



# Programme Specification

## MHR-Tu-2022: Mental Health and Resilience BA (Hons) top-up

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LU Bachelor of Arts with Honours (Top-up) awarded by Lancaster University (FHEQ Level 6)

Programme Status: Approved | Version: 1

## Introduction

This programme specification provides a summary of the main features of the Mental Health and Resilience BA (Hons) top-up programme and includes the learning outcomes that you as a student are expected to have achieved on successful completion of the programme.

Further detailed information related to this programme and the College can be found in the following resources:

- Programme Handbook
- B&FC Admissions Policy
- Work based and placement learning handbook (for foundation degrees)
- Student guide to assessment and feedback

## Key Programme Information

<b>Programme Code</b>	MHR-Tu-2022
<b>Programme Title</b>	Mental Health and Resilience BA (Hons) top-up
<b>Teaching Institution</b>	Blackpool and The Fylde College
<b>Professional, Statutory and Regulatory Body (PSRB) Accreditation</b>	None
<b>UCAS Code</b>	TBC
<b>Language of Study</b>	English
<b>Version</b>	1
<b>Approval Status</b>	Approved
<b>Approval Date</b>	23 March 2022
<b>JACS Code</b>	Other: Other
<b>Programme Leader</b>	Joanne Hall

## Programme Awards

<b>Award</b>	<b>Award Type</b>	<b>Level</b>	<b>Awarding Body</b>
LU Bachelor of Arts with Honours (Top-up)	Honours Top-up Degree (120 credits)	Level 6	Lancaster University

## Programme Overview

Working with individuals to enhance their mental health and resilience can be a rewarding and challenging career, which requires a wide range of key skills and attributes. The BA (Hons) in Mental Health and Resilience provides the continued opportunity for you to critically engage with contemporaneous topics relating to practice in mental health settings such as risk management and the promotion of positive risk taking. The top-up programme will also provide deeper insight into the provision and management of services as well as offer exploration of global influences on services. In the BA (Hons) year of study, you will re-engage with your placements from the Foundation Degree to become a mentor for those who are undertaking the placement element of their course, allowing you to gain further experience of coaching and mentoring in practice.

Completion of the BA (Hons) degree will enable you to confidently work within the sector in a managerial / supervisory capacity. In addition to the focus on leadership skills, the programme incorporates themes of communication and inter-personal skills, mental health, resilience, risk management, and safeguarding along with the further development of key academic and digital skills. The Dissertation module, which runs for the duration of this programme, offers you the opportunity to conduct a small-scale research project into a specific

area of your choice which relates to mental health and/ or resilience. This provides you with the opportunity to consider how to change practice within the sector whilst enhancing your understanding of the complexities faced not only with research, but also the challenges faced by many marginalised groups who experience poor mental health and/ or low levels of resilience. On the successful completion of your BA (Hons) degree possible routes of further academic progression can include post graduate study in areas such as social work, teaching, policing, therapeutic practice and mental health nursing.

## Admission Criteria

Successful completion of the FdA in Mental Health and Resilience is required for entry onto the BA (Hons) in Mental Health and Resilience.

## Career Options and Progression Opportunities

Upon successful completion of the BA (Hons) in Mental Health and Resilience, there are a wide range of further study and career opportunities. Students may wish to consider further study opportunities:

- MA Mental Health
- MSc Global Mental Health and Society
- MSc Mental Health (Youth)
- PGCert Mental Health Practice
- MSc Philosophy and Mental Health
- MSc Child and Adolescent Mental Health

Students may wish to consider career opportunities such as:

- National Graduate Leadership Scheme – Police Now
- NHS Product Support Specialist
- Graduate Mental Health Practitioner Trainee
- Psychological Wellbeing Practitioner Trainee
- Mental Health Social Worker (through the Think Ahead Mental Health Social Work scheme)

## Programme Aims

BA (Honours)

- Develop students' exploration of leadership and management theories in conjunction with the sustainability of services aimed at supporting mental health and resilience.
- Enable students to examine the relationship between mental health policies and practice, including risk assessing and proactive support interventions.
- Provide students with the opportunity to further develop their evidencing of criticality and research skills relevant to the subject discipline.
- Enable students to research international approaches to mental health and resilience, considering ethical, social, cultural and professional implications.

## Programme Learning Outcomes

### Level 6

Upon successful completion of this level, students will be able to:

1. Use research and inquiry skills to investigate mental health practices in order to make recommendations.
2. Examine perspectives of mental health and interventions aimed at national and/ or international levels.

3. Critically analyse the effectiveness of mental health policy and the implications for practice.
4. Evaluate leadership and management theories for leading and managing mental health teams.
5. Review the funding process and sustainability of community based mental health and resilience support services.
6. Critically evaluate the strategies for developing personal and professional resilience with critical analysis of the use of risk management in mental health services.

## Programme Structure

Module	Level	Credits	%	Category	Description	Length/Word Count	Grading Method
<b>Stage 1</b>							
MHR601: Dissertation (Mandatory)	6	40	85%	Coursework: Project	8000 word Dissertation	8000	Letter Grade
			15%	Practical: Other	15 min Viva Voce	15	Letter Grade
MHR602: Global Influences on Mental Health (Mandatory)	6	20	100%	Coursework: Report	Critical review	4000	Letter Grade
MHR603: Policy, Interventions and Practice (Mandatory)	6	20	50%	Coursework: Case Study	Report	2000	Letter Grade
			50%	Coursework: Essay	Critical essay	2000	Letter Grade
MHR604: Leadership and Strategic Management of Services (Mandatory)	6	20	85%	Coursework: Report	Business Plan and Report	3500	Letter Grade
			15%	Practical: Presentation	Project rationale and review	15	Letter Grade
MHR605: Risk Management (Mandatory)	6	20	60%	Coursework: Essay	Risk management review	2500	Letter Grade
			40%	Written Exam: Formal Written Examination	Risk and resilience	120	Letter Grade

## Study Workload

During the BA (Hons) programme, attendance is required 1 day per week at the University Centre, studying 2 modules per semester with a double award module which runs across both semesters. A second day of attendance will be negotiated for research and study support, along with coaching and mentoring second year Foundation Degree students.

Further independent study is a necessity throughout the duration of the programme where you are expected to engage in additional reading, research and the completion of assessments for approximately 10 hour per week per module.

## **Programme Delivery: Learning and Teaching**

The teaching methods used within this programme will include traditional lectures, seminars and practical workshops. Role plays and case studies are an essential and enjoyable aspect of the course being used to forge the links between theory and practice. A strong feature on the programme will be the use of alternative methods of teaching and learning, particularly the use of online options, audio recorded powerpoint presentations, hyper-linked learning resources, role play analysis and case study work. You will be expected to actively participate in a wide range of learning activities including: live and online projects, presentations and discussion, which are completed either on an individual or group basis. Additional support is available to all students in the form of specific one-to-one support sessions built in periodically to each module.

A holistic framework will be available to support you with your studies. Higher Education Learning Mentors (HELMS) provide a support service for students who require support with enhancing their academic writing skills whilst Learning Resource Centre staff (LRC) can support students to develop research skills which are essential for successful study. Both HELMS and LRC staff will be available through collaborative sessions where additional academic skills support can be sought. There is a strong emphasis on independent self-paced study during Progress sessions where an online support package will be available to compliment your subject specific learning.

## **Programme Delivery: Assessment**

You will be assessed in a variety of ways on the programme, which is intended to develop key skills that are beneficial to further study and employment within the mental health and resilience sector. Assessment methods which you can expect to engage with include reports, essays, case study responses, business plan, presentations, exam, and a research project report. The mixture of practical and written methods of assessing your progress on the course will offer you the opportunity to develop skills essential to practice and further expand your confidence in working within the sector. Both practical and academic assessments provide you with the opportunity to apply theoretical research to practical contexts. The use of formative assessments which are ungraded and provide you with feedback will be used to support your development in preparation for final assessments.

Written essays will provide evidence of your knowledge and academic report writing skills and will enable you to hone the skills needed within the workplace; particularly in support settings where emphasis is placed on your ability to record information fully and relay it thoroughly to others to serve client needs. Presentations are used as an assessment method on this programme and provide you with the opportunity to research a topic and then deliver a small scale presentation to your peers supported by a seminar paper/ report. In this way, oral communication skills are assessed and these presentations enable you through sustained practice to build your confidence when delivering to wider audiences such as managers, local authority personnel and to develop your interview skills. A requisite skill for many professionals who work in mental health settings is reflection which will be developed through reflective account assessments and will showcase your ability to work as a reflective practitioner, with a focus on continuously enhancing your practice. The final year research project is an opportunity to explore a mental health and/ or resilience topic in extensive depth which can be linked to your desired career or further study progression within the sector.

## **Programme Delivery: Work Based and Placement Learning**

The Foundation Degree has a mandatory placement element throughout the second year, that must be completed with providers sourced by B&FC, ensuring that they are relevant, appropriate and meaningful to your learning journey. Placement learning enables you to take on appropriate roles within the workplace, giving you the opportunity to learn and apply the skills and knowledge that you have acquired from your academic studies. Placements are an essential component of the programme due to the requirement of the completion of a Work-Based Learning module in the second year where you are required to undertake a small scale task or project which is relevant to your practice. Significant emphasis is placed in this module on the development of your professional graduate skills and attributes which you will hone during your placement. In addition, the placement provides you with the opportunity to have established a role for yourself, gain necessary sector experience and engage with external stakeholders. You will return to the placement(s) during the BA (Hons) to further develop your coaching and mentoring skills, enhancing your practice and graduate employability.

## **Programme Delivery: Graduate Skill Development**

### **A commitment to lifelong learning and career development**

The development of essential skills to support lifelong learning and career development is embedded throughout the FdA and BA programmes. In particular the Introduction to Academic Study module at level 4 offers an opportunity to develop vital skills associated with higher education study. Students will undertake a college sourced placement in the sector during their second year of study on the FdA. Alongside the work based experience (placement), students will complete a Professional Portfolio Development module where they will develop their reflective practice and identify opportunities for career progression. Students will also complete the Work Based and Placement Learning module whereby they will plan, design and implement a small scale piece of research which directly links to their professional practice. Throughout level 6 students will further develop their skills and knowledge utilising a self-managed and independent approach to the Dissertation module.

### **Collaborative teamwork and leadership skills**

Within several modules, the teaching, learning and assessment strategy will focus on collaborative teamwork with students encouraged to undertake group work, team presentations and peer to peer support through mentoring of level 5 students by level 6 students. At level 4 the Counselling Skills module will specifically consider the therapeutic alliance, teamwork and multi-agency practice. At level 5 students will further develop their collaborative skills within the Coaching and Mentoring module through role play scenarios with peers and at level 6 when mentoring level 5 students.

Leadership skills will be explored at level 5 within the Professional Portfolio Development module through the analysis of their leadership skills and more specifically at level 6 within the Leadership and Strategic Management module. Students will explore theories of leadership and reflect on their development of leadership skills and qualities aimed at enhancing their employability and career progression.

### **Personal and intellectual autonomy**

Research opportunities are embedded throughout the programmes with some modules aimed at enabling the students to develop their personal and intellectual autonomy through the opportunity to select topics of interest. Modules such as the Co-Morbidity of Mental Health and Global Perspectives of Mental Health and Resilience will offer the opportunity for students to explore topics relating to mental health and resilience through wider research. The modules have been created using a scaffolded approach, supporting students to move from directed study at level 4 to a more independent approach through level 5 and 6.

## **Ethical, social and professional understanding**

Ethical, social and professional practice embedded into research modules – Work Based and Placement Learning and Dissertation. Professional understanding is further embedded into the Counselling Skills, Coaching and Mentoring and Professional Portfolio Development modules. Social understanding is further explored in the Mental Health and Resilience Frameworks module and Co-Morbidity of Mental Health.

## **Communication, information and digital literacies**

Communication and information skills are a vital and essential element of working in social care and health settings and therefore are embedded into several modules throughout the FdA and BA programmes, however will be specifically focussed on within the Counselling Skills module at level 4 and Coaching and Mentoring module at level 5. Students will be encouraged to reflect on their development of communication skills throughout the Professional Portfolio Development module at level 5 and to enhance their practice, mentor the level 5 students during the level 6 course.

Students are supported to develop their digital literacies skills throughout the FdA and Ba programmes, namely in the Introduction to Academic Study at level 4 where students explore research using digital sources. Students will refine their digital literacy skills throughout various formative and summative assessments which will require them to familiarise themselves with different digital technologies. All teaching, learning and assessments will be made available via the Canvas VLE with some use of Teams to support student progress.

## **Global citizenship**

Global citizenship is explored within modules at FdA and BA level of study with the level 5 module Wellbeing and Interventions and at level 6 through the Global Perspectives of Mental Health and Resilience. Within modules at levels 4, 5 and 6 students will be encouraged to consider elements relevant to global citizenship such as societal and cultural norms relevant to mental health and resilience. It is necessary that students develop their knowledge and skills within this topic due to the potential implications on their practice.

## **Research, scholarship and enquiry skills**

The skills of research, scholarship and enquiry are fully embedded throughout the level 4, 5 and 6 modules intended to develop students' skills and knowledge informed by credible and valid research. Throughout the Introduction to Academic Study module at level 4, Work Based and Placement Learning module at level 5 and Dissertation at level 6, students will be supported to evaluate the credibility, reliability and validity of secondary research with primary research at levels 5 and 6.

## **Enterprise and entrepreneurial awareness and capabilities**

The placement undertaken throughout level 5 compliments modules such as Work Based and Placement Learning and Professional Portfolio Development, allowing students to explore sector gaps and identify enterprise and entrepreneurial skills. Guest speakers from industry will play an integral role within the curriculum. At level 6, the Leadership and Strategic Management module will encourage students to examine the sustainability of services, considering external influences which could affect the viability of projects.

## **The ability to solve complex and unforeseen problems with creativity and imagination**

The Introduction to Academic Study module, Work Based and Placement Learning module, and Dissertation module include elements which require the students to problem solve and make recommendations informed by research. Students will be encouraged to utilise creativity and imagination to apply theoretical perspectives to case studies relevant to the sector.



## **Study Costs: Equipment Requirements**

No special equipment is required as a full range of IT is available within the Learning Resource Centre for enrolled students. Students may wish to purchase a computer (desktop or laptop) as all assessments are submitted electronically and the relevant software can be provided by the College free of charge.

## **Study Costs: Additional Costs**

All students are required to obtain an enhanced DBS certificate for working with vulnerable children and adults before commencing their placements in the second year of the Foundation Degree (approximate cost £40.00 – price correct at June 2021). The enhanced DBS certificate must be renewed prior to progressing onto the BA (Hons) Degree (approximate cost £13.00 – price correct at June 2021). Obtaining an enhanced DBS certificate is mandatory and remains the responsibility of the student to apply and pay for this.

## **Related Courses**

The FdA in Health and Social Care at B&FC currently offers a pathway in Mental Health where students in the second year of study can focus on the topic of mental health alongside a second optional pathway and core modules.

### **Post graduate opportunities**

There are currently several qualifications that students would be qualified to apply for following on from the degree including:

MA Mental Health - Liverpool John Moores

MSc Global Mental Health and Society - University of Edinburgh

MSc Mental Health (Youth) - University of Birmingham

PGCert Mental Health Practice – University of Central Lancashire

MSc Philosophy and Mental Health – University of Central Lancashire

MSc Child and Adolescent Mental Health – University of Central Lancashire