

COURSE SYLLABUS

COURSE: IMAGINING THE POSSIBLE: COMMUNITY WELFARE FOR MENTAL HEALTH AND SOCIAL INCLUSION

COURSE INFORMATION

Program	Empowering Community Engagement: Soft Skills Micro-Courses for Students and Staff
University	University of Calabria
Department	Culture, Educazione e Società - DICES
Course name	Pensare il possibile: welfare di comunità per la salute mentale e l'inclusione sociale Imagining the Possible: Community Welfare for Mental Health and Social Inclusion
Course code	ECE2.12
Credits/hours	2 hours
Language of instruction	Italian
Target audience	Students, faculty, staff
Course dates	held on Dec 4, 2025
Course schedule	11.00 - 13.00
Course coordinator	Prof.ssa Emanuela Pascuzzi
Course instructor	Giorgio Marcello, Professor of Social Policy - Degree Programme in Social Service Sciences / Marina Galati from CNCA Calabria and Comunità Progetto Sud Association
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SHORT DESCRIPTION

This 2-hour micro-course explores community-based welfare approaches to mental health and social inclusion in the Calabrian context. Drawing on the experience of CNCA Calabria and Comunità Progetto Sud, and on the Budget di Salute framework, students analyse structural gaps in local services and their impact on vulnerable individuals. Through a short theoretical framing, stakeholder testimonies, and guided group work, participants co-design small-scale community-oriented strategies aimed at promoting autonomy, inclusion, and equal citizenship.

LEARNING OUTCOMES

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

Knowledge

- Identify key principles of community welfare and mental health inclusion.
- Recognise structural challenges affecting local mental health services.

Skills

- Analyse a concrete local welfare gap related to mental health and social inclusion.
- Collaboratively propose feasible, community-based strategies aligned with inclusive care principles.

Civic & Reflective Competence

- Reflect on dignity, rights, and collective responsibility in promoting inclusive community welfare.
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COURSE CONTENTS

1. Community welfare and mental health inclusion
 2. The Budget di Salute as a personalised care framework
 3. The role of CNCA Calabria and Comunità Progetto Sud
 4. Introduction to a simplified Challenge-Based Learning cycle
 5. Co-design of small-scale, community-oriented inclusion strategies
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TEACHING METHODOLOGY-

The course adopts a simplified Challenge-Based Learning (CBL) approach fully achievable within a 2-hour session. The session begins with a concise introduction to community welfare and the Budget di Salute model, connected to real challenges in the Calabrian context. Stakeholder testimonies provide direct insight into inclusive, community-based mental health practices.

1. Students then engage in guided small-group work structured around three steps:
2. Identifying welfare gaps and exclusion risks.
3. Analysing their impact on autonomy and social inclusion.
4. Designing realistic, small-scale community strategies promoting inclusion and dignity.

The course concludes with a collective restitution and reflection on civic engagement and co-responsibility in mental health inclusion.

Activities

	Activity	Duration
1	Introductory lecture by the course instructor, framing the theme and presenting key concepts	20 mins
2	Expert testimony and thematic in-depth contribution (done by stakeholder, organisation, field professional)	30 mins
3	Challenge-Based Learning activity (problem framing, small-group discussion, collaborative exploration)	40 mins
4	Restitution and collective discussion	20 mins
5	Q&A session with the audience	10 mins

Total duration 120 minutes (2 hours)

ASSESSMENT AND GRADING

Assessment type	Assessment criteria	Overall weight
Self-assessment	Students are invited to reflect individually and collectively on their learning experience during the course.	100%



No formal grading tools or evaluation grids are used, in line with the short duration of the course and its experiential and participatory learning approach.

STUDENT WORKLOAD (in hours)

Contact hours	Independent learning	Overall
2	0	2

READING LIST / RELEVANT REFERENCES

Marcello, G., Procopio, G. (2025). *L'innovazione possibile. La sperimentazione del budget di salute e la sua applicabilità in un contesto di welfare debole*, Rubbettino, Soveria Mannelli. Available [here](#).