CDIS 5045 3.0 Health Equity and Mental Health Policy

COURSE INFORMATION

Term: Winter 2019
Class Time: Monday 11:30-2:30
Location: Vari Hall 1156

Instructor: Professor Marina Morrow
Office: HNES 425
Tel: 416 736 2100 extension 30325
Email: mmmorrow@yorku.ca
Office hours: Mondays 3-5; other times by arrangement

COURSE DESCRIPTION

Mental health policy, once described as the ‘orphan child’ of Medicare (Romanow, 2002), has increasingly come to the attention of politicians and society at large. Increasingly, there is a recognition that people suffering from various forms of mental distress struggle to access care and supports and are often stigmatized in the process. At the same time inequities in Canada are widening and the social and structural determinants of mental health related to things like income security, housing and experiences of discrimination go unrecognized as contributing significantly to mental well-being. Indeed, mental health care itself has often been experienced as coercive and oppressive especially by people further marginalized by sexism, racism, colonialism, heterosexism, poverty and ableism. In this course, we center the lives of people who have experienced mental distress, as a way of epistemologically and ethically valuing what experience can offer policy and practice.

In the course, we will look at historical and contemporary approaches to mental health and how this influences policy and practice responses at the federal, provincial and international level- including, for example, deinstitutionalization, community based care, trans-institutionalization and recovery approaches. We will critically examine the dominance of biomedicalism and how this intersects with current neoliberal policy regimes to individualize mental health problems and decontextualize them from the broader social and structural determinants of health. We will explore a number of approaches to mental health including rights based approaches, intersectional approaches and Mad study approaches.

COURSE LEARNING OBJECTIVES

By the end of the course students will be able to:

1. Understand the epistemological significance of lived experience of mental distress for policy, research and practice;
2. Explain how axes of marginalization and power (e.g., gender, race, colonialism, social class, sexual orientation, ability) intersect to influence mental health and well-being;
3. Critically assess frameworks and approaches to mental health;
4. Engage in policy analysis and debates in mental health using a social justice framework that involves rights-based, intersectional and Mad studies approaches

The course will be run as a senior seminar and will require the active engagement of students. Students should come to class having read the course material and be prepared to discuss the readings in depth. The course is split into 4 sections: *Foregrounding Social Justice for Mental Health; Policy Histories; Mental Health and Social Policy: Issues and Debates, and Looking to the Future.* In our work together we will be developing critical policy analysis tools for the purpose of improving policy and practice responses to mental health and substance use.

**Required books:**

*Note that these books are available in the bookstore and on reserve in the library

**Recommended books:**

**WRITING ABILITY AND ACADEMIC LITERACY VIDEOS**
You need to write well to do well in this course. If you have trouble writing, then it is very strongly suggested that you get assistance from the writing centre.

**Writing and Learning Skills:**

The [Writing Centre](S329 Ross)
- You need to be able to write to earn a good grade in this course. Writing support is available from the Writing Centre. The Writing Centre gets very busy, especially before essays are due so making appointments in advance is highly recommended.

The [Learning Commons](Scott Library)
- The Learning Commons brings together key supports for your learning: writing, research, learning skills and career services.
Learning Skills Services (N110 Bennett Centre)

- If you are not getting the marks you had hoped for or are finding it difficult to keep up with your studies Learning Skills Services can help you learn how to study more effectively.

MOODLE

The course outline will be posted on our Moodle course website. Moodle can also be used by all of us to share relevant written material, links to websites, video, media, etc., Course announcements will also be put on Moodle.

GRADING SCALE

The following grading scale is used in this class:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Grade Point</th>
<th>Per Cent Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>9</td>
<td>90-100</td>
<td>Exceptional</td>
</tr>
<tr>
<td>A</td>
<td>8</td>
<td>80-89</td>
<td>Excellent</td>
</tr>
<tr>
<td>B+</td>
<td>7</td>
<td>75-79</td>
<td>Good</td>
</tr>
<tr>
<td>B</td>
<td>6</td>
<td>70-74</td>
<td>Marginally Failing</td>
</tr>
<tr>
<td>C+</td>
<td>5</td>
<td>65-69</td>
<td>Failing</td>
</tr>
</tbody>
</table>

EVALUATION

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Task</th>
<th>Grade</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation</td>
<td>Each week you are expected to come prepared to critically engage in discussion about how the readings contribute to debates related to mental health, equity and policy. Prepare your ideas in an overview paper of no more than 2 pages (500 words max) to be submitted at the beginning of each class. You should print a second copy for yourself so you can use it as the basis for class discussion each week. These papers will not be returned or formally graded, but along with your discussion in class, will form your participation grade. Your weekly summaries and in-class presentations of readings should address 4 questions: What are the main ideas being discussed? 1. What assumptions is/are the author(s) using? 2. How do these readings address mental health/substance use equity issues?</td>
<td>25%</td>
<td>Each week @ 11:30 am</td>
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</tbody>
</table>
3. How can the ideas be applied to policy and/or practice?

In our second week, you are required to spend some of our class time working in groups of 3-4 reviewing one of the following mental health anti-stigma campaigns:

- **Bell Let’s Talk**  [https://letstalk.bell.ca/en/our-initiatives/](https://letstalk.bell.ca/en/our-initiatives/)
- **Beyond Blue**: [https://www.beyondblue.org.au/](https://www.beyondblue.org.au/)
- **Time to Change** [https://www.time-to-change.org.uk/](https://www.time-to-change.org.uk/)

In your review answer the following questions:

1) How is the ‘problem’ of mental health being understood?
2) What factors are mental health problems being attributed to?
3) What assumptions underlie the campaign/representations?
4) Whose lives are represented? Whose are left out?

Following your review come prepared to do presentations in class (approx. 15-20 mins) that give an overview of the campaign/representations and addresses each of the questions for class discussion. You are also required to submit a short paper detailing your findings (5 pages). Your mark will be based on the paper and presentation as a group.

Presentations on **January 21**\(^{nd}\) in class
Papers due: **January 28**\(^{th}\)
Identify a mental health and/or substance use policy, piece of legislation or policy framework (e.g., the Mental Health Commission of Canada’s Mental Health Strategy, the Ontario Mental Health Act, LHIN regional mental health plan …) and using one of the policy analysis frameworks that you have been introduced to in class (GBA, Intersectionality, WPR, etc., ) discuss the following questions:

1) How is the social problem identified and represented?
2) What are the assumptions underlying the problem representation?
3) What policy/practice solutions flow from this representation?
4) In your analysis identify the equity dimensions of the policy (e.g., Does the policy impact different groups in society in different ways. Does the policy discriminate against particular groups or individuals?).
5) Give an assessment as to whether the policy that has been developed has been a success, a failure, a partial success, etc. and why you have come to that conclusion.
6) Make suggestions about what would strengthen the policy response.
LATE ASSIGNMENTS
Late assignments will be penalized with 1% deduction for every day of delay (including weekends). All assignments more than seven days late will receive a zero. If you think that you are going to be late in handing in an assignment talk to the course instructor ahead of time. Extensions will only be granted for serious medical reasons or reasons related to unforeseen circumstances.

LECTURE SCHEDULE
Some dates for lectures may be rearranged depending on the availability of guest lecturers. Any changes will be posted on Moodle.

Course Readings
All course readings (except for the required textbooks) are posted on Moodle or contained in URL links below. All links were active at the time of posting but if a link is for some reason not working, alert me as soon as possible.

FOREGROUNDING SOCIAL JUSTICE FOR MENTAL HEALTH POLICY AND PRACTICE

Week 1 - January 7: Introduction: Mental health through a social justice lens


Week 2 - January 14: Policy & Framing the Problem of Mental illness and Substance Use
In class work on assignment on mental health, stigma and representation


Hankivsky, O (Ed) (2012) An Intersectionality Based Policy Analysis Framework
Vancouver: Institute for Intersectionality Research and Policy
http://www.sfu.ca/iirp/ibpa.html


History in Practice  http://historyinpractice.ca/en

Week 3 -January 21: Psychiatry, Biomedical Dominance and Neoliberal Policy Regimes


Week 4 - January 28: Human Rights Approaches to Mental Health (Guest: Speaker from ARCH Legal Clinic TBD)


**POLICY HISTORIES**

**Week 5 - February 4: Deinstitutionalization and the Birth of Community Mental Health**

(Film screening: *The Inmates are Running the Asylum: Stories from the MPA*)


**Week 6 - February 11: The Recovery Movement**


Malik, L. (2006) Still in the Shadows: Kirby Report Turns a Blind Eye to Women *Canadian Women’s Health Network* Winter 2006/07 Volume 9, Number 1/2. Please access at the following [link](#).


**READING WEEK February 16-22**
Week 7 - February 25: Ethical Engagement: From Tokenism to Partnership


MENTAL HEALTH AND SOCIAL POLICY: ISSUES AND DEBATES

Week 8 - March 4th: Immigrant and Refugee Mental Health


Week 9 - March 11: Gendering Mental Health


Week 10 - March 18: Homelessness, Substance Use and Mental Health
(Guest: Toronto Harm Reduction Alliance)


Robertson, Grant., Howlett, Karen (2017) How a little-known patent sparked Canada’s opioid crisis The untold story of how a single pill sparked Canada’s opioid crisis, and ignited one of the biggest pharmaceutical battles in Canadian history The Globe and Mail Friday, May 19, 2017 8:58AM EDT. Available at the following link.

Robertson, G. (2016) OxyContin creator expands into Canadian pot industry. The Globe and Mail Published Friday, Dec. 02, 2016 9:37PM EST. Available at the following link.

Grant, K (2016) Doctors flagged for investigation were prescribing opioids equal to ‘150 Tylenol 3s’ The Globe and Mail Published Thursday, Nov. 03, 2016 9:00PM Available at the following link.

Centre for Addiction and Mental Health & the Empowerment Council’s Joint Submission to The Government of Canada on Canada’s National Housing Strategy October 21, 2016. Available at the following link.
Week 11 - March 25: Decolonizing Mental Health Practice


LOOKING TO THE FUTURE

Week 12 - April 1: Mad Peoples Activism
(Guest: Dr. Geoffrey Reaume)


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IMPORTANT COURSE INFORMATION

LATE ASSIGNMENTS -- DEFERRED STANDING & EXTENSION POLICY

1.1. Assignments are due by 11:30 pm on the day indicated above. Assignments that are not handed in by this deadline are graded as late.

1.2. Late assignment penalties are 1% per day late, including weekends. Assignments must be submitted via Turnitin. They are marked online. Assignments emailed directly will NOT be accepted.
1.3. The counseling office has resources to help students address non-medical reasons that delay completion of course work and exams (refer to academic accommodation policy below).

1.4. An **Attending Physician’s Statement** form is required for all late assignments when a deferred late penalty is requested:

1.4.1. Doctor’s notes indicating a student was “seen in the office” on a specific date WILL NOT be accepted as sufficient excuse for late assignments or missed exams. Only original medical documentation with an original signature is acceptable. This form must be completed and signed by the student’s physician to be sufficient grounds for lateness. All forms must be delivered directly to the Course Director’s York University office (HNES 411) or to Rm 409 HNES (Collette Murray).

### ACADEMIC ACCOMMODATION FOR STUDENTS WITH DISABILITIES

York University shall make reasonable and appropriate accommodations and adaptations in order to promote the ability of students with disabilities to fulfill the academic requirements of their programs.

The nature and extent of accommodations shall be consistent with and supportive of the integrity of the curriculum and of the academic standards of programs or courses.

Provided that students have given sufficient notice about their accommodation needs, instructors shall take reasonable steps to accommodate these needs in a manner consistent with the guidelines established hereunder.

'Disabilities' shall be defined as those conditions so designated under the Ontario Human Rights Code in force from time to time, and will in any event include physical, medical, learning, and psychiatric disabilities.

### ACADEMIC HONESTY & INTEGRITY

According to the [York Senate Policy on Academic Honesty](#):

Academic honesty requires that persons do not falsely claim credit for the ideas, writing or other intellectual property of others, either by presenting such works as their own or through impersonation.

Similarly, academic honesty requires that persons do not cheat (attempt to gain an improper advantage in an academic evaluation), nor attempt or actually alter, suppress, falsify or fabricate any research data or results, official academic record, application or document.

Any acts of academic dishonesty including plagiarism, re-submitting the same paper or portions of the same paper to more than one course, or failure to cite sources are taken seriously and handled according to York University Policy. For details, please refer to the [Faculty of Graduate Studies website](#) and the [Senate Policy on Academic Policy](#)
I strongly recommended you complete York University’s online Academic Integrity Tutorial, which is designed to help students learn how to avoid committing plagiarism.

Alternatively, you can refer to the document entitled Beware - Says who? Avoiding plagiarism. The document was developed by the University of Ottawa and describes what academic integrity and intellectual property rights are, the definition of plagiarism along with several examples, discusses what pressures lead to plagiarism and how to avoid it, identifies good practices to engage in to avoid plagiarism, and provides many examples and important information.

Faculty members are encouraged to pursue suspected cases of academic honesty with formal charges. Students should, however, review the York Academic Honesty policy for themselves.

Grade Component Deadline (Senate Policy)

The course assignment structure and grading scheme (i.e. kinds and weights of assignments, essays, exams, etc.) must be announced, and be available in writing, to students within the first two weeks of classes.

Feedback Policy (Senate Policy)

Under normal circumstances, some graded feedback worth at least 15% per cent of the final grade for Fall, Winter or Summer term, and 30% for ‘full year’ courses in the Fall/Winter term should be received by students in all courses prior to the final withdrawal date from a course without receiving a grade, with the following exceptions:

- Graduate or upper level undergraduate courses where course work typically, or at the instructor’s discretion, consists of a single piece of work and/or is based predominantly (or solely) on student presentations;
- Practicum courses;
- Ungraded courses;
- Courses in Faculties where the drop date occurs within the first three weeks of classes;
- Courses that run on a compressed schedule (a course which accomplishes its academic credits of work at a rate of one credit hour per two calendar weeks or faster).

Note: Under unusual and/or unforeseeable circumstances, which disrupt the academic norm, instructors are expected to provide grading schemes and academic feedback in the spirit of these regulations, as soon as possible. Visit the Graded Feedback Rule for more information.