

MH205
Families and Community
3 Credits

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Reviewer: Joanne McDonald

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MH205 Version: 3



Families and Community

Calendar Description

This course is designed to provide the student with the knowledge of factors influencing mental health in the family and the role of community. The focus of this course is to understand the complexity and diversity in families who must negotiate several factors that can impact the family member who has a mental illness. Other topics include assisting families to find strength and build resilience while navigating the mental health system and community resources.

Rationale

This is a required course for the Community Mental Health certificate students. It is important for mental health practitioners to develop an understanding of the family and the influence of contextual factors in mental health as well as community and mental health resources.

Prerequisites

None

Co-Requisites

None

Course Learning Outcomes

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

1. express why studying families is important.
2. describe the factors affecting mental health in diverse families and illustrate how to effectively meet their needs.
3. explain and apply the principles of cultural competence in providing service to families.
4. discuss the impacts of family crisis and stress such as poverty, domestic violence, and abuse.
5. outline inter-generational trauma in First Nation families and their views on mental health.
6. compare and contrast the impacts of mental illness in the family on children and parents.
7. summarize the roles, tasks, and needs of family caregivers.

8. propose ways of building on family strengths and resilience.
9. explain system navigation in the mental health field.
10. create a tool-kit of resources to meet the needs of diverse families.

Resource Materials

Required Textbook(s):

None

Reference Textbook(s):

None

Conduct of Course

This course uses Power Points, videos, articles, and online discussion to help facilitate the exploration of mental health in the family and community.

Evaluation Procedures

The grading system is based on the number of points received for each assignment. Students are able to receive a possible of 100 points for all assignments.

Midterm Exam	20%
Assignment #1: Case Study	15%
Assignment # 2: Mental Health Toolkit of Resources for Families	30%
Final Exam 2	25%
Discussion/Participation	10%

Exams are non-cumulative.

Please refer to your student handbook regarding penalties for late assignments.

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: Families

- a) Definition of family
- b) Why study families?
- c) Family and relationship problems

Unit 2: Diversity in families and mental health

- a) LGBTQ families and mental health
- b) Immigrant and refugee families and mental health
- c) Cultural competency

Unit 3: Mental Illness and the Family

- a) Crises: Managing stress, poverty, domestic violence, and abuse
- b) First Nation families and mental health
- c) Mental illness in the family
- d) Family caregivers: roles, impacts, challenges, and needs
- e) Finding strength and building resilience

Unit 4: Community Supports for Families

- a) Navigating the mental health system: Stages of care and points of access



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