This study abroad program is coordinated by the Northern Illinois University Study Abroad Office (SAO), in cooperation with the NIU College of Health and Human Sciences and Department of Nursing and Health Studies.

**PROGRAM DATES:** The program will officially begin with a pre-program class in DeKalb Illinois on a date to be determined. Students will arrive Monday June 25, 2012 in Dublin and will depart on Tuesday July 10, 2012. Students will be responsible for making their own air travel arrangements in order to arrive in Dublin on Monday, June 25, 2012. A post-program class will occur in DeKalb, Illinois on a second date to be determined.

**PROGRAM DIRECTORS:** Jeanette Rossetti and Kathleen Musker professors of Nursing and Health Studies in the NIU College of Health and Human Sciences.

**Jeanette Rossetti** - Associate Professor of Nursing at Northern Illinois University will serve as co-director of the program. Professor Rossetti’s specialty is psychiatric and mental health nursing. She received her Master’s in Nursing from St. Xavier University in Chicago, Illinois and her doctoral degree in Adult Education from Northern Illinois University. She is an avid proponent of advocacy and for upholding rights of those hospitalized with mental illness. She is a member of the Illinois Guardianship and Advocacy Commission, Human Rights Authority in the State of Illinois and a member of the American Psychiatric Nurses Association and Sigma Theta Tau International. In 2009 she was one of the recipients of the Excellence in Undergraduate Teaching Award for Northern Illinois University. Currently, she is co-directing a research project titled “Using Findings from the Human Rights Authority Reports to Inform Psychiatric Nursing Practice.”

**Kathleen Musker** - Assistant Professor of Nursing at Northern Illinois University will serve as co-director of the program. Professor Musker has extensive clinical experience in psychiatric and community health nursing and teaches courses in both areas. She also has a private practice in holistic health counseling. Doctor Musker received an MA in holistic health counseling from John F. Kennedy University in California, and received her PhD in nursing from Loyola University, Chicago. She is a member of the American Psychiatric Nurses Association, the American Holistic Nurses Association, and Sigma Theta Tau International. Professor Musker's research and other interests include holistic pattern recognition, cultural aspects of psychiatric nursing, and rights of the mentally ill. She is co-directing a research project titled “Using Findings from the Human Rights Authority Reports to Inform Psychiatric Nursing Practice.”
PROGRAM OVERVIEW/OBJECTIVES: The primary purpose of this program is to provide participants with the opportunity to explore a variety of mental health and community psychiatric health care services in Ireland. During this program students will learn about the history of Ireland’s mental health care system, Ireland’s mental health services, Ireland’s community/public health system, Ireland’s Mental Health Commission, Ireland’s mental health law, patient rights of Ireland’s mentally ill, and the preparation and education of Ireland’s psychiatric nurses and mental health care workers. In addition, students will be exposed to the cultural opportunities that the beautiful country of Ireland has to offer.

PROGRAM SITE(S): The program will take place in Ireland, specifically the cities of Dublin and Galway. Ireland is the westernmost and second largest of the British Isles and is separated from Great Britain by Saint George’s Channel on the southeast, the Irish Sea on the east, and the North Channel on the northeast. Politically, the island is divided into Northern Ireland, a constituent part of the United Kingdom (U.K.), and the Republic of Ireland. The island is divided into four historical provinces—Connaught, Leinster, Munster, and Ulster—and administrative units called counties.

There is much to be learned about mental health services and care for those with mental illness in the country of Ireland. Due to Ireland’s leadership in the mental health arena, the International Initiative for Mental Health Leadership was held in Ireland in 2010. In addition, mental health reform in the second half of the 20th century led to deinstitutionalization of care throughout Western Europe, including Ireland. This resulted in the closure or downsizing of large psychiatric hospitals and alternative community services. Ireland’s Mental Health Act of 2001 set standards to significantly improve the safeguards for mentally disordered persons who are involuntarily admitted for psychiatric care and treatment.

A Vision for Change published in 2006, the Report of the Expert Group on Mental Health Policy, has made a series of recommendations for the mental health services, including the closure of all psychiatric hospitals and re-investment of the resources in a community-based mental health services. The new National Policy Framework for the mental health services was launched by Mary Harney Tánaiste and Minister for Health and Children and Tim O’Malley, Minister of State at the Department of Health and Children in 2006. The report of the Expert Group on Mental Health Policy is the first comprehensive review of mental health policy since 'Planning for the Future' was published in 1984.
The report proposes a holistic view of mental illness and recommends an integrated multidisciplinary approach to addressing the biological, psychological and social factors that contribute to mental health problems. According to the Tánaiste "This comprehensive mental health policy framework outlines a set of values and principles that will guide both Government and service providers as we proceed to develop and put in place a modern high-quality mental health service for our citizens."

Funding for citizens to receive mental health treatment comes from a variety of sources. A national health care system, the Health Service Executive (HSE) provides a wide range of community and hospital based mental health services in Ireland, and these services have seen dramatic changes and developments over the past twenty years. These changes continue, as there is the move from the hospital model to providing more care in communities and in clients' own homes. Citizens can also have private insurance or self pay for mental health services. The effect of recent economic changes in Ireland on the care of the mentally ill will also be explored.

**St. Patrick’s Hospital**

A highlight of the trip will be visiting St. Patrick’s Hospital, one of the oldest psychiatric hospitals in the world! On October 19, 1745, Jonathan Swift, Dean of St. Patrick's Cathedral in Dublin and author of *Gulliver's Travels*, died. In his will, he bequeathed his entire estate to found a hospital for "fools and mad". On Aug. 8, 1746, a Royal Charter was granted to the hospital by George II. St. Patrick's Hospital was the first psychiatric hospital to be built in Ireland and is one of the oldest in the world. Its life spans two and a half centuries of tumultuous social and political change in Ireland such as: the 1798 rebellion, the Great Famine, home rule agitation, the 1916 Easter Rising, the War of Independence, the Civil War, and the birth of a new Ireland. (Dr. Robert Emmet, father of the patriot executed in nearby Thomas Street, was the first State Physician to the Hospital). Throughout these times, the hospital continued to fulfill its founder's aspirations: providing psychiatric care for many thousands of men and women from all over Ireland, helping to foster positive attitudes toward the mentally ill, and contributing to the development of better diagnostic and treatment approaches to psychiatric disorders.

Swift's interest in the plight of the mentally ill dates back to the period in England when he had himself elected as one of the Governors of Bethlem Hospital ("Bedlam") in 1714. Shortly after becoming Dean of St. Patrick's Cathedral, he became acutely aware of the appalling conditions in which the mentally ill of Dublin languished; he conceived of a hospital specially designed and built for such patients. He insisted that it should be run by an independent board of governors in such a way that all the monies accruing from the operation of the hospital should be put back into it for its further modernization and development. Such is the situation at the present day. The hospital flourishes and is now the largest and most comprehensive psychiatric hospital in the country. As the affiliated university hospital for the teaching of psychiatry to medical students at Trinity College in
Dublin, St. Patrick’s organizes the most extensive psychiatric residency program in the country and has developed clinical programs in all the major areas of modern clinical psychiatry.

**HIGHLIGHTS:** There are several exciting highlights being offered to the students of Nursing and Health Studies during this study abroad program which may include:

- Guest lectures by expert mental health/psychiatric faculty from Trinity College, Dundalk Institute of Technology and the University of Ireland, Galway.
- Tour of University of Ireland, Galway’s state of the art Simulation lab.
- A full day visit to St. Patrick’s Hospital, the oldest psychiatric hospital in Ireland. Opportunity to learn about the rich tradition of this psychiatric hospital, built in the 1770’s and the innovative treatment modalities being offered presently.
- Presentations related to Amnesty International, the Health Service Executive, the Irish Advocacy Network and Vision for Change
- Day tours of Dublin, Galway, Aran Islands, Howth, Spiddle, New Grange and Wicklow.
- Attending a theatrical production such as Riverdance
- Attending the Irish Arts Festival

**PROGRAM AUDIENCE:** This program is open to NIU and non-NIU students, undergraduate and graduate students, and students in Nursing and Health Studies as well as students from various other majors. This program may also be of special interest to students majoring in Psychology, Sociology and various other social or health studies. Space is limited and qualified applicants will be accepted on a first-come-first-serve basis.

**INSTRUCTION METHOD:** This course will include one pre-travel class, two weeks in Ireland, and one post-travel class. Pre- and post-travel classes will be held at the School of Nursing building and will last 2 hours and 40 minutes each.

During the pre and post travel class NIU faculty members Professors Rossetti and Musker will provide instruction. A variety of teaching methods will be utilized including lecture, discussion, video presentations, and student presentations.

While in Ireland, instruction will be provided by Professors Rossetti and Musker and by faculty from Trinity College and the University of Ireland, Galway. In addition, a variety of mental health experts will offer presentations and topic related tours. Daily post conferences, while in Ireland, will also be held to provide students with time for questions/answers, reflection, and discussion of learning.
Students will have written assignments which will include daily journaling and a formal project to be presented during the post travel class. Graduate students assignments will reflect an increase in expectations and rigor. All students will be expected to complete assignments and attend the pre/post classes and the required course meeting times and events while in Ireland.

**PROGRAM ACADEMIC CREDIT:** For satisfactory participation in the program, participants will receive 3 semester hours of undergraduate or graduate credit in one of the following NIU courses.

### UNDERGRADUATE CREDIT:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>NURS 350</td>
<td>Individual Study in Nursing: Exploring Ireland’s Community and Mental Health Services</td>
<td>3 semester hours</td>
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</tbody>
</table>

**Description:** Qualified students pursue an in-depth study into particular problems or areas of nursing.

**Prerequisite:** Written permission of school chair.

OR

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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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</thead>
<tbody>
<tr>
<td>INTL 301</td>
<td>Study Abroad Programs*</td>
<td>3 semester hours</td>
</tr>
</tbody>
</table>

**Description:** Course work undertaken as part of an approved university study abroad program. May be counted toward the satisfaction of general education requirements if approved as the equivalent of an authorized general education course.

### GRADUATE CREDIT:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>NURS 630</td>
<td>Independent Study: Exploring Ireland’s Community and Mental Health Services</td>
<td>3 semester hours</td>
</tr>
</tbody>
</table>

**Description:** Independent study under faculty supervision.

**Prerequisite:** Consent of school.

OR

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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>IDSP 501</td>
<td>Study Abroad Programs*</td>
<td>3 semester hours</td>
</tr>
</tbody>
</table>

**Description:** Course work undertaken as part of an approved university study abroad program. May be repeated to a maximum of 9 semester hours.

*INTL 301 and IDSP 501:* Students from majors other than Nursing and Health Studies or students who have already received credit in NURS 350 or NURS 630 may choose to enroll in INTL 301 (undergraduate level) or IDSP 501 (graduate level).
APPLICATION AND ADMISSION PROCEDURES: The program is open to Nursing and Health Studies (NUHS) undergraduate and graduate students, NIU students from other majors, and non-NIU students (with priority given to NUHS students) who meet the NIU general admission requirements, and who are interested in mental health and psychiatric services of Ireland. Currently enrolled students must meet College of Health and Human Sciences course GPA requirements. Graduate level students must also meet NIU Graduate School admission, course and GPA requirements.

Students must be in good academic and disciplinary standing at the time of application. Students who are on academic or disciplinary probation are not eligible to participate in study abroad programs. Applicants must participate in the entire program and satisfy NIU undergraduate or graduate admission and course requirements.

Students cannot have any encumbrances against their NIU records. Any encumbrances placed on a student’s records by NIU (i.e., the Graduate School, Undergraduate Admissions, Bursar’s Office, Accounts Receivable, Registration and Records, Health Services, Parking Services, etc.) must be cleared before a student is granted admission to a study abroad program.

For undergraduate students to be admitted to the program, an applicant’s official transcript must be on file in the NIU Study Abroad Office. Students who are currently enrolled at NIU, or who have previously enrolled at NIU, do not need to request an official transcript; the Study Abroad Office will make this request on behalf of the applicant. Students who want to participate in the program and earn academic credit from NIU who have not previously enrolled at NIU, or who are not currently enrolled at NIU, should ask the Registrar at their institution to forward an official transcript as soon as possible to the Study Abroad Office. (Student issued transcripts and photocopies are not acceptable.) Questions relating to the admission requirements or transcripts should be directed to the Study Abroad Office.

Students who desire to obtain graduate credit must either be admitted to a graduate program within the NIU Graduate School, or be admitted to the status of a "student-at-large" (SAL) within NIU's Graduate School. For students to be admitted to the program for graduate credit, the applicant's official transcript must be on file in the NIU SAO. Students who are currently enrolled at NIU, or who have previously enrolled at NIU, do not need to request an official transcript. However, students who will participate in the program in order to earn academic credit as an SAL (students who have not currently enrolled, nor are previously enrolled at NIU) must provide a transcript from the baccalaureate institution and from any institution at which graduate credit has been earned. This document must be provided to the SAO before a student can be admitted as an SAL to the program. (Student issued transcripts and photocopies are not acceptable.)

APPLICATION FORMS AND DEPOSIT: Applicants must submit the following at the time of application:

1. Application for NIU Administered/Faculty Directed Study Abroad Programs
2. Student Application Agreement
3. Course Preference Form
4. Release of Disciplinary Records and Information Form (attached)
5. $200 application fee/deposit
6. Four (4) of passport size photos for visa
7. A clear and readable copy of the first page of passport *(if student already has a passport)*

**$200 APPLICATION FEE/DEPOSIT:** Each application must be accompanied by a $200 check or money order made payable to NIU. NIU students also have the option of authorizing the Business Manager of International Programs to charge the $200 application fee/deposit to their account at the NIU Bursar’s Office. The $200 is broken down into $100 for the non-refundable application fee and $100 for a program deposit. The $100 deposit is refundable only if the participant withdraws prior to the withdrawal deadline indicated on the program materials or for medical reasons if the withdrawal is after the withdrawal deadline. Both the application fee and the deposit will be applied to the total balance of the program cost.

Applications that are not accompanied by the $200 application fee/deposit will be returned to the sender. *(This $200 is also required of individuals who will be applying for financial aid.)*

**APPLICATION DEADLINES:**
- Priority Deadline for NIU Nursing and Health Studies (NUHS) students: March 15, 2012
- All other NIU students and non-NIU students: March 22, 2012

Late applications are strongly discouraged will be only be considered on a case-by-case basis.

**ACCOMMODATIONS AND MEALS:** While in Dublin residence hall accommodations will be provided by Trinity College. Each room has two private bedrooms with twin beds and a shared bathroom and living space. While in Galway participants will stay in an area hostel and stay in a 4-6 bedroom suite with individual twin beds and a shared bathroom. Continental breakfast will be provided daily. A welcome dinner at the beginning of the program and a farewell dinner at the end of the program will also be provided.

**AIR TRANSPORTATION:** Individuals will be responsible for making their own air travel arrangements between the U.S. and Dublin, Ireland and for purchasing their tickets from a travel agent or airline of their choice. *(Travel insurance is recommended.)* Participants should keep in mind that in order to arrive in Dublin in time for the official beginning of the program, they should plan to depart the U.S. no later than June 24, 2012.

For information regarding airfares and airlines students may wish to check-out additional airfare sites on the Internet.

**Important** - The Study Abroad Office advises all participants that flight reservations for this program should not be booked until:
a. After the March 22 application deadline
   AND
b. The SAO has accepted the minimum number of participants needed to operate this program.

This advisory is given so that participants do not find themselves financially responsible for airline tickets should it be necessary to cancel the program. (See section entitled, CANCELLATION OF THE PROGRAM)

LAND TRANSPORTATION: For program-related travel the group will travel by city bus, train, coach bus, DART, and Ferry.

PASSPORT: --IMPORTANT-- All participants are required to possess a valid passport by May 1, 2012. Important Note: U.S. passports must be valid SIX months beyond the intended stay overseas. Individuals who do not currently possess a valid passport should apply for one immediately upon acceptance into the program. Passport applications can take anywhere from two to six weeks to process therefore you must not delay in applying for your passport. Information on applying for a passport as well as expediting a passport application can be found at http://travel.state.gov/passport/passport_1738.html. Foreign passport holders may need special visas for travel and are responsible for obtaining all necessary visas.

VISA: A visa is not required for tourist or business stays of up to three months.

INTERNATIONAL STUDENT I.D. CARD: The ISIC card is provided as part of the program cost. The I.D. card can provide discount on international airfare and other travel. Students will receive an application and instructions for obtaining this card when accepted into the program.

The International Student Identity Card also includes a limited health and accident insurance policy which is only valid outside the U.S. Students will have to pay bills at the time of treatment and will be reimbursed later.

PASSPORT AND ISIC PHOTOS: You may have your passport and/or ISIC photo(s) taken in the NIU Study Abroad Office. Photos are $3.00 for the first photo and $2.00 for each photo after that. After the first two photos, photos must be purchased in multiples of two. Photos are usually developed while you wait. Study Abroad Office hours are 8:00 a.m. – 12:00 p.m. (closed over the lunch hour) and 1:00 – 4:30 p.m.

NIU MAJOR MEDICAL INSURANCE: NIU Student health insurance is required for participation in an NIU study abroad program. Participants not currently enrolled in the NIU Major Medical Insurance Plan will be enrolled by the Study Abroad Office. The NIU Major Medical Insurance Plan has a $250 deductible clause. Students requiring medical attention will be expected to pay any related costs and then file a claim with the NIU Student Insurance Office after returning to the States. Receipts showing payment for all medical expenses are required for reimbursement.
NIU PROGRAM COST: The program cost pays for the following cost related services:

1) Accommodations and Continental breakfast daily along with a welcome and farewell dinner and two dinners during the program.
2) Program-related land transportation
3) Admission fees to cultural and historical sites visited as part of the daily schedule
4) International Student I.D. Card
5) NIU tuition for undergraduate or graduate credit
6) NIU major medical insurance

PROGRAM COST: $4,850

All prices quoted are subject to change. The information contained in the program documents and forms is presented in good faith and is believed to be correct as of the date presented. Northern Illinois University reserves the right to amend, modify, revise, or delete any information appearing in these documents, including but not limited to the cost of the program.

Non-NIU students should consult with their home institutions regarding additional costs that may apply to study abroad. Non-NIU students are responsible for any study abroad charges imposed by their home institution.

ADDITIONAL COSTS TO PARTICIPANTS:
- Airfare
- Cost of acquiring a passport (approximately $135, including 2 passport pictures).
- Passport size photos.
- Additional costs associated with obtaining a visa for non-U.S. passport holders.
- $40 Undergraduate application fee for non-NIU undergraduate students.
- All lunches and most dinners.
- Independent travel and visa costs associated with independent travel.
- Expenses for free-time pursuits.
- Expenses and purchases of a personal nature.

FINANCIAL AID: As a participant in a study abroad program through NIU, applicants may be eligible for: Pell Grant, SEOG, Perkins Loan, PLUS Loan, Subsidized or Unsubsidized Stafford Loan, MAP Award or your privately awarded scholarship with consent of awarding organization. Tuition waivers do not apply. Please contact Pamela Rosenberg, International Programs Business Manager, Williston Hall 407, (815) 753-9530, prosenberg@niu.edu for more information.

NIU UNDERGRADUATE APPLICATION FEE (Applies to Non-NIU students only): There is a $40 non-refundable Undergraduate Application fee for students applying to NIU for
the first time. If you are currently enrolled at NIU as a degree-seeking undergraduate student, you are not required to submit this payment.

If you are applying to NIU for the first time you will be provided with a link in your acceptance packet that will guide you to the online NIU Undergraduate Application. In the online application you will be asked to pay the $40 application fee by credit card or check.

**WITHDRAWAL FROM THE PROGRAM:** Applicants withdrawing from the program after March 22, 2012 will not be refunded the $200 program deposit.

Applicants withdrawing from the program after this date will also be held accountable for any funds obligated to overseas vendors and agents on the applicant’s behalf. This provision is in effect even if the applicant has not submitted the $200 deposit or additional payments, and if the applicant is applying for financial aid.

If the applicant must withdraw after March 22, 2012 for medical reasons, funds obligated on their behalf to overseas vendors can only be refunded if:

1) The request is submitted to the Study Abroad Office in writing and accompanied by a signed statement stating that travel is not advised from a physician on the physician’s letterhead; and
2) NIU is able to obtain refunds from overseas vendors and agents.

**CANCELLATION OF THE PROGRAM:** The Study Abroad Office reserves the right to cancel this program if the minimum required enrollment is not attained. If, prior to the commencement of the program, a U.S. State Department Travel Warning is issued for Ireland, all applicants will be notified promptly of the warning and the possibility of cancellation of the program. If, during the course of the program, a U.S. State Department Travel Warning is issued for Ireland, students will be promptly notified of the warning and the advisability of canceling the program.
## Exploring Ireland’s Community and Mental Health Services

### Tentative Daily Schedule
#### Summer 2012

| Monday, June 25   | Arrive in Dublin  
|                  | Early Post Conference  
|                  | Welcome Dinner  |
| Tuesday, June 26 | Day Cultural Event: Book of Kells  
|                  | Introduction to Ireland  
|                  | City Bus Tour  
|                  | Early Post Conference  |
| Wednesday, June 27 | Guest Seminar  
|                   | Introduction to Ireland’s Health and Mental Health System  
|                   | Early Post Conference  |
| Thursday, June 28  | Guest Seminar: Travel to Dundalk Institute of Technology, Dundalk, Co. Louth, Ireland. Visit School of Nursing  
|                   | Early evening post conference  |
| Friday, June 29   | Guest Seminar: Cultural Event  
|                   | Early evening post conference  |
| Saturday, June 30 | Depart for Galway  
|                   | Afternoon and evening in Galway  |
| Sunday, July 1    | Day at Galway’s Aran Islands  |
| Monday, July 2    | Guest Seminar at University of Ireland Galway  
|                  | Tour of Simulation Lab  
|                  | Tour of Community Mental Health Facility  
|                  | Return to Dublin  
|                  | Evening post conference  |
| Tuesday, July 3   | Guest Seminar  
|                   | Cultural Event  
|                   | Early evening post conference  |
| Wednesday, July 4 | St. Patrick’s Hospital Tour  
|                   | Early evening post conference  
<p>|                   | 4th of July Celebration Pizza Party  |</p>
<table>
<thead>
<tr>
<th>Day</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, July 5</td>
<td>Day trip to Wicklow</td>
</tr>
<tr>
<td></td>
<td>Early evening post conference</td>
</tr>
<tr>
<td>Friday, July 6</td>
<td>Guest Seminar</td>
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<td></td>
<td>Free afternoon for travel</td>
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<tr>
<td>Saturday, July 7</td>
<td>Free for travel</td>
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<tr>
<td>Sunday, July 8</td>
<td>Free for travel</td>
</tr>
<tr>
<td>Monday, July 9</td>
<td>Guest Seminar</td>
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<tr>
<td></td>
<td>Cultural event</td>
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<td></td>
<td>Early evening post conference</td>
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<tr>
<td></td>
<td>Farewell Dinner</td>
</tr>
<tr>
<td>Tuesday, July 10</td>
<td>Depart</td>
</tr>
</tbody>
</table>

Schedule subject to change.

Please note that Post Conferences will include wrap up discussion, question and answer time, and an opportunity to reflect on the days learning opportunities.

NORTHERN ILLINOIS UNIVERSITY RESERVES THE RIGHT TO ALTER OR CANCEL THIS PROGRAM AS MAY BE DEEMED NECESSARY!