MH200
Introduction to Mental Health
3 Credits

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Phone:
Original Developer: Melissa Rothwell
Current Developer: Cece Wiens
Reviewer: Joanne McDonald
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Approval: 23/08/2019

The Implementation Date for this Outline is 01/09/2019
Introduction to Mental Health

Calendar Description

This introductory course addresses the basic Canadian mental health system. It provides the student the knowledge and skill set to identify mental illness at a basic level. This course examines the relationship between current and past theories and practices. As such, this course examines contemporary debates about poverty, inequality, marginalization, empowerment, homelessness, work related mental illness, substance abuse, sexuality and the role of the mental health practitioner.

Rationale

This is a required course for the Community Mental Health certificate students. Mental illness has become a common occurrence in society. There is a need for front line workers to identify common signs and symptoms associated with mental illness.

Prerequisites

None

Co-Requisites

None

Course Learning Outcomes

Upon successful completion of this course, students will be able to

1. identify signs and symptoms of major mental illnesses.
2. distinguish between major mental illnesses.
3. generalize the effects of drugs and drug addiction in mental illness.
4. describe and distinguish between major mental health, developmental, and social theories.
5. identify how society stigmatizes and discriminates against those with mental illness in a Canadian context.
6. recognize the fundamental principles of mental health theories and services in Canada.
7. summarize and recognize the complex linkages among local and national programs.
8. explain the effects of colonization and residential schools in Canadian Aboriginal society.

Resource Materials

Required Textbook:

Required Online Free Resource Material:
a. A series of articles assigned by the instructor will be also used as course materials.
b. A series of website and videos will be used as course materials.

Conduct of Course

This course is conducted completely on-line using Desire 2 Learn.

Evaluation Procedures

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<th>D2L Discussions and Activities</th>
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<tr>
<td>Midterm</td>
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<td>Assignment</td>
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<tr>
<td>Final Exam</td>
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Grade Equivalents and Course Pass Requirements

*A minimum grade of D (50%) (1.00) is required to pass this course.*

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Students must maintain a cumulative grade of C (GPA - Grade Point Average of 2.00) in order to qualify to graduate.
Attendance

Because this course is on-line, attendance is demonstrated by keeping up with readings and assignments, participation in dialogue on the discussion board and completing course work and assignments to the satisfaction of the instructor.

In cases where illness impedes participation, the student may be requested to submit a medical certificate.

Course Units/Topics

Unit 1. What is Mental Health, The spectrum of Mental Health Problems
Unit 2. Mental Health examined through the Social Sciences
Unit 3. Substance Use, Dependence and Addictive Behaviour and Treatment
Unit 4. Stigma, Discrimination and Mental Health in the workplace
Midterm -- Test 1
Unit 5. Mental Health and Illness among Children and Youth
Unit 6. Sex, Gender and Sexuality
Unit 7. Culture, Ethnicity and Mental Health
Assignment -- Assignment 1
Unit 8. Mental Health and Illness in Older Adults
Unit 9. Responding to Mental Health Crisis, Emergency and Disaster
Unit 10. Mental Health Profession and Practices and Mental Health Services in Canada
Final Exam -- Test 2