

MH 200
Introduction to Mental Health
3 Credits

Instructor: Cece Warren

Phone:

Original Developer: Melissa Rothwell

Current Developer: Cece Warren

Reviewer: Joanne McDonald

Created: 20/09/2013

Revised: 04/07/2019

Approval: 23/08/2019

The Implementation Date for this Outline is 01/09/2019

Copyright©LAKELAND COLLEGE. Email: admissions@lakelandcollege.ca
2602 - 59 Avenue, Lloydminster, Alberta, Canada T9V 3N7. Ph: 780 871 5700
5707 College Drive, Vermilion, Alberta, Canada T9X 1K5. Ph: 780 853 8400
Toll-free in Canada: 1 800 661 6490



MH 200 Version: 4



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:

Goldner, E., Jenkins, E., Palma, J., & Bilsker, D. (2016). *A concise introduction to mental health in Canada*. Canadian Scholars' Press Inc.

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

D2L Discussions and Activities	15%
Midterm	25%
Assignment	25%
Final Exam	35%

Grade Equivalents and Course Pass Requirements

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

Letter	F	D	D+	C-	C	C+	B-	B	B+	A-	A	A+
Percent Range	0-49	50-52	53-56	57-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-100
Points	0.00	1.00	1.30	1.70	2.00	2.30	2.70	3.00	3.30	3.70	4.00	4.00

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



Copyright©LAKELAND COLLEGE.
2602 - 59 Avenue, Lloydminster, Alberta, Canada T9V 3N7. Ph: 780 871 5700
5707 College Drive, Vermilion, Alberta, Canada T9X 1K5. Ph: 780 853 8400
Toll-free in Canada: 1 800 661 6490 E-mail: admissions@lakelandcollege.ca