Prifysgol Glyndŵr University

MODULE SPECIFICATION FORM

Module Title: Introduction to Mental Health	Level: 4	Credit Value: 20

Module code: SOC431 (if known)	Cost Centre: GANG	JACS3 code*: L510

Trimester(s) in which to be offered:	With effect from: September 2016

Office use only: To be completed by AQSU:	Date approved: August 2015 Date revised: July 2016 Version no: 2

Existing/New: Existing	Title of module being replaced (if any):

Originating Academic Department:	Social & Health Sciences	Module Leader:	Justine Mason

Module duration (total hours)	200	Status: core/option/elective (identify programme where appropriate):	Core
Scheduled learning & teaching hours	30		
Independent study hours	170		
Placement hours			

Programme(s) in which to be offered: FdA Health and Social Care	Pre-requisites per programme (between levels):

Module Aims: The module aims to foster an understanding of common mental health disorders and their impact on the person and society, with particular reference to recovery models. It further aims to develop the learners' self-awareness in relation to their own perceptions of, and attitude towards, those experiencing mental ill health. It will address the 'Ten Essential Shared Capabilities' framework.

Intended Learning Outcomes:

At the end of this module, students should be able to ...

1. Understand the concepts of mental health and mental illness.
2. Appreciate the capabilities required to practice in a mental health setting.
3. Demonstrate an understanding of the concept of personal recovery.
4. Explore own attitudes in relation to mental health and mental illness.
5. Develop an appreciation of the use of self within the context of the reduction of stigma.

Key skills for employability

1. Written, oral and media communication skills.
2. Opportunity, creativity and problem solving skills.
3. Information technology skills and digital literacy.
4. Information management skills.
5. Research skills.
6. Learning to learn (managing personal and professional development, self-management).

Assessment:

Assessment 1: Students will take part in an assessed online forum via Moodle.

Assessment 2: Students will submit a reflective piece of work in which they will consider their own attitudes towards mental health and mental illness and their role in the reduction of stigma towards those experiencing mental ill health.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting	Duration (if exam)	Word count (or equivalent if appropriate)
1	1,,3,5	Coursework	40%		500
2	2, 4, 5	Reflective Practice	60%		1500

Learning and Teaching Strategies:

Learning and teaching strategies for this module will include classroom lectures, online forums, group discussion, media resources and the University's VLE.

Syllabus outline:

- mental health and illness
- models of mental illness
- diagnostic criteria/stigma/ recovery
- the 'ten essential shared capabilities' framework
- mental health and the media
- mental health worldwide

- mental health law
- the role of the third sector in mental health care
- alternative approaches to mental health support – the use of sport, arts and the humanities
- therapeutic use of self

Bibliography:

Recommended reading:

Filer, N., 2014. *The shock of the fall.* London: Borough Press.
O'Donnell, D., 2012. *The locked ward - memoirs of a psychiatric orderly.* London: Jonathan Cape.
Pilgrim, D., 2014. *Key concepts in mental health.* 3rd ed. London: Sage.

Mental Health Foundation (2007) Fundamental Facts available from
http://www.mentalhealth.org.uk/content/assets/PDF/publications/fundamental_facts_2007.pdf
?view=Standard

Department of Health (2004) *The Ten Essential Shared Capabilities* available from
http://www.iapt.nhs.uk/silo/files/10-essential-shared-capabilities.pdf

Health and Social Care Information Centre (2011) *Attitudes to Mental Illness – 2011 Survey Report* available from http://www.hscic.gov.uk/catalogue/PUB00292/atti-ment-illn-2011-sur-rep.pdf