

## Triads for Skills Practice

Triads in skills practice are a structured format where participants take on three roles: mental health first aider, person needing help (client), and observer. This setup allows for an understanding of the therapeutic process and individual skills development.

The client reads the information in the scenario and then presents as a person with this issue, the MHFA responds using active listening skills, and the observer provides feedback. This dynamic helps MHFAs to:

**Practice and refine their skills:** Each role offers a different perspective on the situation, allowing them to learn from various viewpoints.

**Enhance self-awareness:** By observing their own interactions, MHFAs can identify areas for improvement and gain insights into their emotional responses.

**Improve interpersonal skills:** The role of the MHFA requires empathy and active listening, while the role of the observer demands constructive feedback and understanding of the situation.

**Build confidence:** Engaging in triads can lead to increased comfort and competence in using therapeutic skills in real-world scenarios.

Triads are a valuable tool for Mental Health First Aid training, providing a supportive environment for skill acquisition, self-reflection, and peer feedback.



# Scenarios for Skills Practice

## STAFF -

Bereavement: Client recently lost a loved one to cancer. Appears very sad, sometimes angry, expressing guilt. Avoids being with others. Appears tired.

Stress: Client is experiencing stress and anxiety related to their job. High pressure job / lots of deadlines. Appears anxious and overwhelmed. Sometimes struggling to perform their job effectively. Headaches and stomach aches.

Communication: Client is having communication issues at work. Arguing with colleagues, misinterpreting situations, feeling excluded, lots of disagreements about small things.

Unassertive: Client is having issues around their interactions with colleagues, specifically capitulating to others, helping with other peoples work at the detriment to their own, not contributing in discussions etc.

## STUDENTS -

Overwhelmed student: Client is a student feeling overwhelmed by academic and extra curricular commitments. They are struggling with the volume of work & wanting to get good grades and also have a lot of other curricular commitments. Seems tired , visibly distressed, dark circles under eyes, apparent lack of appetite and lack of communication with friends.

Angry student: Client is a student that became very upset during a lunch time, and threw a drink in another students face. They are normally very controlled and are horrified at their uncharacteristic behaviour, but they seem to have been getting angry recently.

Self image student: Client is a student that is in a distressed state. They have a feeling that they are not popular , they “get it wrong” in the social scene and are left out of things.

Body issues: Client is a student that has been identified as losing a lot of weight recently, is never seen at lunch times, seems withdrawn as well as tired and lethargic. Wearing long sleeved. Baggy clothes.