



HEALTH LITERACY AND HEALTHY LIFESTYLES PROGRAM FOR ROMA IN ROMA SETTLEMENTS

for local Roma educators and mediators

MODULE IV: Mental Health

6 hours (360 min) – 4 Chapters of 90 min each

A. About the Module

Module Title	Mental Health
Module Type	Lifelong Learning
Level	Introductory
Lead Partner	Irish Creative Training and Innovative Development Center, Dublin
Course Purpose and Objectives	The “Mental Health” Module of the “HEALTH LITERACY AND HEALTHY LIFESTYLES PROGRAM FOR ROMA IN ROMA SETTLEMENTS” Program of the H2O project is exploring the concept and definitions of mental health and the ones of mental health conditions, illnesses and disabilities. The first chapter is also discussing the importance of mental health of the overall health and whether mental health can change over time. Determinants of mental health are also discussed in the first chapter of the Module.



Additionally, the Module is studying on various aspects of mental health conditions, disorders and their causes. It provides an insights of mental health promotion and prevention. A brief overview to the main types of mental disorders and addictions is offered in addition to explanations addressing addictions: such as addiction prevention and treatment of addictions.

The “Mental Health” Module studies on the types of addictions; as well as their prevention and care has been also provided. The Module offers a definition and conceptualizes physical health. It gives an overview to the general types of chronic physical conditions and illnesses. In addition, the Module briefly covers the concepts of prevention and control of chronic physical conditions and illnesses.

The third Chapter of this Module is focusing on understanding of the concept of mental disabilities and the challenges to Inclusion of people with mental disabilities in European societies. It not only provides a set of definitions and an overview of the types of mental disabilities but also looks at the human rights of the people with mental; the health-related rights protection and prevention of human rights violations of people with mental conditions and disabilities.

In addition, the “Mental Health” Module seeks to empower local Roma educators and health mediators with knowledge and skills on Sexual and Reproductive Health. Those are topics, particularly important and sensitive to all Roma communities in Europe. Therefore, the Module aims to offer not only concepts and definitions on sexual and reproductive health but also discuss the access to sexual and reproductive health services as well as the access to contraception and abortion.

A very important aspect in this chapter of the Module is covering the sexual and reproductive rights of Roma women as universal human rights. Attention is also paid to the challenges and



	opportunities of the sexual and reproductive health education in Roma communities in Europe.
Learning Outcomes	<p>Upon completion of this Module the learners should be able to:</p> <ul style="list-style-type: none"> ○ Understand the concept of mental health ○ Explore the definitions of mental health ○ Able to define what is mental health and why it is important for overall health ○ Aware of the determinants of mental health ○ Understand that mental health can change over time ○ Understand the causes of mental illness and disorders ○ Informed about the main types of mental disorders ○ Aware of the addictions and addictive practices as well as the types of addictions ○ Understand the causes of addictions and how to address addictions with prevention and treatment ○ Awareness about mental disabilities and the general types of mental disabilities ○ Ability to get the links to physical disabilities and chronic conditions ○ Awareness and knowledge of the rights and protection of people with mental disabilities ○ Understand the challenges to inclusion of people with mental disabilities ○ Comprehend the Relationship Between Culture and Mental Health. ○ Understand the importance of destigmatisation of mental health problems.
Course Content	<ul style="list-style-type: none"> ○ Mental Health Concepts Exploring the concept and definitions of mental health. What is mental health and why it is important for overall health? Determinants of mental health. Does mental health change over time? ○ Mental Illnesses and Disorders. Addictions.



	<p>How common are mental illnesses and disorders? Causes of mental illness and disorders. Main types of mental disorders. Mental health promotion and prevention. Addictions and addictive practices. What causes addiction? Types of addictions. Addressing addictions: prevention and treatment.</p> <ul style="list-style-type: none"> ○ Mental Disabilities. General types of mental disabilities. Links to physical disabilities and chronic conditions. Rights and protection of people with mental disabilities. Challenges to inclusion. ○ The Relationship Between Culture and Mental Health. Destigmatisation of mental health problems. Key considerations that lie at the intersection of cultural diversity and mental health. Cultural health and illness are perceived, health seeking behavior, patient attitudes and practitioners' diversity's impacts on the aspects of mental health: ways in which and mental health systems. Overcoming the stigma of mental illness.
<p>Teaching Methodology</p>	<p>Face-to-face training and interactive learning activities. Online interactive presentations, independent readings and studies, good practices, asynchronous video presentations, chats, case studies.</p>



Bibliography	<ul style="list-style-type: none"> - Towards a socially constructed and objective concept of mental disorder. Anne-Marie Gagné-Julien - 2020 - <i>Synthese</i> 198 (10):9401-9426. - Standards and Assumptions, the Limits of Inclusion, and Pluralism in Psychiatry. Bennett Knox - 2022 - <i>Philosophy, Psychiatry, and Psychology</i> 29 (4):275-277. - Empty suffering: a social phenomenology of depression, anxiety and addiction. Domonkos Sik - 2022 - New York, NY: Routledge. - Understanding Addiction. Robert M. Kelly - 2021 - Dissertation, University at Buffalo - Giovanni Stanghellini, Matthew Broome, Anthony Vincent Fernandez, Paolo Fusar-Poli, Andrea Raballo & René Rosfort (eds.), <i>The Oxford Handbook of Phenomenological Psychopathology</i>. Oxford: Oxford University Press.; Introduction to <i>The Oxford Handbook of Phenomenological Psychopathology</i> - Defining Addictive Disorder - Abilities Reconsidered. Sanja Dembić - 2021 - <i>Philosophers' Imprint</i> 21 (24). - Psychiatry should not seek mechanisms of disorder. Daniel & Kari L. Theurer - 2018 - <i>Journal of Theoretical and Philosophical Psychology</i> 38 (4):189-204. - Stabilizing Mental Disorders: Prospects and Problems. Jacqueline Anne Sullivan - 2014 - In Harold Kincaid & Jacqueline Sullivan (eds.), <i>Classifying Psychopathology: Mental Kinds and Natural Kinds</i>. MIT Press. pp. 257-281.
Languages	<ul style="list-style-type: none"> - English - Greek - Slovenian - Serbian - Croatian - Spanish - Portuguese - Roma



B. Module Content

○ **Mental Health Concepts**

Exploring the concept and definitions of mental health. What is mental health and why it is important for overall health? Determinants of mental health. Does mental health change over time?

○ **Mental Illnesses and Disorders. Addictions.**

How common are mental illnesses and disorders? Causes of mental illness and disorders. Main types of mental disorders. Mental health promotion and prevention. Addictions and addictive practices. What causes addiction? Types of addictions. Addressing addictions: prevention and treatment.

○ **Mental Disabilities.**

General types of mental disabilities. Links to physical disabilities and chronic conditions. Rights and protection of people with mental disabilities. Challenges to inclusion.

○ **The Relationship Between Culture and Mental Health.**

De-stigmatisation of mental health problems.

Key considerations that lie at the intersection of cultural diversity and mental health. Cultural health and illness are perceived, health seeking behavior, patient attitudes and practitioners' diversity's impacts on the aspects of mental health: ways in which and mental health systems. Overcoming the stigma of mental illness.

