

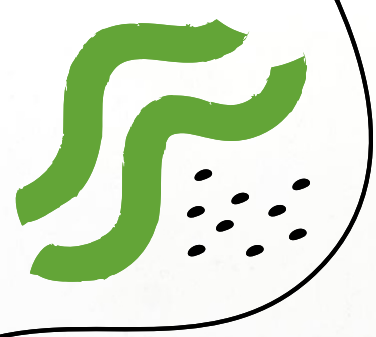


Nursing 123

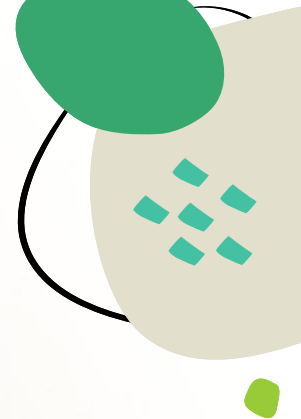
Community Mental

Health Nursing

Elective Course



SELF-AWARENESS EXERCISE









Nursing 123

Community Mental Health Nursing

Elective Course

Learning Objectives:

- Discuss mental health and mental health promotion, factors influencing mental well-being, and levels of prevention in mental health
- Differentiate mental health nursing, psychiatric nursing and community mental health nursing



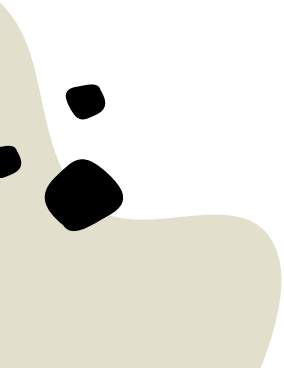
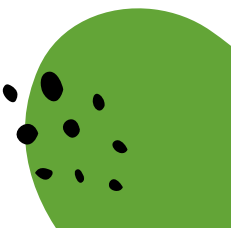

There is no health without mental health

The World Health Organization (WHO) defines health as:

... a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO 2001, p.1).

Mental health is clearly an integral part of this definition.

The goals and traditions of public health and health promotion can be applied just as usefully in the field of mental health as they have been in heart health, infectious diseases and tobacco control.





**Mental health is more than the
absence of mental illness: it is vital
to individuals, families and
societies**





Mental health is described by WHO as:

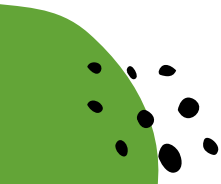
... a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community (WHO 2001a, p.1).

In this positive sense, **mental health is the foundation for well-being and effective functioning for an individual and for a community.** This core concept of mental health is consistent with its wide and varied interpretation across cultures.



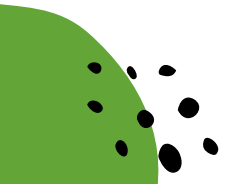
Mental health is determined by socioeconomic and environmental factors

Mental health and mental illnesses are determined by **multiple and interacting social, psychological, and biological factors**, just as health and illness in general.



Mental health is linked to behaviour

Mental, social, and behavioural health problems may interact so as to intensify their effects on behaviour and well-being.



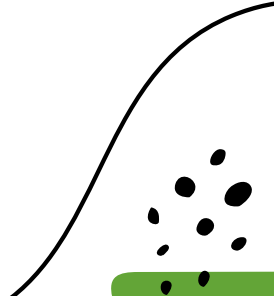
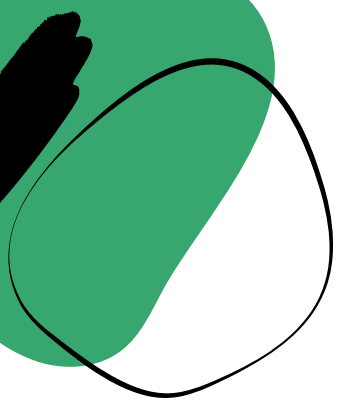
Mental health can be enhanced by effective public health interventions



- Collective action depends on shared values as much as the quality of scientific evidence
- A climate that respects and protects basic civil, political, economic, social, and cultural rights is fundamental to the promotion of mental health
- Intersectoral linkage is the key for mental health promotion



**Mental health is
everybody's business**



Positive Mental Health

- Cultural Context
- Personality Types
- Affective Dimension
- Salutogenic approach
- Resilience
- Psychoanalytic approach
- Quality of life approach



The personal, social, and environmental **factors that determine mental health and mental illness** may be clustered conceptually around **three themes**:

- the development and maintenance of healthy communities
- each person's ability to deal with the social world through skills like participating, tolerating diversity, and mutual responsibility
- each person's ability to deal with thoughts and feelings, the management of life, and emotional resilience





Mental Health Nursing

Application of clinical of a clinical process that is based on a synthesis of nursing and basic science concepts applying to the development, promotion, and maintenance of the **mental health of individuals**

It is concerned with the personal, psychological, and social interactions and the lasting relationships that relate to **the development of the personal organization of the self, or ego.**





Community Mental Health Nursing

In community mental health nursing, **the nurse assists all kinds of primary socialization groups**, such as families and school and work groups, to help members develop a personal organization of the self, strengthen their abilities to adapt and cope, achieve selfhood, and maintain independence and autonomy in their relationships.

Primary socialization groups help members identify their strengths and promote the use of these to realize the promise of achieving and maintaining optimal levels of social, mental and emotional health.





Community Mental Health Nursing

It considers the social, psychological, and situational aspects of life and living that influence the emotional health and **mental health of people.**

It is based on mental health theories and **focuses on well-populations.** The goal of community mental health nursing was cited as the lessening of incidence and prevalence of mental health disorders



Interaction of four important things in Community Mental Health Nursing



1. The mental health of individuals;
1. The small groups in which individuals live, work and play;
1. Community and social networks; and
1. Situational contexts in which the interactions and emotions of people are expressed and help give meaning to experiences





Psychiatric Nursing

It is the science and art of providing protective, therapeutic, supportive, physical and social care to people too ill to be completely responsible for management of their own behavior.

The clinical framework is applied through **social and psychotherapeutic interventions to patients** who experience mental ,emotional, and social disorders to a degree that mental hospitalization or other kinds of institutional living arrangements is necessary.





Psychiatric Nursing

The overall goal of psychiatric nursing is to **assist patients to learn to become productive members of the society and to reach as full a potential** of their assets as possible.

This goal may be oriented toward a long-term hospital stay in a mental hospital or other domiciliary setting and toward preparation for returning to the family and community.



Characteristics of Community Mental Health Nursing

Populations

- Primary socialization groups
- Peer groups
- Families
- Groups

Sick Role

Not adopted by members in families and in other kinds of primary groups

Clinical Practice settings

- Natural community settings
- Community-based health and mental health settings
- Primary group settings

Major Models of practice

- Holistic nursing
- Community mental health nursing
- Social-psychological
- Cultural
- Systems
- Interactional
- Developmental
- Transactional
- Group
- Family

Characteristics of Community Mental Health Nursing:



Goals of Clinical Practice

- Promote and maintain mental health of family systems and their members through prevention counseling and use of interventions
- Maintain and increase the potential of primary groups to use their strengths to provide essential competencies for social, personal and cognitive growth that relate to positive mental health behaviors for members
- Teach families and members to monitor their mental health and that of their communities



Characteristics of Community Mental Health Nursing:



Goals of Clinical Practice

- Teach families and members in primary groups to recognize tensions, coping, and communication patterns that have an adverse impact on members and learn new ones
- Help families and members of primary groups recognize that behavior has social, cultural, and situational aspects and the influences these have in group functioning and member behavior
- Use self-care



Characteristics of Community Mental Health Nursing:



Major focus of interventions

- Prevention counseling
- Community mental health nursing
- Therapeutic intervention: Crisis management; Therapy with distressed families
- Group processing and counseling
- Transitional counseling
- Mental health education and teaching of self-help and self-monitoring activities



Characteristics of Community Mental Health Nursing:



Major focus of interventions

- Stress management of daily stresses and tensions in family systems
- Prevention and therapeutic activities with targeted groups at risk for mental health problems and interventions with distressed families
- Socialization activities that use the potential of families and primary groups to maintain and promote the mental health of members





The intrinsic value of mental health

- Mental health is essential for the well-being and functioning of individuals.
- Good mental health is an important resource for individuals, families, communities, and nations.
- Mental health, as an indivisible part of general health, contributes to the functions of society, and has an effect on overall productivity.



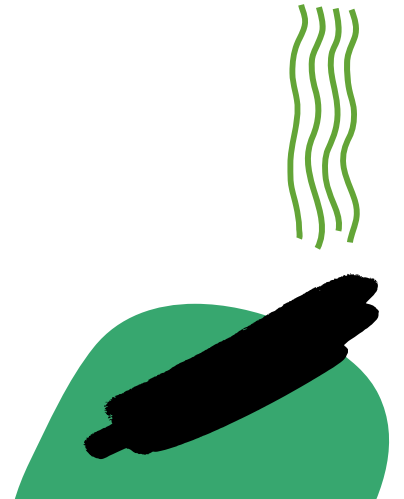


The intrinsic value of mental health

- Mental health concerns everyone as it is generated in our everyday lives in homes, schools, workplaces, and in leisure activities.
- Positive mental health contributes to the social, human, and economic capital of every society.
- Spirituality can make a significant contribution to mental health promotion and mental health influences spiritual life



**There is no
health without
mental health**





Thank you!



References:

Promoting mental health : concepts, emerging evidence,
practice : summary report

World Health Organization 2004

Link: https://www.who.int/mental_health/evidence/en/promoting_mhh.pdf

Koldjeski, D. (1984) Community Mental Health Nursing: New
Directions in Theory and Practice. John Wiley & Sons, USA.





Group Presentation

- Prepare a creative group presentation about the **FACTORS INFLUENCING THE MENTAL HEALTH OF:**
 1. Children
 2. Adolescents
 3. Older Adults
 4. Indigenous Populations
 5. LGBTI populations
- Discuss the **CHALLENGES AND OPPORTUNITIES FOR THE MENTAL HEALTH PROMOTION** of these population groups.

