

MODULE CODE: M5X02248
TITLE: Culture and Community
LEVEL: 5
CREDITS: 20

JACS CODE: C846

AIM(S)

- To develop students' critical understanding of how different societies and cultures view mental health and the implications of this for diagnosis and treatment
- To develop an in-depth knowledge of the effectiveness of community-based approaches to tackling mental health problems
- To develop students' ability to reflect on their own cultural sensitivities, attitudes and beliefs and how these may influence their practice

LEARNING OUTCOMES

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

- Discuss the extent to which variations or similarities exist between cultures and societal groups in terms of prevalence, incidence and treatment of mental health
- Evaluate the role of community-based approaches to tackling mental health and identify appropriate approaches for a specific population
- Reflect upon how their own attitudes, beliefs and perceptions may influence their own professional practice and approaches to specific groups in society
- Organise their knowledge and learning through the use of information resources and present their work at the appropriate level.

INDICATIVE CONTENT

Early module content will introduce students to the differences between individualistic and collectivist societies and how these differences may influence cultural understanding and treatment of individuals with mental health problems, including cultural understandings of old age and adolescence. Students will be encouraged to consider their own cultural and societal influences before exploring epidemiologic approaches to exploring cultural differences in the understanding, care and treatment of those experiencing mental health difficulties. The module will explore evidence from cross cultural studies of the course and outcome of mental health problems and will consider the implications of this for specific cultural groups in the UK context e.g., migrant groups, ethnic minorities, traveller communities.

The module will then examine the role of society and communities in supporting those experiencing mental health difficulties and those caring for these individuals with a focus on community-based mental health and the role of community based organisations. The importance of a range of social networks will be evaluated, including social structures and relationships such as family, employment and marriage. A particular focus will explore how communities can help better support not only the ageing Welsh population and the mental

health difficulties experienced, but also the ways in which community structures can help

support family and informal carers in order to build coping resources and resilience, including the growing number of young carers.

The module then starts to consider the implications of culture and community for people working in the field of mental health, identifying the challenges and barriers to working effectively with specific cultural or societal groups, and exploring novel approaches to engaging with hard to reach communities.

LEARNING AND TEACHING STRATEGY

Lectures will introduce the students to the concepts and range of empirical evidence used to support the topics within this module. Small group seminars will introduce debates intended to support the application, discussion, and critical evaluation of cultural issues raised. Case studies will also be used to further develop understanding and reflection of the issues raised. The allocation of teaching to deliver the module is:

Activity type	Hours	Percentage
Scheduled learning	30	15%
Independent learning	170	85%
TOTAL	200	100%

ASSESSMENT

Assessment Component 1 – Coursework: Element 1: Academic poster (25%); Element 2: in-class oral presentation (10 minutes) (25%):

Create an academic poster comparing how two different cultural groups view a particular mental health issue (25% of overall module mark). You will be expected to support the key messages identified within this poster through a ten minute oral presentation (25% of overall module mark).

Assessment Component 2 – Coursework: Written Reflective Essay (2000 words) (50%):

Using the knowledge you have gained from this module, discuss the factors that you would need to be aware of when working in a community-based setting of your choice and identify, and reflect upon the key developmental and personal challenges for you in this setting.

***Please make sure to read the assessment proformas before preparing your coursework.**

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	75%
Practical	25%
TOTAL	100%

Assessment Criteria at Level 5

At Level 5 it is expected that students will demonstrate the following qualities:

1. More highly developed ability to complete a variety of written tasks effectively, including discursive essay, reports, and case study presentations.
2. Be able to participate orally in a variety of different groups and settings in a confident and articulate fashion.
3. Be able to use language with increasing complexity and sophistication.
4. Be practised in hypothesis formation and knowledgeable about the means for testing hypotheses.
5. Have the capacity to develop a major research interest evolving from the course and to prepare for an involvement with it.
6. Be able to apply a range of theoretical models.
7. Be able to synthesise theories, concepts and information in relatively novel ways.
8. To have become more practised in critically appraising the competing claims of alternative primary and secondary sources.
9. A growing ability to manage learning in a self-organised manner with a particular view to the importance of achieving desired outcomes within limited time periods.

READING LIST

Essential

Fernando, S. (2014). *Mental Health World Wide: Culture, globalization and development*. Basingstoke: Palgrave Macmillan.

Recommended

Birren, J. E., Cohen, G. D., Sloane, R. B., Lebowitz, B. D., Deutchman, D. E., Wykle, M., & Hooyman, N. R. (Eds.). (2013). *Handbook of mental health and aging*. Academic Press.

Fernando, S. (2010). *Mental Health Race and Culture*. Basingstoke: Palgrave Macmillan.

Lister, R. (2010). *Understanding theories and concepts in social policy* (Understanding Welfare Series: Social Issues, Policy and Practice Series) Bristol: Polity Press.

Loaf, M. (2011). *Mutual Support and Mental Health: a route to recovery. (Community, Culture and Change*. London: Jessica Kingsley Publication

Patel, V., Minas, H., Cohen, A., & Prince, M., eds. (2013). *Global Mental Health: Principles and Practice*. Oxford: Oxford University

Somerville, P. (2011). *Understanding Community: Politics, Policy and Practice* (Understanding Welfare Series: Social Issues, Policy and Practice). Bristol: Polity Press.

Smith, R. K., (2012). *Textbook on International Human Rights*. 5th ed., Oxford: Oxford University Press.

Journals

Community Mental Health Journal
Cultural Diversity and Ethnic Minority Psychology
Journal for Social Action in Counseling and
Psychology Journal of Multicultural Counseling and
development Transcultural Psychiatry
Journal of Community Psychology

Websites

Centre for Social Justice
<http://www.centreforsocialjustice.org.uk/published-policy/mental-health>

Mental Health – European Union Policy
http://ec.europa.eu/health/mental_health/policy/statements/index_en.htm

Joseph Rowntree Foundation
JFR <https://www.jrf.org.uk/>

Movement for Global Mental
health
<http://www.globalmentalhealth.org/>

Mind – Building Resilient Communities
https://www.mind.org.uk/media/343928/Report_-_Building_resilient_communities.pdf

Transforming our world: Sustainable development
<https://sustainabledevelopment.un.org/index.html>

World Health Organisation Mental
Health
http://www.who.int/mental_health/en/