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COURSE DESCRIPTION

UMB social work, nursing, pharmacy and public health students will learn about different and similar models of health care practices in India and the United States. The course includes participation in the *Dyuti 2019 Multi-sectorial and Interdisciplinary response to Health and Wellbeing* at Rajagiri College of Social Sciences in Kerala, India. While in India, students and faculty will visit social service, mental health, and health programs in Kerala to meet with consumers and providers. Through lectures, small group discussions, assignments, and journaling, students will have opportunities to learn and reflect on different cultural approaches to health and well-being. This course is designed through travel and direct exposure for students interested in learning how cultures view social problems and address them. There is international attendance at this conference. Students will have opportunities to inquire about and observe Indian approaches to health and mental health issues, and are expected to be active participants in this process by attending the conference and field visits, and engaging in group discussions and reflective journaling. In addition, required classes and assignments before and after travel to India will focus on learning about health and mental health practices and social issues in India.

PLACE OF COURSE IN THE CURRICULUM

Elective

PREREQUISITES

None. See Requirements below.

APPLICATION PROCESS:

1. The course is limited to 18 students and students will be selected through an application process through UMB's Center for Global Education.
2. Applications are available online on the Center for Global Education Website www.umaryland.edu/global/for-umb-students/upcoming-cgei-projects/

3. Applications are due by Monday September 10th
4. A brief interview is required as part of the application process. Interviews will be scheduled the week on September 17th.
5. Selected students will be notified by September 28th.
6. Students must confirm their space in the course by paying for their airline tickets (estimated at \$1100) and submitting required documents by October 3rd.
7. The remainder of the pre-travel expenses (estimated at \$1,000) will be due by November 1st.
8. Selected social work students will be registered for the course through the registrar's office. This course will be part of your spring semester course load and is a 3-credit course. When you register for spring classes, this course will already be on your schedule; you will register for the rest of your courses, which should be no more than 12 credits. Students from non-social work schools should check with your school about registration and course credit.

KNOWLEDGE, SKILLS AND VALUES

Knowledge

- Students will learn models and approaches to health care as it is practiced in India and the wide range of roles played by providers in these settings.
- Students will learn about social issues in India, and how professionals address and work with these issues.
- Students will learn about the historical context of India and how citizens' lives are influenced by this context.
- Students will learn about a range of diversity issues in India society: gender, political affiliation, economics, education, age, and religion.

Skills

- Students will demonstrate critical thinking, values, and ethics necessary for culturally competent practice in international mental health and health fields.
- Students will be able to identify differences in professional approaches in health and mental health fields and critically reflect on these differences.
- Students will be able to identify their own cultural perspectives/biases and how these affect perceptions of Indian culture and professional practices.

Values

- Students will develop an appreciation for the practice of health and mental health care in India.
- Students will develop an appreciation for the range of issues addressed by India professionals.

- Students will deepen their understanding of their own cultural biases including how these impact professional practices in an international setting and in their work in the United States.

REQUIRED READING

Book: Weis-Bohlen, S. (2018). *Ayurveda Beginner's Guide: Essential Ayurvedic Principles and Practices to Balance and Heal Naturally*. Althea Press.

Want to learn more about Ayurveda? Watch: <http://bit.ly/2I3YisLAyurvedaIntro>

Readings about health and mental health in a global context will be assigned and posted on BlackBoard.

ASSIGNMENTS AND GRADING

Achievement of student outcomes will be measured through successful completion of the following required assignments and which are fully described at the end of the syllabus:

Assignment	% of Grade	Due Dates
<ul style="list-style-type: none"> • Fall Semester attendance and participation: 3 required classes 	20%	Oct 10 6-9 pm, Nov 3 9-12:30, Dec 10 12:15-1:45
<ul style="list-style-type: none"> • Group Project 	25%	December 10
<ul style="list-style-type: none"> • Participation while in India 	20%	Jan 6-20, 2019
<ul style="list-style-type: none"> • Journal 	25%	Ongoing Jan 6-20 Due on Jan. 29, 2019
<ul style="list-style-type: none"> • Spring Semester debriefing meeting and campus presentation 	10%	Jan. 29 6-8pm Presentation in Feb., date TBA
Total Points	100%	

ASSIGNMENTS

Fall semester attendance and participation:

Guidelines for participation are grounded in respect for each other's time, ideas, and comments. Students are expected to attend the 3 required meetings, read assigned material and be prepared to contribute to group discussions and lectures. Students who

meet this expectation will receive the highest participation grade. Points will be deducted for students who do not participate in discussions or are not prepared for class. If a student is unable to attend one of the required in-person sessions, they may not be able to participate in the course.

Group project:

Students will be placed in three groups of 6 students to prepare an abstract and poster on a health or mental health topic. The topic should fit into one of the Dyuti conference sub-themes listed on the conference website. The topic selected can be at the direct practice, organizational, community or policy level. Groups will research how the United States and India conceptualize the topic, and explore similarities and differences in how the topic is treated or approached. Groups are required to use at least 6 quality peer reviewed articles or book chapters. Students will receive a handout with more specifics about this assignment in the first class.

Participation while in India:

Students are expected to be on time and actively participate in conference events, field visits, group discussions and group activities. Please be courteous at all field visits and do not hesitate to ask questions.

Try to be culturally sensitive to the best of your knowledge. Some faux pas may occur, by both the host country and visitors, but since we are the visitors, we have a greater responsibility not to offend our hosts.

Finally, be courteous and considerate of your fellow students. You may feel like the entire experience is overwhelming at times, but try to keep things in perspective. Getting along with fellow participants will only enrich the entire experience.

Journal:

During the trip, students should keep a daily journal about experiences, observations, self-reflection and application of concepts and take photos that represent these concepts. We will also be having group debriefing sessions and you will be given prompts to reflect on in your journals.

At the debriefing meeting in January, students will turn in their journal and share an excerpt from their journal and a photo that represent concepts, experiences or reflection. Journals will be graded on a pass/fail basis.

Spring Semester Attendance and Participation:

Students are required to attend the debriefing meeting on Tuesday January 29st from 6-8pm. Journals and photos will be due at this time and we will have time to share our

reflections on the experience. We will also be planning for our presentation to the campus on the group projects and trip experiences. Students will present their experiences to the campus community in the spring semester.

GRADE CONSTRUCTION

Grade	
A+	97-100 points <i>outstanding</i>
A	93-96.9 points
A-	90-92.9 points
B+	87-89.9 points
B	83-86.9 points <i>graduate level work</i>
B-	80-82.9 points
C+	77-79.9 points
C	73-76.9 points <i>marginal pass</i>
C-	70-72.9 points
D+	67-69.9 points <i>fail</i>
D	63-66.9 points
D-	60-62.9 points
F	59 points and below

For final grades, any grade below C- is registered as F. *The following point equivalency is in effect: A+= 4.33, A= 4.0, A- = 3.67, B+= 3.33, B= 3.0, B-=2.67, C+= 2.33, C= 2.0, C-= 1.67 (F= failure/need to repeat class)*

ADDITIONAL REQUIREMENTS FOR INTERNATIONAL COURSE

Travel

Travel to India during winter break, January 6-20, 2019

Travel Dates

Departure date: January 6th, 2019, Dulles Airport

Return date: January 20th, 2019, Dulles Airport

Cost:

A grant from UMB's Center for Global Education Initiatives has been allocated for some of the travel expenses. The estimated cost for each student is \$2,500-\$3,000, which includes airfare, visa, tours, transportation, guides, housing and meals.

Logistics:

Student will confirm their space in the course by paying for their airline ticket (\$1,158) and submitting required documents by October 3rd (see pre-travel checklist). This payment is non-refundable. A second payment for in country tours and housing will be due by November 1st (estimated \$1,000). Students will also need to comply with requirements and

deadline set by the school and the Center for Global Education around health and safety procedures for international travel.

STUDENT OUTCOMES

CSWE Social Work Competencies (for MSW students only)

The following are the 9 CSWE core competencies that all MSW students should demonstrate upon graduation. Those competencies that are addressed in this class include those in bold and underlined:

1. **Demonstrate ethical and professional behavior**
2. **Engage diversity and difference in practice**
3. **Advance human rights and social, economic and environmental justice**
4. Engage in practice-informed research and research-informed practice
5. Engage in policy practice
6. Engage with individuals, families, groups, organizations and communities
7. Assess individuals, families, groups, organizations and communities
8. Intervene, individuals, families, groups, organizations and communities
9. Evaluate individuals, families, groups, organizations and communities

COURSE STRUCTURE AND REQUIREMENTS

Course Format/Teaching Methodology

The teaching model used for this class is observational/educational in that the primary focus of this course is the intensive field visit to India. Information will be processed during travels through daily journaling and group discussion, as well as during a debriefing session in the spring semester. Pre-travel classes will consist of lectures, small group activities, readings and assignments to help students prepare for the immersive travel portion of the course. The class is heavily experiential and requires a high level of participation and involvement. The objectives of this course will also be pursued through the exploration and discussion of pertinent literature on social issues in India, and participation in an international conference in India.

Hybrid

“Blackboard” will be utilized to maintain contact amongst students, to access class materials, to facilitate student collaboration, and explore/discuss course material.

Class Attendance

Attendance and participation is mandatory for the 3 Fall meetings. If you are unable to attend these you most likely will not be able to participate in this course. Obviously, students must attend and fully participate in the in-country travel in January. There will be one

debriefing class in the Spring and a presentation at UMB in the spring semester. Students are expected to read assigned materials before class, as class time will be used to discuss and critically reflect on this material.

Electronic Devices

Students are expected to turn-off or silence cell phones during class. Computers and tablets can be used for note taking and class work. Please refrain from text messaging, checking email or surfing the web during class as it is distracting to classmates and limits your ability to fully participate in class. Engaging in online activities not related to class may result in a reduction in your class participation grade.

Academic Integrity

Academic integrity is a central value of the School of Social Work. Therefore, all academic dishonesty, including plagiarism, will be treated seriously, as described in the *MSW Student Handbook* and could result in course failure.

ADA Disclosure and Accommodation Requests

Students with Disabilities: It is the policy and practice of the University of Maryland Baltimore to create inclusive learning environments. If you are a student with a disability and believe you will need accommodations for this class, it is your responsibility to register with the Office of Educational Support and Disability Services (ESDS). For more information, visit <http://www.umaryland.edu/disabilityservices/>

To avoid any delay in the receipt of accommodations, you should contact ESDS as soon as possible. Please note that accommodations are not retroactive and that disability accommodations are not provided until an accommodation letter has been processed. Any student registered with ESDS is welcome to contact the instructor as soon as possible for assistance in coordinating the approved accommodations for this course.

For detailed information pertaining to disability services (policies and procedures), students can access the Student Handbook on the SSW web-site and access the Appendices Link and then click onto the documents titled Policy & Procedures for Students with Disabilities and UM Guidelines for Documenting a Disability.

Campus Alerts

Please register for the campus alert system so that you will know whether to proceed to campus because of weather conditions or other safety and security issues at: <http://www.umaryland.edu/alerts/>

Inclement Weather

Please check Blackboard for any changes in the class status especially during inclement weather.

Fall Classes:

Class 1; October 10 th 6-9 pm, UMB SSW, 2W11
<p>Topics: Introductions & Course Overview Review Pre-travel checklist Cultural Humility Discussion Select Group Topic and Members</p> <p>7-8 pm Guest speaker: Susan Weis-Bohlen author of <i>Ayurveda Beginner's Guide: Essential Ayurvedic Principles and Practices to Balance and Heal Naturally</i></p>
<p><u>Readings and assignments:</u> The Story of India by BBC (documentary on the history of India; available for free on youtube and Amazon Prime. Six episode series. TBA</p>
<u>HW:</u> Begin researching group topic and bring one article to share at next class

Class 2, November 3 9-12:30, UMB SSW, 2W11
<p>Topics: Health and mental health IPE – learning about each profession in US and India Group Projects – group share topics and research to date Lunch & Guest Panel Varghese George and Lila Gaines, tips for traveling in India</p>
TBA
<u>HW:</u> Work online to complete group research project which is due next class.

Class 3, December 5 12 - 2, UMB SSW, 2W11
<p>Group Projects Due: Abstract, reference page and poster PDF</p> <p>Topics: Final Preparations UMB's Center for Global Education Speaker</p>

Readings: TBA

India Travel: January 6 th -20 th

Dyuti Conference Field site visits Journaling Group Meetings

Spring debriefing, January 29 th , 6-8 pm, UMB SSW, Room TBA

Topics: Debriefing Planning for presentation
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Assignments: Journals and Photos are due

Campus Presentation TBA