

SUBJECT OUTLINE

SECTION 1 – SUBJECT SUMMARY

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
List of courses that will offer this subject	Cross institutional		
Level	Bachelor		
Indicate core or elective	<input type="checkbox"/> core <input checked="" type="checkbox"/> elective for cross institutional students		
Prerequisite	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 on-site <input checked="" type="checkbox"/> E- learning (online) <input checked="" type="checkbox"/> Intensive (provide details below)		
	<p>The subject is delivered over 5 weeks of full-time study.</p> <p>Week 1 is preliminary reading; week 2 is intensive face-to-face lectures and other teaching and learning activities on campus; weeks 3 - 5 are self-study and assessment supported by the Course Coordinator/Lecturer through email and consultation as required and by online teaching resources.</p> <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> <p>Students studying their course part-time can negotiate longer time for submission of assessment tasks.</p>		

SECTION 2 – SUBJECT INFORMATION

2.1 Subject Description

Provide a summary of approximately 100 words that gives a concise outline of the subject

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 fruitfully and make a contribution to their community. Rapidly evolving evidence and the emergence of new research technologies are forcing revision of historical truths, beliefs, traditions 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

Provide the key knowledge and skills which student would be expected to attain by successfully completing this subject (numbered list)

- a) Critically discuss and analyse attitudes and responses to mental health and severe challenges to mental health.
- b) Demonstrate knowledge of relevant legislation such as state Mental Health Acts, Australian Human Rights Commission Act and the Disability Discrimination Act.
- c) Synthesise and articulate approaches to mental health and wellness, including positive perspectives, strengths based approach, facilitation of recovery, resilience and citizenship.
- d) 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 Content and Structure

Provide details in the table below, the subject content and how it is structured, including practical components such as laboratory, studio and work – based placements

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Stereotype and stigma (12 hours)

- Environment, culture, adaptive ability
- Family, community, professional services, government policy and planning
- Antecedents
- Promotion of resilience, attachment, a sense of belonging and empowerment

Mental health and wellness (12 hours)

- 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

Therapeutic approaches (16 hours)

- Wellness, personal responsibility and the dignity of risk
- Social justice and human rights
- Buddhist perspectives
- Legislation, ethics, compassion and care
- Therapeutic communication
- Therapeutic modalities

2.4 Assessment

Assessment Task			Learning outcomes for subject related to assessment task.(Use number from Learning Outcomes table
Type	When assessed- Year, session and week	Weighting (% of total marks for subject)	
Group class presentation and discussion at Intensive Workshops (15 minutes)	Week 2	20%	(a), (b), (c), (d)
Reflective journal based on your beliefs, values and attitudes towards mental health (1,500 words)	Week 3	30%	(a), (c),
Group project on contemporary mental health promotion (2,000 words)	Week 5	50%	(a), (b), (c), (d)

2.5 Prescribed and Recommended Readings

Provide below, in formal reference format, a list of the prescribed and recommended readings for the subject

Prescribed texts

There are no prescribed texts for this subject. Students are expected to read relevant journals and magazines. The lecturer will provide guided readings and supplementary references to academic and professional articles of current interest in the study guide.

Recommended reading

Carmichael, T 2011, Happy mind formula: your action plan to mental and physical wellbeing, Happy Mind Formula, Mooloolaba, QLD, Australia.

De Silva, P. 2001. 'Humanistic Buddhism and Mental Health: Therapy and Prevention'. Hsi Lai Journal of Humanistic Buddhism, volume 2.

Edlin, G & Golanty, E 2010, Health and wellness, Jones & Bartlett Publishers, Sudbury, Massachusetts, USA.

Goffman, E 1986, Stigma: Notes on the management of spoiled identity, Prentice-Hall, Englewood Cliffs, New Jersey, USA.

Guruge, AWP 2002, Humanistic Buddhism for social well-being, Buddha's Light Publications, Los Angeles, USA.

Huppert, F, Baylis, N, Keverne, B 2005, The science of well-being, Oxford University Press, Oxford, England.

Kashdan, T & Ciarrochi, J 2013, Mindfulness, acceptance, and positive psychology: The seven foundations of well-being, Context Press, Oakland, California, USA.

Mental Health Coordinating Council 2015, MHCC Mental Health Rights Manual, 4th edn. Mental Health Coordinating Council Inc, Lilyfield, NSW Australia.

Mental Health Coordinating Council 2013, Recovery oriented language guide, MHCC <http://mob.mhcc.org.au/media/5913/valued-status-recovery-oriented-language-guide-2012-12-14.pdf>

Procter, N, Hamer, H, McGarry, D, Wilson, R & Froggatt, T 2014, Mental Health: A person-centred approach, Cambridge University Press, Port Melbourne, Australia.

Sumskis, S, Moxham, L. & Caputi, P 2016, 'Meaning of resilience as described by people with schizophrenia', International Journal of Mental Health Nursing, online: 14 Nov 2016, DOI: 10.1111/inm.12268.

Wallace, BA & Shapiro, SL 2006, 'Mental balance and wellbeing: building bridges between Buddhism and western psychology, American Psychologist, vol., 62, no. 7, pp. 690-701.

World Health Organisation 2010, Mental health and development: targeting people with mental health conditions as a vulnerable group, WHO, Geneva.

World Health Organisation 2004, Voices from the shadows: a selection of letters addressed to the WHO Department of Mental Health and Substance Abuse. 1994-2002, WHO Department of Mental Health and Substance Dependence, Geneva, Switzerland.