School of Medicine

MEDI950: Aboriginal Mental Health First Aid

Subject Outline
Autumn, 2016
Distance
Wollongong

Subject Information
Credit Points: 6
Pre-requisite(s): Nil
Co-requisite(s): Nil
Restrictions: Entry on advice from Postgraduate Coordinator only
Contact Hours: N/A

Subject Contacts
Subject Coordinator/Lecturer
Name: Ms Debra Hocking
Location: Building 28, Room GO7A
Telephone: 0417074696
Email: debra_hocking@uow.edu.au
Consultation mode and times: Email for appointment

Student Support and Advice
For general enquiries please contact StudentHub 41:
Location: 41.138B
Telephone: 61 2 4221 3492
Email: smah-students@uow.edu.au
Student Consultation and Communication

University staff receive many emails each day. In order to enable them to respond to your emails appropriately and in a timely fashion, students are asked to observe basic requirements of professional communication:

Please ensure that you include your full name and student number and identify your practical class or tutorial group in your email so that staff know who they are communicating with and can follow-up personally where appropriate.

Consider what the communication is about
- Is your question addressed elsewhere (e.g. in the subject outline or, on the eLearning site)?
- Is it something that is better discussed in person or by telephone? This may be the case if your query requires a lengthy response or a dialogue in order to address. If so, see consultation times above and/or schedule an appointment.
- Are you addressing your request to the most appropriate person?

Specific email subject title to enable easy identification of issue
- Identify the subject code of the subject you are enquiring about (as staff may be involved in more than one subject) put this in the email subject heading. Add a brief, specific query reference after the subject code where appropriate.

Professional courtesy
- Address the staff member appropriately by name (and formal title if you do not yet know them).
- Use full words (avoid ‘text-speak’ abbreviations), correct grammar and correct spelling.
- Be respectful and courteous.
- Allow 3 – 4 working days for a response before following up. If the matter is legitimately urgent, you may wish to try telephoning the staff member (and leaving a voicemail message if necessary) or inquiring at the School Office.
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Section A: General Information

Subject Learning Outcomes

On successful completion of this subject, students will be able to:

1. To develop a mental health promotion strategy that aims to reduce stigma of mental health
2. To recognise and apply appropriate understanding of risk and protective factors
3. To identify when a person may be in danger to themselves or to someone else
4. To provide initial assistance to a person in a mental health crisis and prevent further harm
5. To support a person in a culturally appropriate way and to guide a person towards support and recovery

Subject Description

Mental Health is determined by multiple biological, psychological, social and environmental factors which interact in complex ways. This subject will introduce students to the risk and protective factors that operate at the level of the individual, the family, community and the macro level of society as a whole. The determinants of mental health including education, income, employment, and the impacts of colonialism underpins the subject framework. Aboriginal and Torres Strait Islander mental health first aid provides an overview on how to provide culturally appropriate assistance to a person developing a mental illness or in a mental health crisis. The subject explores the risk factors, assessment techniques and strategies to address a range of mental health crisis and symptoms.

Graduate Qualities

The University of Wollongong has developed five graduate qualities (http://www.uow.edu.au/student/qualities/index.html), which it considers express valuable qualities that are essential for UOW graduates in gaining employment and making an important contribution to society and their chosen field. Student development of the following graduate qualities will be enhanced by their participation in this subject:

1. **Informed**: Have a sound knowledge of an area of study or profession and understand its current issues, locally and internationally. Know how to apply this knowledge. Understand how an area of study has developed and how it relates to other areas.
2. **Independent learners**: Engage with new ideas and ways of thinking and critically analyse issues. Seek to extend knowledge through ongoing research, enquiry and reflection. Find and evaluate information, using a variety of sources and technologies. Acknowledge the work and ideas of others.
3. **Problem solvers**: Take on challenges and opportunities. Apply creative, logical and critical thinking skills to respond effectively. Make and implement decisions. Be flexible, thorough, innovative and aim for high standards.
4. **Effective communicators**: Articulate ideas and convey them effectively using a range of media. Work collaboratively and engage with people in different settings. Recognise how culture can shape communication.
5. **Responsible**: Understand how decisions can affect others and make ethically informed choices. Appreciate and respect diversity. Act with integrity as part of local, national, global and professional communities.

eLearning Space

This subject has materials and activities available via eLearning. To access eLearning you must have a UOW user account name and password, and be enrolled in the subject. eLearning is accessed via SOLS (student online services). Log on to SOLS and then click on the eLearning link in the menu column. For information regarding the eLearning spaces please use the following link: http://uowblogs.com/moodlelab/files/2013/05/Moodle_StudentGuide-1petpo7.pdf
Lecture, Tutorial, Laboratory Times
N/A
Timetable information can be accessed from http://www.uow.edu.au/student/timetables/info/index.html

Key University Dates can be accessed from http://www.uow.edu.au/student/dates/index.html

Readings, References and Materials
Textbooks
The following text(s) will need to be purchased by students enrolled in this class.


Prescribed Readings (includes eReadings)
Nil

Materials
Nil

Recommended Readings
Nil

Recent Changes to this Subject
Nil
**Schedule of Learning**

<table>
<thead>
<tr>
<th>Week</th>
<th>Week Commencing</th>
<th>Topics</th>
<th>Assessment Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>29/2/2016</td>
<td>Social and Emotional Wellbeing</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>7/3/2016</td>
<td>Mental Health Problems in the Community</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>14/3/2016</td>
<td>Mental Health First Aid</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>21/3/2016</td>
<td>Depression</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>28/3/2016</td>
<td>Anxiety</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>4/4/2016</td>
<td>Psychosis</td>
<td>Assignment One Due Friday 8/04/16</td>
</tr>
<tr>
<td>7</td>
<td>11/4/2016</td>
<td>Alcohol and Drug Problems</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>18/4/2016</td>
<td>Reading Week</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Mid-Session Recess</strong></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>2/5/2016</td>
<td>First aid suicide and non-suicidal self-injury</td>
<td>Assignment Two Due Friday 13/05/16</td>
</tr>
<tr>
<td>10</td>
<td>9/5/2016</td>
<td>First aid Panic attacks trauma and loss</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>16/5/2016</td>
<td>First aid Psychotic states effects of alcohol</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>23/5/2016</td>
<td>First aid drugs and aggressive behaviours</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>30/5/2016</td>
<td>Conclusion</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Study Recess</strong></td>
<td></td>
</tr>
</tbody>
</table>

*The above timetable should be used as a guide only, as it is subject to change. Students will be advised of any changes as they become known.*
Section B: Assessment

Assessment Summary

<table>
<thead>
<tr>
<th>Assessment Item</th>
<th>Form of Assessment</th>
<th>Due Date</th>
<th>Return/Feedback Due Dates</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessment 1</td>
<td>Case Study</td>
<td>Friday 8/04/16 (Week 6)</td>
<td>Within 21 days of due date</td>
<td>40%</td>
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<tr>
<td>Assessment 2</td>
<td>Mental Health Portfolio</td>
<td>Friday 13/05/16 (Week 10)</td>
<td>Within 21 days of due date</td>
<td>60%</td>
</tr>
<tr>
<td><strong>Total Marks</strong></td>
<td></td>
<td></td>
<td></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

Details of Assessment Tasks

Assessment tasks will be marked using explicit criteria that will be provided to students prior to submission.

Assessment 1

Case Study

Due date: Friday 8/04/16 (Week 6)

Weighting: 40%

Submission:
Submit an electronic copy of your assessment via upload to eLearning using the Moodle Drop Box (information about processes for submission will be available in the Assessment Information section of the eLearning site). AND Submit a hardcopy via Post to subject coordinator (Refer to the submission of assessments section for information regarding postal submission)

Type of Collaboration: Individual Assessment

Details: See Moodle for details of assessment

Subject Learning Outcomes: 1-5

Marking Criteria: The marking criteria will be made available on your eLearning site by week 1 of session.

Assessment 2

Mental Health Portfolio

Due date: Friday 13/05/16 (Week 10)

Weighting: 60%

Submission:
Submit an electronic copy of your assessment via upload to eLearning using the Moodle Drop Box (information about processes for submission will be available in the Assessment Information section of the eLearning site). AND Submit a hardcopy via Post to subject coordinator (Refer to the submission of assessments section for information regarding postal submission)

Type of Collaboration: Individual Assessment

Details: See Moodle for details of assessment

Subject Learning Outcomes: 1-5

Marking Criteria: The marking criteria will be made available on your eLearning site by week 1 of session.

Minimum Requirements for a Pass in this Subject

To receive a clear pass in this subject a total mark of 50% or more must be achieved. In addition, failure to meet any of the minimum performance requirements is grounds for awarding a Technical Fail (TF) in the subject, even where total marks accumulated are greater than 50%.

The minimum performance requirements for this subject are:

- attempt all assessment tasks
- pass all assessment tasks
Minimum Student Attendance and Participation
Students are not required to attend set classes. It is the responsibility of the student to coordinate appropriate meetings with their project supervisor.

Scaling
Scaling will not occur in this subject

Late Submission
Late submission of an assessment task without an approved extension of the deadline is not acceptable. If you are unable to submit an assessment due to extenuating circumstances (e.g. medical grounds or compassionate grounds), you can make an application for academic consideration. Not all circumstances qualify for academic consideration. For further details about applying for academic consideration visit the Student Central webpage: http://www.uow.edu.au/student/central/academicconsideration/index.html

Late Submission Penalty
Marks will be deducted for late submission at the rate of 5% of the total possible marks for that particular assessment task per day. This means that if a piece of work is marked out of 100, then the late penalty will be 5 marks per day (5% of 100 possible marks per day). The formula for calculating the late penalty is: the total possible marks x 0.05 x number of days late. For the purposes of this policy a weekend (Saturday and Sunday) will be regarded as two days.

For example:

- Student A submits an assessment which is marked out of 100. The assessment is submitted 7 days late. This means that a late penalty of 35 marks will apply (100 x 0.05 x 7). The assessment is marked as per normal out of 100 and is given a mark of 85/100, and then the late penalty is applied. The result is that the student receives a final mark of 50/100 for the assessment (85 (original mark) – 35 marks (late penalty) = 50/100 (final mark)).
- Student B submits a report which is marked out of 20. The report is submitted three days late. This means that a late penalty of 3 marks will apply ((20 x 0.05 x 3). The report is marked as per normal out of 20 and is given a mark of 17/20, and then the late penalty is applied. The result is that the student receives a final mark of 14/20 for the report (17 (original mark) – 3 marks (late penalty) = 14/20 (final mark)).

No marks will be awarded for work submitted either after the assessment has been returned to the students or more than two weeks after the due date, whichever is the sooner. This does not apply to situations where a particular assessment task is undertaken by students at different times throughout the session, but where the assessment is based on experiments or case studies specific to a student. In this case no marks will be awarded for work submitted more than two weeks after the due date.

Notwithstanding this, students must complete all assessment tasks to a satisfactory standard and submit them, regardless of lateness or loss of marks, where submission is a condition of satisfactorily completing the subject.

System of Referencing Used for Written Work
The Author-Date (Harvard) referencing system should, unless otherwise specified for a particular assessment (check Details of Assessment Tasks), be utilised. A summary of the Harvard system can be accessed on the Library website at: http://public01.library.uow.edu.au/refcite/style-guides/html/
Use of Internet Sources
Students are able to use the Internet to access the most current information on relevant topics and information. Internet sources should only be used after careful critical analysis of the currency of the information, the role and standing of the sponsoring institution, reputation and credentials of the author, the clarity of the information and the extent to which the information can be supported or ratified by other authoritative sources.

Plagiarism
The full policy on Academic Integrity and Plagiarism is found in the Policy Directory on the UOW website.

“The University's Academic Integrity and Plagiarism Policy, Faculty Handbooks and subject guides clearly set out the University's expectation that students submit only their own original work for assessment and avoid plagiarising the work of others or cheating. Re-using any of your own work (either in part or in full) which you have submitted previously for assessment is not permitted without appropriate acknowledgement. Plagiarism can be detected and has led to students being expelled from the University.

The use by students of any website that provides access to essays or other assessment items (sometimes marketed as ‘resources’), is extremely unwise. Students who provide an assessment item (or provide access to an assessment item) to others, either directly or indirectly (for example by uploading an assessment item to a website) are considered by the university to be intentionally or recklessly helping other students to cheat. This is considered academic misconduct and students place themselves at risk of being expelled from the University.”

Submission of Assessments
Students are required to submit an electronic copy of their assignments – Refer to the submission guidelines under details of assessment tasks.

Students are also required to submit a hardcopy of their assessment via post. Assignments can be posted to the subject coordinator as per the information below:

- Debra Hocking
  Coordinator Master of Indigenous Health
  School of Medicine (GSM Building)
  University of Wollongong
  Wollongong NSW 2522

Assignments received by mail will be considered submitted on the date of postage. It is the student’s responsibility to ensure they have evidence of their submission date if it arrives at the office after due date.

Assessment Return
Students will be notified when they can collect or view their marked assessment. In accordance with University Policy marked assessments will usually only be held for 21 days after the declaration of marks for that assessment.
Section C: General Advice

Students should refer to the Faculty of Science, Medicine and Health website for information on policies, learning and support services and other general advice.

University Policies

Students should be familiar with the following University policies:

a. Code of Practice – Teaching and Assessment

b. Student Charter

c. Academic Integrity and Plagiarism Policy

d. Student Academic Consideration Policy

e. Course Progress Policy

f. Graduate Qualities Policy

g. Academic Complaints Policy (Coursework and Honours Students)

h. Policy and Guidelines on Non-Discriminatory Language Practice and Presentation

i. Intellectual Property Policy

j. IP Student Assessment of Intellectual Property Policy, where relevant

k. Student Conduct Rules and accompanying Procedures or Research Misconduct Policy for research students

Student Support Services and Facilities

Students can access information on student support services and facilities at the following link. This includes information on “Academic Support”, “Starting at University, “Help at University” as well as information and support on “Career’s and Jobs”. http://www.uow.edu.au/student/services/index.html

Student Etiquette

Guidelines on the use of email to contact teaching staff, mobile phone use in class and information on the university guide to eLearning ‘Netiquette’ can be found at
## Version Control Table

<table>
<thead>
<tr>
<th>Version Control</th>
<th>Release Date</th>
<th>Author/Reviewer</th>
<th>Approved By</th>
<th>Amendment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>20151106</td>
<td>Ms Debra Hocking – Subject Coordinator</td>
<td>Mrs Sonia Losinno – ADE Nominee</td>
<td>Final MEDI950 Autumn 2016 Subject Outline</td>
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</tbody>
</table>