

Bachelor of Social Health and Wellbeing (Mental Health and Addictions)

The Bachelor of Social Health and Wellbeing (Mental Health and Addiction) will prepare you to work within the rapidly transforming mental health, addiction sector and beyond.

The degree focuses on innovative and future orientated health and wellbeing practices that improve the quality of life for the people you work with and for their family/whānau.

Qualification code OP780001

Level > 7	Credits > 360
Workload >	Allow 10-12 hours of study per credit. Your workload may be higher around assessment due dates
Study type >	Trimester
Cost >	See the programme page on the website
Student loan >	You can get a student loan for this qualification if you meet the criteria. Visit studylink.govt.nz for more information.

Career Opportunities

This qualification is ideal if you are currently working in or interested in beginning a career in the mental health and addiction sector.

Potential employment roles may include Addictions Counsellor, Support Worker, Care Manager, Policy Development, Health Educator and Promoter.



How to apply

Go to the choose courses tab on the qualification page on our website. Select any Level 5 course and click add to enrolment plan. You'll be taken through our step-by-step enrolment process, which you can save and exit from at any time.

Qualification structure

This degree is made up of 17 courses. You can achieve the degree in 3 years of full-time study or part-time over a longer period of time (8 years maximum).

All courses are 20 credits, except BHW702 which is 40 credits.

Course Code	Course Name	Level
Compulsory course		
BHW500	Introduction to Social Health and Wellbeing: Advocacy and Practice	5
*77120	Te Ao Māori and Social Practice	5
74111	Aotearoa New Zealand Society	5
77121	Psychology for Human Services	5
73130	Communication and Relationship Management	5
73198	Human Development	5
73213	Research Methods and Interpretation	6
73225	Te Hauora Hinengaro	6
BHW600	Working Well Together	6
73223	Understanding Mental Health	6
BHW602	Assessment and Interventions	6
*BHW601	Practicum 1	6
BHW700	Quality Services for the Future: Funding, Design and Evaluation	7

BHW701	Leadership in the Health and Wellbeing Sector	7
BHW703	Mental health and Addictions Theory and Practice	7
BHW702	Practicum 2	7
ELECTIVE SECTION (CHOOSE 1 FROM THE FOLLOWING COURSES)		
BHW706	Advanced Addiction Studies	7
77328	Working with Older People	7
77329	Working with Communities	7

* Indicates courses that involve noho marae, practica and workshops.

What you will learn

When you achieve this qualification you will be able to:

- Apply a people-centred approach which enables people to form relationships and participate in their community in order to have meaningful lives
- Work relationally with people, their whānau, families and communities to negotiate appropriate community-based support
- Work collaboratively and communicate effectively in teams and across services in a health and wellbeing context
- Critically evaluate and apply theories and appropriate models of health and wellbeing (including indigenous models) to understanding peoples' lives and circumstances
- Critically evaluate information in order to inform innovative, evidence-based, people-centered support
- Understand the changing role of information and communications technologies in the health and wellbeing sector for both individuals and organisations
- Recognise and apply Te Tiriti o Waitangi in a health and wellbeing context
- Engage in culturally responsive, safe, and ethical practice while effectively managing risk
- Critically reflect on practice to support, improve and manage own performance and professional development, and use supervision effectively
- Demonstrate leadership within organisations, which includes a commitment to best practice and on-going professional development

- Demonstrate leadership within the community, which includes advocating for social justice and change; supporting inclusion, choice and control; and challenging stigma and discrimination
- Understand organisational budgeting, financial planning, service design and evaluation for the health and wellbeing sector, in the context of competing political, social and organisational demands.

Entry Requirements

You must be at least 17 years of age at the start of the programme and have one of the following:

- New Zealand University Entrance (Visit nzqa.govt.nz for details)
- Passes in New Zealand certificate/diploma qualifications/courses considered appropriate by the programme leader
- An overseas qualification assessed to be equivalent to either of the above by the programme leader

20 years old or over

If you are 20 years of age or over and do not hold the minimum entry requirements you will be eligible to be enrolled where your previous educational, work or life experience indicates you have a reasonable likelihood of success.

English language requirements

International students must also have an IELTS (Academic) score of 6.5 with no band score lower than 6.5, or equivalent.

Domestic students for whom English, Māori or New Zealand sign language is not their first language must also have an IELTS (Academic) score of 6.5 with no band score lower than 6.5, or equivalent.

Visit openpolytechnic.ac.nz/englishlanguage to view our English language criteria.

Admission process

There is an admission process, which includes a police vet, the provision of two professional referees, and an interview.

Work Experience

You are not required to work in a relevant role/agency while studying. We strongly encourage you to volunteer in an agency if you can. This will provide you with ongoing opportunities to put the theory you learn into practice and to develop an understanding of the agency sector.

Contact time

This Degree includes compulsory noho marae, workshops and practica. The workshops and noho marae are expected to be held in Wellington. Students will need to cover their own travel costs to attend noho marae and workshops, and accommodation costs to attend workshops.

Accommodation is provided when students attend the noho marae.

Practica

This qualification requires that you complete and are assessed on 300 hours of supervised practice while on practica. The practicum experience is associated with the following courses:

- BHW601 Practicum 1 a Level 6, 20 credit course with a 2-day workshop and 100 hours of practicum experience; and
- BHW702 Practicum 2 a Level 7, 40 credit course with a 3-day workshop and 200 hours of practicum experience.

Computer and online access

To complete this programme you will need access to a laptop or desktop computer, reliable broadband internet connection and a data plan able to support online learning such as streaming of videos (including YouTube), downloading content, and writing and submitting online assessments. If you are unsure if your current computer or internet access allows you to complete your online learning with us, please contact us before applying to enrol.

Visit openpolytechnic.ac.nz/online to view our online learning and study tools.

International students and domestic students living overseas

This qualification is not available for international students living overseas or in New Zealand.

Visit openpolytechnic.ac.nz/internationalstudent for more information about the special conditions and fees that you'll need to meet.

Recognising your previous learning

Your qualifications or previous experience in this area may count towards this qualification. Give us a brief outline of your qualifications and experience via the ask an advisor tab on the qualification page on our website and we'll get in touch to discuss your eligibility.