

THE UNIVERSITY OF WESTERN ONTARIO  
LONDON, CANADA

School of Health Studies  
Health Sciences 3624B- Social Determinants of Mental Health  
Winter 2020

COURSE DESCRIPTION

In this course, we will discuss the interplay between social and personal determinants of mental health. We will also discuss the interrelatedness of mental disorder, social inequity, and both trauma and adversity in childhood.

More specifically:

According to the World Health Organization, "good mental health is integral to human health and well-being". Similarly, the United Nations Human Rights Council states, "there can be no health without mental health". Although the importance of 'good mental health' has risen to an unprecedented state of priority in health-care systems all over the world, burdens resulting from compromised mental health, including personal, family, community, workplace, economic impacts, are increasing, worldwide. The serious impact of trauma, adversity and social inequality, particularly in childhood and adolescence, on mental health in adulthood are now widely recognized as primary precursors to the occurrence of compromised mental health later in life. The design and delivery of services, supports and treatments that are trauma-informed, and that address various impacts imposed by individual, family, and community social inequity, is the new gold standard in mental health care.

LEARNING OUTCOMES

By the end of this course, students should

- x Describe the concepts mental health as defined by the World Health Organization.
- x Describe and discuss some of the determinants of mental health.
- x Describe and discuss the impact of social determinants on overall mental health.
- x Describe and illustrate key paradigms (e.g., corporate, patient care) in mental health care.

NOTE: Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites

Extra Information: 3 contact hours.

Course Weight: 0.50

## COURSE INFORMATION

Instructor: Dr. Marnie Wedlake PhD RP  
Email: [mwedlak@uwo.ca](mailto:mwedlak@uwo.ca)  
Office: HSB 340

Office Hours: TBA


Teaching Assistant: TBA

Course Website: <https://owl.uwo.ca>

Days & Times of Lectures: Wednesdays - 2:30pm to 3:30pm  
Fridays - 11:30am to 1:30pm

As the instructor, I will endeavour to provide students with classes that are optimally engaging, motivating, and interesting. In return, I will expect students to attend all classes, and to contribute to the collaborative nature of the learning experience through their active participation in discussions, by completing the assigned readings, and by offering constructive feedback as will be deemed useful to the overall learning experience. Ideally, we will co-create a learning environment that welcomes and encourages group dialogues that are dynamic, passionate, and ~~improved~~. That is, a learning experience that is vital and engaging for all.

Reading during a lecture, using cell phones/texting, not turning off cell phone ringers, the disturbing consumption of food or drink, littering the classroom, the use of iPads, Facebook, Twitter, and other activities which may impede the ability of you or other students to learn are unacceptable behaviours. As a collective, we will create a learning environment that is supported by civility and mutual respect. By doing so, we will set the stage for a healthy and stimulating intellectual forum. Finally, if you are having problems with any aspect of the course, please contact me. I am committed to your learning experience, I am approachable, and I welcome your comments, your constructive criticisms, and, of course, your questions.

 and medical documentation will be required for absences. Any such documentation must be submitted by the student directly to the appropriate Faculty Dean's office. It will be the Dean's office that will make the determination whether accommodation is warranted. **SEE THE NOTE ON ATTENDANCE UNDER 'GENERAL COURSE NOTES'.**

## EVALUATION

1. Attendance & Participation - 4% - Attendance is expected for every class (excepting absences that are self-reported or that qualify for academic accommodation).
2. Mid-term Examination - 31% - **In class on Friday February 2<sup>nd</sup> 2020.**
3. Written Assignment (expected length = 5 to 6 pages) - 35% - **Due date: Must be submitted through OWL by 11:55pm on Wednesday March 11<sup>th</sup> 2020.**
4. Final Examination - 30% - **Scheduled by The Registrar, during the final exam period.**

## NOTES REGARDING EXAMS:

- x The final exam is cumulative
- x Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.
- x Makeup exams will be different from those originally scheduled, and may include written and/or short answer questions.
  - o Makeup examinations will be scheduled by the School of Health Studies. If you are unable to write the makeup examination for either of the two midterm examinations (for any reason), the value of that exam will be shifted to your final.
- x Examinable materials may include any content covered/presented in classes, including: lecture content, content presented by guest speakers, any/all assigned readings, videos, etc.



- a. Students will be allowed a maximum of two self-reported absences between September and April, and one self-reported absence between May and August;
- b. The duration of the excused absence will be for a maximum of 48 hours from the time the Self Reported Absence form is completed through the online portal, or from 8:30am the following morning if the form is submitted after 4:30pm;
- c. The duration of the excused absence will terminate prior to the end of the 48 hour period, should the student undertake significant academic responsibilities (e.g., write a test, submit a paper) during that time;
- d. The duration of an excused absence will terminate at 8:30am on the day following the last day of classes each semester, regardless of how many days of absence have elapsed;
- e. Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations (i.e., "bellringers");
- f. Self-reporting may not be used for assessments (e.g., midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;

Students must be in touch with their instructors no later than 24 hours after the end of the period covered by the Self Reported Absence form, to clarify how they will be expected to fulfil the academic expectations they may have missed

In the School of Health Studies, each course instructor sets specific expectations for attendance and participation that are specific to the course, teaching objectives, learning outcomes.

Regular attendance is expected and essential for all courses, but particularly those that include participation grades in their evaluation schemes. Participation means not only attendance, but active engagement in the class, including (for example) contribution to small and large group discussions, a demonstrated effort to prepare for class by completing assigned readings before class, and following the instructor's guidelines for use of electronic devices during class time. Students in classes, or parts of classes, are responsible for the material they have missed. Instructors are not obliged to review the contents of missed lectures.

Persistent absenteeism may have serious repercussions, and may result in you failing this course. In this course, the equivalent of 3 weeks of unexcused absences, per term, will be considered to be persistent absenteeism. Persistent absenteeism will result in you being contacted by the instructor, who may request a meeting. Continued absence after this point will be reported to the Undergraduate Chair, and may result in debarment from writing the final examination, and/or submitting the final course paper. In such a case, you would receive a grade of zero on the evaluations from which you were able

**During Exams** Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices during ANY tests, quizzes, midterm examinations, or other in-class evaluations.

**During Lectures and Tutorials:** Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. Unless explicitly noted otherwise, you may not make audio or video recordings of

lectures—nor may you edit, reuse, distribute, or rebroadcast any of the material posted to the course website.

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: [http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf)

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre <http://www.sdc.uwo.ca/ssd/>
  2. Student Health <http://www.shs.uwo.ca/student/studenthealthservices.html>
  3. Registrar's Office <http://www.registrar.uwo.ca/>
  4. Ombuds Office <http://www.uwo.ca/ombuds/>
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