

SUBJECT OUTLINE FOR CROSS-INSTITUTIONAL STUDIES

Subject code and name	HSW714 Mental Health and Wellness		
Program	Health and Social Wellbeing	Credit points	6
Subject coordinator	Dr Susan Sumskis	Duration	5 weeks
Level	AQF 7 - Bachelor		
Prerequisites	Nil		
Equivalent subject	Nil		
Student workload	No of timetabled hours:	40 hours	
	No of personal study hours:	120 hours	
	Total workload hours:	160 hours	
Mode of delivery	<input checked="" type="checkbox"/> Face to face <input checked="" type="checkbox"/> Intensive (provide details below)		
	<p>The subject is delivered over 5 weeks of full-time study.</p> <ul style="list-style-type: none"> - Week 1 is preliminary reading. - Week 2 is face-to-face intensive learning for 5 days, Monday to Friday on campus at NTI. - Weeks 3 – 5 are self-study and preparation of assignments supported by the subject lecturer through email and consultation as required and access to online teaching resources. <p>Total hours of face-to-face classes exceed the standard scheduled teaching hours of a typical semester-length subject offered in this discipline by universities.</p>		

2.1 Subject Description

A state of wellbeing is defined as every individual having the opportunity to realise their own potential, cope with the normal stresses of life, work productively and contribute to their community. Rapidly evolving evidence and the emergence of new research technologies are forcing revision of historical truths, beliefs, tradition and approaches to mental health and wellness. This subject explores recent developments in our understanding of mental health and wellbeing, including severe challenges to mental health and the associated impact on the lives of people having these experiences and their families and communities.

2.2 Learning Outcomes

- 1) Critically discuss and analyse attitudes and responses to mental health and severe challenges to mental health
- 2) Demonstrate knowledge of relevant legislation such as state Mental Health Acts, Australian Human Rights Commission Act and the Disability Discrimination Act
- 3) Synthesise and articulate approaches to mental health and wellness, including positive perspectives, strengths-based approach, facilitation of recovery, resilience and citizenship
- 4) Demonstrate skill in the selection and application of a range of interventions and techniques concerned with people's values, needs, goals and wellness

2.3 Subject topics

- 1) **Stereotype and stigma**
 - Environment, culture, adaptive ability
 - Family, community, professional services, government policy and planning
 - Antecedents
 - Promotion of resilience, attachment, a sense of belonging and empowerment
- 2) **Mental health and wellness**
 - Genetic theories, vulnerability and resilience
 - Mental health and wellness across the lifespan
 - Adversity and growth
 - Early identification and intervention
 - Changes within mood, thought and behaviour
 - Equanimity and equilibrium
- 3) **Therapeutic approaches**
 - Wellness, personal responsibility and the dignity of risk
 - Social justice and human rights
 - Buddhist perspectives
 - Legislation, ethics, compassion and care
 - Therapeutic communication and modalities

2.4 Assessment

Assessment tasks			
Type	Due	Weighting	Learning outcomes
Group class presentation and discussion at Intensive Workshops (15 minutes)	Week 2	20%	1, 2, 3, 4
Reflective journal based on personal beliefs, values and attitudes towards mental health (1,500 words)	Week 3	30%	1, 3
Group project on contemporary mental health promotion (2,000 words)	Week 5	55%	1,2,3,4,6