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|-----------------------|--------------------------------------------------------------------------------------------------|
| <b>Module Code</b>    | <b>ECCY7012</b>                                                                                  |
| <b>Title</b>          | <b>Supporting Children's Mental Health</b>                                                       |
| <b>Date</b>           | <b>04/03/2026</b>                                                                                |
| <b>Level</b>          | <b>7</b>                                                                                         |
| <b>Credits</b>        | <b>30</b>                                                                                        |
| <b>Pre-Requisites</b> | <b>None</b>                                                                                      |
| <b>DBS Check</b>      | <b>May be required <input type="checkbox"/> Not required <input checked="" type="checkbox"/></b> |

### AIM(S)

- To critically explore the factors influencing children's mental health and examine therapeutic and evidence-based strategies and interventions that support their emotional wellbeing.

### LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- demonstrate a critical awareness of children's mental health and well-being and their impact on the individual and their families, including how these needs are understood and supported through effective multi-agency and cross-sectoral working across education, health, and social care;
- critically appraise the theoretical frameworks underpinning therapeutic interventions for children's mental health, and assess their relevance in diverse educational and care settings;
- identify and evaluate a range of strategies and interventions that can be used to support the social, emotional, and mental health needs of children.

### INDICATIVE CONTENT

- Factors that influence the social, emotional, and mental health needs of children.
- Identifying risk and resilience factors.
- Exploring key issues such as anxiety and emotional reactivity.
- Trauma-informed practice and practical interventions, with attention to how trauma-responsive approaches are implemented collaboratively across agencies (e.g., schools, CAMHS, social services, family support teams).
- Adverse Childhood Experiences (ACEs) and building resilience, including cross-sector frameworks for early identification, information sharing, and coordinated support pathways.
- Identifying appropriate creative interventions and understanding how such approaches can be enhanced through interprofessional collaboration (e.g., teachers, therapists, youth workers, mental health practitioners).
- The therapeutic power of play and nature-based practices for young people.

## Study Time Allocation

The study time for the module is divided as follows:

| Activity type        | Hours      | Percentage  |
|----------------------|------------|-------------|
| Scheduled learning   | 30         | 10%         |
| Independent learning | 270        | 90%         |
| Placement learning   |            |             |
| <b>TOTAL</b>         | <b>300</b> | <b>100%</b> |

## ASSESSMENT

### Assessment Component 1

☐ Written exam      ☒ Coursework      ☐ Practical

| Mode of assessment | Volume      | Weighting |
|--------------------|-------------|-----------|
| Case study         | 4,000 words | 50%       |

### Assessment Component 2

☐ Written exam      ☐ Coursework      ☒ Practical

| Mode of assessment      | Volume     | Weighting |
|-------------------------|------------|-----------|
| Individual Presentation | 20 minutes | 50%       |

### Assessment Summary

| Activity type | Percentage  |
|---------------|-------------|
| Written exam  |             |
| Coursework    | 50%         |
| Practical     | 50%         |
| <b>TOTAL</b>  | <b>100%</b> |

## INDICATIVE READING LIST

| Module Code    | ECCY7012                                                                                                                                                                   |                                     |
|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Module Title   | Supporting Children's Mental Health                                                                                                                                        |                                     |
| Classification | Reading List entry                                                                                                                                                         | Electronic*                         |
| Essential      | Prowle, A., & Stobbs, N. (2025) <i>Supporting Children's Mental Health and Wellbeing</i> . Taylor & Francis.                                                               | <input type="checkbox"/>            |
| Essential      | Glazzard, J. & Bligh, C. (2018) <i>Meeting the Mental Health Needs of Children 4-11 Years</i> (Positive Mental Health). Critical Publishing Ltd                            | <input checked="" type="checkbox"/> |
| Essential      | Mason, C. Y., Asby, D., Wenzel, M., Volk, K. M., & Staeheli, M. (2021) <i>Compassionate school practices : fostering children's mental health and well-being</i> . Corwin. | <input checked="" type="checkbox"/> |
| Essential      | Laver-Bradbury, C, Thompson, MJJ, Gale, C, & Hooper, CM (eds) (2021) <i>Child and Adolescent</i>                                                                           | <input checked="" type="checkbox"/> |

|         |                                                                                                                                                                                                                       |                                     |
|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
|         | <i>Mental Health: Theory and Practice</i> , Taylor & Francis Group, Milton.                                                                                                                                           |                                     |
| Further | Rees, K., & Pimas, M. (2024) <i>The Mental Health and Wellbeing of Children and Young People with Learning Difficulties : A Guide for Educators</i> . (1st ed.). Jessica Kingsley Publishers.                         | <input checked="" type="checkbox"/> |
| Further | Landreth, G. L. (2023) <i>Play therapy: The art of the relationship</i> . Routledge.                                                                                                                                  | <input checked="" type="checkbox"/> |
| Further | Carotenuto, M. (2024) <i>Mental Health of Children and Adolescents in the 21st Century</i> . IntechOpen.                                                                                                              | <input checked="" type="checkbox"/> |
| Further | Hulburd, C. (2021) <i>Puppet-assisted play therapy : theory, research, and practice</i> . Routledge.                                                                                                                  | <input checked="" type="checkbox"/> |
| Further | Shotton, G, & Burton, S (2018) <i>Emotional Wellbeing: An Introductory Handbook for Schools</i> , Taylor & Francis Group, Milton.                                                                                     | <input checked="" type="checkbox"/> |
| Further | Brooks, R. (2019) <i>The Trauma and Attachment-Aware Classroom: A practical guide to supporting children who have encountered Trauma and Adverse Childhood Experiences</i> . Jessica Kingsley Publishers              | <input checked="" type="checkbox"/> |
| Further | Waite, R., & Ryan, R. A. (2020) <i>Adverse childhood experiences : what students and health professionals need to know</i> . Routledge.                                                                               | <input checked="" type="checkbox"/> |
| Further | Moore, J. E. (2021) <i>Developing Secure Attachment Through Play: Helping Vulnerable Children Build their Social and Emotional Wellbeing</i> . Routledge.                                                             | <input type="checkbox"/>            |
| Further | Harper, N., Rose, K., & Segal, D. (2019) <i>Nature-based therapy: A practitioner's guide to working outdoors with children, youth, and families</i> . New Society Publishers.                                         | <input checked="" type="checkbox"/> |
| Further | Courtney, J. A., Langley, J. L., Wonders, L. L., Heiko, R., & LaPiere, R. (Eds.). (2022) <i>Nature-based play and expressive therapies: Interventions for working with children, teens, and families</i> . Routledge. | <input checked="" type="checkbox"/> |
| Further | Dobud, W. W., & Harper, N. J. (2020) <i>Outdoor therapies</i> . Taylor & Francis.                                                                                                                                     | <input checked="" type="checkbox"/> |
| Journal | Child and adolescent mental health.                                                                                                                                                                                   | <input checked="" type="checkbox"/> |
| Journal | Journal of child & adolescent trauma.                                                                                                                                                                                 | <input checked="" type="checkbox"/> |
| Journal | Journal: Attachment & human development.                                                                                                                                                                              | <input checked="" type="checkbox"/> |
| Journal | International journal of emotional education.                                                                                                                                                                         | <input checked="" type="checkbox"/> |
| Website | <a href="https://www.healthcaretoolbox.org">https://www.healthcaretoolbox.org</a>                                                                                                                                     | <input checked="" type="checkbox"/> |