UniSC

C O U R S E O U T L I N E

OCC321 Occupational Therapy in Mental Health

School: School of Health and Behavioural Sciences

2022 | Session 1

| UniSC Sunshine Coast | BLENDED LEARNING | Most of your course is on campus but you may be able to do some components of this course online. |

Please go to usc.edu.au for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

As an occupational therapist, you will be required to consider health and well-being holistically and take into account how mental health contributes to occupational engagement. Drawing on occupational science and occupational therapy theories, you will demonstrate an understanding of how mental health can positively and negatively impact occupational performance. This course will provide you with opportunities to research and apply basic intervention strategies that enhance mental health. You will develop an awareness of the impact of mental health on health and well-being for individuals and communities.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Learning materials – Pre-workshop learning activities	2hrs	Week 1	7 times
Tutorial/Workshop 1 – On-campus interactive workshop (not recorded)	3hrs	Week 1	7 times
Tutorial/Workshop 2 – On-campus interactive workshop (not recorded)	3hrs	Week 1	7 times

1.3. Course Topics

Modules

1. History and context of mental health practice
2. Mental health conditions
3. Mental health practice settings
4. Approaches to practice
5. Occupational therapy interventions for mental health

2. What level is this course?

> 300 Level (Graduate)

Demonstrating coherence and breadth or depth of knowledge and skills. Independent application of knowledge and skills in unfamiliar contexts. Meeting professional requirements and AQF descriptors for the degree. May require pre-requisites where discipline specific introductory or developing knowledge or skills is necessary. Normally undertaken in the third or fourth full-time study year of an undergraduate program.

3. What is the unit value of this course?

> 12 units

4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES	GRADUATE QUALITIES MAPPING	PROFESSIONAL STANDARD MAPPING *
On successful completion of this course, you should be able to...	Completing these tasks successfully will contribute to you becoming...	Occupational Therapy Council of Australia Ltd
1 Identify the determinants of mental health.	Knowledgeable Creative and critical thinker	2, 2.1, 2.2, 2.5, 2.10
2 Research and describe the role of occupational therapy in working with clients with mental health issues.	Creative and critical thinker Engaged	1, 1.1, 1.5, 1.14, 2, 2.1, 2.2, 2.5, 4, 4.1
3 Know how to create an evidence-based occupational therapy intervention to support the mental health of individuals.	Creative and critical thinker Empowered	1, 1.1, 1.3, 1.5, 1.9, 2, 2.1, 2.2, 2.3, 3, 3.1, 3.2, 3.4, 4, 4.2, 4.4, 4.10

* Competencies by Professional Body

CODE	COMPETENCY
OCCUPATIONAL THERAPY COUNCIL OF AUSTRALIA LTD	
1	Professionalism
1.1	Complies with the OTBA standards, guidelines and code of conduct
1.3	Maintains professional boundaries in all client and professional relationships
1.5	Practices in a culturally responsive and culturally safe manner, with particular respect to culturally diverse client groups.
1.9	Identifies and manages the influence of her/his values and culture on practice.
1.14	Recognises and manages her/his own physical and mental health for safe, professional practice.
2	Knowledge and learning
2.1	Applies current and evidence informed knowledge of occupational therapy and other appropriate and relevant theory in practice.
2.2	Applies theory and frameworks of occupation to professional practice and decision-making.
2.3	Identifies and applies best available evidence in professional practice and decision-making.
2.5	Maintains current knowledge for cultural responsiveness to all groups in the practice setting.
2.10	Maintains digital literacy for practice.
3	Occupational therapy process and practice
3.1	Addresses occupational performance and participation of clients, identifying the enablers and barriers to engagement.
3.2	Performs appropriate information gathering and assessment while identifying a client's status and functioning, strengths, occupational performance and goals.
3.4	Develops a plan with the client and relevant others to meet identified occupational therapy goals.

CODE	COMPETENCY
4	Communication
4.1	Communicates openly, respectfully and effectively.
4.2	Adapts written, verbal and non-verbal communication appropriate to the client and practice context.
4.4	Uses culturally responsive, safe and relevant communication tools and strategies.
4.10	Seeks and responds to feedback, modifying communication and/or practice accordingly.

5. Am I eligible to enrol in this course?

Refer to the UniSC Glossary of terms for definitions of "pre-requisites, co-requisites and anti-requisites".

5.1. Pre-requisites

OCC201 and OCC212 and OCC222 and OCC232 and enrolled in Program SC440

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

5.4. Specific assumed prior knowledge and skills (where applicable)

Not applicable

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

We will have regular quizzes during the scheduled teaching sessions. The questions in the quizzes will give you early feedback and help you to keep on track with your learning.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Quiz/zes	Individual	50%	Five x 30-minute quizzes	Throughout teaching period (refer to Format)	Online Test (Quiz)
All	2a	Written Piece	Group	35%	2500 words	Week 3	Online Assignment Submission with plagiarism check and in class
All	2b	Practical / Laboratory Skills	Group	15%	45 minutes	Throughout teaching period (refer to Format)	In Class

All - Assessment Task 1: Quizzes

GOAL:	These quizzes require you to recall and apply information relating to all course learning outcomes.
PRODUCT:	Quiz/zes
FORMAT:	Online quiz - Knowledge recall and case-study based questions. A Blueprint will be made available in the Learning Management System. Each quiz will deliver questions randomly from a pool of questions. Quizzes will be held on Fridays of weeks 2, 3, 4, 5 & 6.

CRITERIA:	No.		Learning Outcome assessed
	1	You will be assessed on the causes, presentation, and problems associated with common medical and mental health issues	① ② ③

All - Assessment Task 2a: Intervention Plan

GOAL:	To work with a partner to research and design an occupational therapy intervention or education session on a mental health topic.
PRODUCT:	Written Piece
FORMAT:	With your partner, you will confirm a topic from a list provided by the course coordinator in week 1 of session 1. Together you will research and design an occupational therapy intervention or education session using a template provided in the LMS.

CRITERIA:	No.		Learning Outcome assessed
	1	Application of the OT process	① ②
	2	Relevance of data sources and evidence	②
	3	Analysis of evidence with reference to client's context	② ③
	4	Critical identification of specific problems and solutions	③
	5	Practicality of planned intervention	③
	6	Quality of written communication	① ② ③

All - Assessment Task 2b: Group work facilitation and participation

GOAL:	To demonstrate the ability to lead the delivery of an occupational therapy intervention or education session on a mental health topic with a student partner.
PRODUCT:	Practical / Laboratory Skills
FORMAT:	You will work in pairs to design and deliver an occupational therapy intervention or education session on a mental health topic. You will select a topic from a list provided by the course coordinator. You will deliver your session in weeks 4, 5 or 6 of session 1. Select a delivery date via the LMS in week 2 of session 1.

CRITERIA:	No.		Learning Outcome assessed
	1	Application of groupwork process	③
	2	Practicality of groupwork intervention	② ③
	3	Quality of verbal and non-verbal communication	② ③
	4	Time management	③

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

Please note that you need to have regular access to the resource(s) listed below. Resources may be required or recommended.

REQUIRED?	AUTHOR	YEAR	TITLE	EDITION	PUBLISHER
Required	Brown, Stoffel, & Munoz	2019	Occupational Therapy in Mental Health: A Vision for Participation	2nd ed	F A DAVIS
Recommended	Bannigan, Bryant, & Fieldhouse	2014	Creek's Occupational Therapy and Mental Health	5th ed	Churchill Livingstone
Recommended	Atchison & Dirette	2016	Conditions in Occupational Therapy	4th ed	LWW

8.2. Specific requirements

Learning materials will be available via the Learning Management System and PebblePad. Course-related discussion will occur in online and face-to-face classes and in the Learning Management System discussion board.

9. How are risks managed in this course?

Risk assessments have been performed for all studio and laboratory classes and a low level of health and safety risk exists. Some risk concerns may include equipment, instruments, and tools; as well as manual handling items within the laboratory. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the online induction training for students, and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

10.2. Assessment: Additional Requirements

Eligibility for Supplementary Assessment
Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:
a. The final mark is in the percentage range 47% to 49.4%
b. The course is graded using the Standard Grading scale
c. You have not failed an assessment task in the course due to academic misconduct.

10.3. Assessment: Submission penalties

Late submission of assessment tasks may be penalised at the following maximum rate:
- 5% (of the assessment task's identified value) per day for the first two days from the date identified as the due date for the assessment task.
- 10% (of the assessment task's identified value) for the third day - 20% (of the assessment task's identified value) for the fourth day and subsequent days up to and including seven days from the date identified as the due date for the assessment task.
- A result of zero is awarded for an assessment task submitted after seven days from the date identified as the due date for the assessment task. Weekdays and weekends are included in the calculation of days late. To request an extension you must contact your course coordinator to negotiate an outcome.

10.4. SafeUniSC

UniSC is committed to a culture of respect and providing a safe and supportive environment for all members of our community. For immediate assistance on campus contact SafeUniSC by phone: 07 5430 1168 or using the SafeZone app. For general enquires contact the SafeUniSC team by phone 07 5456 3864 or email safe@usc.edu.au.

The SafeUniSC Specialist Service is a Student Wellbeing service that provides free and confidential support to students who may have experienced or observed behaviour that could cause fear, offence or trauma. To contact the service call 07 5430 1226 or email studentwellbeing@usc.edu.au.

10.5. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the Learning Advisers web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.6. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to Student Hub, email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.7. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, AccessAbility Services can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to Student Hub, email AccessAbility@usc.edu.au or call 07 5430 2890.

10.8. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching

10.9. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful. The Student Charter sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

10.10. General Enquiries

In person:

- **UniSC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **UniSC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **UniSC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **UniSC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **UniSC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **UniSC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890
Email: studentcentral@usc.edu.au