accessing the resource for the first time you can return to the course whenever you want and complete it at your own pace.

### Learning Exercises

The courses contain a variety of learning exercises designed to help you apply the principles of the subject matter to your practice. All your answers will be kept confidential with the exception of posts to the 'Forums' where you will be able to view the postings of other participants once you have posted and they will also be able to view yours.

### Learning Journal

As you progress through the courses we will prompt you to record your thoughts and reflections in your own learning journal which you can then copy/print at the end of the course for your own reference. Other participants cannot see your entries.

### Glossary

Many terms used in this course are listed in the glossary which can be found on the right hand side of the Moodle screen.

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## OBTAINING YOUR CERTIFICATE

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You can obtain your 'Certificate of Achievement' once you have completed all four courses and passed all four quizzes.

You should have collected five enrolment keys as you progressed through this course, you will need to provide these in order to obtain your certificate (Note: enrolment keys are case sensitive).

### Steps to obtaining your certificate:

- Compile the enrolment keys into the order in which you received them.
- Email [elarning@werrycentre.org.nz](mailto:elarning@werrycentre.org.nz) with:
  - 'certificate' in the subject line
  - all five of the enrolment keys in their correct order (the first being your initial enrolment key and remaining four from completing each quiz successfully).
- You will then receive an email confirming receipt of this information
- An email with your certificate provided as a pdf attachment will be forwarded to you within a week of receipt of your request for your certificate.

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## BASIC COURSE NAVIGATION

The Moodle interface is organised into 3 columns, the middle column being your main working area. In the left and right hand columns various 'blocks' appear which contain useful information and/or links.

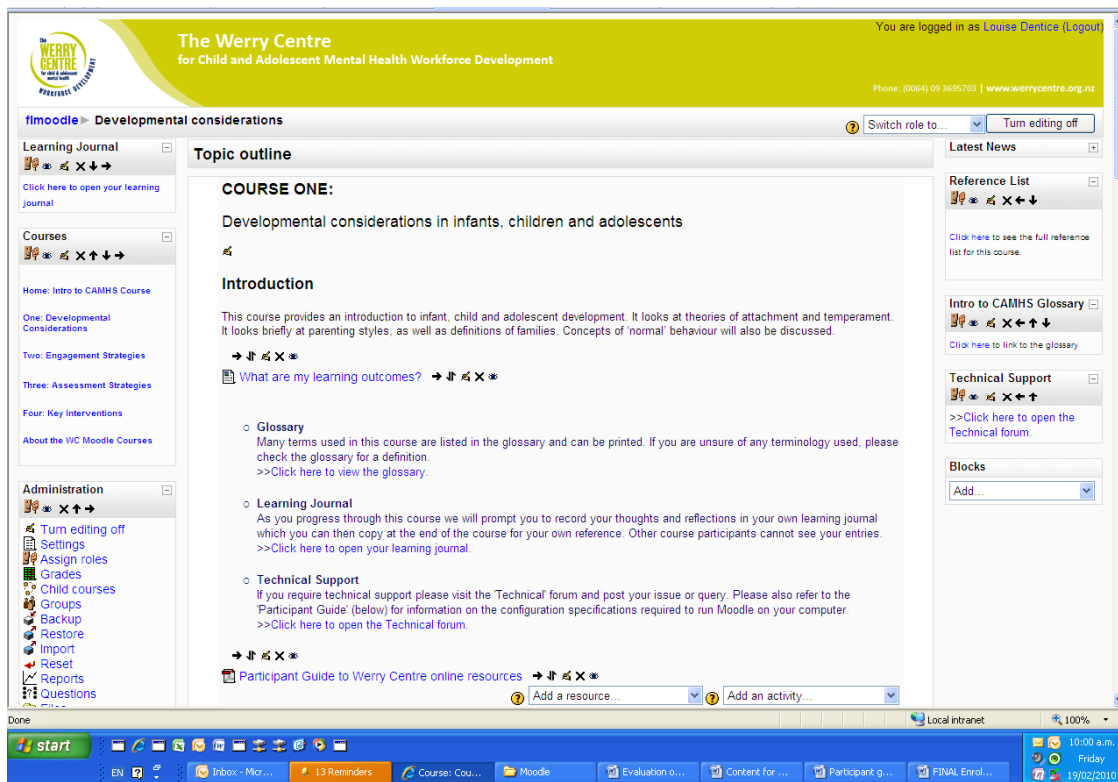


Image for illustrative purposes only

### 'Breadcrumb' navigation

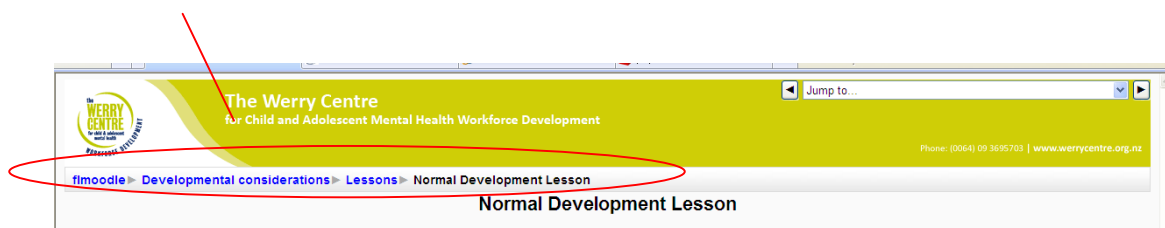


Image for illustrative purposes only

In Moodle the main method of navigation is through the use of 'breadcrumbs'. 'Breadcrumbs' are so named as a 'breadcrumb trail' is left below the banner in the top left corner and this shows your location within the course. Your current location is shown in black text. To find your way back to another point in the course (i.e. your course main page, in this case 'developmental considerations') follow the

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'breadcrumbs' by clicking to the left where this name appears (in blue) in the breadcrumb trail. As you navigate you will notice this menu always changes to reflect your current position.

### Increasing screen/font size

To blow up the content of the screen hold down the keys 'Ctrl' and 'Shift' and tap on the '+' key until the desired size is reached.

### Editing your profile

You may edit your profile on Moodle by clicking on 'profile' from the administration block in the left hand column or by clicking your name anywhere it appears i.e. the top right hand corner of your screen. This will take you to the page shown below.

The screenshot shows a Moodle user profile page for 'The Werry Centre'. The page has a green header with the logo and name. Below the header is a breadcrumb trail: 'f Moodle > Developmental considerations > Participants > Werry Centre'. The main content area is titled 'Werry Centre' and has a navigation bar with tabs: 'Profile', 'Edit profile', 'Forum posts', 'Blog', and 'Activity reports'. The 'Edit profile' tab is highlighted with a red arrow. The profile information includes: Country: New Zealand, City/town: Auckland, Email address: thewerrycentre@gmail.com, Courses: About Werry Centre Moodle Courses, HOME - Introduction to CAMH Course, Course One: Developmental considerations, Course Two: Engagement Strategies, Course Three: Assessment Strategies, Course Four: Key Interventions, Last access: Wednesday, 16 December 2009, 02:32 PM (now), and Roles: Student. There are buttons for 'Change password' and 'Messages'. At the bottom, it says 'You are logged in as Werry Centre (Logout)' and 'Developmental considerations'.

Image for illustrative purposes only

Click on the Edit Profile tab to make any changes to your profile. You will be presented with the page shown in the image below. Fill out the information you wish to include in your profile. Not all fields are required. When you are finished with the changes click the Update Profile button.

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## TECHNICAL REQUIREMENTS

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The Werry Centre uses 'Moodle' e-learning platform to deliver online resource material and utilise multimedia devices.

Participants will require access to a computer with the following set up:

- **Internet access** – participants will need to be able to access the Werry Centre course host site: <https://moodle.cad.auckland.ac.nz/course/category.php?id=5>.  
Additionally, there are links to various resources located on other websites from within the courses, participants will require access to these and may need to request that they are unblocked by your organisations IT support.
- **Adobe Flash Player** – is required to run video and interactive exercises  
<http://www.adobe.com/products/flashplayer/>
- **Sound/speakers**- Participants need to be able to play sound in order to participate in the course. We recommend use of headphones as this will give better sound quality.
- **Adobe Acrobat reader** –Adobe Acrobat Reader is required to open and download resources.  
<http://www.adobe.com/products/reader/>
- **Pop Ups and Cookies** - Pop Up and Cookies that are set up on a computer system may prevent some windows from opening within the Moodle course. If problems are experienced with this occurring, your organisation's IT support staff should be able to ensure that the necessary blockers/cookies are disabled.
- **JavaScript enabled** –Moodle uses JavaScript which is a language used in the web world to create dynamic, interactive content. To check whether Javascript is enabled in your browser follow the directions below:

If you use Internet Explorer:

- Launch your internet browser and go to the 'tools' menu at the top.
- Select 'Internet Options'
- In the dialogue box that appears select the 'security tab', be sure that your security is set to **Medium** (this setting allows ActiveX controls to implement the JavaScript).
- Select OK to close the dialogue box.
- Note: Every version of Internet Explorer has a slightly different method for enabling JavaScript.

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**If you use Mozilla Firefox:**

- Launch your internet browser and go to the 'tools' menu at the top (windows) or Preferences (Mac/Linux).
- Select 'options'
- Click on 'Content'
- Ensure the 'Enable Javascript' box is checked
- Click 'OK'
- Note: Every version of Firefox has a slightly different method for enabling JavaScript.

**If your organisation can't give you access to a computer with the necessary internet specifications to run this moodle course we suggest you talk with your manager and see if it is possible to use a laptop or a home based computer, or a publicly accessible internet site (such as a library).**

**FURTHER TRAINING**

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After obtaining your 'Certificate of Achievement' you might decide to enroll in a course that leads to a formal qualification in child and adolescent mental health. If you'd like to undertake more advanced training in the area the Skills Matter website (<http://www.skillsmatter.co.nz/page/5-Welcome>) can help you find a suitable course.

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