



**M:** Course Objectives / Learning Outcomes

Upon successful completion of this course, the student will be able to:

**A. Knowledge of Mental Health/Illness**

1. **demonstrate an understanding of past and present social attitudes towards mental illness and an ability to challenge popular but incorrect beliefs regarding mental illness**
2. **demonstrate an understanding of issues related to assessing the presence/absence of mental health/illness**
3. **describe techniques for working with people with mental disorders including responding to clients who are off their medication, delusional, or hallucinating**
4. **demonstrate an understanding of the types of mental illness (medical, psychological, social/environmental) and an appreciation for the resultant treatment approaches (biological, psychotherapeutic, preventative)**
5. **demonstrate an understanding of the DSM-IV diagnostic system and the benefits/liabilities of labeling persons with specific diagnoses**
6. **demonstrate an understanding of the key characteristics of some types of mental illness, (i.e., child and youth disorders, anxiety disorders, post traumatic stress disorder, eating disorders, bipolar disorder, depression, personality disorders, schizophrenia); an appreciation for predictive risk factors; an understanding for a disorder's impact on the individual, family and society; and knowledge**



<b>N:</b>	<p>Course Content: The following global ideas guide the design and delivery of this course:</p> <ol style="list-style-type: none"> <li>1. <b>Values, attitudes and beliefs influence our interactions with people with mental disorders.</b></li> <li>2. <b>Individuals with mental disorders perceive the world in different ways and should be given the opportunity to report what their experiences mean to them. Communication skills are necessary to facilitate the telling of personal stories and to hear what the personal needs are perceived to be.</b></li> <li>3. <b>Knowledge, although tentative and changing, assists in dispelling myths and changing attitudes. A basic understanding of current classifications and treatments for mental illness helps to develop values and attitudes necessary for effective worker performance.</b></li> <li>4. <b>Wellness is a holistic, multidimensional concept. The mental health wellness level of an individual connected to that person's family and community.</b></li> <li>5. <b>Social networks promote wellness and are needed by those whose illness may separate them from others. To support individuals with mental illnesses living in the community, the worker needs to help people access and use the resources available within a given community.</b></li> <li>6. <b>Enabling individuals, supporting their right to self-determination and assisting them to develop personal networks and linkages to access community resources, empowers individuals to take increasing initiative for themselves.</b></li> <li>7. <b>Strategies established through conscious planning of personal support networks, professional development and other means strengthen worker wellness and assist the worker in continued effective performance and sustained job satisfaction.</b></li> <li>8. <b>A basic knowledge of provincial Mental Health Services and their relationship to other health and social services will facilitate the worker being able to negotiate with and advocate for individuals needing their services.</b></li> <li>9. <b>While people's lives may be besieged by debilitating problems and chaos, they also possess inherent capacity and resiliency that can be mobilized for change.</b></li> </ol>
<b>O:</b>	<p>Methods of Instruction  <b>Lecture, Practice, guest speakers, use of multimedia resources</b></p>
<b>P:</b>	<p>Textbooks and Materials to be Purchased by Students  <b>T.B.A.</b></p>
<b>Q:</b>	