

Welcome to the new Mental Health Nursing Certificate Program

This program aims to provide nurses with knowledge and skills needed to practice in the field of mental health nursing and to enhance the orientation, in-service education and performance appraisal structures put into place by employers to achieve excellence in mental health nursing practice.

We have embarked on offering the foundations to start with, believing that nurses really need to know the changes in mental health ...history, mental health reform, diversity, stigma, ethics, legal issues, communication, therapeutic relationships, partnering, recovery oriented practices, values and principles underpinning nursing and psychosocial rehabilitation, analysis of the mental health programs, system and the challenges of navigation, professional organizations and best practices, team function and inter professional collaboration. These topics are offered in courses 1&2 of the program.

It is evident how important it is for the nurses to understand the bigger picture as one of the goals is to inspire nurses as leaders and excellence in supporting/implementing best practices... to embrace change and keep current with emerging trends. The material will instill an attitude of inquiry, hope and optimism with the tools to utilize best practices and promote recovery, igniting a passion for this field! This inspires mental health nurses who are lifelong learners and are adept at searching for and utilizing quality information in their practice.

In course 3 content covers more of the hard information...specific mental illnesses, cognitive disorders, trauma, physical health, and special challenges...homelessness, youth, elderly, dual and concurrent disorders. Courses 4 and 5 focus on assessments and interventions. The program concludes with a field experience operationalizing theory into practice.

Mohawk is unique in content and delivery of this program. The program is a distance educational offering through an easy to use e-learn system. It is very dynamic and able to be changed and updated continuously in response to emerging best practices and new knowledge as well as in response to student feedback.



Frequently Asked Questions

Mental Health Nursing Certificate Program

This Mental health Nursing Certificate Program is a newly designed program for RNs and RPNs. The courses in the program are currently being developed and offered when the development of each course is complete. The first course was offered in the winter semester starting January 2011, the second course was offered in the spring semester starting April 2011, the third course will be available for the fall semester, starting September, 2011 and so on. The Introductory course – HSCI 10145, Advancements in Mental Health System will also be offered in the fall semester, 2011. Each semester, the program will be advertised in the Health Science section of the Continuing Education catalogue which is posted on the Mohawk website under the Continuing Education link – <http://cecat.mohawkcollege.ca>.

1. How many courses are in the program?

The program consists of 5 theory courses and 1 clinical component:

- HSCI 10145 Advancements in the Mental Health System
- HSCI 10147 Introspective Practice
- HSCI 10148 Health Challenges
- HSCI 10149 Whole Person Assessment
- HSCI 10150 Interventions Supporting Recovery
- CLIN 10157 Operationalizing Theory into Practice

Each theory course is 36 hours in length and CLIN 10157 (clinical experience) is 40 hours.

2. How is the Program offered?

The Mental Health Nursing Certificate Program is offered in a blended format which may combine some classroom time with Mohawk's electronic learning system (e-learn). The courses are primarily delivered through e-learn. Courses run during the fall, winter and spring semesters. Course registration opens approximately 6 weeks before the start of a semester, the courses available advertised in the Continuing Education catalogue. Classroom dates for each course will be included with the course information. Many of the learning resources are provided in the electronic format. Any textbooks for the courses would be available for purchase at the Titles Bookstore, McMaster University Medical Centre.

3. Who can take this program?

You must be a Registered Nurse (RN) or a Registered Practical Nurse (RPN) with a certificate of registration from the College of Nurses of Ontario (CNO "Find a Nurse" document is required). You will be asked to provide a copy of your *current* registration

from the CNO to the Program Manager prior to course registration. Fax: 905-528-7706 (please include name of program and your e-mail address with fax).

4. How will I access the on-line portion of the courses?
You will be provided with on-line access information for the e-learn management system when you receive course registration confirmation. This information will be mailed to you once your registration has been processed.
5. Can I take the courses in any order?
Until all of the courses have been developed, you will be taking the courses as offered and advertised in the CE catalogue. There are 3 semesters in the school year and if one course is taken per semester, it would take 2 years to complete the program. The introductory course, Advancements in Mental Health System and course #2, Introspective Practice are prerequisite for the remaining courses in the program. The remaining theory courses may be taken in any order desired.
6. There is a clinical experience. What do I need to do for this?
The clinical experience provides the student with the opportunity to demonstrate a broad scope of interventions used in mental health nursing and analyse the client, family, and team perspectives in various community or hospital environments. In order to register for the clinical course, you must have completed all theory courses first. Other requirements include medical clearance from Mohawk College Health Services, please note that there is a one time fee of \$115.00 for this clearance. If you have paid this fee for another clinical experience through Mohawk, you do not need to pay it again. You will however require your medical clearance to be updated. Contact Health Services if you have further questions at IAHShealthservices@mohawkcollege.ca. Depending on the placement site, you may also be required to provide proof of CPR certification, Mask-fit testing and a Police clearance.
You will develop a learning plan which is your opportunity to design your clinical to meet your learning needs. The program manager/ course instructor will assist you with this and help you identify the appropriate clinical setting in which to meet your learning needs.
7. What if I already work in a Mental Health area? Do I still need to complete the clinical hours?
If you work in mental health, and have a minimum of 3 years full time experience, (or equivalent) you can apply through Prior Learning Assessment to challenge this experience. You will be asked to prepare a portfolio demonstrating how you meet the clinical objectives through your current practice.
8. Will I receive a certificate when I have completed the program?
Once all components of the program have been successfully completed, you are eligible to request the program certificate. The "request for certificate" form is available on the Mohawk website and can be downloaded, completed and submitted to the registration

centre. Students are invited to attend C.E. convocation ceremonies scheduled October of each year.

9. Can you provide a brief description of each of the courses?

Advancements in the Mental Health System

Integrate an appreciation of mental illness, knowledge of past, present and future trends, and an awareness of the legal aspects of mental health reform to shape your interactions with clients, families, and the system. Explore the lived experiences of clients and challenge your awareness of cultural competence and the impact of stigma.

Introspective Practice

Use reflective practices to explore the impact of one's values and beliefs in therapeutic partnerships and gain self awareness into nurse/client relationships. Use these personal insights to both refine your communication and interviewing skills, and work through intrapersonal, interpersonal, and organizational conflicts and ethical dilemmas.

Health Challenges

Investigate major mental illnesses and adapt your nursing practice to incorporate clients' mental illness, as well as the effect of physical and social challenges, on their health and recovery. Analyze the interplay between addiction, trauma and mental health.

Whole Person Assessment

Integrate refined interviewing skills with assessment tools to construct an understanding of your clients' health journey. Identify the clients' ability based on data collected from various sources using the multidisciplinary team approach. Compose a narrative of your clients' personal, family, social and vocational life in partnership with your clients.

Interventions Supporting Recovery

Integrate knowledge of psychopharmacology and other treatment modalities/alternatives with evidence based best practices to support shared decision making and health maintenance processes with clients.

Operationalizing Theory into Practice

Gain real world experience in the application of theory from previous courses into clinical practice. Demonstrate a broad scope of interventions used in mental health nursing, and analyze the client, family, and team perspectives in various community or hospital environments.

If you have any further questions, please contact Amy Boyer, Program Manager at amy.boyer@mohawkcollege.ca

REFERENCES

http://www.cna-aiic.ca/nursingpgms/public_browse.asp The Canadian Nurses Association, nursing programs chart

<http://cfmhn.ca/> Canadian Federation of Mental Health Nurses

<http://www.rpnc.ca/pages/home.php> Registered Psychiatric Nurses of Canada

www.crpnb.ca College of Registered Psychiatric Nurses of British Columbia

<http://www.crpna.ab.ca> College of Registered Psychiatric Nurses of Alberta

www.rpnas.com Registered Psychiatric Nurses Association of Saskatchewan

www.crpnm.mb.ca College of Registered Psychiatric Nurses of Manitoba

<http://www.rnao.org/> Registered Nurses Association of Ontario

<http://www.oiiq.org/> Ordre des infirmieres et infirmiers du Quebec

<http://www.nanb.nb.ca/> Nurses Association of New Brunswick

<http://www.crnns.ca/> College of registered Nurses of Nova Scotia

<http://www.arnpei.ca/> The Association of registered Nurses of Prince Edward Island

<http://www.arntl.ca/> Association of Register Nurses of Newfoundland and Labrador

<http://www.rnantnu.ca/> Registered Nurses Association of Northwest Territories and Nunavut

<http://www.yrna.ca/> Yukon Registered Nurses Association

Nemec, Patricia B. The Self Directed Learner, Psychiatric Rehabilitation Journal. Summer 2011, vol. 35, no. 1.