Douglas College

EFFECTIVE: SEPTEMBER 2006
CURRICULUM GUIDELINES

A.	Division:	**Instructional**	Effective Date:	**September 2006**		
B.	Department / Program Area:	**Health Care Support Worker**	Revision If Revision, Section(s) Revised: Date of Previous Revision: Date of Current Revision:		New Course	**X**

C:	**D:**	**E:**
HCSW 1165	**Concepts for Mental Health Practice I**	**3.0**
Subject & Course No.	Descriptive Title	Semester Credits

F: Calendar Description:

This two-week course will include the required components to prepare students for admission into the Community Mental Health Worker component of the program. It will provide students with the basic theoretical concepts related to mental disorders, recovery and psychosocial rehabilitation and basic communication skills. It will also include a lab, practice component that will provide opportunities to acquire and apply personal care-giving skills in an organized and safe manner.

G: Allocation of Contact Hours to Type of Instruction / Learning Settings

Primary Methods of Instructional Delivery and/or Learning Settings:

Lecture/Discussion/Lab

Number of Contact Hours: (per week /semester for each descriptor)

Lecture **48 hrs/semester**
Laboratory **12 hrs/semester**

Number of Weeks per Semester: **2**

H: Course Prerequisites:

None

I: Course Corequisites:

None

J: Course for which this Course is a Prerequisite

HCSW 1170 + HCSW 1180 + HCSW 1190 + HCSW 1200

K: Maximum Class Size:

35

L: PLEASE INDICATE**:**

- [ ] Non-Credit
- [X] College Credit Non-Transfer
- [ ] College Credit Transfer:

SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bctransferguide.ca)

M: Course Objectives / Learning Outcomes

1. Demonstrate a basic understanding and knowledge of mental disorders, use current and relevant theory to understand common mental health issues, and understand various mental health treatment modalities.
2. Describe the relationship between observable behaviours of the individual and changes in mental functioning.
3. Assess the effects of aging, loss, stress, and illness in relation to the care of individuals experiencing changes in mental functioning.
4. Demonstrate a basic understanding of the concepts, principles, and domains of Psychosocial Rehabilitation (PSR) within the Recovery model.
5. Utilize a problem-solving approach to plan and implement care that is based on the principles of safe practice and effective communication strategies (NVCI) to maintain appropriate levels of independence, dignity, and worth of the individual.
6. Demonstrate safe practice in relation to basic personal care skills and perform caregiving skills in an organized manner.
7. Demonstrate a basic understanding of the infectious disease process and physiological disorders.
8. Demonstrate basic communication skill when working with mental health clients.

N: Course Content:

1. Concepts of mental disorders
   - Basic concepts
   - Mental health theories
   - Mental health treatment modalities

2. Changes in mental functioning
   - Irreversible changes in mental functioning
   - Reversible changes in mental functioning
   - Common disease processes contributing to changes in mental functioning
   - Mental illness in the older adults
   - Persons with multiple disabilities

3. Responses in individuals experiencing changes in mental functioning
   - Individuality and diversity
   - Stress and illness
   - Environmental effects on behaviour
   - Loss

4. Concepts of Psychosocial Rehabilitation (PSR)
   - Recovery in mental health: Philosophy, mission, and core values of PSR
   - Principles and domains of PSR

5. Problem-Solving and Safe Practice
   - Promotion of dignity, self-worth, and integrity
   - Effective strategies and approaches to care
   - Non-threatening environment
   - Safety, comfort, and security
   - Non-violent Crisis Intervention (NVCI) & crisis management

Course Content (cont'd)

6. Basic Personal Care Skills
   - Safety of practice in relation to care-giving based on the following principles:
     - body mechanics
     - medical asepsis
     - safety
     - dignity, respect, and comfort
     - responsibility and accountability
     - promotion of independence
   - Basic organization and problem-solving skills

7. Infectious diseases and physiological disorders

8. Basic communication theory and skills
   - Types of communication
   - Barriers to communication
   - Communication techniques
   - Self-awareness
   - Working with mental health clients

O: Methods of Instruction

1. Classroom lecture/discussion
2. Group work
3. Guest speakers
4. Audio-visual materials
5. Computer resources

P: Textbooks and Materials to be Purchased by Students

1. A list of reading materials is provided to the students at the beginning of the semester.

Q: Means of Assessment

Course evaluation is consistent with Douglas College course evaluation policy. An evaluation schedule is presented at the beginning of the course.

This is a graded course. A minimum mark of 65% is necessary to be successful in the course.

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

Yes

Course Designer(s)

Education Council / Curriculum Committee Representative

Dean / Director

Registrar

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