

Module Specification

Module Summary Information

1	Module Title	Adolescence and Mental Health
2	Module Credits	20
3	Module Level	Level 6
4	Module Code	LBR6530
5	Semester Taught	1 and 2

6	Module Overview
<p>Welcome</p> <p>Welcome to the online distance learning ‘adolescence and mental health’ module.</p> <p>This level 6 distance learning online module examines the factors influencing the emotional and mental health during adolescence, the role of family, mental health, education, and social care and health services.</p> <p>This module aims to provide you with a flexible, supportive, and theory-practice led framework of learning which intends to foster and develop your awareness and critical analysis of trauma, loss, and abuse and the immediate and longer-term effects this can have on the emotional and mental health of adolescents.</p> <p>Adolescence is a key developmental period characterised by rapid physical, emotional, and social growth and increasing independence (Thompson <i>et al.</i> 2012). Traumatic events, different forms of loss and abuse can have a significant and detrimental impact on the psychological and mental health and wellbeing of young people. Trauma, loss, and abuse in childhood and adolescence can contribute to young people presenting with features of post-traumatic stress disorder, depression, anxiety, emotional dysregulation, eating disorders, self-harm, suicidal ideation, early onset psychosis, and other mental health diagnoses (DH 2011; 2015; DSM-V).</p> <p>Critically analysing and reflecting on the multiplicity of biopsychosocial factors influencing adolescent development, the role of multidisciplinary services, safeguarding policies, assessment, and interventions offered to young people and families during this module will enhance your professional development and practice-led knowledge.</p> <p>This module aligns with the Professional Practice Programme philosophy and is designed to be flexible, and practice led. You will have the opportunity to develop skills of enquiry, reflection and problem solving.</p> <p>A distance learning approach is taken (incorporating both online classroom and online activities via Moodle) in line with the University’s learning and teaching strategy. You will be encouraged to think critically and share practice experiences with your fellow students, as well as engaging in both directed and self-directed learning activities. You will be an active partner in your own learning and development and in return you will receive regular feedback and feedforward aimed at developing your academic skills and can discuss your progress with the module team.</p> <p>This module is aimed at nursing and other allied health care professionals and clinicians currently practicing in child, adolescent, and young adult mental health settings.</p>	

7	Indicative Content
<p>This level 6 module will critically examine the incidence and nature of adolescent mental health problems, explore the role of child and adolescent mental health services and allied health, education, and social care services, introduce concepts of trauma, loss, and abuse, as well as concepts of family and domestic violence, and safeguarding policies:</p> <ul style="list-style-type: none"> - The incidence, nature and factors influencing adolescent mental health and wellbeing. - Trauma, loss and abuse and the immediate/ longer term consequences of adverse experiences. - The role of the multi-agency clinician and services completing child/ adolescent and family-centred assessments and interventions. - The role of family and the impact of domestic violence can have on adolescent development and mental health. - Multisystemic and biopsychosocial approaches to assessment and interventions offered to children and families. - Safeguarding policies and legislation influencing adolescent mental health and wellbeing and the role child and adolescent mental health services and allied professionals/ services play in protecting vulnerable children. 	

8	Module Learning Outcomes	
On successful completion of the module, students will be able to:		
1	Utilising academic skills, retrieve and apply appropriate evidence and knowledge to demonstrate critical arguments required at level 6.	
2	Critically discuss concepts of trauma, loss and abuse and consider the short and longer-term psychological impact this can have on adolescent mental health.	
3	Critically explore and reflect on your clinical role, the multidisciplinary team, and other services in assessing and responding to the mental health needs of adolescents.	
4	Critically analyse safeguarding policies and consider the role of the multidisciplinary team in identifying and protecting vulnerable adolescents.	

9	Module Assessment		
Learning Outcome Number <i>(from table 8)</i>	Coursework	Exam	In-Person
1-4			100%

10 Breakdown Learning and Teaching Activities		
Learning Activities	Hours	Details of Duration, Frequency and other comments
Scheduled Learning (SL) includes online lectures and workshops as specified in timetable	30 hours	2-hour online lectures x 15
Directed Learning (DL) includes placements, work-based learning, peer group learning external visits, on-line activity, Graduate+, peer learning, as directed on VLE	34 hours	3-hours asynchronous online content engagement x 10 4-hours online tutorial support.
Private Study (PS) includes preparation for exams	136 hours	Regular engagement with MOODLE-based learning resources, literature searching, reading, critical thinking and applying this to completion of module summative assessment
Total Study Hours:	200 hours	

11 | **Key Texts and Online Learning Resources**

No books are recommended as must-purchase titles, due to the individual nature of academic skill development, diversity of clinical backgrounds of students completing this module, and the well-resourced library. The following books/ articles/ reports are highly recommended and will be referred to throughout the module:

Baginsky, M., & Driscoll, J. (2022) Protecting and Safeguarding Children: A Multi-Agency approach. Bristol: Policy Press.

Costello, J. (2012) *Grief, Loss and Bereavement: Evidence and Practice for Health and Social Care Practitioners*. London, Routledge. (Available via BCU e-books).

DH (2015) *Future In Mind: Promoting, Protecting and Improving Our Children and Young People's Mental Health and Wellbeing*. Department of Health, NHS England.

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf

Gadd, D., Butler, I., Corr, M. L., Alger, S. & Fox, C. L. (2015) *Young Men & Domestic Abuse*. Electronic Resource available via BCU e-books.

Harris, R. (2018) Engaging with Complexity: Child and Adolescent Mental Health and Education. Taylor & Francis.

Thompson, M., Hooper, C, Laver-Bradbury, C, & Gale, C. (2012) *Child & Adolescent Mental Health Theory & Practice*. London, (2nd Edn.): Hodder Arnold.

Useful Websites

Dept. of Health; www.dh.gov.uk

Every Child Matters; www.everychildmatters.gov.uk

Young Minds; www.youngminds.org.uk

Family Today; www.nfi.org

Royal College of Psychiatrists; www.rcpsych.ac.uk

The Children's Society; www.the-childrens-society.org.uk

The National Children's Bureau; www.ncb.org.uk

The Trust for the Study of Adolescence. <http://www.tsa.uk.com>

Young People's Health Network. www.had-online.org.uk/yphn