

## Module Specification

### Module Summary Information

<b>1</b>	<b>Module Title</b>	Young Adult and Mental Health
<b>2</b>	<b>Module Credits</b>	20
<b>3</b>	<b>Module Level</b>	Level 6
<b>4</b>	<b>Module Code</b>	LBR6534
<b>5</b>	<b>Semester Taught</b>	2

<b>6</b>	<b>Module Overview</b>
<p><b>Welcome</b></p> <p>Welcome to the online distance learning 'young adult and mental health' module.</p> <p>This online level 6 module focuses on young adult emotional health and explores the risk and vulnerability factors that can contribute to serious and significant mental health problems.</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, or abuse and the immediate and longer-term effects this can had on the emotional and mental health of children and adolescence.</p> <p>Young adulthood is an instrumental developmental and transitional period during which one in four people may experience mental health problems, substance abuse, engaging in offending behaviours and engagement with mental health, social care and criminal justice services. (Thompson <i>et al.</i> 2012; DH 2012; RCN 2014; NHS England 2016). The Department of Health report, 'No Health Without Mental Health' (2012) strategy underlined the need to 'promote good mental health', ensure 'early intervention', and provide transitional services for young adults accessing mental health and allied services.</p> <p>Young adults who present mental health problems are more likely to be at the interface of social health, criminal justice, and forensic services and are vulnerable to presenting undiagnosed and complex mental health needs. The promotion of individual and social resilience, support, and safeguarding throughout early adulthood are paramount to lifelong health promotion and wellbeing (DH 2012; 2016).</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 have opportunities to 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 explore the incidence and nature of young adult mental health problems, discuss individual, interpersonal, and social risk and resilience factors which influence mental health in young adulthood and critically explore evidence-based approaches to assessment, intervention, and care offered to young adults presenting complex mental health needs and problems.</p> <ul style="list-style-type: none"> <li>- <b>Family dynamics, personal and interpersonal risk and resilience factors</b> shaping and mediating mental health and wellbeing.</li> <li>- <b>The role of the multi-agency clinician within health, social care, and allied professions</b> completing young adult &amp; family-centred assessments and interventions.</li> <li>- <b>The incidence and nature of early onset psychosis and</b> approaches to early intervention and health promotion.</li> <li>- <b>The incidence and nature of self-harming behaviours</b> and approaches to risk assessment and management.</li> <li>- <b>The incidence and nature of young adult offending, substance use</b> and the potential impact of adverse life experiences including trauma, loss, and abuse.</li> </ul>	

8	Module Learning Outcomes
<b>On successful completion of the module, students will be able to:</b>	
1	Utilising academic skills, retrieve and apply appropriate evidence and knowledge to demonstrate critical arguments required at level 6.
2	Critically discuss individual, interpersonal, and social risk and resilience factors which influence mental health in young adulthood.
3	Critically explore evidence-based approaches to assessment, intervention, and care offered to young adults presenting complex mental health needs and problems.

9	Module Assessment		
Learning Outcome Number <i>(from table 8)</i>	Coursework	Exam	In-Person
1, 2, 3	100%		

<b>10 Breakdown Learning and Teaching Activities</b>		
<b>Learning Activities</b>	<b>Hours</b>	<b>Details of Duration, Frequency and other comments</b>
<b>Scheduled Learning (SL)</b> includes online lectures and workshops as specified in timetable	30 hours	2-hour online lectures x 15
<b>Directed Learning (DL)</b> 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.
<b>Private Study (PS)</b> 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
<b>Total Study Hours:</b>	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:

Costello, J. (2012) *Grief, Loss and Bereavement: Evidence and Practice for Health and Social Care Practitioners*. London, Routledge.

Dolan, M, Rogers, p., & Soothill, K. (2008) *Handbook of Forensic Health*. London, Cullompton UK: Willan.

McQuaid, C. (2021) *Understanding Bereaved Parents & Siblings: A Handbook for Professionals, Family & Friends*. Milton: Taylor & Francis Group.

Radford, L, & Thiara, R. (2021) *Working with Domestic Violence & Abuse Across the Lifespan: Understanding Good Practice*. London: Jessica Kingsley Publishers.

Waite, R, & Ryan, R.A. (2019) *Adverse Childhood Experiences: what students and health professionals need to know*. Milton, Taylor & Francis Group.

*Yung, A.R, Cotter, J., McGorry, P.D. (2021) Youth mental health approaches to emerging mental ill-health in young people. London, Routledge.*