

LAUREA UNIVERSITY OF APPLIED SCIENCES

Degree Programme in Health Promotion, Leadership and Development of Preventive Welfare Work (Laurea, SYB108SJ)

Operating environment

The development challenges faced by social services and health care centre particularly around further improvement of services (processes, quality and availability), evaluating cost efficiency, developing productivity and promoting customer-oriented operations. More and more pressure will be directed towards developing regional networks and larger operating entities. The development challenges set for work and management are increasingly tough. In addition to national development targets for social services and health care (e.g. the PARAS initiative), developers must take into account globalisation and its demands. Finland's globalisation competence has been found to be inadequate. Although these kinds of demands relate to broad issues, polytechnic Master's degrees are capable of responding to the challenge and helping to promote internationalisation. This can be achieved for instance by planning and implementing multidisciplinary degrees in partnership with Finnish and international higher education institutions and research networks.

Expertise

The aim of advanced professional studies is to allow students to deepen their ability to apply theories in practice, their analytical skills, their project management and R&D competence, and their social skills.

Professions requiring new competence have arisen through the need to fulfil the service requirements of patients and customers in social services and health care. The population is aging, and some people may become marginalised. New skills are needed in mental health, substance abuse and preventive social and health care services, as well as in the development of bodies that offer these services. According to guidelines from the Finnish Ministry of Education, polytechnic Master's degrees must be clearly linked to the special characteristics of the field and employment market in question, particularly in relation to developing the field. According to the ministry, polytechnic Master's degrees must provide students with:

- comprehensive and deep knowledge of the specific field of expertise, needed for developing the market in that field, as well as the necessary theoretical knowledge for completing demanding specialist and management tasks in the field;
- an in-depth picture of the field of expertise, of its position in the market and its social significance, as well as skills in following and analysing current research and professional practices in the field;
- the necessary abilities for lifelong learning and continuous development of their own professional competence;
- the good communication and language skills needed at work; and
- skills required for international interaction and operations.

Competences

The Master's degree is rooted in the competence generated by a Bachelor's degree and subsequent work experience. The aim of the studies is to create and produce new competence in preventive welfare work and health promotion. At the core of the programme lies the humane promotion of individuals', communities' and the society's health, mental health and well-being. The studies take into account national strategies and links, as well as international strategies, contacts, networks, various documents and declarations, and future forecasts. They aim to link students to multidisciplinary partnership networks. The boundaries between various functions and traditional job descriptions, sectors, organisations and competences are crossed in order to generate new know-how and innovations.

Description of the Degree Programme

The Master's degree in the degree programme in Health Promotion, with the Mental Health Care specialisation option (90 cr) is rooted in the competence generated by a Bachelor's degree and subsequent work experience. The

aim of the studies is to create and produce new competence in health and mental health promotion, in order to assist patients and their families, together with students from Social Services, Health and Sports.

Studying in the Degree Programme

The programme uses the Learning by Developing (LbD) method, Laurea's innovative pedagogical operating model, which redefines the learning process as a research and development process. Learning is based on real life, an investigative approach and face-to-face encounters, and leads to innovations. In the operating model, Laurea's three tasks – pedagogy, regional development and R&D – are merged into a single process of creating new expertise and knowledge.

		1. year	2. year
OP	STUDIES		
248	EVIDENCE BASED HEALTH AND MENTAL HEALTH PROMOTION		
00573	Methodology of development	5	
00771	The multi-disciplinary fundamentals of health and mental health promotion	5	
00772	Promoting mental health through social policy	5	
249	WORK METHODS IN MENTAL HEALTH PROMOTION		
00574	Empowering Guidance	10	
00575	Creative Functional Work Methods	10	
250	WORK MANAGEMENT AND DEVELOPMENT THAT PROMOTES MENTAL HEALTH		
00773	Client-based mental health work		5
00774	Networking and Management Challenges in Preventive Welfare Work		15
125	ELECTIVE STUDIES		
00819	Growth Entrepreneurship		10
00669	English for managers and professionals		5
019	THESIS		
00415	Thesis		30
		0	0

Annual themes and competences

Study		Extent	Competences
00771	The multi-disciplinary fundamentals of health and mental health promotion	5	Globalisaatio-osaamisen kuvaus (Y), Reflektio-osaamisen kuvaus (Y)
00772	Promoting mental health through social policy	5	Globalisaatio-osaamisen kuvaus (Y), Reflektio-osaamisen kuvaus (Y)

H - Personal competence level

O - Organisational development level

Y - Social reform level

248 EVIDENCE BASED HEALTH AND MENTAL HEALTH PROMOTION, 0 cr

Description:

The student will be able to utilize health and mental health promotion as a developer of activities which advance the health, well-being, and mental health of the individual, family, community, and society based on multi-disciplinary knowledge. The student will be able to utilize national and international research findings and strategies, as well as evidence-based functional models including predicted information for furthering the advancement of mental health. (S)he will develop advanced knowledge of the social and health field, as well as mastery of the theoretical and research-based backgrounds and concepts which help promote health.

The student will be able to:

Plan, implement, and evaluate services which advance health, and mental health as carried out by the private, public, and NGO sector, as well as the effects and results of their efforts to promote health and well-being. (S)he will be able to critically evaluate national and international health and well-being programs from the viewpoint of mental health promotion, as well as his/her own activity in influencing social policy. The student will be able to recognize and evaluate activities and support functions which promote mental health, as well as organizations which carry out national and international activities. These include developing an understanding of the development of services and networks which promote mental health, legislation related to projects and development of competitiveness, as well as of framework agreements.

Content:

The theme will broaden and deepen the student's viewpoints on background theories, strategies, and visions that promote national and international health, well-being, and especially mental health. The study is grounded on multi-scientific knowledge and multi-disciplinary general development. The subject matter develops a mastery of the concepts of globalization and self-examination. The student's introspective skills will be developed especially in the area of critical thinking and a deep understanding of the role of globalization in the formation of international comparative knowledge reflecting the analysis of future development.

The theme will concentrate around critical reading and utilization of research data, as well as the development of tacit (intuitive) thinking, and of the ability to exert influence. The theme also concentrates on exerting influence in society. This skill develops through practicing oral and written communication skills, especially with the help of speech-making.

Under the theme, the student participates in the workshop, which can be realized as part of the Studia Generalia series, forums designed to promote mental health, either targeted to or arranged in cooperation with decision-makers, or programs which are carried out for student groups from universities of applied sciences.

In evaluating the workshop experience, the student is expected to integrate knowledge of research methods by delving more deeply into the research literature (information- seeking and the critical analysis of information) as well as by collecting and analyzing feedback information

Learning process:

The student will, as a way of demonstrating the development of his/her abilities, produce a competence-based portfolio, which will be evaluated together with the workshop where s/he is operating. The evaluation of competencies will be based on mastery of the subject of globalization, as well as reflective third level evaluative criteria.

In competence –based evaluation, such factors as the student's ability to recognize the global nature of social issues and the characteristics of sustainable development, his/her ability to assess the ways in which different societies function and the values they hold, as well as the ability to argue on behalf of sustainable global development that promotes mental health will be assessed. The student's self and comparative evaluations will reflect a new mastery of earlier acquired knowledge, skills, and attitudes.

00573 Methodology of development, 5 cr

The student is able to:

Collect and evaluate research findings and choose appropriately based information on which to develop activities. The student will be able to utilize various methods of gathering and analyzing research material while collecting evaluative and feedback information.

Contents of the study unit:

Research-based approach in development work
Information gathering and scientific communication

00771 The multi-disciplinary fundamentals of health and mental health promotion, 5 cr**The student is able to:**

present and explain the basis for the current state of national and international services that promote health and mental health, areas of concentration for development, and challenges, using theoretical concepts, multi-disciplinary background knowledge, as well as the help of evidence-based knowledge.

The student will be able to recognize and evaluate activities and support processes from the health care system that promote social and mental health as well as national and international activity frameworks.

Contents of the study unit:

Evidence-based health and mental health promotion
Health and mental health promotion in nursing science
Health and mental health promotion in social sciences
Multi-disciplinary fundamentals of the promotion of health, mental health, and well-being

00772 Promoting mental health through social policy, 5 cr**The student is able to:**

design, implement and evaluate health and mental health promotive services which are carried out by the private, public and third sectors, as well as their effects and results in promoting health and well-being. The student will also be expected to critically evaluate national and international health and well-being programs from the viewpoint of mental health promotion, as well as his/her own activity in work that impacts on health and social policy.

The student will be able to communicate and argue his/her own development project both in written and oral form, as well as to work as a responsible person of influence in development. The student will know about the development of services and service networks that promote mental health, as well as legislation and frameworks of agreements related to projects and competitions.

Contents of the study unit:

The individual in society, society in the individual
Mental health as a part of national health and international health
National and international mental health service organizations and networks

249 WORK METHODS IN MENTAL HEALTH PROMOTION, 0 cr**Content:**

00574 Empowering Guidance 10 CR
00575 Creative Functional Work Methods 10 CR

00574 Empowering Guidance, 10 cr**The student is able to:**

toimia ohjauksen etiikan mukaisesti arvostaen ohjaussuhdetta ja –keskustelua, ohjauksen moniulotteisuutta sekä ohjattavansa elämäntilannetta. Hän osaa toiminnallaan edistää ohjattavansa vapautumista oppimiseen, osallistumiseen ja vaikuttamiseen.

Hän osaa soveltaa yksilön, perheen, ryhmän ja yhteisön mielenterveyden

edistämisen ja kehittäjäverkoston ohjaustilanteessa uusimpia

ohjausteorioita, dialogia ja vuorokuuntelun menetelmää. Opiskelija kehittyy herkkyydessään kuulla ja lukea heikkoja signaaleja, tunnistaa intuiotensa avulla toisen maailmaa sekä toimia voimavaroja vahvistavalla tavalla. Hän rakentaa itsetuntemustaan ja minäkuvaansa ohjaajana itsearviointiin, vertaisarviointiin ja ryhmätoiminnan avulla.

Contents of the study unit:

Ohjaus eri tieteiden näkökulmasta.

Voimauttava terveyttä ja mielenterveyttä edistävä yksilö-, ryhmä- ja yhteisöohjaus.

Ohjaussuhteen ja –tehtävän henkilökohtaisuus, moniulotteisuus ja vaikuttavuuden ja tuloksellisuuden haastavuus.

Ohjaajana kasvaminen dialogiin, vuorokuunteluun ja intuitioon.

Uudenlaiset ohjausympäristöt ja -vaatimukset hyvinvointiteknologian kehittyessä (verkko-ohjaus ja muu nykyteknologiaan perustuva ohjaus).

Työnohjaus ohjattavan voimavarojen vahvistajana.

00575 Creative Functional Work Methods, 10 cr**The student is able to:**

käyttää luovia toiminnallisia työmenetelmiä yksilön, ryhmän ja yhteisön voimavarojen rakentumiseen ja

vapauttamiseen, mielenterveyden vahvistumiseen sekä mielenterveyttä edistävän toiminnan kehittämiseen.

Opiskelija löytää ja vahvistaa omaa luovaa kapasiteettiaan siantuntijana, kehittäjänä ja johtajana toimimiseen.

Opiskelija osaa toimia innovaatioiden syntyä edistävästi ja innovatiivisten toimintojen ja

palvelujen kehittäjänä. Opiskelija osaa yhdistää erilaisten luovien

toiminnallisten työmenetelmien rajapinnoilta poikkimenetelmällisiä

innovaatioita.

Contents of the study unit:

Innovaation lähteet ja innovatiivinen toiminta

Vapauttava ja valtuuttava ryhmädynamiikka

Erilaisia taideterapian työmenetelmiä:- Draama

- Kirjallisuus

- Musiikki

- Tanssi

Psykoedukatiiviset menetelmät

Nykyteknologiaan perustuvat virtuaalimenetelmät

250 WORK MANAGEMENT AND DEVELOPMENT THAT PROMOTES MENTAL HEALTH, 0 cr**Description:**

The core competency of the theme is built on the concept of activity which is client-oriented, the creation and development of networks, as well as the management of the organization's client and professional base.

The goal is for the student to be able to work as an active member of a national and international network which aims to promote mental health, to carry out and lead developmental work, communities, networks, and projects. The student will become deeply acquainted with the activities which have been mastered and analyses of their goals, as well as modeling and further development of these processes. The student will be able to adopt management methods in different development milieux and take into account multiculturalism and the challenges of internationalization in work. The student will be able to recognize and take advantage of the measuring instruments that connect the organization's operative activities and strategies as a consequence of the effectiveness of the activity and the creation of prognoses.

The student will be able to:

Teema kehittää verkosto-osaamista ja reflektio-osaamista. Kehittäjäverkoston työpajassa testataan

johtamismenetelmiä autenttisissa tilanteissa. Kehittäjäverkoston työpaja käynnistyy koulutusohjelman alussa ja

etenee prosessikehittämisenä opintojen ajan eri teemoissa. Kehittäjäverkoston työpajaan integroidaan

kehittämistulokset, johtopäätösten tekeminen ja perusteleminen laajentuneen ymmärryksen ja osaamisen avulla.

Content:

The theme includes client-based and health- as well as mental health-promotive services, and development of service networks. Various individual and group leadership methods and their evidence-based effect are important aspects of the study program. Leadership challenges in the social and health care sector, or more generally speaking, the public sector, are manifold. In conditions where the pace of work for personnel is stressful, we emphasize both the optimalization of the well-being of the work force, as well as the management challenges of an

aging work force and of tacit knowledge. Other management challenges include such areas as the renewal of work activities, development of work culture, the securing of new members of the work force, economic, appropriate, and cost-effective activity.

The theme develops networking and self-reflective skills. In the workshop of the networking developer leadership methods are tested in real situations. The workshop of the networking developer can be initiated at the outset of the educational program and continue as a process development in different themes during study time. Development results are integrated with the networking developer workshop with the help of leadership decision-making, and finding a basis for expanded understanding and knowledge.

00773 Client-based mental health work, 5 cr

The student is able to:

Analyze current and future services and service networks that promote mental health work and mental health in general. The student will likewise be able to innovate and develop partner-based new kinds of client-based mental health promotive and supportive services, service forms and structures that advance the activity of the public, private, and third sectors.

Contents of the study unit:

The building of mental health and activity models that promote it

As a developer of client-oriented services

Mental health services and service systems (Public Private Partnership)

Innovative partner networks and services that promote mental health

Methods of evaluation of the quality and cost effects of services.

00774 Networking and Management Challenges in Preventive Welfare Work, 15 cr

The student is able to:

apply different management methods in different situations, development environments, projects and networks, also taking into account multiculturalism and internationalisation when necessary. Students learn to identify and utilise indicators related to operations and strategy, in order to monitor the impact of operations and create predictions. They can communicate their expertise and justify it using evidence-based information in various networks and in network development, and interact with national and international operators and developers.

Contents of the study unit:

Organisational, corporate and operating cultures in the public, private and third sectors and NGOs.

Operating dynamics of partnership networks; creating, developing and managing activities.

Management theories related to competence management, empowering management and age management in dynamic and innovative communities.

Leadership challenges in expert organisations.

Professional equality and competence evaluation.

Skills in working with employees.

125 ELECTIVE STUDIES, 0 cr

Description:

Students use elective studies to deepen and broaden their competence in various themes and generic competences. Students should choose study units to align the content of their studies with their own personal interests and career objectives.

Content:

Each curriculum contains a theme consisting of elective studies. In the students' personal study plans, the theme should be made up of the study units chosen by the student from Laurea's language studies, Laurea's shared studies or another degree programme's curriculum. Any studies completed at another higher education institution (university of applied sciences, university, Online University of Applied Sciences, foreign institution) that cannot be recognised for the degree programme but that the student wishes to include in the degree should be classified under this theme. The number of credits from elective studies can be set separately for each degree programme, taking into account recommendations for the field of study. The aim is to have at least 15 cr of elective studies in

each degree programme

00819 Growth Entrepreneurship, 10 cr

The student is able to:

- make concrete development plans for business ideas or operations
- analyse a company's global operating field
- commercialise the products and services required to put a business idea into practice
- build a scalable business model
- organise the development of a business
- manage a company

Students are also strongly motivated for entrepreneurship and willing to assume responsibility for managing and developing a financially viable business.

Contents of the study unit:

Students work on developing either a new business idea or existing operations, with the aim of achieving a financial growth trend. The object of development is a genuine business (or business opportunity), not a theoretical exercise. The study unit is shared by all Laurea Master's degree programmes.

Study unit description:

Students are encouraged (but not forced) to work in groups to build their business operations; i.e. several students can work on one business. In addition to guidance from Laurea lecturers, students can make use of Laurea's investment services and other public or private investment or consulting services (such as TEKES programmes or Enterprise Agency advice).

This 10-credit study unit aiming at growth entrepreneurship is designed to fit into students' personal study plans according to their professional aims. With regard to growth entrepreneurship targets, the study unit is organised by Principal Lecturer Vesa Taatila, vesa.taatila@laurea.fi, who also handles enrolments. The content of the necessary expertise in the field is provided in the students' Master's degree programmes. The study unit continues through the academic year.

00669 English for managers and professionals, 5 cr

The student is able to:

- communicate in international professional environment

Contents of the study unit:

- Written and oral English for business administration and security management

Study unit description:

The course emphasizes language skill in English important for managers and professionals. It develops students' communication skills for varying managerial situations.

019 THESIS, 0 cr

Description:

Students can apply an investigative approach to developing the workplace.

The student will be able to:

- cooperate with the workplace and other partners, and evaluate their own work and solutions critically
- work in persistent, target-oriented ways
- produce new information systematically, critically and creatively, and develop the workplace
- conceptualise the phenomena of the workplace with a basis in research data
- manage the big picture, presenting their ideas logically and with justifications
- present well-grounded, practical work development proposals

Content:

The bachelor's thesis is a systematic and logical investigation or practical development task based on research data on a subject that extends the student's professional skills. Theses help students to grow professionally and are linked to the employment sector and to regional development. They can also form part of Laurea's research and development work.

The process begins with familiarisation with the thesis process. After this, students come up with a subject and formulate a thesis plan. The process progresses from implementing the thesis plan to finishing and publishing the thesis. The thesis process includes guided independent work as well as seminars.

The thesis is based on a real-life development challenge. It emphasises interaction with the labour market and an investigative approach. Thesis reports are based around describing object-oriented activities and their results, as well as on theoretical and research-based analyses. Theses contain development proposals for the sector or the workplace, and, at best, broadly significant innovations.

The theme involves the completion of a maturity test, in which students must demonstrate mastery of the subject and good language skills.

Learning process:

In terms of professional growth, the thesis is related to deepening professional competence.

00415 Thesis, 30 cr