

BHW500: Introduction to Social Health and Wellbeing: Advocacy and Practice

This Level 5 20 credit introductory course is the first course for people entering the Bachelor of Social Health and Wellbeing, who work (or intend to work) in the disability, mental health, or addiction sector.

The following synopsis outlines what students can expect to study throughout the course.

Module 1: The future we are working towards

Module one helps students understand where the mental health, addiction and disability sectors need to head, and what a workforce capable of achieving this vision looks like.

By the end of module one, students will be able to identify how future factors shape the social health and wellbeing context, and impact the social health and wellbeing of people, families and whānau, communities and societies.

Module one topics include:

- Understanding 'social' in the context of health and wellbeing
- Person-centred approach
- Social ecological approach
- Mental health and addiction sector priorities
- Disability sector priorities
- Future workforce capability
- Collaboration and Co-production
- Supporting decision-making
- Informed consent
- Sector values, attitudes and skills
- Empowering language
- Cultural safety

Module 2: The current social health and wellbeing system in Aotearoa New Zealand

In module two the focus shifts from the future to the present. To be an agent of change, students need to understand how social health and wellbeing systems work and what the contemporary factors are that influence the social health and wellbeing context in Aotearoa New Zealand.

Module two starts by considering: Who are the people that these systems are designed to support? It then explores how the social health and wellbeing systems are set up in Aotearoa New Zealand, and some of the many pressures and challenges providers face.

Module two topics include:

- Social health and wellbeing status of people living in Aotearoa New Zealand
- Tāngata whaiora and disabled people
- Māori population
- Pasifika population
- Increasing diversity of service users
- Ageing population
- Health and wellbeing systems in Aotearoa New Zealand
- Changes within the disability sector
- Challenges in the mental health and addiction sector
- Funding and structure of the social services sector
- Current pressures on the health and wellbeing system
- Complexities of dual diagnosis
- Privacy and ethical issues in technology

Module 3: Touchstones in the development of social health and wellbeing

Module three explores a variety of factors that have influenced the development and delivery of services/supports to improve the social health and wellbeing of population groups in Aotearoa New Zealand. Examining relevant past events and analysing how mental illness, addictions and disability are perceived enables us to understand and critique the theories that often inform government policies and provide the basis from which to develop services and system models.

From module three, students should have a richer understanding of various indigenous models of social health and wellbeing – including indigenous models from outside Aotearoa New Zealand – and their application to service delivery. Students should have also begun to form an understanding of some of the key events that have influenced, and continue to influence, social health and wellbeing for both indigenous and non-indigenous people in Aotearoa New Zealand before and after the Treaty of Waitangi.

Module three topics include:

- Aotearoa New Zealand prior to British colonisation
- Impact of colonisation on social health and wellbeing
- Post-colonial Māori social health and wellbeing today
- Māori models: Whānau Ora
- Pasifika perspectives of social health and wellbeing
- Pasifika perspectives in a Westernised country
- Asian perspectives of social health and wellbeing
- Biological model
- Eugenics
- Government interventions
- Health and Disability Standards
- Deinstitutionalisation
- Families' views on deinstitutionalisation
- Recovery movement
- Civil rights movement in disability sector
- Trans-institutionalisation

Module 4: Advocacy: Influencing change

To effect positive change for the social health and wellbeing of Aotearoa New Zealanders, the mental health, addictions and disability sectors need advocates who have the courage to speak up when they see unfair treatment; the knowledge and skills to do this effectively; and the wisdom to adapt their approach for every new situation so that they empower tāngata whaiora and disabled people to self-advocate as much as possible.

Throughout module four students explore what advocacy is, the role it plays and how they can most effectively support tāngata whaiora and disabled people to advocate – for themselves, on their behalf, or in relation to a wider cause.

Module four topics include:

- Advocacy and the cycle of change
- Assumptions and values of others
- Insufficient confidence, knowledge or skills
- Listening
- Rights
- Being well informed
- Protections and safeguards
- Communication
- Language and cultural barriers to communication
- Managing conflict
- Understanding public structures of power
- Self-care

If you want to know more about the course and the programme please contact our Student Advisor team on customer.services@openpolytechnic.ac.nz **Freephone 0508 650 200**