

## PROGRAMME SPECIFICATION

### KEY FACTS

Programme name	MSc Child and Adolescent Mental Health (Contemporary Studies)
Award	MSc; PG Diploma
School	School of Health Sciences
Department or equivalent	Division of Nursing
Programme code	PSCMHC
Type of study	Full-time Part-time
Total UK credits	MSc 180; PG-Dip 120
Total ECTS	MSc 90; PG-Dip 60

### PROGRAMME SUMMARY

The MSc Child and Adolescent Mental Health (Contemporary Studies) is a flexible programme aimed at all healthcare professionals working or wishing to work with children, young people and their families and carers. It seeks to prepare a specialist research-focused workforce that will help revolutionise mental health care to better meet society's changing demographic health needs through new innovative and creative working practices.

Children and young people's mental health is fundamental for them to live, learn and relate. It underpins their capacity to access the resources offered by early years services, education and, ultimately, adult society. It is an integral part of the five outcomes identified in Every Child Matters (2006). For people who work in or alongside children's services, working together across traditional professional boundaries is essential to promote good mental health, prevent mental health problems and provide clear care pathways to enable children and families to access the care services they require.

With this agenda in focus, the aim is to prepare you for new, efficient and ethical ways of working that will offer better quality of life and quality of care by placing service users and carers at the centre of decision-making and service redesign. It will enable you to respond better to the increasing pressures on the current health and social care system. The programme offers teaching in the latest theoretical and clinical developments relating to health and social care provision. It also develops your research skills and critical thinking and provides the opportunity to conduct a research project under expert supervision, laying the foundations for independent research in the future.

The course will equip you with the skills, knowledge and awareness in promoting child and adolescent psychological development, managing risk and resilience, early identification, assessment and formulation of child and adolescent mental health problems, and evidence-based psychosocial interventions and contemporary issues in child and adolescent mental health. You will have the opportunity to discuss key debates in health and social care provision in multi-professional and interdisciplinary contexts. This programme also provides you with a solid foundation of research skills and applied data analysis to support and extend your role as an evidence-based

practitioner.

The course will enhance your competency, knowledge and awareness of professional skills for advanced practice, research and applied data analysis as well as with a deeper understanding of the health and social care settings and your role as a health and/or social care practitioner working within this context.

You will be encouraged to examine the differing professional experiences of other students and to think about effective and competent ways of working collaboratively. You will be supported in sharing knowledge gained from your professional background and consider the challenges of, and barriers to working together with other professionals.

This programme is also committed to ensuring the meaningful participation of both service users and their carers and we seek opportunities to involve the user or carer in the classroom to enable them to share their experiences.

This programme has been developed in consultation with Young Minds, the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Representatives and service users from the charity will also input into the programme.

This programme enables you to develop the appropriate knowledge and skills to work at an advanced level of practice.

The MSc Child and Adolescent Mental Health (Contemporary Studies) programme offers teaching in the latest theoretical and clinical developments relating to child and adolescent mental health. It will develop your research skills and critical thinking and provides the opportunity to conduct a research project under expert supervision, laying the foundations for independent research in the future. It focuses on ways of working effectively in inter-professional contexts with practitioners and professionals within mental health, social care and associated fields.

### Aims

- Develop your knowledge in health and social care and in the more specific field of child and adolescent mental health
- Develop the ability to exercise initiative and personal responsibility, decision making in complex and unpredictable situations,
- Become independent learners with the ability for continuing personal and professional development.
- Demonstrate a respect for other professions, to learn and work with them
- Think critically, be open to new ideas, and challenge outmoded ways of working

By completing the MSc Child and Adolescent Mental Health (Contemporary Studies) you will have demonstrated original application of knowledge to the field of health and social care and clinical decision making in relation to practice. You will have been engaged in research that contributes new views to this area and developed your ability to challenge current limits of theory and research and creatively use solutions

to solve problems. You will engage in full professional and academic communication critically debating and evaluating personal performance and that of others.

By completing the Postgraduate Diploma in Child and Adolescent Mental Health (Contemporary Studies) will have explored knowledge related to the field of health and social care with a particular focus upon child and adolescent mental health practice to broaden your expertise and skills. You will also have critically evaluated current evidence in the field and provided appropriate critiques of knowledge and techniques in relation to this.

If you exit the programme at Postgraduate Certificate level you will be have been enabled to examine theories related to health and social care with a focus upon child and adolescent mental health and be able to synthesise and apply these to practice. You will have gained critical insight into problems that may arise in this area and be able to consider problem solving mechanisms. You will also be able to use a range of techniques to undertake your scholarly work.

## **WHAT WILL I BE EXPECTED TO ACHIEVE?**

**On successful completion of this programme, you will be expected to be able to:**

### Knowledge and understanding:

- Show knowledge and critical understanding of the principles of research design and statistics.
- Critically appraise the nature of health and social care provision and further develop your role as an advanced health and social care worker.
- Develop strategies to overcome barriers to interagency and inter-professional working and promote the wider social inclusion of vulnerable children, young people and their families who are at risk or 'in need'.
- Critically apply theory, evidence and personal experience to practice to promote more effective care and support to children and adolescents experiencing mental distress, and their carers.
- Exhibit in-depth knowledge and understanding of current perspectives, theoretical concepts, research methodologies and research findings in child and adolescent mental health.
- Show a comprehensive understanding of child protection issues and ways of managing risk and resilience.
- Demonstrate a systematic understanding of the appropriate and effective assessment and formulation of child and adolescent mental health problems.
- Demonstrate self-direction and originality in tackling and solving problems, and act autonomously in planning and implementing tasks at a professional or equivalent level.

- Show a critical understanding of the nature of health and social care provision and further develop your role as an advanced health or social care practitioner in mental health settings.
- Evaluate existing knowledge and determine areas for development within multi- professional and interdisciplinary contexts.
- Critically analyse the influence of culture and diversity that impacts on practice and consider anti-oppressive and anti-discriminatory practice including the perspectives of service users and carers.

Skills:

- Practice as an autonomous and advanced health and/or social care practitioner capable of leading professional developments.
- Synthesise and critically evaluate theories, concepts and research and articulate implications for child and adolescent mental health practice development and innovation.
- Critically evaluate relevant research literature and articulate implications for clinical/educational/social care policy and practice development and innovation.
- Critically appraise and integrate different perspectives and theories within each module and across modules.
- Undertake either an empirical research investigation, or a systematic review of the literature.
- Develop research designs appropriate to research questions/hypotheses, and select and implement appropriate statistical analyses of data.
- Engage in independent study using diverse research resources
- Demonstrate written and verbal communication skills appropriate to Masters level.

Values and attitudes:

- Show an insight into, respect for and understanding of the experiences of service users and participants in research.
- Demonstrate an understanding of the importance of complying with ethics requirements for conduct of research with human participants.
- Be effective when working in a range of environments (NHS and non-NHS).
- Provide advice for colleagues, patients and their carers that is non-discriminatory.
- Construct and manage a personal and professional development plan which reflects a commitment to lifelong learning.

- Be able to manage your own levels of stress in a way that promotes your welfare and the quality of your work.

### Registration Period

The normal period of registration for the MSc is one year's taught programme for full time students (plus up to one year for dissertation) or two years' taught programme for part time students (plus up to one year for dissertation).

The maximum period of registration for part time students is 5 years and the maximum period of registration for full time students is 3 years. The normal period of registration for the PG Dip award is 1 year for full time students or 2 years for part time students.

If you registered for and successfully completed the PG-Dip Child and Adolescent Mental Health (Contemporary Studies) at City, University of London and wish to convert that award to a MSc you will be required to undertake, and successfully complete, the 60 credit dissertation module. This must be completed within 5 years from starting the PG-Diploma. You will be required to rescind your PG-Dip award.

### **HOW WILL I LEARN?**

A blended approach to learning and teaching is adopted including university-based taught modules; e-learning and work-based learning. Modules are run by experienced practitioners and leading researchers, using a variety of direct and interactive teaching methods. You will learn in large and small multi-professional and multi-disciplinary groups and will be supported and encouraged to participate in independent learning.

You will experience a range of teaching, learning and assessment strategies throughout the programme aimed at developing and assessing different knowledge, skills and attitudes. Lectures are used to provide knowledge about topics. Students undertaking this programme will be encouraged to learn knowledge and skills to enable them to work inter-professionally. The range of teaching methods include: lectures; self-directed study; tutorials; class-based seminars; reflective study; enquiry based learning; workshops; Moodle; individual and collaborative activity; and presentations.

There will be extensive use of City's Virtual Learning Platform – Moodle for a more interactive learning experience.

City provides a rich and varied learning environment, and as a Masters student you are expected to fully avail yourself of all the opportunities, and to work in a manner conducive to your own learning style and professional ambitions.

## **WHAT TYPES OF ASSESSMENT AND FEEDBACK CAN I EXPECT?**

### Assessment and Assessment Criteria

Assessments are varied to meet the practice and academic challenges of a Masters level course, while recognising the need for motivating, realistic and relevant activity. Assessment strategies are diverse and include essays; reflective practice; practice-based assessments; poster presentations; case studies; data analysis; and seminar presentations with supporting papers.

Assessment Criteria are descriptions, based on the intended learning outcomes, of the skills, knowledge or attitudes that you need to demonstrate in order to complete an assessment successfully, providing a mechanism by which the quality of an assessment can be measured. Grade- Related Criteria are descriptions of the level of skills, knowledge or attributes that you need to demonstrate in order to achieve a certain grade or mark in an assessment, providing a mechanism by which the quality of an assessment can be measured and placed within the overall set of marks. Assessment Criteria and Grade-Related Criteria will be made available to you to support you in completing assessments. These may be provided in programme handbooks, module specifications, on the virtual learning environment or attached to a specific assessment task.

### Feedback on assessment

Feedback will be provided in line with our Assessment and Feedback Policy. In particular, you will normally be provided with feedback within three weeks of the submission deadline or assessment date. This would normally include a provisional grade or mark. For end of module examinations or an equivalent significant task (e.g. an end of module project), feedback will normally be provided within four weeks. The timescale for feedback on final year projects or dissertations may be longer. The full policy can be found at:

[https://www.city.ac.uk/\\_data/assets/pdf\\_file/0009/452565/Assessment-and-Feedback-Policy...pdf](https://www.city.ac.uk/_data/assets/pdf_file/0009/452565/Assessment-and-Feedback-Policy...pdf)

### Assessment Regulations

In order to pass your programme, you should complete successfully or be exempted from the relevant modules and assessments and will therefore acquire the required number of credits. You also need to pass each part of your programme in order to progress to the following part.

The Pass mark for each module is 50%. Where the module requires more than one assessment, the contribution of each to the final mark is stated in the module specification.

If you fail an assessment component or a module, you will normally be offered one resit attempt.

If you are successful in the resit, you will be awarded the credit for that module. The mark for each assessment component that is subject to a resit will be capped at the pass mark for the module. This capped mark will be used in the calculation of the final

module mark together with the original marks for the components that you passed at first attempt

If you do not meet the requirements for a module and do not complete your resit by the date specified you will not progress and the Assessment Board will require that you be withdrawn from the programme.

If you fail to meet the requirements for the programme, the Assessment Board will consider whether you are eligible for an Exit Award, as per the table below.

If you would like to know more about the way in which assessment works at City, please see the full version of the Assessment Regulations at:

[https://www.city.ac.uk/\\_data/assets/pdf\\_file/0007/453652/s19.pdf](https://www.city.ac.uk/_data/assets/pdf_file/0007/453652/s19.pdf)

### WHAT AWARD CAN I GET?

#### Master's Degree:

	HE Level	Credits	Weighting (%)	Class	% required
Taught	7	120	66.5	With Distinction	70
Dissertation	7	60	33.5	With Merit	60
				Without classification	50

#### Postgraduate Diploma (Exit Awards):

To exit with a Postgraduate Diploma in Child and Adolescent Mental Health (Contemporary Studies) you will be required to complete the discipline specific modules, the two core modules and additional elective modules, at level 7. The choice of these should be undertaken in consultation with your programme director.

	HE Level	Credits	Weighting (%)	Class	% required
Taught	7	120	100	With Distinction	70
				With Merit	60
				Without classification	50

#### Postgraduate Diploma Programme

If you are undertaking the Postgraduate Diploma Child and Adolescent Mental Health (Contemporary Studies) will be required to complete the discipline specific modules, the two core modules and additional elective modules at level 7. The choice of these should be undertaken in consultation with your Programme Director.

	HE Level	Credits	Weighting (%)	Class	% required
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Taught	7	120	100	With Distinction	70
				With Merit	60
				Without classification	50

**Postgraduate Certificate (Exit Awards):**

To exit with a Postgraduate Certificate in Child and Adolescent Mental Health you will be required to complete two discipline specific core modules and two other 15-credit modules, at level 7, from the range of core and optional elective modules. The choice of these optional modules should be undertaken in consultation with your programme director.

To exit with a Postgraduate Certificate in Health Sciences you will be required to achieve 60 credits by successfully completing any combination of modules from the range of core and optional elective modules.

	HE Level	Credits	Weighting (%)	Class	% required
Taught	7	60	100	With Distinction	70
				With Merit	60
				Without classification	50

**WHAT WILL I STUDY?**

If you are working towards the PG-Diploma and the MSc you will study two core modules, three discipline-specific modules and two elective modules at level 7. If you are part-time, you take two modules per term over two years. If you are full-time, you take four modules per term over one year. If you are on the MSc programme will also need to undertake the 60 credit Dissertation module

You will find your core and discipline-specific modules listed in the table below. You can see a full list of possible elective modules from the range of MSc programmes offered in the School of Health Sciences at <https://www.city.ac.uk/about/schools/health-sciences/courses>. Some modules are only run every second year so it is important to make your module choice in advance and in close consultation with your programme director. If an elective module has less than a certain number of registered students (typically around 10) it may not run, or may only be offered every second year so please check with your Programme Director.

<b>Module Title</b>	<b>SITS Code</b>	<b>Module Credits</b>	<b>Core/ Discipline-specific core/ Elective</b>	<b>Compensation Yes/No</b>	<b>Level</b>
Introduction to Research Methods and Applied Data Analysis	HRM001	30	Core	No	7
Critical Approaches to Advanced Practice	APM001	15	Core	No	7
Child Protection: Working Together, Managing Risk and Resilience	NMM400	15	Discipline Specific Core	No	7
Early Identification and Psychological Development	APM033	15	Discipline Specific Core	No	7
Child and Adolescent Mental Health: Therapeutic Approaches and the Evidence-	APM013	15	Discipline Specific Core	No	7

You may begin carrying out your dissertation during the year but you are only able to submit it once you have completed all the taught modules successfully.

<b>Module Title</b>	<b>SITS Code</b>	<b>Module Credits</b>	<b>Core/ Elective</b>	<b>Compensation Yes/No</b>	<b>Level</b>
MSc Dissertation	APM002	60	core	No	7

**WHAT PLACEMENT OPPORTUNITIES ARE AVAILABLE?**

N/A

**WILL I GET ANY PROFESSIONAL RECOGNITION?**

No

**TO WHAT KIND OF CAREER MIGHT I GO ON?**

As a graduate you will have gained a deep understanding and knowledge of Child and Adolescent mental health to enable you to work effectively and collaboratively across professional agencies and boundaries. Previous students have gone on to secure influential roles within the professional areas of mental health and social care, the voluntary sector and health policy and management.

If you would like more information on the Careers support available at City, please go to: <http://www.city.ac.uk/careers/for-students-and-recent-graduates>.

### **WHAT STUDY ABROAD OPTIONS ARE AVAILABLE?**

There are no study abroad options available on this programme.

### **HOW DO I ENTER THE PROGRAMME?**

The entry requirements for the MSc course are:

- A first degree (2:2 class or above) or equivalent, in a relevant subject from an approved institution of higher education.
- At least six month's experience working in, for example: voluntary sector, social work, education, primary care, mental health nursing, psychology, psychiatry, criminal justice, residential workers and those who are currently working in an agency with responsibility for aspects of inter-professional practice relating to their own discipline.
- A satisfactory academic reference and/or a satisfactory clinical reference.

If you have less than a second class degree we will consider applications where there is substantial relevant experience (that is, clinical, teaching or other relevant professional experience). This will be at the discretion of the Programme Director and Associate Dean for Postgraduate Study.

Applicants without a first degree will be considered at the discretion of the Programme Director and Associate Dean for Postgraduate Studies.

There are a certain number of commissioned places available in association with the East London NHS Foundation Trust, who have a formal agreement with City. Prospective students can approach their Line Managers or the Trust Education Lead regarding these.

For students whose first language is not English, the following qualifications will meet the English language requirement for entry to a post graduate course of study:

- A first degree from a UK university
- A first degree from an overseas institution recognised by City as providing adequate evidence of proficiency in the English language, for example, from institutions in Australia, Canada or the USA
- International English Language Testing Service (IELTS) a score of 7.0 is

- required with no subtest scoring below 6.5
- Pearson Test of English (Academic) score 72 required
  - Other evidence of proficiency in the English language which satisfies the Board of Studies concerned.

### **RPL Requirements**

In line with Senate Regulation 19, recognition of prior learning (RPL) will be considered for any student who has pursued appropriate studies in this or another institution or who possesses appropriate qualifications. RPL may be claimed for core and elective modules, subject to the following City Assessment Regulations:

9(c)(ii): RPL will be permitted where the Programme Committee has assessed the claim in terms of acceptability, sufficiency, authenticity, currency and level and can demonstrate that the student's previously assessed or experiential learning meets all the learning outcomes stated in the Module Specification for the module for which they are to be awarded credit.

9(e)(iii): The limit to the volume of credit that can be permitted through RPL will be up to one third of the total credits for the Programme where the prior learning relates to credit previously awarded by City as CPD.

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