**Case Study/Essay Requirements**

The Case Study/Essay assessment is 1500 words. This paper will be checked via Turnitin and attention will be paid to grammar and structure. If you do not believe that you can write/prepare it to the standard required, please do not accept this job. In text citations are mandatory. Please provide a list of sources used.

To complete this task, you must use the set readings and the case study materials provided below listed as Readings 1-6. You absolutely do not need to use them all. And you can cite 1 or 2 only once if you would like. You may also find your own academic readings. I will attach what I believe is pertinent recent useful information that can be used to keep you from doing further research. Please see additional attached documents which I think are better than most of the documents below. But keep in mind you have to use a couple of the ones in yellow listed as Readings 1-6.

This Case Study/Essay is scenario based: you should imagine that you are employed by the Federal Government, tasked with investigating the causes — and potential solutions — to the mental health issues faced by your Indigenous community. This Case Study requires you to successfully identify the social causes of mental health issues in Australian society, with a focus on the links between inequality, power and social change and mental health issues. You can relate these issues to any sociological theory or perspective (functionalism, conflict theory, intersectionality, structuralism, Karl Marx, Weber, Spencer, Durkheim, etc)

In addition, you will be tasked with making at least three recommendations to improve mental health in Australia ( I have attached a document that will make this easy), focusing particularly on how mental health can be improved for the Indigenous community. Your case study must respond to the following questions:

1.What are the mental health issues faced by the group?

2.What is the prevalence/extent of the problem within the group?

3.How do mental health issues negatively impact their everyday life?

4.What are some social factors which cause their mental health issues? (Note these social causes should be linked to the concepts of inequality, power or social change.)

5.What are your recommendations as to how their mental health issues could be addressed?

(For example, by governments, communities, and families.)

Your recommendations should clearly justify why they are useful/relevant/important in tackling the mental health issues faced by your chosen group and they should be reasonably achievable and tackle the root causes of the problems you have identified.

For you to do well in this assessment, it is vital that you:

1) Link your observations about the case study materials to key unit concepts, such as social change, inequality, and power (any sociological theory that applies).

2) Accurately and clearly describe key factual aspects of the Case Study

3) Ensure that your work is fully proof-read, and that you are citing according to the requirements of WSU Harvard.

4) Use an appropriate mix of academic and non-academic readings. For an assessment of 1500 words, it is recommended that you use at least 6 academic resources.

**Very good resources/explanations here**:

Trust I. Swimming The River [Internet].  Kununurra: Wunan Foundation; 2013 [cited 21 June 2020]. Available from: <https://wunan.org.au/wunan-chairman-ian-trust-explains-swimming-the-river>

Islander adolescent and youth health and wellbeing 2018 [cited 21 June 2020]. Available from:

<https://www.aihw.gov.au/reports/indigenous-australians/indigenous-adolescent-youth-health-wellbeing-2018/contents/table-of-contents>

<https://www.niaa.gov.au/resource-centre/indigenous-affairs/national-strategic-framework-mental-health-social-emotional-wellbeing-2017-23>

**Must use list (not all but some)**

* Reading 1:

Nasir et al, 2017. ‘Common mental disorders among Indigenous people living in regional, remote and metropolitan Australia: a cross-sectional study’IN *BMJ Open*. Available at: <https://bmjopen.bmj.com/content/8/6/e020196>

Reading 2:

Hunter, Earnest, 2014. ‘Mental health in Indigenous settings: Challenges for clinicians’ IN *Australian Family Physician*, Vol. 43, Iss. 1/2, pp. 26-8. Available at: <https://search-proquest-com.ezproxy.uws.edu.au/docview/1499361049?rfr_id=info%3Axri%2Fsid%3Aprimo>

Reading 3:

Griffin, Carolyn, Hinton, Rachael & Nagel, Tricia. ‘Yarning about indigenous mental health: translation of a recovery paradigm to practice’ IN *Advances in mental health,*Vol. 10, Iss. 3,  pp. 216-223. Available at: <https://search-proquest-com.ezproxy.uws.edu.au/docview/1033286183?accountid=36155&rfr_id=info%3Axri%2Fsid%3Aprimo>

Reading 4:

Issacs, Anton & Maybery, Darryl, 2012. ‘Improving mental health awareness among rural Aboriginal men: perspectives from Gippsland’ IN *Australasian Psychiatry*, Vol 20, Issue 2, pp. 108-111. Available at: <https://journals-sagepub-com.ezproxy.uws.edu.au/doi/pdf/10.1177/1039856212437256>

Reading 5:

Jorm, A.F., Bourchier, S.J., Cvetkovski, S. and Stewart, G, 2012. ‘Mental health of Indigenous Australians: a review of findings from community surveys’ IN *Medical Journal of Australia,* Vol.196 pp. 118-121. Available at: <https://onlinelibrary-wiley-com.ezproxy.uws.edu.au/doi/full/10.5694/mja11.10041>

Reading 6:

Guerin, Bernard & Guerin, Pauline, 2012. ‘Re-thinking mental health for indigenous Australian communities: communities as context for mental health’ IN *Community Development Journal*, Vol.47, No.4, pp.555-570. Available at: [https://www-jstor-org.ezproxy.uws.edu.au/stable/26166055?seq=1#metadata\_info\_tab\_contents](https://www-jstor-org.ezproxy.uws.edu.au/stable/26166055?seq=1%23metadata_info_tab_contents)

**Just extra resources provided by Professor although I think my attachments are more current and useful**

**Useful Newspaper Articles**

The news articles below all focus on mental health issues faced by indigenous communities in Australia:

<https://www.abc.net.au/life/racism-and-its-impacts-on-mental-health/12325678>

<https://www.brisbanetimes.com.au/national/queensland/racism-making-indigenous-queenslanders-sick-says-health-body-20200606-p5503k.html>

<https://www.theguardian.com/australia-news/2018/dec/05/suicide-crisis-in-remote-indigenous-communities-australias-shame-senate-inquiry-finds>

<https://theconversation.com/have-you-been-feeling-your-spirit-was-sad-culture-is-key-when-assessing-indigenous-australians-mental-health-119463>

<https://www.sbs.com.au/news/new-campaign-urges-indigenous-australians-to-talk-about-mental-health>

<https://theconversation.com/australia-has-been-silent-on-indigenous-suicide-for-too-long-and-it-must-change-117261>

<https://www.theguardian.com/australia-news/2019/may/14/unspeakable-how-can-australia-stop-the-indigenous-suicide-epidemic>

<https://www.abc.net.au/news/2020-05-31/healing-the-trauma-of-the-stolen-generations/12225034>

**Case Study/Essay Format (feel free to structure like this but you do not have to. As long as it is structured and flows properly.**

Drafting the Case

Once you have gathered the necessary information, a draft of your analysis should include these general sections, but these may differ depending on your assignment directions or your specific case study:

* **Introduction**
* Identify the key problems and issues in the case study.
* Formulate and include a thesis statement, summarizing the outcome of your analysis in 1–2 sentences.
* **Background**
* Set the scene: background information, relevant facts, and the most important issues.
* Demonstrate that you have researched the problems in this case study.
* **Evaluation of the Case**
* Outline the various pieces of the case study that you are focusing on.
* Evaluate these pieces by discussing what is working and what is not working.
* State why these parts of the case study are or are not working well.
* **Proposed Solution/Changes**
* Provide specific and realistic solution(s) or changes needed.
* Explain why this solution was chosen.
* Support this solution with solid evidence, such as:
* Concepts from class (text readings, discussions, lectures)
* Outside research
* Personal experience (anecdotes)
* **Recommendations**
* Determine and discuss specific strategies for accomplishing the proposed solution.
* If applicable, recommend further action to resolve some of the issues.
* What should be done and who should do it?