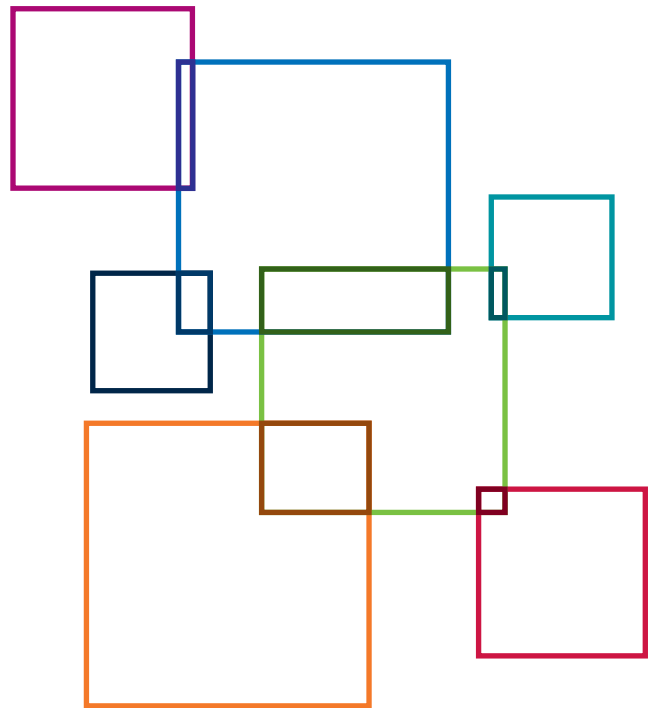
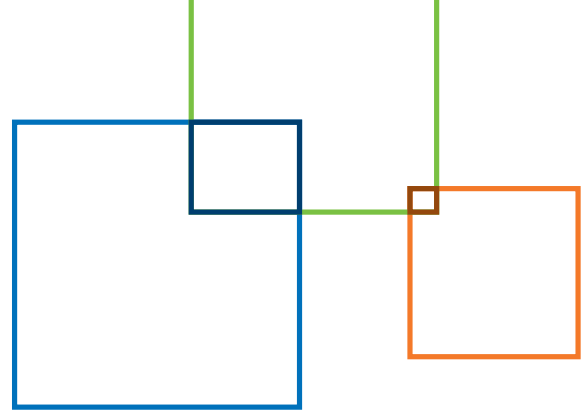


Principles to practice

The worker's guide to implementing
the common core principles to
support good mental health and
wellbeing in adult social care



Introduction



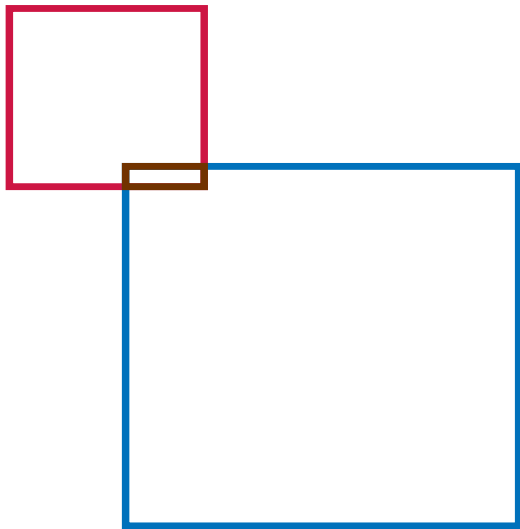
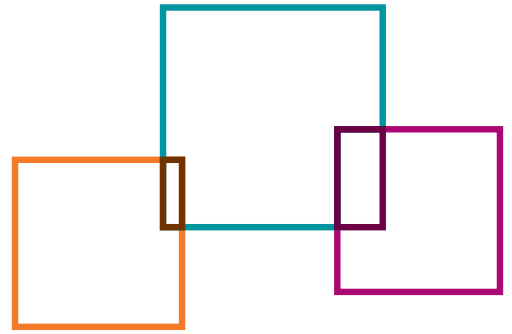
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un n. T n n n s n u n
qu s n n s n n n g
n ng n u . T gu g n ng s
s n n ng s n n s n

Who this guide is for

T n n s n n s s n u n
T u s s s , s s n ng s ng s
s n n s gu n n ng n s s n
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Acknowledgements

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s s s un , s n n n s u n ng n .
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n s u g n n ng n u s , (s 201)
s s . g.u
s s n g s s n n un n n n

Principle 1

Know the key signs of  and  and be able to respond appropriately.

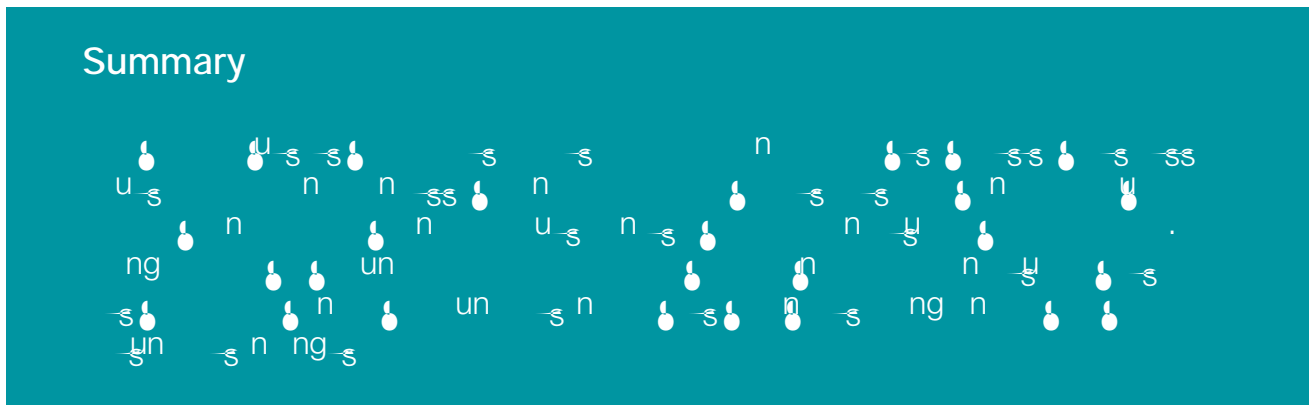
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(Brent MIND)











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(Rethink)














Summary
















Situation

Dilemma

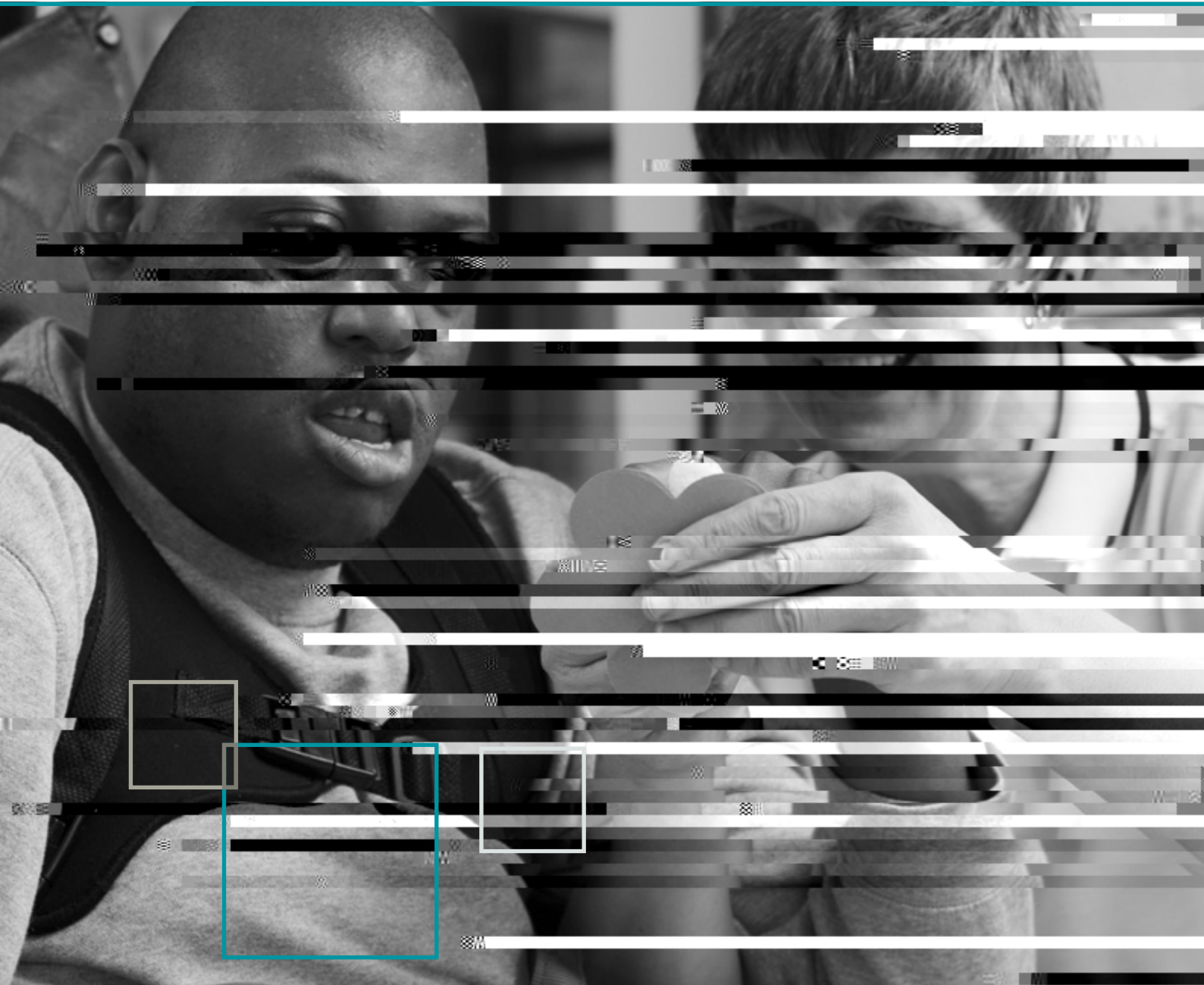
u s u n ng n n s n nu s n s u s
u s u n n u s n n. u u n s n s s n u s
u n s s s s n s .
u s n s s u n
n s n ng, s u ng n s s n,
s s n un s n



u s u n ng, s u ng n s s n,
s s n un s n



(Barnsley Metropolitan Borough Council)



Principle 2

Understand the importance of good mental health and wellbeing and have good knowledge of how to promote these with people who need care and support



Situation

W - y ng n u ng n s s s s s n s u
qu - s . T n s, s s u n s n ng u n
s n n n n n g u n n s s s u
ng. s n s s u n s s s n ng s u
ng s n s ng s s n ng s n s

Dilemma

W ng U - n un n n ng n qu ss
n - 1 n y n n n , ung n n ss
s s n ng n ng gg s ug s ng s .
u un s n s gu ng s un nu s () n
n g s s u s n
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ss n ng un n .
W W n U s ung n s U n s
W W n s ng s n s U s , n u ng
ss s ng s
W W s s s ng s n ng s g n s W
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(Brent MIND)

Situation

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wing n n -s ng n -s -s u .T u
wing n -s -s ng n -s -s un -s
ng wing n u ng , u n .

Principle 5

Maintain safety and safeguarding responsibilities by appropriately assessing risks and supporting where necessary

“We have a duty of care to our patients and staff, and we must ensure that we are taking appropriate steps to protect them from harm. This includes assessing risks and supporting where necessary.”

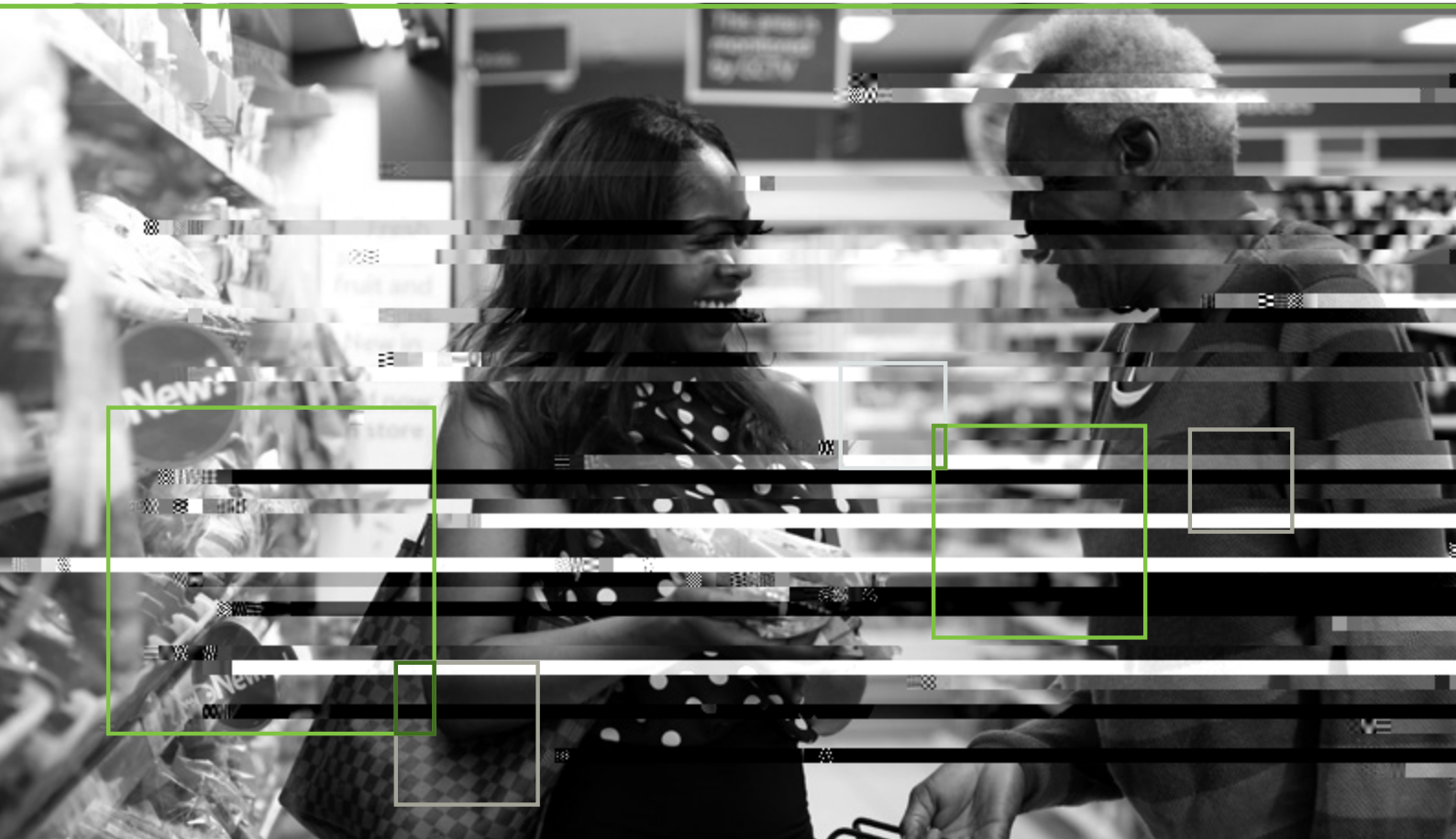
(Tees, Esk and Wear Valleys NHS Foundation Trust)

“We have a duty of care to our patients and staff, and we must ensure that we are taking appropriate steps to protect them from harm. This includes assessing risks and supporting where necessary.”

(Rethink)

Summary

Summary



Dilemma

W n ng n s n u s s n n n
un n n s n u s s s ng s n
n n ng n . n n n n u
n n n s n , u u ng s u .
n s s s g n un gn s u
s s n ng s s .
n u n n s n s n s u
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n u n nu u u n s n g
n n s n u s s
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un n' s an n s s ng u

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A A , A A A
A A A

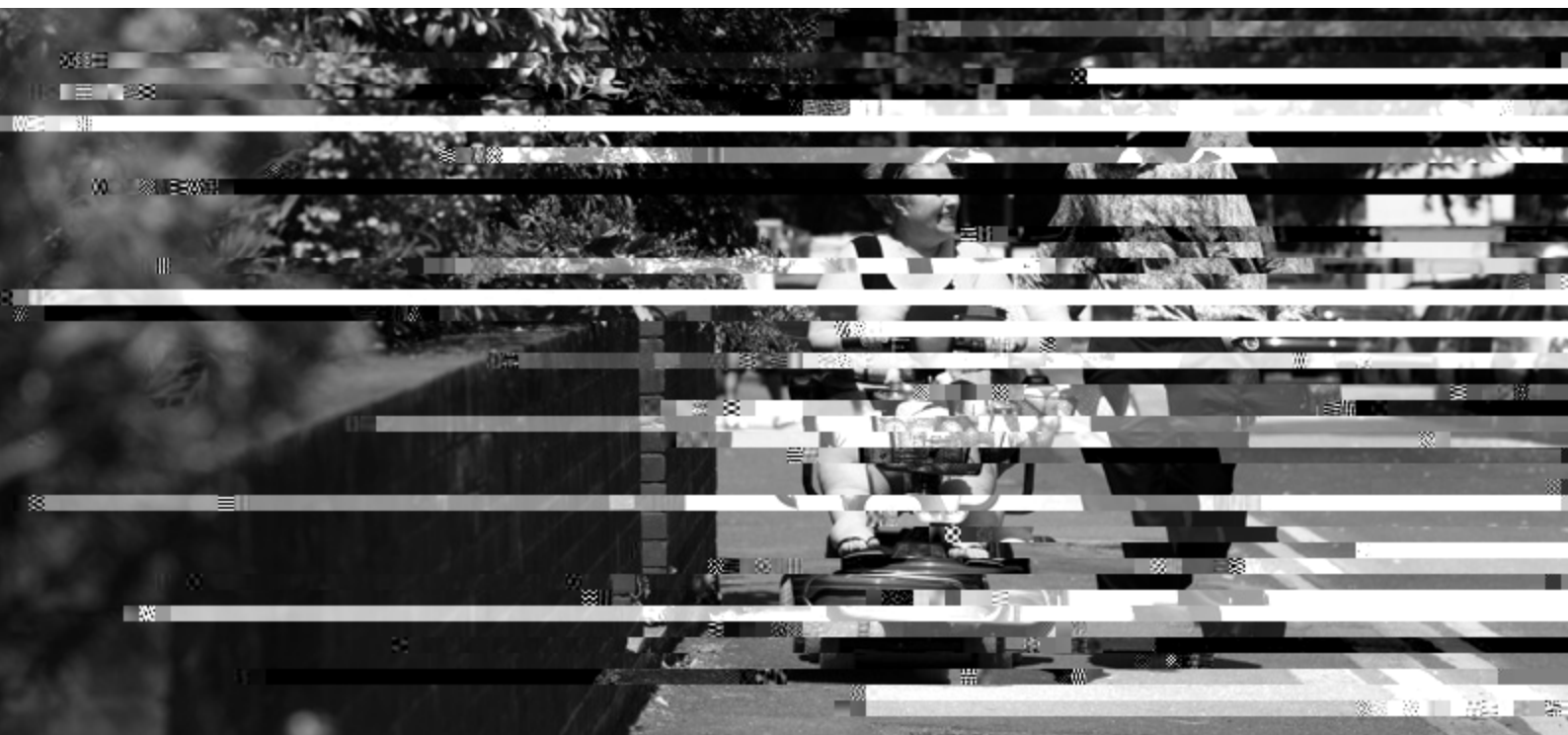
(Rethink)



Principle 7

Enable informed choice and control by appropriately supporting people who need care and support to make well-informed social care and lifestyle decisions, building on their strengths and personal resources

A
(Tees, Esk and Wear Valleys NHS Foundation Trust)



T s n u s

n ng s u n n n nu un ng n
n n n n u s n s
u s n

n u g ng n n nu n n ng n , n ng s ,
n g s s u - n , s ng n s n

ng n s s un s s s gn ngu g
() n n

Dilemma

n n, ung n u s g n n u s
n u s u s s g ng , s n n s
u u n s n n u ng n n u u
n n s n s n n u u .
n n s un s s ung n ng g n u ng

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n n n ng

n n u u g u s n n - n s s
s s un un n u un n s

△ △ △
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△

(Rethink)

Principle 9

Promote creative activities that are meaningful to the individual to enable the best possible quality of life and fulfilment

“...the importance of creative activities in promoting the quality of life and fulfilment of people with learning disabilities.”
(Satash Community Care)

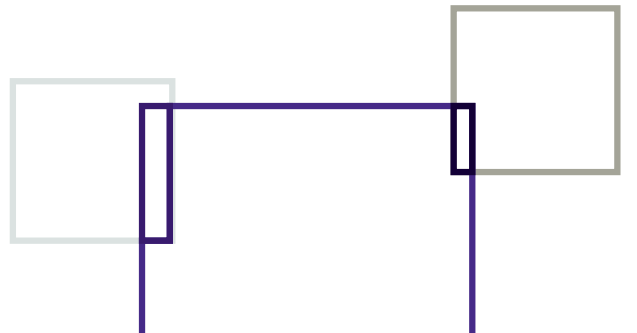
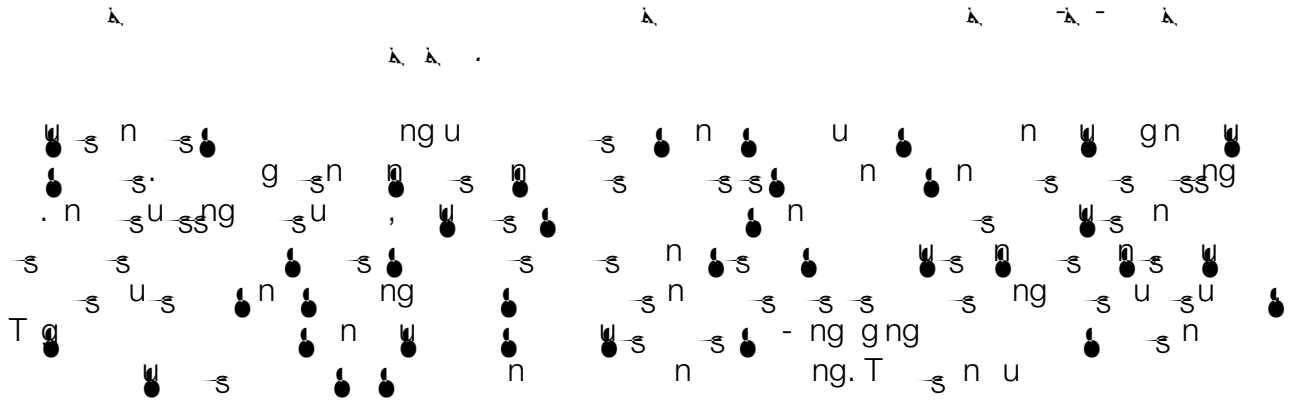
“...the importance of creative activities in promoting the quality of life and fulfilment of people with learning disabilities.”
(Tees, Esk and Wear Valley NHS Foundation Trust)

Summary

Summary text consisting of various characters and symbols, including letters, numbers, and punctuation, arranged in a grid-like pattern.



Situation



Principle 10

Enable capacity and confidence building in people who need care and support to maintain their independence and control by supporting them in managing risk-taking activities, lifestyle decisions and setting goals

“ *B... ..* ”
(Rethink)

“ *b'... ..* ”
(Satash Community Care)

Summary

n u g n g n u ng n nu s u s s, n n
n ng. T s s ng u s n
n n s s n n n , n n
n s s s , ng. n n
s ng s ng s s s n s



Situation

a. n ng s u s n s u , n qu s s n gng s
 n n n nu ng n n n . u n u ng
 u s n un n g s s n ng. n s u s s n ng s
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 s n qu s s u n gng un n n s n s
 ng s . u s n n n s n s
 n n s n u u s n n s n gng s

n n ng n gn n n n g n s s n
 s n s n ng. s s n nng n s n s n
 n u gng n s s u s s n s n s n
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 g s n u g ng u g ng n ss s s s u g
 n ng n u ng n s s n g n s s

Dilemma

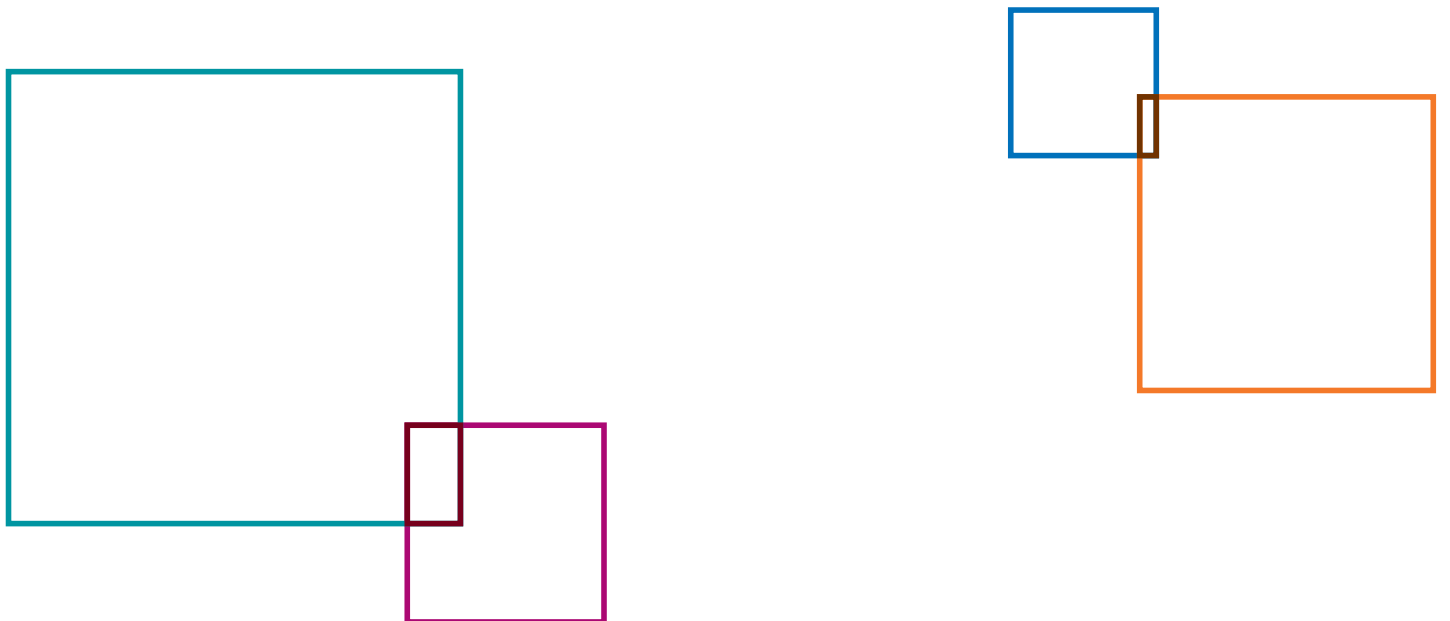
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s un u ng u s n s
ng n n u s s n s n n s ng s
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s s n u g n s
s u ng u s n g n u ng n nun n s n ng
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Dilemma

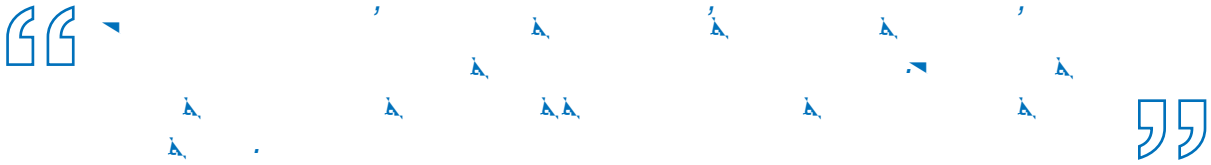
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u u s n s n n u n n n n n
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“ A ”
(Satash Community Care)



Key area 2

All staff should demonstrate key personal qualities relevant to social care



(Tees, Esk & Wear Valley NHS Foundation Trust)



(Rethink)

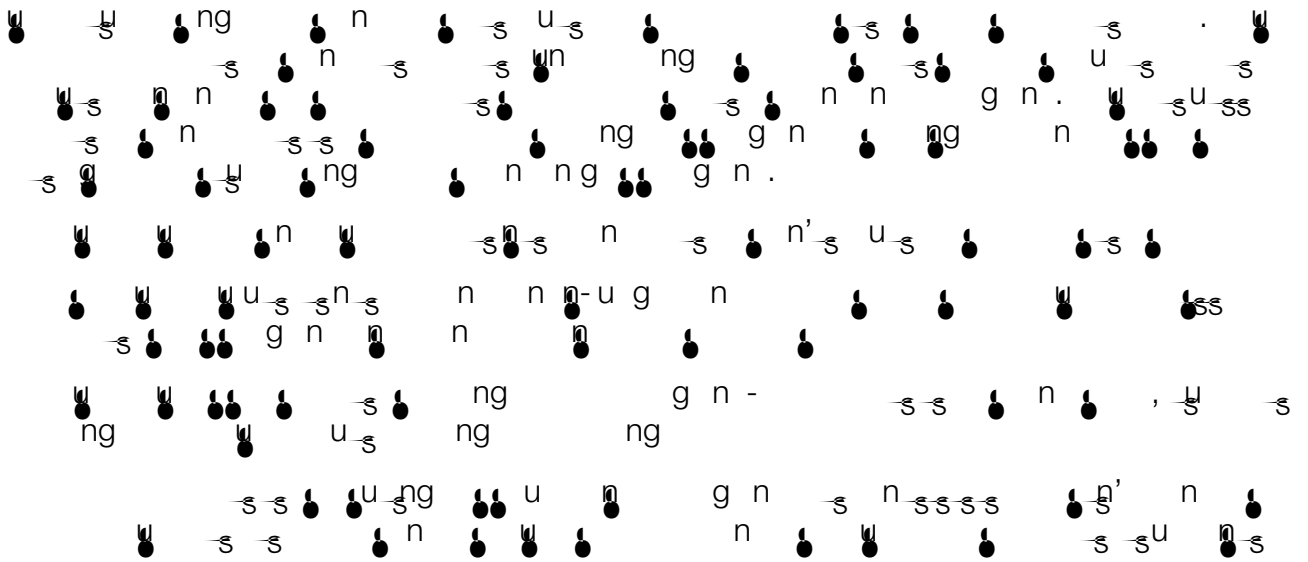
Summary

Summary text area with a blue background and white text.

Situation

Situation text area with a white background and black text.

Dilemma



(Tees, Esk and Wear Valleys NHS Foundation Trust)

