

MODULE CODE:	SSAP4005						
TITLE:	Mental Health and Well-being in Children and Young People						
DATED:	11/06/2013						
MODULE CO-ORDINATOR:	Dr Charlotte Greenway						
LEVEL:	4						
CREDITS:	20						
TEACHING METHODS:	<table> <tr> <td>Lectures</td><td>20%</td></tr> <tr> <td>Seminars</td><td>10%</td></tr> <tr> <td>Directed Learning</td><td>70%</td></tr> </table>	Lectures	20%	Seminars	10%	Directed Learning	70%
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Directed Learning	70%						
JACS CODE:	C810 Applied Psychology						

AIM(S)

- To enable students to gain an understanding of mental health and well-being in children and young people.
- To provide students with knowledge of the role of the professional in ensuring mental health and well-being.

LEARNING OUTCOMES

By the end of this module students should be able to:

- demonstrate an understanding of the mental health issues and their impact on children's well-being;
- demonstrate an awareness of the importance of children's poor mental health and its impact on their well-being, home and school life;
- identify appropriate treatments and interventions to improve mental health and well-being in children;
- organise their knowledge and learning through use of a range of information resources, and present their work at the appropriate level.

CONTENT

- An introduction to the diversity of mental health and well-being issues children face, e.g. depression, ADHD and Autism.
- An exploration of the challenges experienced by those with mental health issues e.g. the effect on academic achievement and relationships.
- An introduction to the role of the professional in improving mental health and well-being in children e.g. educational psychologists, therapists, counsellors and medical treatments.
- An overview of the ways to raise awareness and improve mental health and well-being in children.

ASSESSMENT

Course work	100%
Assignment (2500 words)	60%
Promotional Leaflet (1500 words)	40%

Exemplar promotional leaflet: Incorporating one of the issues studied in this module, the promotional leaflet will aim to promote awareness for children and young people's well-being or mental health.

BIBLIOGRAPHY

Essential

- Claveirole, A. and Gaughan, M. (2010) *Understanding Children and Young People's Mental Health*, London: Wiley-Blackwell.
- Collins, J. and Foley, P. (2008) *Promoting Children's Well-being: Policy and Practice (Working Together for Children)*, London: Policy Press.
- Dogra, N. (2008) *A Multidisciplinary Handbook of Child and Adolescent Mental Health for Front-line Professionals*, (2nd Edition) Jessica Kingsley Publishers Ltd.
- Haugaard, J. J. (2008) *Child Psychopathology*. McGraw-Hill Higher Education
- Thompson, M., Hooper, C., Laver-Bradbury, C. and Gale, C. (2012) *Child and Adolescent Mental Health: Theory and Practice*, (2nd Edition): Hodder Arnold.

Recommended

- Bradshaw, J. (2011) *The Well-Being of Children in the UK* (3rd Edition). London: Policy Press.
- McAuley, C., Pecora, P.J. & Rose, R. (2006) *Enhancing the Well-being of Children and Families through Effective Interventions: International Evidence for Practice*. London: Jessica Kingsley.
- McAuley, C. and Reose, W. (2010) *Child Well-being: Understanding Children's Lives*. London: Jessica Kingsley Publishers.
- Riley, J., Wragg, T. & Burrell, A. (2007) *Promoting Children's Well-being*. London: Network Continuum Education.
- Timimi, S., Bentall, R. & Sanders, P. (2009) *A Straight-talking Introduction to Children's Mental Health Problems*. London: PCCS Books.
- Underdown, A. (2006) *Young Children's Health and Well-being*. Buckingham: Open University Press.

Journals

- Developmental Psychology*
- Journal of Abnormal Psychology*
- Journal of Consulting & Clinical Psychology*
- Personality Disorders: Theory, Research and Treatment*