

**Examination receivable for higher education within *Mental health*, with professions as nurses (HEI), midwife (HEI), first caregiver (HEI), physiotherapist (HEI), occupational therapist (HEI) or social worker (HEI) and for higher education within sports with examination as sports instructor (HEI) (90 ECTS)**

### **Overall competences**

The student has immersed knowledge concerning individual, social and environmental aspects influencing a human beings mental health in different life stages. The student has capability to develop own and others' health literacy and empowerment. The student has also competence to handle with permanently changing working life especially from psychological and social point of view. Further, the student has capability to review significance of national and international health strategies concerning mental health.

## **Advanced studies (60 ECTS)**

### **FUNCTIONS WITHIN MENTAL HEALTH (30 ECTS)**

#### **Learning outcomes**

The student

- can act as an expert within mental health in different arenas such as working places, organizations and municipalities and within multi-professional and inter sectorial co-operation
- can make decisions, which are based on knowledge concerning mental health in global circumstances
- has capability to initiate and lead development projects within mental health and evaluate projects processes and results. In addition, the student is capable to response, support equally and honestly individuals and groups to participation and control concerning their own health in different settings
- has preparedness to develop and implement good practice within mental health as well in public and private sector as in third and fourth sector.

#### **The module includes following courses**

The Finnish Need-Adapted-Approach and its dimension	7,5
Management, Teams and Organizations in Health and Social Welfare	7,5
Peer-supported Open Dialogue	7,5
Mental Health Diagnoses and Psychiatric Treatment and Care	7,5

### **RESEARCH METHODS (15 ECTS)**

The student

- masters different research methods and can develop work within own profession.
- can initiate complete and lead research and development projects and evaluate processes and their effects.

- can create new knowledge and renew traditional approaches by combining knowledge within different areas.
- an evaluate critically different interests within research and development and make assessments with respect to research ethical questions.
- has skills to independent and demanding research and development, has critical research and development attitude and can develop client and family oriented working based on real and changing needs.

**The module includes following courses**

Scientific working and Research Seminars 5  
 Philosophy of Science, Research Ethics and Methods 10

**SUBSTAINABLE LEADERSHIP (15 ECTS)**

**Learning outcomes**

The student has specialized knowledge in different issues concerning leadership and can therefore act innovative to increase wellbeing and participation among leaders, staff members and clients/patients. The student I capable to lead independently multi-professional teams and projects according to his/her specific knowledge.

The student can act as initiative taker and influence concerning questions, which are connected to wellbeing and participation on working places, among clients/patients at the community in general. The student can act as a coordinator and innovative resource in such networks. Above this, the student can identify connections between different perspectives and debates in communities.

The student can make decisions, which are based on economical knowledge. The student has change-leadership strategical skills that take strategy and quality work and wellbeing among staff members into consideration.

**The module includes following courses**

Quality Development and Innovations Within Social and Health Care 7,5  
 Social and Health Economical Steering, Jurisdiction and Budget 7,5

**Master's Thesis (30 ECTS)**

**Learning outcomes**

The Master's thesis shows that the student in his field of education has gained in-depth knowledge and the ability to self-reflection needed to develop working life. Master's thesis is based on current social needs, has a scientific base and results in service development and innovative solutions for products, services or processes. The student can write a publication that follows the principles of scientific practice and describes the development of an independent project. Students can express themselves both verbally and in writing according

to statutory requirements and demonstrate good communication skills for their own profession and for international cooperation.

**The module consists of**

Master Thesis and Research Seminars 30