

MENTAL HEALTH SKILLS PRACTICE

(PLEASE BRING TO NEXT TRAINING SESSION)

Name:	Date:
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Practice goals for this week:

1. Improve the FSW's ability to defuse emotion.
2. Increase FSW awareness of client's stage of change for seeking mental health care

Use this worksheet to plan for your practice, and then to record your observations. Feel free to share your observations with your supervisor. We will discuss the practice in the next training session.

RIGHT NOW: PLAN HOW YOU WILL PRACTICE

1. IDENTIFY ONE PARENT ON YOUR CURRENT CASELOAD THAT YOU THINK MIGHT HAVE A **MENTAL HEALTH CONCERN**

Parent's initials or name (first name only, please) _____
What have you observed so far that gives you the impression that this individual may have mental health issues?

2. CIRCLE THE SKILL(S) WOULD YOU LIKE TO PRACTICE IN YOUR INTERACTION WITH THIS CLIENT OVER THE NEXT TWO WEEKS

- Identifying stage of change for seeking mental health care
- Identifying client's emotional state
- Reflecting and validating client's emotions
- Identifying coping strategies that have worked in the past
- Making a referral
- Problem-solving

FILL OUT SECTIONS 3 – 5 OVER THE NEXT 2 WEEKS (BRING TO NEXT TRAINING)

3. WHAT SKILLS DID YOU PRACTICE? (CIRCLE BELOW)

- Identifying stage of change for seeking mental health care
- Identifying client's emotional state
- Reflecting and validating client's emotions
- Identifying coping strategies that have worked in the past
- Making a referral
- Problem-solving

4. HOW DID IT GO?

4A. WHAT WENT WELL

4B. WHAT DID NOT GO AS WELL AS PLANNED

5. SUPERVISOR'S FEEDBACK