

## SKILL BASED COURSE

### SBC HDCS 201: WORKING WITH VULNERABLE FAMILIES AND COMMUNITIES

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical		
Working with Vulnerable Families and Community	2	0	0	2	As per admission criteria	Nil

#### Learning Objectives

- To develop a conceptual understanding of Vulnerability and the multidimensional nature of vulnerability in families and community
- To evaluate evidence-based intervention approaches for strengthening families and communities.
- To analyze and develop sustainable community intervention models based on legal frameworks and participatory approaches.

#### Learning Outcomes

The students would be able to:

- Describe structural inequalities and intersectional factors contributing to vulnerability and their implications
- Explain various intervention frameworks to promote family and community welfare
- Develop rights-based intervention strategies and community-driven projects for vulnerable populations.

#### Practical (Credits 2; Hours 60)

#### UNIT I: Recognising Vulnerability in Families and Communities

20 Hours

This unit discusses the concept and factors contributing to vulnerability and their impact on families and communities

- Concept of Vulnerability: Social, Economic, and Psychological Dimensions

- Structural Inequalities and Intersectionality in Vulnerability
- Role of Family and Community Systems in Development and Well-being
- Impact of Adverse Childhood Experiences (ACEs) on Families
- Social Determinants of Health and their Influence on Family Stability

### **UNIT IIa: Intervention Strategies and Support Mechanisms**

**20 Hours**

This unit highlights strategies for intervention and approaches for strengthening families and communities

- Trauma-Informed Approaches to Working with Families
- Family Strengthening Programs: Parenting Support, Counselling, and Education
- Community-Based Approaches: Role of NGOs and Peer Networks
- Role of Schools, Healthcare, and Child Protection Services

### **UNIT IIb: Advocacy, Policy, and Sustainable Family and Community Engagement 20 Hours**

This unit deals with policies and legal frameworks that guide community engagement and also designing intervention programs based on the guidelines

- Rights-Based Approaches and Legal Frameworks for Family Welfare
- Policy Interventions: Government Schemes and Social Protection Programs
- Participatory Methods for Community Engagement and Empowerment
- Ethical Considerations in Working with Vulnerable Populations
- Project: Designing a Community Intervention Program

### **Essential Readings**

- Fraser, M. W., Kirby, L. D., & Smokowski, P. R. (2014). Risk and resilience in childhood: An ecological perspective (2nd ed.). NASW Press.
- Kumar, S., & Fischer, H. (2013). Community-based approaches to sustainable development. Routledge.
- Menon, N., & Nigam, S. (2021). *Engaging with inequalities: Family, gender, and law in India*. Orient Blackswan.
- Luthar, S. S. (2015). Resilience and vulnerability: Adaptation in the context of childhood adversities. Cambridge University Press.
- Patel, V. (2017). *Where there is no psychiatrist: A mental health care manual*. RCPsych Publications.
- Tobin, G. A., & Montz, B. E. (2019). Evolving vulnerability and social justice: The challenge of resilient communities. Routledge.
- Ungar, M. (2021). *Multisystemic resilience: Adaptation and transformation in contexts of change*. Oxford University Press.

### **Suggested Readings**

- Baru, R. V. (2018). *Health and equity: Perspectives from India*. Oxford University Press.
- Beck, U. (2011). *Risk society: Towards a new modernity*. SAGE.
- Masten, A. S. (2014). *Ordinary magic: Resilience in development*. Guilford Press.
- Patel, V., & Kleinman, A. (2019). *Mental health in low-resource settings: Challenges and solutions*. Cambridge University Press.
- Sriram, R (2014). *Engaging in Social Intervention (For Learners) Volume I*. New Delhi: Concept Publishing.
- Sriram, R (2014). *Engaging in Social Intervention (For Mentors) Volume II*. New Delhi: Concept Publishing.
- Ungar, M. (2012). *The social ecology of resilience: A handbook of theory and practice*. Springer.
- Wilkinson, R., & Pickett, K. (2018). *The inner level: How more equal societies reduce stress, restore sanity, and improve everyone's well-being*. Penguin Books.

**Note: Examination scheme and mode shall be as prescribed by the Examination branch, University of Delhi, from time to time**