

MAEL 208 - Leadership, Mental Health and Well-Being at Work

ECTS Value: 5 ECTS
Self-Study Hours: 60

Contact Hours: 25
Assessment Hours: 40

Overall Objectives and Outcomes

This module will help educational leaders promote positive mental health and well-being. Participants will acquire essential notions and tools to facilitate prevention of mental illness in children and young people in schools.

By the end of this module, the learner will be able to:

Competences

- a. identify, at an early stage, children's difficulties so as to prevent problems, disorders or other pathologies that can develop in the future;
- b. reduce stigma/discrimination associated with mental illness;
- c. promote positive awareness on mental health and well-being in the school system;
- d. implement measures to help prevent mental illness in children and young people in schools;
- e. apply effective interventions to build students resilience and nurture appropriate coping mechanisms;
- f. acquire effective interpersonal and communication skills;
- g. generate positive attitude towards people with mental health problems within the school system.

Knowledge

- a. Mental Health Literacy: Social, Emotional, and Behaviour difficulties in children;
- b. Anger management & conflict resolution;
- c. Stress management;
- d. Emotional Intelligence: awareness & self-awareness;
- e. Healthy life styles & Well-being;
- f. Available Mental health services and support centres.

Skills

- a. recognise early signs of stress, anxiety, depression and other mental health problems both in children and school staff;
- b. apply a range of strategies for supporting school staff who have a mental health condition;
- c. apply effective interventions to build students resilience and nurture appropriate coping mechanisms.

Assessment Methods

This module will be assessed through: Case Studies and Reflective Tasks.

Suggested Readings

Core Reading List

1. Papantuono, M., Portelli, C. Gibson, P. (2014) Winning without fighting. A Teacher's handbook of effective solutions for Social, Emotional, Behavioural difficulties in Students. Malta University Publishing, Malta
2. Cefai C., Cooper P., (Eds) 2017 Mental Health Promotion in Schools: Cross-cultural narratives and perspectives. Sense Publications: The Netherlands

Supplementary Reading List

1. Cooper P., Cefai C., (2013), Understanding and Supporting Students: With Social, emotional, and Behavioural difficulties. A practical guide for Staff in Schools: University of Malta.
2. Agius, M., Falzon Aquilina, F., Pace, C., Grech, A., (2016) Psychiatria Danubina, 2016; Vol. 28, Suppl. 1, pp 75-78 Conference paper © Medicinska naklada - Zagreb, Croatia STIGMA IN MALTA; A MEDITERRANEAN PERSPECTIVE
3. Alliance for Mental Health (2016). "*Mental Health Services in Malta*": A position paper. Retrieved from <http://www.map-n.net/wp-content/uploads/2016/10/Position-Paper-Mental-Health-Services-in-Malta.pdf> (PDF, 2.74MB).
4.)Cachia, J.M. (2015). *Office of the Commissioner for the Promotion of Rights of Persons with Mental Disorders: Annual Report 2014*. Malta. Government of Malta (2016). *Malta Psychology Profession Board*. Retrieved from <https://mfss.gov.mt/en/The-Ministry/Pages/MPPB.aspx>

Links:

- 1) <https://www.telegraph.co.uk/education/educationopinion/12025711/Schools-largely-to-blame-for-rising-mental-health-issues.html>
- 2) <http://neatoday.org/2018/09/13/mental-health-in-schools/>