



Mental Health Support
Specialist (MHSS) Curriculum
October 2005

Module 1

**Role of the Mental
Health Support
Specialist**

COMPETENCIES

- A. Describe the roles, expectations, and functions of the Mental Health Support Specialist (MHSS).
- B. Explain the importance of the following aspects of the MHSS job:
 - 1) *Use of supervision*
 - 2) *Working as part of a team*
 - 3) *Being a lifelong learner*
 - 4) *Working boundaries*
 - 5) *Problem solving*
 - 6) *Resolving conflict*
 - 7) *Dealing with stress*
 - 8) *Identifying and resolving issues of staff safety*

COMPETENCIES (cont'd)

- C. Explain Maslow's *Hierarchy of Needs*.
- D. Identify ways of supporting different learning styles in providing daily living support.
- E. Demonstrate the ***Tell, Show, Do*** strategy for teaching skills
- F. Describe the responsibility of the MHSS as a mandatory reporter

Your role as MHSS may include working with individuals on:

- Housekeeping
- Transportation
- Interpersonal relationships
- Health maintenance
- Safety
- Financial management
- Basic academics
- Management of personal & legal affairs

Your role as MHSS may include working with individuals on: *(cont'd)*

- Problem solving
- Decision making
- Community involvement
- Recreation
- Menu planning & meal preparation
- Communication tools and skills
- Exploration of meaningful activities

Expectations of your interactions with the people you support:

- Be positive
- Be fully present
- Be a good listener
- Manage yourself before attempting to manage others



More expectations:

- Give people space
- Be honest
- Do things “with” not “for”
- Help with life skills



More expectations:

- Practice confidentiality
- Support team decisions
- Use humor
- Respectfully set limits
- Take care of yourself

