

PSYC90062 Mental Health and Young People

Credit Points:	12.5
Level:	9 (Graduate/Postgraduate)
Dates & Locations:	2015, Parkville This subject commences in the following study period/s: Semester 2, Parkville - Taught online/distance.
Time Commitment:	Contact Hours: A total of 120 hours: includes participation in on-campus sessions, reading course materials, independent study and completion of all learning activities and assessment. Total Time Commitment: Not available
Prerequisites:	None
Corequisites:	None
Recommended Background Knowledge:	None
Non Allowed Subjects:	None
Core Participation Requirements:	For the purposes of considering requests for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Students Experiencing Academic Disadvantage Policy, academic requirements for this subject are articulated in the Subject Overview, Objectives, Assessment and Generic Skills sections of this entry. It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability may impact on meeting the requirements of this subject are encouraged to discuss this matter with a Faculty Student Adviser and the Disability Liaison Unit: http://www.services.unimelb.edu.au/disability/
Coordinator:	Mrs Monica Hedges
Contact:	Andrea Krelle, andrea.krelle@mcri.edu.au
Subject Overview:	This subject introduces conceptual frameworks for understanding mental health in young people and the importance of social contexts for mental health. The subject analyses the emotional dimensions of mental health and assists professionals to recognise emotional distress of a young person and ways that it can be manifested. The subject includes a skill-building component to allow professionals to work with young people within professional boundaries and accountabilities and gain an understanding of when and how to refer.
Learning Outcomes:	This subject is designed to enable students to: <ul style="list-style-type: none"> # recognise cultural diversity in understanding mental health; # examine epidemiology of mental health disorders in young people; # describe conceptual frameworks for understanding mental health in young people; # recognise the dimensions of emotional stress, how it is displayed and how it is linked to thought patterns, feelings and physical health; # awareness of professional boundaries and assumptions that professionals bring to the context.
Assessment:	Hurdle Requirement (Satisfactory/Unsatisfactory) : Introductory Learning Activity (Max: 500 words) 40% : Analysis of Motivational Interviewing Strategies (Max: 2,000 words) - Due mid semester 60% : Written Assignment (Max: 2,500 words) - Due end of semester
Prescribed Texts:	N/A
Breadth Options:	This subject is not available as a breadth subject.

Fees Information:	Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees
Generic Skills:	<p>This subject is designed to enable students to:</p> <ul style="list-style-type: none"> # recognise cultural diversity in understanding mental health; # examine epidemiology of mental health disorders in young people; # describe conceptual frameworks for understanding mental health in young people; # recognise the dimensions of emotional stress, how it is displayed and how it is linked to thought patterns, feelings and physical health; # awareness of professional boundaries and assumptions that professionals bring to the context. <p>On completion of this subject it is expected that students will be able to:</p> <ul style="list-style-type: none"> # develop a repertoire of strategies to engage young people and families using motivational interviewing techniques; # assess the situational context to identify risk and resilience factors in a young person's life; # observe behaviours and recognise how they link to emotional distress; # develop approaches to ensuring confidentiality, appropriate referral, and risk management.
Related Course(s):	Graduate Certificate in Adolescent Health and Welfare Graduate Certificate in Adolescent Health and Wellbeing Graduate Diploma in Adolescent Health and Welfare Graduate Diploma in Adolescent Health and Wellbeing Graduate Diploma in Mental Health Science Master of Adolescent Health & Welfare Master of Adolescent Health & Wellbeing Master of Mental Health Science