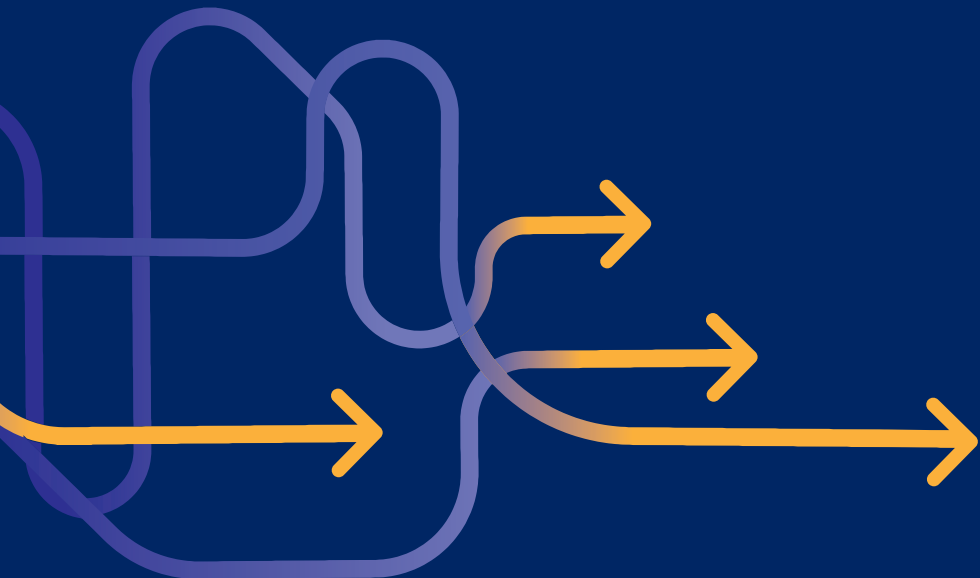
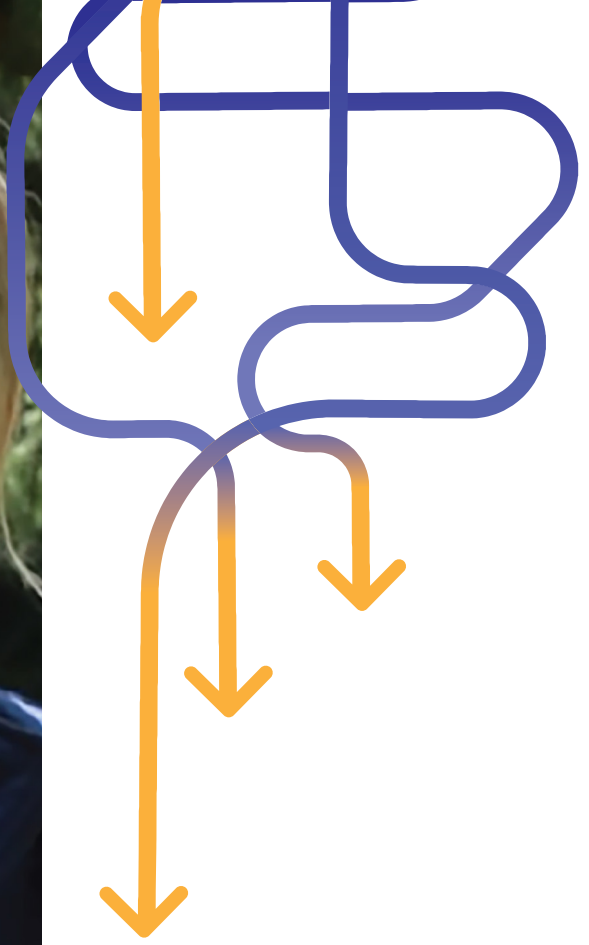


# Mental Health Pathways in Practice

Enhancing your mental  
health capabilities





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# Introduction

Mental health nurses in NSW Health embody compassion and respect for people in their care. It is work that demands enormous understanding in complex environments, and I thank you for your skill and care with those who are at their most vulnerable, and for your commitment to making a difference.

The Nursing and Midwifery Office (NaMO) has developed a workplace resource and learning framework called Mental Health Pathways in Practice, or MHPiP for short.

No matter where you are in your career, MHPiP is an exciting opportunity for learning to be a central part of the way you do things, to explore your potential and enhance your capabilities.

Whether you are just starting out as a mental health nurse, or have many years of experience, MHPiP provides relevant and meaningful information to further develop your practice.

The program can also aid clinicians not directly practicing in mental health to develop their skills and gain a greater understanding of mental health care.

The core objective of MHPiP is to build and expand your skills in mental health nursing, to allow you to practice at the top of your scope and deliver the best possible health care.

To ensure MHPiP achieved its goals, NaMO worked closely with clinicians, academics, consumers and carers to design a program based on current best evidence-based practice. Working with the Health Education and Training Institute (HETI), the aim is to drive a better understanding of the fundamentals of mental health nursing.

Mental health care is about compassion and genuine interest in supporting people as human beings. Equally, it is also about inspiring and building confidence in ourselves and our colleagues to deliver care as a team; outstanding care tailored to the needs of the individual.



**Jacqui Cross**  
Chief Nursing and  
Midwifery Officer

# About MHPiP

Designed by NSW Mental Health Clinicians for NSW Clinicians, Mental Health Pathways in Practice (MHPiP) offers a **new and innovative professional development pathway** to enhance your mental health care capabilities, advance your career and **provide the best patient care**.

MHPiP is a **supportive and engaging program** to learn the fundamentals of mental health care with a focus on the application to everyday practice.

Through this program, you will **develop the essential mental health capabilities** needed to continue to meet the current and emerging needs of people with lived experience, their carers, families and service standards.

Unique, flexible and supported by peers and management, the program takes advantage of **work-based learning opportunities** to consolidate learning into practice and evaluate the current evidence base and contemporary methods of practice.

## QUALITIES OF MENTAL HEALTH PATHWAYS IN PRACTICE

- Free workplace training
- Applicable to practice
- Learning about mental health
- Reflective and experimental learning
- Relevant and high-quality content
- Respected team of mental health experts
- Flexible method of delivery
- Supported by peers and management

**Enhancing your mental health care capabilities**



# Who benefits from MHPiP

MHPiP is an engaging program created to support mental health nurses and allied health professionals, including clinicians from outside of mental health.

Learning about trauma informed mental health practice provides a solid foundation to analyse risk and recognise and respond to mental illness. Building on this foundation you will have the tools and confidence to act, drawing on essential skills to support people on their recovery journey.

This allows you in clinical and non-clinical professions to:

- Perform better in your job,
- Have opportunities for professional and personal development,
- Experience the benefits of supporting the community and those around you.





“The potential with this program is fantastic and I think it would be good to see this program weaving its way through a number of learning opportunities - I wonder if the way ahead is how adaptable this program can be. I think it is very important that we do not lose it but build upon it.”

Mental Health Nurse



“...the opportunity to revisit and reflect on concepts we often don't talk about, but they impact us personally and professionally. I'm reminded of why I do what I do.”

Mental Health Nurse





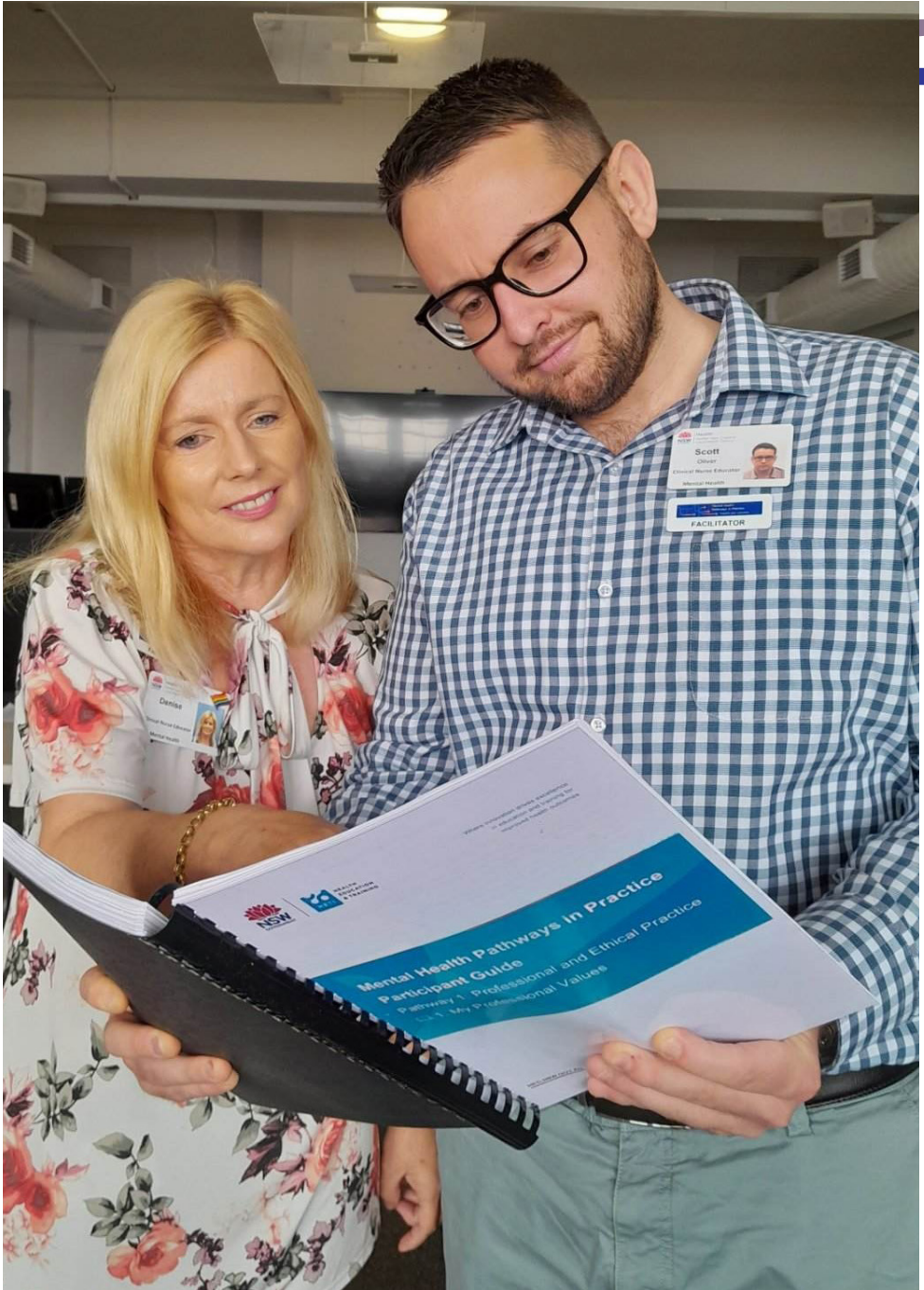
# Program overview

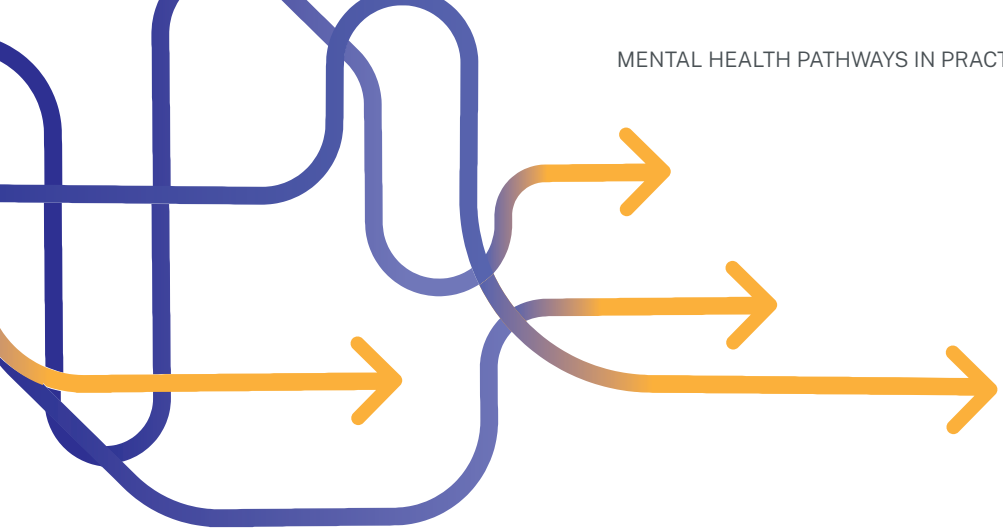
Program goal	ENHANCING YOUR MENTAL HEALTH	
<p><b>MENTAL HEALTH PATHWAYS IN PRACTICE</b></p>	 <p><b>PATHWAY 1</b> Professional and Ethical Practice</p>	
<p><b>AIMS OF THE PATHWAYS</b></p>	<p>Promoting consistent demonstration of and commitment to professional values that support and enable effective ethical and legal practice.</p>	
<p><b>LEARNING UNITS</b></p>	<ol style="list-style-type: none"> <li>1. My professional value</li> <li>2. My ethical practice</li> <li>3. My legal responsibilities</li> <li>4. Advocacy</li> <li>5. Partnership and collaboration</li> <li>6. Self-management</li> <li>7. Privacy and dignity</li> <li>8. My professional development my role and my vision</li> <li>9. Developing professionally with others</li> <li>10. Promoting recovery and hope</li> </ol>	



**CARE CAPABILITIES**

 <b>PATHWAY 2</b> Working with the individual	 <b>PATHWAY 3</b> Collaborative Communication	 <b>PATHWAY 4</b> Delivering Care
<p><b>Optimising therapeutic partnerships with people accessing services that recognise and respond to culturally diverse needs in the prevention of ill-health and the promotion of well-being.</b></p>	<p><b>Maximising opportunities for an interprofessional collaborative practice that supports the delivery of person and family-centred comprehensive care.</b></p>	<p><b>Delivering collaborative trauma-informed, recovery-orientated and person-centred mental health care that is informed by professional and ethical standards.</b></p>
<ol style="list-style-type: none"> <li>1. The therapeutic relationship</li> <li>2. Reducing stigma</li> <li>3. Trauma-informed care</li> <li>4. Working with individuals who have experienced trauma</li> <li>5. Assessment</li> <li>6. Impacts to health and well-being</li> <li>7. Comorbid conditions</li> <li>8. Prevention and promotion of health and well-being</li> <li>9. Diverse populations</li> </ol>	<ol style="list-style-type: none"> <li>1. Collaborative communication</li> <li>2. Collaborating with persons with lived experience</li> <li>3. Collaborating with carers and families</li> <li>4. Collaborating in teams</li> <li>5. Collaborating with other mental health professionals</li> <li>6. Collaborating with extended networks and other organisations</li> <li>7. Collaboratively planning for care</li> <li>8. Facilitating transitions of care across time and places</li> </ol>	<ol style="list-style-type: none"> <li>1. Documentation and reporting</li> <li>2. Managing difficult interactions in clinical practice</li> <li>3. Delivering safe care-responding to risk</li> <li>4. Delivering safe care-your role in zero suicides</li> <li>5. Social and family interventions</li> <li>6. Your role in medication</li> <li>7. Improving and supporting physical health</li> <li>8. Health practice-building your therapeutic toolbox</li> <li>9. Evaluating interventions and individual treatment</li> <li>10. Your role in improving care introduction to quality improvement</li> </ol>





## Enrol now

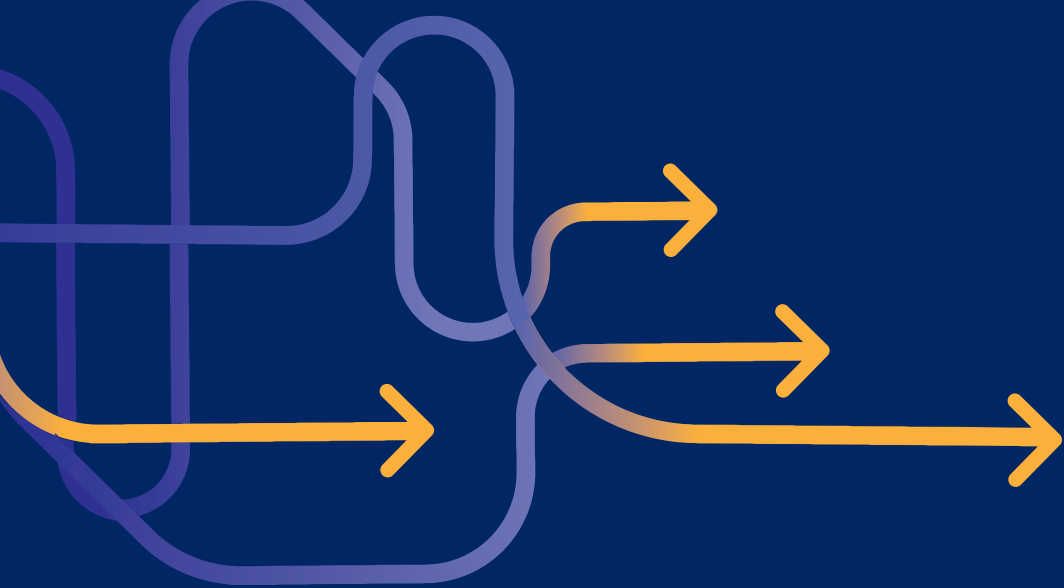
To enrol in the program, search My Health Learning for Mental Health Pathways in Practice.



For more information, scan the QR code or use the link below:

<https://www.health.nsw.gov.au/nursing/practice/Pages/mental-health-pathways-in-practice.aspx>





# Mental Health Pathways in Practice

If you have any questions regarding MHPiP, please contact your local training and development team.



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