

How do I apply for the Course?

Applications to the programme can be made through the online system which you will find on our website https://www.ucc.ie/en/ace-cmhc/

Once you click on the 'Apply now' button you will need to set up and account and be logged in to submit your application.

What does it cost?

The cost of the programme is €1,500 per academic year. This payment is made in two instalments: the first half of the fee (€750) is requested at application stage. The second half is payable in January. All payment related requests and information will come from our colleagues in ACE Finance. Unfortunately, we do not accept payment in instalments.

We like to inform candidates that we have an agreement with the Lough Credit Union who will offer very good loan rates for individuals who wish to take out a student loan and pay that back in instalments.

Also of note is the Part-time Financial Aid Fund which is now available to part-time students so for anyone who is accepted onto the programme, this is also an option available to you. Full details are available at https://www.ucc.ie/en/saf/

Upon payment of the first half of the fee and acceptance onto the programme you will be registered as an official UCC student and receive a Student ID card.

What job opportunities arise from completing the course?

Many who take our programme progress into Peer Support Practice, Advocacy roles, Peer Education, Social Care. Others who take our programme tend to be already work in various professions such as Education, Peer Support Practice, Social Care, Nursing, Community Work, Mental Health professionals. The Certificate provides a lens through which to explore what can work for people who experience mental health difficulties in supporting personal recovery. It examines contemporary debates in the field of mental health with a focus on recovery approaches and frameworks. It looks at good practice in mental health promotion and suicide prevention across a range of services and community-based initiatives. It explores concepts of mental health, and considers community based educational and support options for mental health recovery.

What can I study after the Diploma?

Some past students of our Certificate have progressed to other areas of study including Certificate L 8 in Peer Support Practice in DCU and ATU, a full undergraduate degree in Social Studies, Diploma in Youth & Community Work, Bachelors in Social Work, Higher Diploma in Facilitating Inclusion & Disability Studies. However please note that this

progression is dependent on previous qualifications and/or relevant work experience gained by students prior to completion of the Certificate Programme. So your progression from the Certificate course will depend on the Award plus any other previous degrees or other courses that you may have completed.

What topics will I be studying?

The participant is encouraged to reflect on their own and societal attitudes to mental health and be expected to recognize and apply the values of a 'recovery perspective': citizenship, empowerment, self-advocacy, social inclusion, service user participation, hope, and social justice in the context of their community and /or practice.

These objectives are met through the delivery of five modules as follows:

Year 1 Modules (30 Credits)

AD1087: Mental Health & Wellbeing (5 Credits)

AD1088: Recovery & Critical Perspectives in Mental Health (5 Credits)

AD1056: Mental health Policy & Practice (5 Credits)

AD1057: Community Approaches Models & Interventions (10 credits)

Ad1058: Practice Skills in Mental Health in the Community (5 credits)

When will I have to attend lectures?

The course was delivered mainly online with live interactive lecture sessions taking place on Monday and Tuesday evenings from 6.30pm – 9pm with two in-person Saturday Workshops. Course material is released via our VLE CANVAS which you can peruse and engage with in your own time. Therefore, the course is offered with a mix of self-paced study and live lecture sessions. Students have full access to UCC Library both online and on campus.

All of the live lecture sessions are recorded and made available on the VLE. However, I strongly recommend that you schedule in the live sessions to your calendar as they are very interactive and a great learning experience – something which isn't quite the same when you watch the recorded version which will only contain the delivered content.

Will I have to complete exams?

The good news is No! Through a variety of interesting and engaging assignments you will be awarded your Certificate. There are 5 modules on the programme and therefore 5 different kinds of assignments to complete. These range from article reviews, reflective practice, community research poster presentations and skills demonstrations. There will be plenty of structured and unstructured support available to help you develop competencies around the skills of academic reading, writing and referencing according to the Harvard System so there is no need to fear this aspect of the programme.

What is the course timetable?

The course commences on the first Saturday in October with a delivery of the accredited WRAP Wellness Recovery Action Plan Programme. The second session of the Certificate will be in November.

Virtual lectures will be held Monday & Tuesdays. Please contact the Programme Coordinator for a timetable.

Who teaches the course?

Our experienced teaching team together combine extensive academic, practice and lived experience of mental health difficulties and personal recovery, incorporating a unique contribution of academic and experiential learning into the classroom. This model of diversity in teaching and learning enhances the learning experience demonstrating effective co-working of people awhile offering different perspectives and experiences on topics of mental health and recovery.

Thank you!