Master of Social Science

Mental Health

Master of Social Science – Mental Health

MISSION STATEMENT

*The **Master of Social Science in Mental Health** program at Springfield Research University is dedicated to preparing highly competent mental health professionals who can effectively work with diverse client populations in various settings. Our mission is to equip graduates with specialized knowledge, research skills, and practical expertise to address mental health issues across the lifespan. Through an interdisciplinary approach, we emphasize creative modalities and a comprehensive understanding of mental health. Graduates leave our program ready to make a positive impact in community and societal contexts.*

The Master of Social Science in Mental Health (MSMH) program at Springfield Research University is purposefully designed to deepen mental health knowledge and enhance professional skills. Here are the core pillars of our mission:

1. **Academic Excellence and Critical Thinking:**
   o Rigorous study of mental health principles, including neuroscientific, psychological, and sociocultural aspects.
   o Cultivation of critical thinking skills to analyse complex mental health issues, interpret research findings, and design evidence-based interventions.
2. **Cutting-Edge Research and Innovation:**
   o Similar to legal research, mental health research addresses societal challenges.
   o MSMH students engage in research on topics such as mental health prevention, disparities, and psychosocial well-being.
   o Innovations in mental health include data analytics, digital health tools, and novel therapeutic approaches.
3. **Ethical Leadership and Societal Impact:**
   o MSMH graduates serve as ethical leaders in mental health practice.
   o They advocate for mental health equity, social justice, and community well-being.
   o Their impact extends beyond legal boundaries, promoting mental health and overall well-being globally.

At Springfield Research University, we recognize that mental health is an integral part of overall well-being. Our mission is to bridge the gap between scientific understanding and compassionate care in the field of mental health. Through evidence-based research, innovative technologies, and interdisciplinary collaboration, we empower our students to address mental health challenges head-on. Whether it's advancing neurobiology, developing telehealth solutions, or promoting mental wellness in underserved communities, SRU is committed to transforming lives through STEMMA-driven mental health initiatives.

RATIONALE FOR THE MASTER OF SOCIAL SCIENCE IN MENTAL HEALTH

The Master of Social Science in Mental Health (MSMH) program at Springfield Research University is purposefully designed to address critical mental health challenges at both national and regional levels. Rooted in academic excellence, it equips students with essential mental health knowledge and ethical foundations. By emphasizing cutting-edge research and

societal impact, our graduates become highly knowledgeable mental health professionals who contribute meaningfully to Eswatini and the broader Southern African Development Community (SADC).

1. **National Mental Health Needs (Eswatini):**
   - **Mental Health Capacity Building:** Eswatini requires a skilled mental health workforce to address evolving mental health issues. The MSMH program aims to equip students with the necessary knowledge, skills, and ethical grounding to contribute effectively to the nation's mental health system.
   - **Equitable Mental Health Access:** By producing competent mental health professionals, the MSMH program enhances citizens' access to mental health services. Graduates can advocate for mental health equity, uphold evidence-based practices, and ensure fair distribution of mental health resources.
   - **Policy and Mental Health Governance:** The MSMH program fosters critical thinking, enabling graduates to engage in mental health research, policy formulation, and governance. Their expertise contributes to informed decision-making at national levels.

2. **Regional Mental Health Needs (SADC):**
   - **Harmonization of Mental Health Systems:** SADC member states face common mental health challenges. The MSMH program aligns with SADC's goal of harmonizing mental health frameworks across borders, promoting regional mental health cooperation, and addressing cross-border mental health issues.
   - **Human Capital Development:** Mental health professionals play a pivotal role in regional mental health integration. The MSMH program contributes to building a skilled mental health workforce that can navigate complex regional mental health issues.
   - **Mental Health Equity and Rule of Law:** SADC's stability relies on adherence to mental health regulations. MSMH graduates contribute to maintaining mental health order, resolving disparities, and promoting regional well-being.

3. **Purpose of the MSMH Program:**
   - **Facilitate Educative Platforms for Ethical Practice**: The MSMH program equips graduates with practical skills in advocating for ethical practice. It emphasizes justice, fairness, and integrity in mental health practice, ensuring that graduates uphold the highest ethical standards.
   - **Research and Innovation**: MSMH students engage in mental health research, addressing contemporary mental health challenges. Their findings contribute to the development of evidence-based mental health policies, interventions, and practical solutions, driving innovation in the field.
   - **Community Impact**: The MSMH program prepares graduates to make a positive impact within communities by implementing mental health policies, interventions, and practical solutions. This drives meaningful change in mental health outcomes. Graduates become not only informed professionals but also advocates for ethical mental health practice within their communities.

PROGRAM LEARNING OBJECTIVES

1. **Understanding the Effects of Mental Health and Illness:**
   - Equip candidates with comprehensive knowledge and understanding of the impact of mental health and illness on individuals, families, and communities.

2. **Social and Economic Implications:**
   - Explore how mental health and illness impact socio-economic dynamics, affecting the development of mental health policies and emphasizing the importance of addressing mental health disparities.

3. **Promoting Respectful Communication:**
   - Educate students on mental health-related language to ensure the use of ethical and respectful communication, while destigmatizing mental health issues.

4. **Social Class and Racial Trauma Awareness:**
   - Provide a deeper understanding of the nuances surrounding social class and racial trauma and their disproportionate impact on communities in the context of mental health.

5. **Suicide Prevention and Intervention:**
   - Provide students with advocacy skills pertaining to the prevention of suicide ideation and related behaviors.

6. **Active Listening Skills:**
   - Impart knowledge on effective listening techniques for conducting relevant psycho-social research in support of mental health intervention approaches for the benefit of diverse communities.

7. **Assisting in Mental Health Crises:**
   - Provide insight through the application of evidence-based research to equip graduates in formulating relevant and contextual steps for assisting someone experiencing a mental health crisis, with an emphasis on empathetic and psychologically safe interventions.

8. **Knowledge of Treatment Options and Resources:**
   - Familiarize students with various forms of mental health treatment methods.
   - Introduce students to both virtual and physical mental health resources to guide them in using available professional psycho-social referral systems.

9. **Self-Care and Coping Strategies:**
   - Expose students to the practical use of available self-care and well-being platforms as part of knowledge development in practices and coping strategies, prioritizing personal well-being while advocating for the support of others.

PROGRAM LEARNING OUTCOMES

The Master of Social Science in Mental Health (MSMH) program at Springfield Research University aims to prepare graduates with the knowledge, skills, and ethical foundations necessary to excel in advocacy and make positive contributions within the mental health field. The key learning outcomes for the program are:

1. **Professional Roles and Ethics:**
   - Graduates will develop a deep understanding of the regulations governing ethical and professional practice within the mental health field. They will be

adept at maintaining the highest ethical standards in their research practices and interactions.

2. **Human Growth and Development:**
   - Students will acquire knowledge on human development through research-intensive initiatives. This understanding will enable them to design and deliver prevention programs, mental health educational workshops, and support-based interventions tailored to community needs.

3. **Effective Helping Relationships:**
   - Graduates will master the art of building and facilitating effective stakeholder relations within communities, contributing towards the enhancement of relationships at the personal, group, or systemic level. They will be skilled in facilitating consultative processes geared towards the implementation of community-based mental health interventions.

4. **Cultural Competence and Advocacy:**
   - An appreciation for social and cultural diversity will be central to graduates' research and policy development practice. They will provide culturally sensitive services to individuals from all backgrounds and advocate for equity within community-based mental health services.

5. **Assessment and Evaluation:**
   - Students will gain expertise in research methodology and the development of assessment, testing, and administration principles. They will be equipped with the skills to analyze and interpret data and assessment results, which will inform mental health interventions and policies.

6. **Research and Evaluation:**
   - Graduates will apply theoretical knowledge to research and evaluation practices. They will conduct community needs assessments, evaluate program effectiveness, and ensure quality assurance in mental health services.

7. **Technology Integration:**
   - Practical knowledge of technology will empower graduates to leverage digital resources effectively. They will use technology for planning, evaluation, and documentation, enhancing their impact in the mental health field.

8. **Career Development Opportunities:**
   - Graduates will gain skills that support the capacitation of individuals within the mental health sector and communities, contributing towards building niche areas within the field and related career trajectories.

These outcomes prepare our students to excel in diverse mental health initiatives, making a positive impact on individuals and communities alike.

ENTRY REQUIREMENTS

To be eligible for the Master of Social Science in Mental Health (MSMH) program at Springfield Research University, applicants must meet the following criteria:

- **Academic Qualifications:** Applicants must hold an appropriate first bachelor's degree (or equivalent) in a cognate discipline with at least a credit average (60%), or an equivalent qualification and relevant work experience approved by the Senate.

Suitable disciplines include in mental health and wellness, social work, psychology, public health, occupational health, human resources and related fields.

CAREER OPPORTUNITIES

The Master of Social Science in Mental Health program is designed to advance the education and professional skills of individuals working within healthcare, wellness, social welfare, and related disciplines. This program combines coursework and research to prepare graduates for various senior career roles across diverse sectors.

Non-Clinical Career Pathways

Graduates are equipped to take on senior positions in management, policy, planning, and non-clinical mental health settings. They are prepared to support others with evidence-based mental health interventions in areas such as:

- Law enforcement
- Human services
- Education
- Community health research

The program enables graduates to integrate their passion for helping others with their knowledge in the evaluation and intervention of mental health challenges. These skills are highly sought after by community-based and national organizations looking to fill their need for mental health professionals.

Key Program Features:

- **Interdisciplinary Faculty:** Learn from experts across social sciences fields (including psychology, counseling and wellness, social work), and neuroscience. Our faculty blends academic rigor with practical insights.

- **Research Integration:** Develop research skills through praxis intervention projects. Investigate mental health trends, inform and review policies, analyze data, and contribute to evidence-based practices.

- **Technology-Enhanced Learning:** Leverage digital platforms for the development of research methodologies, assessments, telehealth tools, and data analysis techniques to stay abreast of mental health innovations and advancements.

Graduates leave SRU equipped to make a difference. Whether you pursue research, policy development, or community advocacy, our program prepares you to transform lives and make a positive impact in the field of mental health.

The Master's Degree shall:

The Master's degree program in Mental Health at Springfield Research University is designed to equip students with the skills and knowledge necessary for a successful career in this dynamic field. Here are the key features of our program:

1. **Duration**:
   - The program spans **two years** for full-time students or **four years** for part-time students.

2. **Semester Structure**:
   - Each academic year consists of **two semesters**.
   - **Semester Duration**: Each semester runs for **20 weeks**.
     - **Orientation Week**: One week dedicated to orientation.
     - **Teaching Weeks**: A minimum of **14 weeks** for instruction.
     - **Mid-Semester Break**: A one-week break for students.
     - **Examination Period**: Two weeks for final exams.
     - **Results Processing**: Two weeks allocated for marking and result processing.

Our program ensures a rigorous academic experience while allowing flexibility for part-time students. Students engage in hands-on learning, theoretical coursework, and practical projects, preparing them for the existing challenges of the Public Health industry.

Special Departmental Regulations

1. **Course Completion Requirements**:
   - All **Core**, **Prerequisite**, **Required**, **General**, and **Elective** courses within the degree program are compulsory. Students must pass these courses with a minimum grade of **50%** to graduate.
   - However, during the third and fourth semesters, all courses must be passed with a minimum grade of **60%** (equivalent to a CGPA of **3.00**) to qualify for graduation.

2. **Optional Courses**:
   - Optional courses do not contribute to the final grade. Their marks are excluded from the computation of the overall grade.

3. **Externalization of Courses**:
   - All courses within the degree programs must be completed internally. Externalization is not permitted.

4. **Quality Control and Evaluation**:
   - Regular academic audits and reviews occur every two years, overseen by external moderators. Internal program evaluation is ongoing.

5. **Competence and Preparation**:

   o The courses offered in the Master of Social Science in Mental Health program provide adequate competences, preparing students for professional practice at the required academic level.

6. **Core and Prerequisite Courses**:

   o Students must pass all Core and Prerequisite courses with a minimum grade of **50%** before progressing to the next level or enrolling in additional courses.

Degree Award and Classification

- Upon successful completion of all **Core**, **Required**, and **Education** courses, as well as meeting the program requirements, a student will be awarded the degree of **Master of Social Science in Mental Health** at the end of the final year.

- The **normal classification** of a Master of Social Science in Mental Health Degree is determined based on the academic performance during the second year of study.

Rationale to Course Numbering

At Springfield Research University, we meticulously design our Master of Social Science in Mental Health curriculum to empower students with the knowledge and skills needed to thrive in this dynamic field. Our course numbering system serves as a roadmap, guiding students through their academic journey - **600-level courses** introduce foundational concepts and build on those foundations. - **700-level courses** explore more specialized topics and are advanced and often include research or project components. Let's delve into the reasons behind our thoughtful approach:

1. **Logical Progression**: Our course numbers reflect a logical progression. Foundational concepts and deeper explorations in with the "600" series, followed by "700" levels covering advanced topics and research opportunities.

2. **Prerequisites and Coherence**: Clear numbering helps students understand prerequisites and co-requisites. For instance, a 600-level course assumes knowledge ensuring a coherent learning experience.

3. **Specialization and Depth**: As students advance, higher-level courses delve into specialized areas such as epidemiology and biostatistics, and health management. The numbering system communicates this depth of study.

4. **Alignment with Program Goals**: Each course number aligns with our program's learning outcomes. Whether it's mastering epidemiology or diving into biostatistics, students can track their progress.

5. **Transferability**: Consistent numbering facilitates credit transfer between institutions, supporting seamless academic mobility.

In summary, our course numbering isn't just a sequence—it's a deliberate framework that enhances learning, fosters curiosity, and prepares our students for impactful careers in Mental Health. Master of Social Science in Mental Health simplifies the course numbering system.

1. **600-Level Courses (Mental Health Leadership and Management):**

- o **MMH 601:** Mental Health Policy and Advocacy
- o **MMH 610:** Epidemiology and Biostatistics in Mental Health
- o **MMH 620:** Healthcare Administration and Ethics in Mental Health

2. **700-Level Courses (Mental Health Strategy and Innovation):**
   - o **MMH 701:** Global Mental Health Challenges and Solutions
   - o **MMH 710:** Environmental Mental Health and Sustainability
   - o **MMH 720:** Mental Health Informatics and Digital Health

The Master of Science in Mental Health is a two (2) program. The student is expected to accumulate 192 credit points to be considered to have met the requirements of the Master of Social Science in Mental Health and must pass each module by at least 50%.

- Level 1 = minimum of credits 96 (960 notional hours of study)
- Level 2 = minimum of credits 96 (960 notional hours of study)

TOTAL credit points 1920 (1920 notional hours of study)

Credit Transfer and Accumulation

1. Credits are derived from engagement of students in learning activities during lectures, seminars, tutorials, micro or macro field trips, directed and self-directed learning and writing examination tests and assignments.
2. Modules from the health and medical science faculty are worth 8 credit. Lecture attendance is compulsory. Students who attend less than 80% of lessons will not be allowed to sit for their sessional examinations.

Weighting

The degree class shall be based on weighting the results from part 1 and 2, the Degree weighting shall be as follows:

Level 1   50%

Level 2   50%

Distribution of Notional Hours

Module	Lecture Hrs.	Tutorials/ Seminars	Self-Directed Study	Assignment Tests/Exams	Notional Hrs.	Credits
MMH700	36	10	17	17	80	8
PROJECT	0	0	40	40	80	8

Teaching Methods

At Springfield Research University (SRU), we are committed to employing a diverse array of teaching methods to ensure a comprehensive and engaging learning experience for our students. Our teaching methods are carefully selected to align with the programme's objectives and to meet the needs of our diverse student body. The following are the key teaching methods utilized across all SRU programmes:

1. Lectures:

- Lectures are used to introduce and explain key concepts, theories, and principles. They provide a structured and systematic approach to delivering content, allowing students to gain a solid foundation in their respective fields. Lectures are often supplemented with visual aids, multimedia presentations, and interactive elements to enhance understanding and engagement.

2. Seminars:

- Seminars are interactive sessions that promote critical thinking and in-depth discussion on specific topics. Students are encouraged to actively participate, share their perspectives, and engage in debates. Seminars provide an opportunity for students to develop their analytical and communication skills.

3. Workshops:

- Workshops are hands-on sessions that focus on practical skills and applications. These sessions allow students to engage in experiential learning, apply theoretical knowledge to real-world scenarios, and collaborate with peers on projects and activities. Workshops are designed to foster creativity, problem-solving, and teamwork.

4. Problem-Based Learning (PBL):

- Problem-Based Learning is a student-cantered approach that involves presenting students with complex, real-world problems to solve. Students work in small groups to research, discuss, and propose solutions, developing critical thinking and collaborative skills in the process. PBL encourages independent learning and active engagement.

5. Case Studies:

- Case studies are used to analyse real-life situations and decision-making processes. Students examine and discuss case studies to understand the context, identify key issues, and evaluate possible solutions. This method helps students develop their analytical and problem-solving abilities while relating theoretical concepts to practical situations.

6. Research Projects:

- Research projects are designed to cultivate a culture of inquiry and innovation. Students engage in independent or group research projects, exploring topics of interest and contributing to the body of knowledge in their field. Research projects develop students' research skills, critical thinking, and ability to communicate findings effectively.

8. Online Learning:

- Online learning is incorporated to provide flexible and accessible education. SRU utilizes online platforms to deliver lectures, conduct discussions, and facilitate

collaborative projects. Online learning allows students to access course materials, participate in virtual classrooms, and engage with peers and instructors remotely.

9. Continuous Assessment:

- Continuous assessment methods, such as quizzes, assignments, and presentations, are used to monitor students' progress and provide ongoing feedback. These assessments help identify areas for improvement and ensure that students are meeting learning objectives throughout the course.

10. Peer Learning:

- Peer learning encourages students to collaborate and learn from each other. Group projects, study groups, and peer review sessions provide opportunities for students to share knowledge, offer feedback, and support each other's learning journey.

At SRU, our commitment to employing diverse and effective teaching methods ensures that our students receive a well-rounded education that prepares them for success in their chosen fields. We continuously review and enhance our teaching practices to provide the best possible learning experience for our students.

Delivery Methods

At Springfield Research University (SRU), we utilize a variety of delivery methods to ensure that our educational programs are accessible, engaging, and effective. Our delivery methods are designed to cater to the diverse needs of our students and to provide flexible learning opportunities. The following are the key delivery methods employed across all SRU programs:

1. **In-Person Delivery:**

   o **Classroom Lectures:** Traditional classroom lectures provide a structured and interactive environment where students can engage with instructors and peers. These sessions often include discussions, presentations, and multimedia resources to enhance learning.

   o **Laboratory Sessions:** For programs that require practical and experimental learning, laboratory sessions are conducted in specialized labs equipped with the necessary tools and equipment. These hands-on sessions allow students to apply theoretical knowledge in a controlled environment.

2. **Online Delivery:**

   o **Virtual Classrooms:** Online platforms are used to deliver lectures, conduct discussions, and facilitate collaborative projects. Virtual classrooms enable students to access course materials, participate in live sessions, and engage with peers and instructors from remote locations.

   o **Recorded Lectures:** Recorded lectures are made available for students to access at their convenience. This flexible approach allows students to review and revisit course content as needed.

   o **Online Assessments:** Online assessments, including quizzes, assignments, and exams, are conducted through secure online platforms. These assessments provide timely feedback and help monitor students' progress.

3. **Blended Learning:**

- o **Hybrid Courses:** Blended learning combines in-person and online delivery methods to provide a flexible and comprehensive learning experience. Hybrid courses may involve alternating between classroom sessions and online activities.

- o **Flipped Classroom:** In the flipped classroom model, students access instructional content online before class and use in-person sessions for interactive, application-based activities. This approach encourages active learning and deeper engagement with the material.

4. **Independent Study:**

- o **Self-Paced Learning:** Self-paced learning allows students to progress through course materials at their own speed. This method is ideal for students who prefer to learn independently and manage their own schedules.

- o **Research Projects:** Independent research projects provide students with the opportunity to explore topics of interest, develop research skills, and contribute to the body of knowledge in their field. Faculty advisors provide guidance and support throughout the research process.

5. **Collaborative Learning:**

- o **Group Projects:** Group projects foster teamwork and collaboration among students. These projects often involve problem-solving, research, and presentations, allowing students to learn from each other and develop interpersonal skills.

- o **Peer Review:** Peer review sessions encourage students to provide and receive constructive feedback on each other's work. This method promotes critical thinking, reflection, and improvement.

6. **Experiential Learning:**

- o **Internships and Work Placements:** Internships and work placements provide students with practical experience in their chosen field. These opportunities allow students to apply their knowledge in real-world settings, develop professional skills, and build industry connections.

- o **Field Trips and Excursions:** Field trips and excursions offer experiential learning opportunities outside the classroom. These activities provide students with firsthand exposure to relevant sites, industries, and practices.

7. **Continuous Assessment:**

- o **Formative Assessments:** Formative assessments, such as quizzes, assignments, and in-class activities, provide ongoing feedback to students and help track their progress. These assessments are designed to support learning and identify areas for improvement.

- o **Summative Assessments:** Summative assessments, including final exams, projects, and presentations, evaluate students' overall performance and mastery of course content.

At SRU, our diverse delivery methods ensure that students receive a well-rounded and flexible education that caters to their individual learning preferences. We are committed to continuously enhancing our delivery methods to provide the best possible learning experience for our students.

COURSE MODULES AND SYNOPSIS

Year 1 Semester I

Code	Course	Lectures	Practical	Credits
MMH500	Research Methods and Statistics for Social Scientists	90	0	9
MMH501	Social Theory and Mental Health	90	0	9
MMH502	Psycho-social Theories of Mental Health	90	0	9
MMH503	Intersectionality of Public Health and Mental Health	90	0	9
MMH504	Professional Ethics and Issues	90	0	9
MMH505	Mental Health Epidemiology	90	0	9
	Total			**54**

Year 1 Semester 2

Code	Course	Lectures	Practical	Credits
MMH506	Mental Health Policies and Advocacy	60	30	9
MMH507	Theory and Practice in Mental Health Counselling	80	10	9
MMH508	Early Childhood Development in Mental Health	60	30	9
MMH509	Mental Health in Diverse and Multicultural Contexts	80	10	9
MMH510	Substance Use and Addiction in Mental Health	60	30	9
MMH511	Lifespan Development Theories in Mental Health	80	10	9
	Total			**54**

Year 2 Semester 3

Code	Course	Lectures	Practical	Credits
MMH512	Assessment in Mental Health	70	30	10
MMH513	Project Management Principles	80	20	10
MMH514	Community Engagement Project	20	100	12
	Total			**48**

Year 2 Semester 4

Code	Course	Lectures	Practical	Credits
MMH515	Research Dissertation	0	160	16
	Total			**16**

COURSE DESCRIPTIONS

RESEARCH METHODS AND STATISTICS FOR SOCIAL SCIENTISTS
This module provides an in-depth exploration of research methodologies and statistical techniques essential for social science research. Students will engage with both qualitative and quantitative research designs, encompassing data collection, analysis, and interpretation. The module also covers the use of statistical software, enabling students to apply advanced statistical methods to their own research projects. Emphasis is placed on developing critical thinking skills and the ability to evaluate research studies rigorously.

SOCIAL THEORY AND MENTAL HEALTH
In this module, students will explore the intersection of social theory and mental health, examining how various sociological frameworks contribute to our understanding of mental health issues. Key social theories such as symbolic interactionism, structuralism, and critical theory will be discussed in relation to mental health phenomena. The module will also address how social structures, power dynamics, and cultural norms influence mental health outcomes, equipping students with a comprehensive sociological perspective on mental health.

PSYCHO-SOCIAL THEORIES OF MENTAL HEALTH
This module delves into the complex interplay between psychological and social factors that influence mental health. Students will study a range of psycho-social theories, including those related to identity, stress, coping mechanisms, and social support systems. The module emphasizes the application of these theories to real-world mental health challenges, fostering a deeper understanding of how individual and societal factors intersect to affect mental well-being.

INTERSECTIONALITY OF PUBLIC HEALTH AND MENTAL HEALTH
Focusing on the dynamic relationship between public health and mental health, this module explores how public health policies and practices impact mental health outcomes. Students will examine social determinants of health, health disparities, and the role of public health interventions in promoting mental well-being. The module also highlights the importance of integrating mental health considerations into broader public health initiatives to address the needs of diverse populations effectively.

PROFESSIONAL ETHICS AND ISSUES
This module addresses the ethical considerations and professional issues faced by mental health practitioners. Topics include confidentiality, informed consent, dual relationships, and ethical decision-making processes. Through case studies and discussions, students will develop a strong ethical framework for their professional practice. The module also covers contemporary issues in mental health practice, such as the impact of digital technologies and evolving legal standards.

MENTAL HEALTH EPIDEMIOLOGY
Providing an introduction to the epidemiological study of mental health, this module covers the distribution, determinants, and prevention of mental health disorders in populations. Students will learn about the principles of epidemiology, study designs, and the application of

epidemiological methods to mental health research and public health practice. The module emphasizes the importance of epidemiological data in informing mental health policies and interventions, equipping students with the skills to contribute to public health efforts.

MENTAL HEALTH POLICIES AND ADVOCACY

This module explores the development, implementation, and impact of mental health policies at local, national, and international levels. Students will examine key policies, legislation, and regulatory frameworks that shape mental health services and advocacy efforts. The module also covers strategies for effective advocacy, including stakeholder engagement, lobbying, and public awareness campaigns. Students will gain insights into the role of policy and advocacy in promoting mental health and reducing stigma.

THEORY AND PRACTICE IN MENTAL HEALTH COUNSELLING

This module provides an in-depth study of the theoretical foundations and practical applications of mental health counselling. Students will explore various counselling theories, including cognitive-behavioral, psychodynamic, humanistic, and integrative approaches. The module emphasizes the development of practical counselling skills, such as active listening, empathy, and intervention techniques. Through case studies and role-playing exercises, students will apply theoretical knowledge to real-world counselling scenarios.

EARLY CHILDHOOD DEVELOPMENT IN MENTAL HEALTH

This module focuses on the critical importance of mental health during early childhood development. Students will explore the psychological, social, and environmental factors that influence mental health outcomes in young children. Topics include attachment theory, developmental milestones, early intervention strategies, and the impact of adverse childhood experiences. The module also covers assessment and intervention techniques to support the mental health and well-being of children and their families.

MENTAL HEALTH IN DIVERSE AND MULTICULTURAL CONTEXTS

This module examines the complexities of mental health within diverse and multicultural contexts. Students will explore how cultural, ethnic, and societal factors influence mental health experiences and outcomes. The module emphasizes the importance of cultural competence in mental health practice, including culturally sensitive assessment and intervention techniques. Students will engage with case studies and discussions to develop skills in providing inclusive and equitable mental health care.

SUBSTANCE USE AND ADDICTION IN MENTAL HEALTH

This module provides a comprehensive overview of the relationship between substance use, addiction, and mental health. Students will study the biological, psychological, and social factors that contribute to substance use disorders and their impact on mental health. The module covers assessment, diagnosis, and treatment strategies for substance use disorders, including evidence-based interventions and harm reduction approaches. Students will also explore the co-occurrence of substance use and other mental health disorders and the challenges of integrated care.

LIFESPAN DEVELOPMENT THEORIES IN MENTAL HEALTH

This module explores the various developmental theories and their relevance to mental health across the lifespan. Students will study key developmental stages, from infancy to old age, and examine how mental health issues can manifest and evolve at each stage. The module covers theories such as Erikson's psychosocial development, Piaget's cognitive development, and Bowlby's attachment theory. Through case studies and practical applications, students will gain a deep understanding of how developmental processes influence mental health and well-being throughout life.

ASSESSMENT IN MENTAL HEALTH

This module provides a comprehensive overview of assessment techniques and tools used in mental health practice. Students will learn about various assessment methods, including clinical interviews, psychometric testing, and observational techniques. The module covers the principles of reliable and valid assessment, as well as the ethical considerations involved. By the end of the module, students will be equipped with the skills to conduct thorough and accurate mental health assessments and interpret the results to inform treatment planning.

PROJECT MANAGEMENT PRINCIPLES

This module introduces students to the fundamental principles of project management, with a focus on applications in the mental health and social science fields. Topics include project planning, resource allocation, risk management, and performance evaluation. Students will learn to use project management tools and techniques to design, implement, and evaluate projects effectively. The module emphasizes the importance of clear communication, teamwork, and strategic planning in achieving project goals.

COMMUNITY ENGAGEMENT PROJECT

In this module, students will apply their knowledge and skills to a real-world community engagement project. The module involves identifying a community need related to mental health, developing a project plan, and implementing the project in collaboration with community stakeholders. Students will gain hands-on experience in community engagement, project management, and evaluation. The module aims to enhance students' practical skills and their understanding of the impact of community-based initiatives on mental health and well-being.

RESEARCH DISSERTATION

This module is the culmination of the Master of Social Science in Mental Health program, requiring students to undertake an independent research project. Students will identify a research question, conduct a literature review, design and implement a research study, and analyze the results. The module includes guidance on research ethics, data collection and analysis, and academic writing. The research dissertation provides students with the opportunity to contribute original knowledge to the field of mental health and demonstrate their research capabilities.

Course Outlines

Course Title: Research Methods and Statistics for Social Scientists

Course Description: This course provides an in-depth exploration of research methodologies and statistical techniques essential for social science research. Students will engage with both qualitative and quantitative research designs, encompassing data collection, analysis, and interpretation.

Learning Objectives:

- Understand the principles of research design and methodology.

- Develop skills in data collection and analysis.

- Apply statistical techniques using relevant software.

- Critically evaluate research studies.

Learning Outcomes:

- Conduct independent research projects.
- Analyze and interpret research data.
- Evaluate the validity and reliability of research findings.
- Use statistical software to perform advanced analyses.

Topics Covered:

1. Introduction to Research Methods

- Overview of research in social sciences
- Importance of research in advancing social knowledge
- Types of research: Basic, applied, and action research
- Formulating research questions and hypotheses in social sciences

2. Qualitative Research Designs

- Understanding qualitative research and its applications in social sciences
- Common qualitative research designs: Case studies, ethnography, grounded theory, and phenomenology
- Data collection methods: Interviews, focus groups, and observations
- Coding and thematic analysis techniques
- Ensuring validity and reliability in qualitative research

3. Quantitative Research Designs

- Understanding quantitative research and its applications in social sciences
- Common quantitative research designs: Descriptive, correlational, experimental, and quasi-experimental
- Sampling methods and techniques
- Measurement and data collection: Surveys, experiments, and secondary data sources
- Ensuring validity and reliability in quantitative research

4. Data Collection Techniques

- Overview of primary and secondary data collection methods
- Designing surveys and questionnaires
- Conducting interviews and focus groups
- Observational techniques and recording data
- Ethical considerations in data collection

5. Data Analysis and Interpretation

- Introduction to data analysis: Qualitative and quantitative approaches
- Coding and analyzing qualitative data
- Descriptive and inferential statistics for quantitative data
- Interpreting research findings and drawing conclusions
- Presenting research results: Tables, graphs, and charts

6. Statistical Software Applications

- Introduction to statistical software (e.g., SPSS, SAS, R, and Python)
- Data entry and management in statistical software
- Performing descriptive and inferential statistical analyses
- Visualizing data using software tools
- Interpreting and reporting statistical results

7. Ethical Considerations in Research

- Understanding research ethics and its importance
- Informed consent and confidentiality
- Ethical guidelines for conducting research with human subjects
- Avoiding plagiarism and ensuring academic integrity
- Addressing ethical dilemmas in research

Assessment:

- Research Proposal (20%)
- Data Collection and Analysis Project (30%)
- Final Exam (50%)

Recommended Reading:

- Creswell, J.W. (2014). Research Design: Qualitative, Quantitative, and Mixed Methods Approaches.
- Field, A. (2018). Discovering Statistics Using IBM SPSS Statistics.

Course Title: Social Theory and Mental Health

Course Description: This course explores the intersection of social theory and mental health, examining how various sociological frameworks contribute to our understanding of mental health issues.

Learning Objectives:

- Understand key social theories related to mental health.

- Analyze the impact of social structures on mental health outcomes.

- Apply sociological concepts to mental health phenomena.

Learning Outcomes:

- Critically evaluate social theories in the context of mental health.

- Explain how social structures and cultural norms influence mental health.

- Apply theoretical frameworks to analyze mental health issues.

Topics Covered:

1. Symbolic Interactionism and Mental Health

- Understanding Symbolic Interactionism in the context of mental health

- Key theorists and foundational concepts

- The role of symbols and language in shaping mental health experiences

- Case studies on mental health stigma and self-identity

- Practical applications: Therapeutic communication and intervention strategies

2. Structuralism and Mental Health

- Overview of Structuralism and its relevance to mental health

- Key theorists and foundational concepts

- Analyzing mental health through structural relationships and binary oppositions

- Case studies on cultural narratives and mental health disorders

- Practical applications: Designing mental health programs and policies

3. Critical Theory and Mental Health

- Introduction to Critical Theory and its impact on mental health

- Key theorists and foundational concepts

- Examining power, oppression, and mental health inequalities

- Case studies on systemic barriers and mental health access

- Practical applications: Advocacy, social justice, and mental health reform

4. Social Structures and Mental Health

- Understanding the influence of social structures on mental health

- Key concepts: Social stratification, roles, and institutions

- Examining the impact of socioeconomic status, race, and gender on mental health

- Case studies on social determinants of mental health

- Practical applications: Integrating social structure analysis in mental health interventions

5. Power Dynamics and Mental Health

- Exploring the relationship between power dynamics and mental health

- Key theorists and foundational concepts

- Analyzing power relations in clinical and social settings

- Case studies on power, control, and mental health outcomes

- Practical applications: Empowerment and participatory approaches in mental health care

6. Cultural Norms and Mental Health

- Understanding the impact of cultural norms on mental health

- Key concepts: Cultural beliefs, values, and practices

- Examining cross-cultural variations in mental health perception and treatment

- Case studies on cultural competence and culturally sensitive care

- Practical applications: Developing culturally appropriate mental health programs

Assessment:

- Theory Analysis Essay (25%)

- Case Study Analysis (35%)

- Final Exam (40%)

Recommended Reading:

- Goffman, E. (1963). Stigma: Notes on the Management of Spoiled Identity.

- Foucault, M. (1961). Madness and Civilization: A History of Insanity in the Age of Reason.

Course Title: Psycho-social Theories of Mental Health

Course Description: This course delves into the psycho-social factors influencing mental health, integrating psychological and social perspectives.

Learning Objectives:

- Understand psycho-social theories related to mental health.

- Analyze the impact of identity, stress, and coping mechanisms on mental health.

- Apply psycho-social theories to real-world mental health challenges.

Learning Outcomes:

- Explain the interplay between psychological and social factors in mental health.

- Assess the role of social support systems in mental health outcomes.

- Apply psycho-social theories to practical mental health scenarios.

Topics Covered:

1. Identity and Mental Health

- Understanding the concept of identity in mental health

- Theories of self and identity formation

- The impact of identity on mental health outcomes

- Identity-related issues: Stigma, discrimination, and self-esteem

- Practical applications: Identity-focused therapeutic approaches

2. Stress and Coping Mechanisms

- Understanding stress and its psychological impact

- Theories of stress: Biological, psychological, and social perspectives

- Coping mechanisms: Adaptive and maladaptive strategies

- The role of resilience and stress management techniques

- Practical applications: Stress reduction and coping skills training

3. Social Support Systems

- The importance of social support in mental health

- Types of social support: Emotional, instrumental, informational, and appraisal

- Theories on social networks and social capital

- The impact of social support on mental health outcomes

- Practical applications: Enhancing social support in therapeutic settings

4. Psycho-social Interventions

- Overview of psycho-social interventions in mental health care

- Types of interventions: Cognitive-behavioral, psychodynamic, humanistic, and systemic approaches

- Designing and implementing effective psycho-social interventions

- Evaluating the effectiveness of psycho-social interventions

- Practical applications: Case examples and best practices

5. Community-Based Mental Health Programs

- Understanding community-based approaches to mental health

- Theories and models of community mental health

- Designing and implementing community-based mental health programs

- The role of community resources and partnerships

- Practical applications: Case studies of successful community-based programs

6. Case Studies in Psycho-social Mental Health

- Analyzing real-world case studies in psycho-social mental health

- Applying theoretical concepts to practical scenarios

- Identifying challenges and solutions in case management

- Reflecting on ethical considerations and cultural sensitivity

- Practical applications: Lessons learned and best practices

Assessment:

- Theory Application Essay (30%)

- Psycho-social Intervention Plan (30%)

- Final Exam (40%)

Recommended Reading:

- Erikson, E.H. (1963). Childhood and Society.

- Lazarus, R.S., & Folkman, S. (1984). Stress, Appraisal, and Coping.

Course Title: Intersectionality of Public Health and Mental Health

Course Description: This course explores the dynamic relationship between public health and mental health, examining how public health policies and practices impact mental health outcomes.

Learning Objectives:

- Understand the social determinants of health.

- Analyze the impact of public health interventions on mental health.

- Develop strategies to integrate mental health considerations into public health initiatives.

Learning Outcomes:

- Explain the social determinants of mental health.

- Assess the effectiveness of public health interventions in promoting mental well-being.

- Develop integrative public health and mental health strategies.

Topics Covered:

1. Social Determinants of Health

- Understanding the social determinants of health and their impact on mental health

- Key concepts: Socioeconomic status, education, neighborhood and physical environment, employment, and social support networks

- Exploring the link between social determinants and mental health outcomes

- Case studies on social determinants and mental health disparities

- Practical applications: Developing strategies to address social determinants in mental health interventions

2. Health Disparities and Mental Health

- Identifying health disparities in mental health care and outcomes

- Key concepts: Equity vs. equality, access to care, and cultural competence

- Examining the impact of race, ethnicity, gender, and sexual orientation on mental health

- Case studies on health disparities and mental health inequities

- Practical applications: Implementing culturally sensitive and inclusive mental health programs

3. Public Health Policies and Mental Health

- Overview of public health policies related to mental health

- Key policies and legislation: Mental Health Parity Act, Affordable Care Act, and international policies

- Analyzing the impact of public health policies on mental health care access and quality

- Case studies on policy implementation and mental health outcomes

- Practical applications: Advocacy and policy development for mental health equity

4. Community Mental Health Programs

- Understanding the role of community-based mental health programs

- Key concepts: Community engagement, participatory approaches, and sustainability

- Designing and implementing effective community mental health programs

- Case studies on successful community-based mental health initiatives

- Practical applications: Building partnerships and leveraging community resources

5. Integrated Health Interventions

- Exploring the concept of integrated health interventions in public and mental health

- Key approaches: Collaborative care models, holistic and multidisciplinary approaches

- The role of primary care in mental health integration

- Case studies on integrated health intervention models and their effectiveness

- Practical applications: Designing and evaluating integrated mental health programs

6. Case Studies in Public and Mental Health

- Analyzing real-world case studies at the intersection of public and mental health

- Applying theoretical concepts to practical scenarios

- Identifying challenges and solutions in public and mental health integration

- Reflecting on ethical considerations and cultural sensitivity

- Practical applications: Lessons learned and best practices in public and mental health

Assessment:

- Policy Analysis Report (30%)

- Community Health Project (30%)

- Final Exam (40%)

Recommended Reading:

- Marmot, M. (2005). The Status Syndrome: How Social Standing Affects Our Health and Longevity.

- World Health Organization. (2013). Mental Health Action Plan 2013-2020.

Course Title: Professional Ethics and Issues

Course Description: This course addresses the ethical considerations and professional issues faced by mental health practitioners.

Learning Objectives:

- Understand the principles of professional ethics in mental health practice.

- Analyze ethical dilemmas and decision-making processes.

- Develop a strong ethical framework for professional practice.

Learning Outcomes:

- Identify and address ethical issues in mental health practice.

- Apply ethical decision-making models to case studies.

- Demonstrate adherence to ethical standards in professional practice.

Topics Covered:

1. Confidentiality and Informed Consent

- Understanding the importance of confidentiality in professional practice

- Legal and ethical standards for maintaining client confidentiality

- Key concepts of informed consent: Information disclosure, comprehension, voluntariness

- Procedures for obtaining and documenting informed consent

- Case studies on confidentiality breaches and informed consent dilemmas

2. Dual Relationships and Boundaries

- Defining dual relationships and their potential risks in professional practice

- Establishing and maintaining appropriate professional boundaries

- Recognizing and managing boundary crossings and violations

- Ethical guidelines for managing dual relationships

- Case studies on dual relationship challenges and boundary issues

3. Ethical Decision-Making Models

- Overview of ethical decision-making frameworks

- Key models: The Four-Component Model, Kitchener's Model, and Rest's Model

- Steps for applying ethical decision-making models in practice

- Evaluating the outcomes of ethical decisions

- Practical applications: Case examples of ethical decision-making

4. Legal and Regulatory Standards

- Understanding the legal and regulatory standards governing professional practice

- Key legislation and regulations: Licensing requirements, professional codes of conduct, and scope of practice

- The role of regulatory bodies in monitoring and enforcing standards

- Case studies on legal and regulatory compliance in professional practice

- Practical applications: Navigating legal and regulatory challenges

5. Contemporary Issues in Mental Health Ethics

- Exploring current ethical issues in mental health practice

- Key topics: Technology and telehealth, confidentiality in the digital age, and cultural competence

- Ethical considerations in addressing contemporary challenges

- Case studies on ethical dilemmas in modern mental health practice

- Practical applications: Best practices for ethical decision-making in contemporary contexts

6. Case Studies in Professional Ethics

- Analyzing real-world case studies in professional ethics
- Applying ethical principles and decision-making models to practical scenarios
- Identifying ethical challenges and proposing solutions
- Reflecting on ethical considerations and cultural sensitivity
- Practical applications: Lessons learned and best practices in professional ethics

Assessment:
- Ethical Dilemma Analysis (25%)
- Case Study Presentation (35%)
- Final Exam (40%)

Recommended Reading:
- Corey, G., Corey, M.S., & Callanan, P. (2014). Issues and Ethics in the Helping Professions.
- Knapp, S., & VandeCreek, L. (2012). Practical Ethics for Psychologists: A Positive Approach.

Course Title: Mental Health Epidemiology

Course Description: This course provides an introduction to the epidemiological study of mental health, covering the distribution, determinants, and prevention of mental health disorders in populations.

Learning Objectives:
- Understand the principles and methods of epidemiology.
- Analyze the distribution and determinants of mental health disorders.
- Apply epidemiological methods to mental health research and practice.

Learning Outcomes:
- Explain the principles of mental health epidemiology.
- Assess the prevalence and risk factors for mental health disorders.
- Conduct epidemiological research and interpret findings.

Topics Covered:

1. Introduction to Epidemiology
- Understanding the principles and scope of epidemiology
- Historical development and key milestones in epidemiology
- The role of epidemiology in public health and mental health

- Key concepts: Disease frequency, distribution, and determinants
- Practical applications: Using epidemiology to inform mental health policy and practice

2. Study Designs in Epidemiology

- Overview of various epidemiological study designs
- Key study designs: Cross-sectional, case-control, cohort, and randomized controlled trials
- Strengths and limitations of each study design in mental health research
- Practical applications: Selecting appropriate study designs for mental health research questions
- Case studies: Examples of epidemiological studies in mental health

3. Measures of Disease Frequency and Association

- Key measures of disease frequency: Incidence, prevalence, and mortality rates
- Understanding measures of association: Risk ratios, odds ratios, and hazard ratios
- Calculating and interpreting epidemiological measures
- Practical applications: Using disease frequency and association measures in mental health research
- Case studies: Examples of measuring disease frequency and association in mental health studies

4. Risk Factors and Protective Factors

- Identifying risk factors and protective factors for mental health disorders
- Understanding the role of genetic, environmental, and social factors in mental health
- Examining modifiable and non-modifiable risk factors
- Practical applications: Developing strategies to mitigate risk and enhance protective factors
- Case studies: Research on risk and protective factors in mental health

5. Epidemiology of Specific Mental Health Disorders

- Overview of the epidemiology of common mental health disorders
- Key disorders: Depression, anxiety, schizophrenia, bipolar disorder, and substance use disorders
- Epidemiological patterns and trends in mental health disorders
- Practical applications: Using epidemiological data to inform mental health interventions
- Case studies: Epidemiological research on specific mental health disorders

6. Prevention and Intervention Strategies

- Understanding the principles of prevention in mental health

- Levels of prevention: Primary, secondary, and tertiary prevention

- Designing and implementing effective mental health prevention and intervention programs

- Evaluating the impact and effectiveness of mental health interventions

- Case studies: Successful mental health prevention and intervention programs

Assessment:

- Epidemiological Study Proposal (30%)

- Data Analysis Project (30%)

- Final Exam (40%)

Recommended Reading:

- Satcher, D., & Druss, B.G. (2007). Public Mental Health.

- Tsuang, M.T., & Tohen, M. (2002). Textbook of Psychiatric Epidemiology.

Course Title: Mental Health Policies and Advocacy

Course Description: This course explores the development, implementation, and impact of mental health policies at local, national, and international levels. Students will examine key policies, legislation, and regulatory frameworks that shape mental health services and advocacy efforts.

Learning Objectives:

- Understand the key mental health policies and their implications.

- Analyze the role of advocacy in shaping mental health policies.

- Develop strategies for effective mental health advocacy.

Learning Outcomes:

- Critically evaluate mental health policies.

- Propose and develop advocacy strategies.

- Engage with stakeholders to promote mental health policies.

Topics Covered:

1. Overview of Mental Health Policies

- Understanding the importance and scope of mental health policies

- Historical development of mental health policies globally

- Key components of effective mental health policies

- The impact of mental health policies on public health and well-being

- Case studies: Analysis of notable mental health policies

2. Policy Development and Implementation

- The process of developing mental health policies
- Stakeholders involved in policy development
- Strategies for successful policy implementation
- Monitoring and evaluation of mental health policies
- Practical applications: Developing and implementing mental health policies in various contexts

3. Mental Health Legislation and Regulations

- Overview of key mental health legislation and regulations
- Legal frameworks for protecting mental health rights
- Understanding the role of international conventions and treaties
- Case studies: Analysis of mental health legislation in different countries
- Practical applications: Navigating legal and regulatory standards in mental health practice

4. Advocacy Strategies and Techniques

- The importance of advocacy in mental health
- Key advocacy strategies and techniques
- Building coalitions and alliances for mental health advocacy
- Communicating effectively with policymakers and the public
- Practical applications: Developing and implementing advocacy campaigns

5. Case Studies in Mental Health Advocacy

- Analyzing real-world case studies in mental health advocacy
- Success stories and lessons learned from advocacy efforts
- Identifying challenges and solutions in advocacy campaigns
- Reflecting on ethical considerations and cultural sensitivity
- Practical applications: Best practices in mental health advocacy

6. Stakeholder Engagement and Collaboration

- Understanding the role of stakeholders in mental health advocacy
- Building and maintaining effective stakeholder relationships
- Strategies for collaborative advocacy efforts
- Case studies: Successful stakeholder engagement in mental health initiatives
- Practical applications: Engaging stakeholders for mental health policy change

Assessment:

- Policy Analysis Report (30%)

- Advocacy Project (35%)

- Final Exam (35%)

Recommended Reading:

- WHO (2013). Mental Health Action Plan 2013-2020.

- Patel, V., & Prince, M. (2010). Global Mental Health: Principles and Practice.

Course Title: Theory and Practice in Mental Health Counselling

Course Description: This course provides an in-depth study of the theoretical foundations and practical applications of mental health counselling. Students will explore various counselling theories and develop practical counselling skills.

Learning Objectives:

- Understand key counselling theories and their applications.

- Develop practical counselling skills and techniques.

- Apply counselling theories to real-world scenarios.

Learning Outcomes:

- Demonstrate proficiency in various counselling techniques.

- Apply counselling theories to case studies.

- Conduct effective counselling sessions.

Topics Covered:

1. Overview of Counselling Theories

- Introduction to key counselling theories

- Historical development of counselling theories

- Comparative analysis of major theoretical approaches

- The role of theoretical orientation in counselling practice

- Practical applications: Integrating theory into practice

2. Cognitive-Behavioral Therapy (CBT)

- Fundamentals of Cognitive-Behavioral Therapy

- Key concepts: Cognitive restructuring, behavioral activation, and exposure therapy

- Techniques and interventions used in CBT

- Case studies: Application of CBT in various mental health issues

- Practical applications: Developing CBT treatment plans and interventions

3. Psychodynamic Therapy

- Introduction to psychodynamic therapy and its principles
- Key concepts: Unconscious processes, transference, and defense mechanisms
- Techniques and interventions used in psychodynamic therapy
- Case studies: Application of psychodynamic therapy in mental health treatment
- Practical applications: Integrating psychodynamic concepts into practice

4. Humanistic and Integrative Approaches

- Overview of humanistic counselling approaches
- Key theories: Person-centered therapy, Gestalt therapy, and existential therapy
- Principles of integrative counselling: Combining multiple theoretical approaches
- Case studies: Application of humanistic and integrative approaches in counselling
- Practical applications: Developing personalized counselling interventions

5. Practical Counselling Skills

- Essential counselling skills for effective practice
- Building rapport and establishing therapeutic relationships
- Active listening, empathy, and reflective responding
- Techniques for facilitating client self-exploration and growth
- Practical applications: Skill-building exercises and role-playing

6. Case Studies and Role-Playing Exercises

- Analyzing real-world case studies in mental health counselling
- Applying theoretical concepts to practical scenarios
- Engaging in role-playing exercises to practice counselling techniques
- Reflecting on ethical considerations and cultural sensitivity
- Practical applications: Lessons learned and best practices in counselling

Assessment:

- Counselling Theory Essay (30%)
- Practical Skills Assessment (35%)
- Final Exam (35%)

Recommended Reading:

- Corey, G. (2017). Theory and Practice of Counseling and Psychotherapy.

- Beck, J.S. (2011). Cognitive Behavior Therapy: Basics and Beyond.

Course Title: Early Childhood Development in Mental Health

Course Description: This course focuses on the critical importance of mental health during early childhood development, exploring psychological, social, and environmental factors.

Learning Objectives:

- Understand key developmental theories related to early childhood.
- Analyze the impact of early experiences on mental health.
- Develop strategies for early intervention.

Learning Outcomes:

- Explain the importance of early childhood development for mental health.
- Assess developmental milestones and potential mental health issues.
- Design early intervention programs.

Topics Covered:

1. Attachment Theory and Early Childhood

- Understanding the principles of attachment theory
- Key attachment styles: Secure, avoidant, ambivalent, and disorganized
- The role of early attachment in emotional and psychological development
- Implications of attachment theory for mental health
- Practical applications: Promoting healthy attachment in early childhood settings

2. Developmental Milestones

- Overview of key developmental milestones in early childhood
- Physical, cognitive, social, and emotional development stages
- Identifying typical and atypical development patterns
- The impact of developmental milestones on mental health
- Practical applications: Supporting developmental progress in young children

3. Adverse Childhood Experiences (ACEs)

- Understanding Adverse Childhood Experiences and their impact
- Types of ACEs: Abuse, neglect, and household dysfunction
- Long-term effects of ACEs on mental health and well-being
- Strategies for mitigating the impact of ACEs
- Practical applications: Creating supportive environments for children with ACEs

4. Early Intervention Strategies

- The importance of early intervention in mental health
- Key principles and approaches to early intervention
- Designing and implementing effective early intervention programs
- Evaluating the outcomes of early intervention strategies
- Practical applications: Case examples of successful early intervention programs

5. Assessment Techniques for Young Children

- Overview of assessment tools and techniques for early childhood mental health
- Key areas of assessment: Cognitive, emotional, behavioral, and social development
- Selecting appropriate assessment methods for young children
- Interpreting assessment results and developing intervention plans
- Practical applications: Conducting assessments in early childhood settings

6. Case Studies in Early Childhood Mental Health

- Analyzing real-world case studies in early childhood mental health
- Applying theoretical concepts to practical scenarios
- Identifying challenges and solutions in early childhood mental health care
- Reflecting on ethical considerations and cultural sensitivity
- Practical applications: Lessons learned and best practices in early childhood mental health

Assessment:

- Developmental Theory Essay (30%)
- Early Intervention Plan (35%)
- Final Exam (35%)

Recommended Reading:

- Bowlby, J. (1969). Attachment and Loss.
- Shonkoff, J.P., & Phillips, D.A. (2000). From Neurons to Neighborhoods: The Science of Early Childhood Development.

Course Title: Mental Health in Diverse and Multicultural Contexts

Course Description: This course examines the complexities of mental health within diverse and multicultural contexts, emphasizing cultural competence.

Learning Objectives:

- Understand the impact of cultural, ethnic, and societal factors on mental health.

- Develop culturally sensitive assessment and intervention techniques.

- Promote inclusive and equitable mental health care.

Learning Outcomes:

- Analyze mental health issues within diverse and multicultural contexts.

- Apply culturally sensitive assessment and intervention techniques.

- Demonstrate cultural competence in mental health practice.

Topics Covered:

1. Cultural Competence in Mental Health

- Understanding the importance of cultural competence in mental health practice

- Key concepts: Cultural awareness, sensitivity, and humility

- Developing skills for effective cross-cultural communication

- Assessing and addressing cultural biases in mental health care

- Practical applications: Enhancing cultural competence in clinical settings

2. Impact of Culture on Mental Health

- Examining the influence of culture on mental health beliefs and practices

- The role of cultural identity and heritage in shaping mental health

- Understanding cultural expressions of distress and coping mechanisms

- Case studies: Cultural variations in the perception and treatment of mental health disorders

- Practical applications: Integrating cultural considerations into mental health care

3. Assessment and Intervention Techniques

- Overview of culturally sensitive assessment tools and techniques

- Adapting assessment methods to diverse populations

- Designing culturally appropriate interventions and treatment plans

- Evaluating the effectiveness of culturally tailored interventions

- Practical applications: Implementing assessment and intervention techniques in diverse settings

4. Health Disparities and Mental Health

- Understanding health disparities and their impact on mental health outcomes

- Key concepts: Social determinants of health, equity, and access to care

- Identifying and addressing barriers to mental health care for diverse populations

- Case studies: Health disparities and mental health inequities in various cultural contexts
- Practical applications: Strategies for reducing health disparities in mental health care

5. Case Studies in Diverse and Multicultural Contexts

- Analyzing real-world case studies in multicultural mental health contexts
- Applying theoretical concepts to practical scenarios
- Identifying challenges and solutions in culturally diverse mental health care
- Reflecting on ethical considerations and cultural sensitivity
- Practical applications: Lessons learned and best practices in multicultural mental health

6. Strategies for Inclusive Mental Health Care

- Developing inclusive mental health care practices and policies
- Key principles: Equity, inclusion, and social justice
- Building inclusive mental health programs and services
- Engaging and collaborating with diverse communities
- Practical applications: Implementing strategies for inclusive mental health care

Assessment:

- Cultural Competence Essay (30%)
- Case Study Analysis (35%)
- Final Exam (35%)

Recommended Reading:

- Sue, D.W., & Sue, D. (2016). Counseling the Culturally Diverse: Theory and Practice.
- Bhugra, D., & Bhui, K. (2007). Textbook of Cultural Psychiatry.

Course Title: Substance Use and Addiction in Mental Health

Course Description: This course provides a comprehensive overview of the relationship between substance use, addiction, and mental health, covering assessment, diagnosis, and treatment strategies.

Learning Objectives:

- Understand the biological, psychological, and social factors of substance use and addiction.
- Develop assessment and intervention strategies for substance use disorders.
- Analyze the co-occurrence of substance use and other mental health disorders.

Learning Outcomes:

- Assess and diagnose substance use disorders.

- Develop and implement effective intervention strategies.

- Understand the challenges of integrated care for co-occurring disorders.

Topics Covered:

1. Overview of Substance Use Disorders

- Definition and classification of substance use disorders (SUDs)

- Epidemiology and prevalence of SUDs

- The impact of substance use on mental health and well-being

- Common substances of abuse: Alcohol, opioids, stimulants, and cannabis

- Practical applications: Identifying and understanding SUDs in clinical practice

2. Biological and Psychological Factors of Addiction

- The neurobiology of addiction: Brain pathways and neurotransmitters

- Genetic predisposition and heritability of addiction

- Psychological theories of addiction: Behavioral, cognitive, and psychodynamic perspectives

- The role of mental health disorders in the development and maintenance of addiction

- Practical applications: Applying biological and psychological theories in treatment planning

3. Social Factors and Substance Use

- The influence of social and environmental factors on substance use

- The role of family, peers, and community in shaping substance use behaviors

- Socioeconomic and cultural determinants of substance use and addiction

- The impact of stigma and discrimination on individuals with SUDs

- Practical applications: Developing social support systems and community-based interventions

4. Assessment and Diagnosis Techniques

- Overview of assessment tools and diagnostic criteria for SUDs

- Key assessment instruments: AUDIT, DAST, and SCID

- Conducting comprehensive clinical assessments: Interviews, questionnaires, and screenings

- Differential diagnosis: Distinguishing SUDs from other mental health disorders

- Practical applications: Implementing effective assessment and diagnostic techniques

5. Evidence-Based Intervention Strategies

- Overview of evidence-based treatments for SUDs

- Key intervention approaches: Cognitive-Behavioral Therapy (CBT), Motivational Interviewing (MI), and Contingency Management (CM)

- Medication-Assisted Treatment (MAT): Methadone, buprenorphine, and naltrexone

- The role of harm reduction strategies in addiction treatment

- Practical applications: Designing and implementing evidence-based intervention plans

6. Co-occurring Disorders and Integrated Care

- Understanding the prevalence and impact of co-occurring disorders (CODs)

- Key approaches to integrated care for individuals with CODs

- Collaborative treatment models: Integrated Dual Disorder Treatment (IDDT) and Assertive Community Treatment (ACT)

- Evaluating the effectiveness of integrated care approaches

- Practical applications: Developing and implementing integrated care plans for individuals with CODs

Assessment:

- Substance Use Disorder Assessment (30%)

- Intervention Strategy Plan (35%)

- Final Exam (35%)

Recommended Reading:

- Miller, W.R., & Rollnick, S. (2012). Motivational Interviewing: Helping People Change.

- Volkow, N.D., & Koob, G.F. (2015). Neurobiology of Addiction.

Course Title: Lifespan Development Theories in Mental Health

Course Description: This course explores developmental theories and their relevance to mental health across the lifespan, from infancy to old age.

Learning Objectives:

- Understand key developmental theories and their impact on mental health.

- Analyze mental health issues at different life stages.

- Develop strategies for mental health interventions across the lifespan.

Learning Outcomes:

- Explain the relevance of developmental theories to mental health.

- Assess mental health issues at various developmental stages.

- Apply developmental theories to mental health interventions.

Topics Covered:

1. Overview of Developmental Theories

- Introduction to key developmental theories

- Historical perspectives on human development

- Comparative analysis of major developmental theories: Freud, Erikson, Piaget, Vygotsky, and others

- The role of developmental theories in understanding mental health

- Practical applications: Integrating developmental theories into mental health practice

2. Infancy and Early Childhood Development

- Overview of developmental milestones in infancy and early childhood

- The impact of early experiences on mental health

- Key theories: Attachment theory, temperament, and early cognitive development

- The role of family and caregivers in early mental health

- Practical applications: Promoting healthy development in infancy and early childhood

3. Adolescence and Mental Health

- Understanding the developmental changes during adolescence

- Key theories: Identity formation, peer relationships, and cognitive development

- Common mental health challenges during adolescence: Depression, anxiety, and risk behaviors

- The role of family, peers, and social environments in adolescent mental health

- Practical applications: Supporting mental health and resilience in adolescents

4. Adulthood and Mental Health

- Overview of developmental milestones in adulthood

- Key theories: Erikson's stages of psychosocial development, Levinson's life structure theory

- Mental health challenges in adulthood: Stress, work-life balance, and relationships

- The role of social support and coping mechanisms in adult mental health

- Practical applications: Promoting mental well-being in adulthood

5. Aging and Mental Health

- Understanding the developmental changes during aging

- Key theories: Disengagement theory, activity theory, and socioemotional selectivity theory

- Mental health challenges in older adulthood: Cognitive decline, depression, and isolation

- The role of social support and community engagement in promoting mental health in older adults

- Practical applications: Enhancing mental health and quality of life in older adulthood

6. Case Studies Across the Lifespan

- Analyzing real-world case studies in lifespan development and mental health

- Applying theoretical concepts to practical scenarios

- Identifying challenges and solutions in lifespan mental health care

- Reflecting on ethical considerations and cultural sensitivity

- Practical applications: Lessons learned and best practices in lifespan development and mental health

Assessment:

- Developmental Theory Application Essay (30%)

- Lifespan Case Study Analysis (35%)

- Final Exam (35%)

Recommended Reading:

- Erikson, E.H. (1963). Childhood and Society.

- Piaget, J. (1952). The Origins of Intelligence in Children.

Course Title: Assessment in Mental Health

Course Description: This course provides a comprehensive overview of assessment techniques and tools used in mental health practice. Students will learn about various assessment methods, including clinical interviews, psychometric testing, and observational techniques.

Learning Objectives:

- Understand the principles of reliable and valid mental health assessment.

- Develop skills in conducting clinical interviews and administering psychometric tests.

- Interpret assessment results to inform treatment planning.

Learning Outcomes:

- Conduct thorough and accurate mental health assessments.

- Use a variety of assessment tools and techniques.

- Interpret and analyze assessment data to support clinical decision-making.

Topics Covered:

1. Principles of Mental Health Assessment

- Understanding the foundational principles of mental health assessment
- Key concepts: Reliability, validity, and standardization
- The role of assessment in mental health diagnosis and treatment planning
- Overview of different types of assessments: Initial, ongoing, and outcome assessments
- Practical applications: Implementing principles in clinical practice

2. Clinical Interviews and Diagnostic Criteria

- Overview of clinical interviewing techniques
- Structured, semi-structured, and unstructured interviews
- Diagnostic criteria for mental health disorders: DSM-5 and ICD-10
- Conducting comprehensive clinical interviews: Building rapport and gathering information
- Practical applications: Using clinical interviews for accurate diagnosis

3. Psychometric Testing and Measurement

- Introduction to psychometric testing in mental health
- Key concepts: Standardized tests, norms, and scoring
- Common psychometric tests: MMPI, Beck Depression Inventory, and others
- Interpreting test results and integrating them into treatment planning
- Practical applications: Administering and interpreting psychometric tests

4. Observational Techniques and Behavioral Assessments

- Overview of observational assessment methods
- Techniques for observing and recording behavior
- Functional behavior assessment and behavior modification strategies
- The role of behavioral assessments in mental health diagnosis and treatment
- Practical applications: Conducting observational assessments in clinical settings

5. Ethical Considerations in Assessment

- Understanding the ethical principles in mental health assessment
- Key issues: Confidentiality, informed consent, and cultural sensitivity
- Ethical guidelines for conducting assessments with diverse populations

- Addressing ethical dilemmas in assessment practices

- Practical applications: Ensuring ethical standards in mental health assessment

6. Case Studies in Mental Health Assessment

- Analyzing real-world case studies in mental health assessment

- Applying theoretical concepts to practical scenarios

- Identifying challenges and solutions in mental health assessment

- Reflecting on ethical considerations and cultural sensitivity

- Practical applications: Lessons learned and best practices in assessment

Assessment:

- Assessment Techniques Essay (25%)

- Psychometric Test Administration and Interpretation (35%)

- Final Exam (40%)

Recommended Reading:

- Groth-Marnat, G. (2009). Handbook of Psychological Assessment.

- Weiner, I.B., & Greene, R.L. (2017). Handbook of Personality Assessment.

Course Title: Project Management Principles

Course Description: This course introduces students to the fundamental principles of project management, with a focus on applications in the mental health and social science fields. Topics include project planning, resource allocation, risk management, and performance evaluation.

Learning Objectives:

- Understand the key principles and methodologies of project management.

- Develop skills in project planning, execution, and evaluation.

- Apply project management tools and techniques to real-world projects.

Learning Outcomes:

- Plan and execute projects effectively using established project management methodologies.

- Allocate resources and manage project risks.

- Evaluate project performance and implement improvements.

Topics Covered:

1. Introduction to Project Management

- Understanding the fundamentals of project management

- Key concepts: Project lifecycle, scope, objectives, and constraints

- The role of a project manager and essential skills

- Project management methodologies: Waterfall, Agile, and hybrid approaches

- Practical applications: Initiating and defining a project

2. Project Planning and Scheduling

- Overview of project planning and scheduling processes

- Key components: Work Breakdown Structure (WBS), Gantt charts, and project timelines

- Techniques for effective project scheduling: Critical Path Method (CPM) and Program Evaluation and Review Technique (PERT)

- Tools for project planning and scheduling: Microsoft Project, Trello, and Asana

- Practical applications: Developing a detailed project plan and schedule

3. Resource Allocation and Management

- Understanding resource allocation and management principles

- Key resources: Human, financial, and material

- Techniques for resource allocation: Resource leveling and smoothing

- Managing project teams: Roles, responsibilities, and communication

- Practical applications: Optimizing resource utilization and allocation

4. Risk Management and Mitigation

- Identifying and assessing project risks

- Key concepts: Risk probability, impact, and prioritization

- Techniques for risk management: Risk registers, SWOT analysis, and contingency planning

- Strategies for risk mitigation and response

- Practical applications: Developing and implementing a risk management plan

5. Performance Evaluation and Reporting

- Overview of project performance evaluation and reporting

- Key performance indicators (KPIs) and metrics for project success

- Techniques for performance tracking: Earned Value Management (EVM) and variance analysis

- Reporting tools and techniques: Dashboards, status reports, and performance reviews

- Practical applications: Conducting project evaluations and reporting findings

6. Case Studies in Project Management

- Analyzing real-world case studies in project management

- Applying theoretical concepts to practical scenarios

- Identifying challenges and solutions in project management

- Reflecting on best practices and lessons learned

- Practical applications: Case examples of successful project management practices

Assessment:

- Project Plan Development (30%)

- Resource Allocation and Risk Management Assignment (35%)

- Final Exam (35%)

Recommended Reading:

- Kerzner, H. (2017). Project Management: A Systems Approach to Planning, Scheduling, and Controlling.

- PMI (2017). A Guide to the Project Management Body of Knowledge (PMBOK Guide).

Course Title: Community Engagement Project

Course Description: In this course, students will apply their knowledge and skills to a real-world community engagement project. The course involves identifying a community need related to mental health, developing a project plan, and implementing the project in collaboration with community stakeholders.

Learning Objectives:

- Identify and assess community needs related to mental health.

- Develop and implement a community engagement project plan.

- Collaborate with community stakeholders to achieve project goals.

Learning Outcomes:

- Conduct a needs assessment and develop a comprehensive project plan.

- Implement and manage a community engagement project.

- Evaluate the impact of the project and make recommendations for future initiatives.

Topics Covered:

1. Community Needs Assessment

- Understanding the importance of community needs assessment

- Key concepts: Identifying community strengths, resources, and needs

- Techniques for conducting needs assessments: Surveys, interviews, focus groups, and asset mapping

- Analyzing data and prioritizing community needs

- Practical applications: Developing a comprehensive community needs assessment report

2. Project Planning and Development

- Overview of project planning and development processes

- Key components: Goal setting, objectives, and project scope

- Techniques for effective project planning: Logic models and theory of change

- Tools for project development: Gantt charts, timelines, and work breakdown structures

- Practical applications: Creating detailed project plans and proposals

3. Stakeholder Engagement and Collaboration

- Identifying and engaging key stakeholders in community projects

- Techniques for building and maintaining effective partnerships

- Strategies for collaborative decision-making and conflict resolution

- The role of communication in stakeholder engagement

- Practical applications: Developing stakeholder engagement plans and communication strategies

4. Project Implementation and Management

- Understanding the principles of project implementation and management

- Key concepts: Project execution, resource management, and quality assurance

- Techniques for effective project management: Agile and Waterfall methodologies

- Tools for project tracking and monitoring: Project management software and dashboards

- Practical applications: Implementing and managing community engagement projects

5. Monitoring and Evaluation

- Overview of monitoring and evaluation (M&E) in community projects

- Key concepts: Performance indicators, data collection, and analysis

- Techniques for monitoring project progress and outcomes

- Strategies for evaluating project impact and effectiveness

- Practical applications: Developing M&E plans and conducting evaluations

6. Case Studies in Community Engagement

- Analyzing real-world case studies in community engagement

- Applying theoretical concepts to practical scenarios

- Identifying challenges and solutions in community projects

- Reflecting on ethical considerations and cultural sensitivity

- Practical applications: Lessons learned and best practices in community engagement

Assessment:

- Community Needs Assessment Report (30%)

- Project Plan and Implementation (40%)

- Final Project Evaluation (30%)

Recommended Reading:

- Minkler, M., & Wallerstein, N. (2008). Community-Based Participatory Research for Health: From Process to Outcomes.

- Israel, B.A., Eng, E., Schulz, A.J., & Parker, E.A. (2012). Methods for Community-Based Participatory Research for Health.

Course Title: Research Dissertation

Course Description: The Research Dissertation module is the culmination of the Master of Social Science in Mental Health program. This course requires students to undertake an independent research project on a topic related to mental health. Students will identify a research question, conduct a literature review, design and implement a research study, analyze the results, and present their findings in a formal dissertation.

Learning Objectives:

- Develop and refine a research question related to mental health.

- Conduct a comprehensive literature review to inform the research project.

- Design and implement a methodologically sound research study.

- Analyze research data using appropriate statistical or qualitative methods.

- Present research findings in a clear and organized dissertation.

Learning Outcomes:

- Demonstrate the ability to conduct independent research.

- Critically evaluate existing literature and identify gaps in knowledge.

- Apply research methodologies to address the research question.

- Analyze and interpret research data effectively.

- Communicate research findings clearly and professionally in a dissertation.

Topics Covered:

1. Developing a Research Question

- Understanding the importance of a well-defined research question
- Techniques for identifying research gaps and opportunities
- Formulating clear, focused, and researchable questions
- Refining and narrowing down the research question
- Practical applications: Developing strong research questions for various topics

2. Conducting a Literature Review

- Overview of the purpose and scope of a literature review
- Techniques for conducting comprehensive literature searches
- Evaluating and synthesizing existing research findings
- Organizing and structuring the literature review
- Practical applications: Writing a coherent and critical literature review

3. Research Design and Methodology

- Understanding different research designs: Qualitative, quantitative, and mixed methods
- Selecting appropriate research methodologies for specific research questions
- Key concepts: Sampling, data collection methods, and research instruments
- Designing robust and ethical research studies
- Practical applications: Creating detailed research design and methodology sections

4. Data Collection and Analysis

- Techniques for collecting reliable and valid data
- Key methods: Surveys, interviews, experiments, and observational studies
- Overview of data analysis techniques: Descriptive and inferential statistics, thematic analysis
- Using software tools for data analysis: SPSS, NVivo, and others
- Practical applications: Analyzing and interpreting research data

5. Writing and Presenting the Dissertation

- Structuring the dissertation: Introduction, literature review, methods, results, discussion, and conclusion
- Techniques for clear and effective academic writing
- Integrating research findings and discussion coherently
- Preparing visual aids and supporting materials for presentations

- Practical applications: Writing and presenting a professional dissertation

6. Ethical Considerations in Research

- Understanding the ethical principles in conducting research

- Key issues: Informed consent, confidentiality, and research integrity

- Navigating ethical dilemmas in research practice

- Ethical guidelines and approval processes: Institutional Review Boards (IRBs)

- Practical applications: Ensuring ethical compliance in research projects

7. Peer Review and Feedback Process

- Overview of the peer review process and its importance in academic research

- Techniques for providing and receiving constructive feedback

- Revising and improving the dissertation based on feedback

- Preparing the dissertation for final submission and publication

- Practical applications: Engaging in peer review and incorporating feedback effectively

Assessment:

- Research Proposal (20%)

- Literature Review (20%)

- Data Collection and Analysis Report (30%)

- Final Dissertation (30%)

Recommended Reading:

- Creswell, J.W. (2014). Research Design: Qualitative, Quantitative, and Mixed Methods Approaches.

- Punch, K.F. (2013). Introduction to Social Research: Quantitative and Qualitative Approaches.

- Booth, W.C., Colomb, G.G., & Williams, J.M. (2008). The Craft of Research.

CAPITAL OPERATIONAL BUDGET FOR MASTER OF SCIENCE: MENTAL HEALTH

The programme budget is shown in the table below:

Capital Operational Budget for the Master of Science: Mental Health					
This budget projection calculation is based on thirty students per year, covering two semesters, at a cost of R70,000 per student.					
Description	**2023**	**2024**	**2025**	**2026**	**TOTAL**
Equity Financing	7554354	-	-	-	7554354
Master of Science: Mental Health	2008890	12953250	14407650	19861650	49231440
Other	152712	192708	254520	363600	963 540
TOTAL	**9715956**	**13145958**	**14662170**	**20225250**	**57749334**
Expenditure					
Administrative Costs	690190	1090800	1090800	1090800	3962589
Salaries and Wages	767876	236340	236340	236340	1476896
Equipment Costs	1524073	363600	363600	363600	2614873
Operating Costs	1088626	501768	501768	501768	2593930
Research, Training & Workshops	435451	73811	73811	73811	656883
Construction and Infrastructure	2177248	545400	545400	545400	3813448
Marketing and Studio Recording	217728	36724	-	36724	291175
Travelling and Accommodation	653175	491587	491587	491587	2127936
Vehicles	-	653171	-	363600	1016771
Other Expenses	653175	93700	93700	93700	934 274
TOTAL	**8207539**	**4086900**	**3397006**	**3797329**	**19488775**
Repayment					
Equity and Dividend Payments	1888590	1888590	1888590	1888590	7554358
Interest - 18%	339948	339948	339948	339948	1359792
Charges and Accounting	66859	66859	66859	66859	267435
TOTAL	**2295396**	**2295396**	**2295396**	**2295396**	**9181584**
Total Income	9715956	13145958	14662170	20225250	57749334
Total Expenditure	10502935	6382296	5692402	6092725	28670358
B/Forward	-786979	6763662	8969768	14132525	29078976
B/ Down	**-786979**	**6763662**	**8969768**	**14132525**	**29078976**

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