Mental Health, Identity Development, and Understanding

Instructor: Dr. Kayte Kaminski
Credit Hours: 3 Credits

COURSE DESCRIPTION: This course will provide students with the foundational concepts of mental health and professional issues that can be present due to our own identities, values, and experiences. We will set the landscape for the broad practice of the mental health field. Topics will include development through the lifespan, ethics and scopes of practice, inclusion and belonging principal understandings, and multicultural considerations when working with other people.

COURSE GOALS: As a result of this course, students will demonstrate the following:

- Identify phases of development through the lifespan for human beings and how mental health may be affected or changed throughout the lifespan
- Reflect on and acknowledge one's own positionality and identities when approaching work to support the mental health of others
- Explain the multicultural differences experienced by individuals who need support
- Identify ethical considerations when aiding people with prospective mental health concerns
- Differentiate between the roles of mental health practitioners and other human service professionals

COURSE FORMAT: This course will be delivered in four 2-week modules with one 3-hour class session per week over the course of 8 weeks.

- Module 1: Introduction to Mental Health
- Module 2: Mental Health and the Lifespan
- Module 3: Mental Health and Identity
- Module 4: Mental Health and Ethics

COURSE REQUIREMENTS: Grades will be determined as follows:

Class Participation	160 points (10 points per week)
Online Assignments	140 points (20 points per assignment)
Connections Papers	200 points (50 points per paper)
Course Project	100 points
Total Points – 600 points	

GRADING: Final Grades will be calculated as follows:
A = 94-100 points, A- = 90-93.9 points, B+ = 87-89.9 points, B = 83-86.9 points, B- = 80-82.9, C+= 77-79.9 points, C = 73-76.9 points, C-= 70-72.9 points, D+=67-69.9 points, D = 60-66.9 points, F= <60 points

WEEKLY MATERIAL AND ASSIGNMENT SCHEDULE

Date	Module Topic and Assigned Materials	Assignment Due Dates
Week 1	Module 1: Introduction to Mental Health	Online Assignment #1 Due
Week 2	Module 1: Introduction to Mental Health *Materials: Bhugra, Till, & Satorius (2013), Gerben & Westerhof (2009), Simmons, Jones & Bradley (2017), Ted Talks.*	Online Assignment #2 Due Connections Assignment #1 due
Week 3	Module 2: Mental Health and the Life Span *Materials: Capuzzi & Stauffer (2016)- chapters 1-3, Dunkel & Sefcek (2009).*	Online Assignment #3 Due
Week 4	Module 2: Mental Health and the Lifespan *Materials: Capuzzi & Stauffer (2016)- chapter 4, Ruth Shim Video, Green & Minkler (2020).*	Online Assignment #4 Due Connections Assignment #2 due
Week 5	Module 3: Mental Health and Identity *Materials: Ratts (2017), Williams et al. (2020), Abes & Wallace (2020), Jones & Stewart (2016).* **Optional Reading in Brightspace for Mod3*	Online Assignment #5 Due
Week 6	Module 3: Mental Health and Identity *Materials: Houwer (2019), TedX Talk in Brightspace, Harvard Implicit Association Test* *Optional Reading in Brightspace for Mod3	Online Assignment #6 Due Connections Assignment #3 due
Week 7	Module 4: Mental Health and Ethics *Materials: Meara et al. (1996), Hansen et al. (2018), Pfifferling & Gilley (2000), TedX Talk in Brightspace.*	Online Assignment #7 Due Connections Assignment #4 due
Week 8	Module 4: Mental Health and Ethics	Final Course Project due

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