

When printed this becomes an uncontrolled document. Please access the Module Directory for the most up to date version by clicking [here](#).

<b>Module Code:</b>	HLT707
---------------------	--------

<b>Module Title:</b>	Strategies and innovations for developing health, mental health and wellbeing
----------------------	---

<b>Level:</b>	7	<b>Credit Value:</b>	30
---------------	---	----------------------	----

<b>Cost Centre(s):</b>	GAHW	<u>HECoS</u> code:	100653
------------------------	------	--------------------	--------

<b>Faculty</b>	SLS	<b>Module Leader:</b>	Rachel Byron
----------------	-----	-----------------------	--------------

Scheduled learning and teaching hours	20 hrs
Placement tutor support	0 hrs
Supervised learning eg practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total contact hours</b>	<b>20 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	280 hrs
<b>Module duration (total hours)</b>	<b>300 hrs</b>

<b>Programme(s) in which to be offered (not including exit awards)</b>	Core	Option
MSc Health, Mental Health and Wellbeing	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Also validated as stand alone delivery		

<b>Pre-requisites</b>
None.

<b>Office use only</b>		
Initial approval:	20/05/2020	Version no: 1
With effect from:	28/09/2020	
Date and details of revision:		Version no:

## Module Aims

In a rapidly changing society where public health, mental health and wellbeing challenges are increasingly complex and continually evolving, a strategic and innovative approach is needed. This module will provide students with knowledge and understanding related to new and existing strategies for developing health, mental health and wellbeing at individual, community, national and international levels. It will explore the evidence-base and practicalities associated with different strategies, as well as encourage students to think innovatively and creatively in relation to health, mental health and wellbeing improvement and promotion.

## Module Learning Outcomes - at the end of this module, students will be able to

1	Demonstrate critical awareness of the types of strategies that could be employed at individual, community, national and international levels
2	Critically identify and discuss examples of strategies for developing health, mental health and wellbeing
3	Critically appraise the evidence base underpinning particular strategies for developing health, mental health and wellbeing
4	Suggest effective innovations and/or improvements related to strategies for developing health, mental health and wellbeing

<b>Employability Skills The Wrexham Glyndŵr Graduate</b>	<b>I = included in module content A = included in module assessment N/A = not applicable</b>
<b>CORE ATTRIBUTES</b>	
Engaged	I
Creative	IA
Enterprising	I
Ethical	I
<b>KEY ATTITUDES</b>	
Commitment	I
Curiosity	I
Resilient	I
Confidence	I
Adaptability	I
<b>PRACTICAL SKILLSETS</b>	
Digital fluency	IA
Organisation	IA
Leadership and team working	I

<b>Employability Skills The Wrexham Glyndŵr Graduate</b>	<b>I = included in module content A = included in module assessment N/A = not applicable</b>
Critical thinking	IA
Emotional intelligence	I
Communication	IA

<b>Derogations</b>
None.

<b>Assessment:</b>			
Indicative Assessment Tasks:			
Students will be required to produce a 5,000-word report that provides either of the following:			
<ul style="list-style-type: none"> <li>• A rationale for a new strategy for developing health, mental health and/or wellbeing</li> <li>• An evaluation of an existing strategy for developing health, mental health and/or wellbeing</li> </ul>			
In both cases, students should critically appraise the evidence base relevant to their strategy			
Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1 to 4	Report	100%

<b>Learning and Teaching Strategies:</b>
<p>Core aspects of the module will be delivered on a weekly basis in a classroom setting (approx. 20 hours in total), which will be captured via lecture capture software such as Panopto. The software will capture the visual and audio aspects of the sessions and the recordings will be made available on the Virtual Learning Environment (VLE) to all students, alongside directed study. Students will be able to self-select which sessions they will attend face-to-face and which they will access by viewing online. It will be encouraged, but not required, that students attend a minimum of 5 scheduled learning and teaching hours relevant to the module, although they can study entirely online should they choose to.</p> <p>Learning and teaching activities in the classroom and VLE will include lectures, discussions, case studies, simulations, problem-based learning, workbooks, key readings and reflective activities.</p>

<b>Syllabus outline:</b>
The content will be updated regularly to reflect the evolving nature of the public health, mental health and wellbeing landscape, however, indicative content is as follows:

### Syllabus outline:

- Models for promoting health, mental health and wellbeing
- Macro, meso and micro strategies
- Co-production
- Campaigns and movements
- Education programmes
- Social prescribing
- Community care hubs
- The Life Rooms
- Brief psychological interventions

### Indicative Bibliography:

#### Essential reading

Brown, J., Learmonth, A. and Mackereth, C. eds. (2015), *Promoting Public Mental Health and Well-being: Principles into Practice*. London: Jessica Kingsley Publishers.

Green, J., Cross, R., Woodall, J. and Tones, K. (2019), *Health Promotion: Planning and Strategies*. (4th ed). London: Sage.

Hubley, J., Copeman, J. and Woodall, J. (2013), *Practical Health Promotion*. Cambridge: Polity Press.

Jones, L. and Douglas, J. eds. (2012), *Public Health: Building Innovative Practice*. London: Sage.

#### Other indicative reading

Arxer, S. and Murphy, J. eds. (2019), *Community-Based Health Interventions in an Institutional Context*. Cham, Switzerland: Springer.

Barry, M., Clarke, A., Peterson, I. and Jenkins, R. eds. (2019), *Implementing Mental Health Promotion*. 2<sup>nd</sup> ed. Cham, Switzerland: Springer.

Bunston, W. and Jones, S. eds. (2020), *Supporting Vulnerable Babies and Young Children: Interventions for Working with Trauma, Mental Health, Illness and Other Complex Challenges*. London: Jessica Kingsley Publishers.

Eldredge, K. et al. (2016), *Planning Health Promotion Programs: An Intervention Mapping Approach*. 4<sup>th</sup> ed. San Francisco: John Wiley and Sons Ltd.

Faulconbridge, J., Hunt, K. and Laffan, A., eds. (2018), *Improving the Psychological Wellbeing of Children and Young People: Effective Prevention and Early Intervention Across Health, Education and Social Care*. London: Jessica Kingsley Publishers.

### **Indicative Bibliography:**

Hodgins, M., Fleming, P. and Griffiths, J. (2016), *Promoting Health and Well-being in the Workplace: Beyond the Statutory Imperative*. London: Red Globe Press.

Muldoon, O., Kinsella, E. and Fortune, D. (2016), *Better Together: A Joined-Up Approach to Health, Wellbeing and Rehabilitation*. Lausanne: Frontiers Media SA.

Price, M. (2009), *Social Enterprise: What It Is and Why It Matters*. 2nd ed. Wales: Fflan Ltd.

Ridley-Duff, R. and Bull, M. (2016), *Understanding Social Enterprise: Theory and Practice*. 2nd ed. London: SAGE Publications Ltd.

Thompson, S. (2014), *The Essential Guide to Public Health and Health Promotion*. Oxon: Routledge.

Williamson, A. (2008), *Brief Psychological Interventions in Practice*. West Sussex: John Wiley and Sons Ltd.

Wilson, F., Mabhala, M. and Massey, A. (2015), *Health Improvement and Well-Being: Strategies for Action*. Berkshire: McGraw-Hill

### **Key Journals:**

Community Mental Health Journal  
Critical Public Health  
European Journal of Public Health  
Health & Social Care in the Community  
Health Education & Behavior  
Health Education Journal  
Health Promotion International  
Health Promotion Practice  
International Journal of Public Health  
International Journal of Qualitative Studies on Health and Well-being  
Journal of Community Health  
Journal of Health and Social Behavior  
Journal of Public Health  
Journal of Public Health Management & Practice  
Journal of Public Health Policy  
Mental Health & Prevention  
The Lancet  
The Lancet Child & Adolescent Health  
The Lancet Global Health  
The Lancet Public Health  
Public Mental Health  
Society and Mental Health