Yukon University

COURSE OUTLINE

HCA 131
HEALING 2B – COGNITIVE & MENTAL CHALLENGES

2 CREDITS

PREPARED BY: Kim Diamond, Coordinator/Instructor, Health Care Assistant Program
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APPROVED BY: Andrew Richardson, Dean, Applied Arts
DATE: June 23, 2020

APPROVED BY SENATE: 2009
RENEWED BY SENATE: April 17, 2019

HEALING 2B – COGNITIVE & MENTAL CHALLENGES

INSTRUCTOR: Sean Hopkins		**OFFICE HOURS:** TBD	
OFFICE LOCATION: TBD		**CLASSROOM:** Online via Zoom	
E-MAIL: shopkins@yukonu.ca		**TIME:** 1:00 pm- 3:55 pm	
TELEPHONE: HEHS office 867.668.8845		**DATE**: Thurs. Sept 3rd – Nov 19th, 2020 NO CLASS Sept. 10th	

COURSE DESCRIPTION

This course builds on content from other courses to assist students to explore concepts and care-giving approaches that will allow them to work effectively with individuals experiencing mental health challenges. Emphasis is on recognizing behaviours and identifying person-centred intervention strategies.

PREREQUISITES

Admission to HCA Program or discretion of instructor & Completion of all Term 1 HCA courses.

RELATED COURSE REQUIREMENTS

It is highly recommended that all students have access to a computer or other device and Internet to do their studies. The minimum specifications for a student device are as follows:

Requirement	Windows-based PC	Apple Mac/macOS-based PC
Operating System	Windows 10	macOS X
Web Browser	Firefox, Edge or Google Chrome	Firefox, Edge or Google Chrome
RAM/Memory	4 GB	4 GB
Storage	5 GB of available space	5 GB of available space

EQUIVALENCY OR TRANSFERABILITY

Transfers not yet formalized through BCCAT, due to recent changes in BC Curriculum

LEARNING OUTCOMES

Upon successful completion of the course, students will:
- Describe ways to organize, administer and evaluate person-centred care and assistance for clients/residents experiencing mental health challenges
- Use an informed problem-solving process when caring for or providing assistance for individuals experiencing mental health challenges
- Identify factors that influence the mental health and well-being of individuals
- Demonstrate an understanding of effective approaches to disruptive or abusive behaviours
- Know when to exit a potentially unsafe situation.

COURSE FORMAT

Classes this fall will all be on-line. All classes will be taught using Zoom. Zoom is a synchronous (in real time) virtual format that enables face-to-face approaches to teaching and learning. These classes take place at specific times. Every student will require an internet connection and a computer or other device. Courses, or parts of courses, using Zoom will be offered on specific days/times and a specific link will be accessible through Moodle for Zoom sessions. Each course will have a Moodle page with various resources to support learning.

This course will consist of lectures, group work, learning activities, and may include guest speakers and other methods to optimise learning.

ASSESSMENTS:

All evaluative components for this course are mandatory and must have a passing grade (usually a minimum of 50%)

Missing or incomplete components will result in a course grade assessment of "Fail"

Late Assignments/Work: For every day an assignment *is late* (after assigned due date) **5%** will be deducted from the original paper grade.

- No assignment will be accepted more than one week (7 calendar days) following the due date unless arrangements are made with instructor of that specific course in

advance of due date. Assignments not handed in one week after due date will receive a 0 (failing) grade.

- Course evaluation methods include instructor and student self-assessment. Evaluation Criteria are summarized below.

Attendance & Participation   **10%**

This course is part of the HCA program which is experiential; therefore attendance is essential. Attendance means being at class on time every day, prepared for the class and participating to the end of the class. If you cannot be at class, you must notify the instructor in advance and you must arrange to get the class notes and information from your classmates. You are responsible for the information and materials of every class. Participation includes your active involvement in the activities of the classroom and completion of assignments, reading, quizzes, etc. Coming to class regularly, being on time, being prepared for the class, speaking up in class and handing in your assignments when due will contribute greatly to your success.

Assignments
Mental Illness Group Assignment   **30%**

In this assignment, you will work in a small group to choose one of the listed conditions and prepare a class presentation and a written paper that discusses the physical, emotional, social and cognitive challenges faced by a person experiencing the chosen condition. You will identify community resources and discuss the role of the HCA in supporting persons with this mental health disorder.

Quizzes   **20%**

Quizzes will be completed throughout the course.

Final Exam   **40%**

The final exam is cumulative and will cover material & information presented in class, the readings and discussions.

NOTE: ***There is No re-write/supplemental written exam***.

EVALUATION:

Assignments	90%
Participation	10%
Total	100%

REQUIRED TEXTBOOKS AND MATERIAL

No required text. Readings TBD

ACADEMIC AND STUDENT CONDUCT

Information on academic standing and student rights and responsibilities can be found in the current Academic Regulations that are posted on the Student Services/ Admissions & Registration web page.

PLAGIARISM

Plagiarism is a serious academic offence. Plagiarism occurs when a student submits work for credit that includes the words, ideas, or data of others, without citing the source from which the material is taken. Plagiarism can be the deliberate use of a whole piece of work, but more frequently it occurs when students fail to acknowledge and document sources from which they have taken material according to an accepted manuscript style (e.g., APA, CSE, MLA, etc.). Students may use sources which are public domain or licensed under Creative Commons; however, academic documentation standards must still be followed. Except with explicit permission of the instructor, resubmitting work which has previously received credit is also considered plagiarism. Students who plagiarize material for assignments will receive a mark of zero (F) on the assignment and may fail the course. Plagiarism may also result in dismissal from a program of study or the University.

YUKON FIRST NATIONS CORE COMPETENCY

Yukon University recognizes that a greater understanding and awareness of Yukon First Nations history, culture and journey towards self-determination will help to build positive relationships among all Yukon citizens. As a result, to graduate from ANY Yukon University program, you will be required to achieve core competency in knowledge of Yukon First Nations. For details, please see www.yukonu.ca/yfnccr.

ACADEMIC ACCOMMODATION

Reasonable accommodations are available for students requiring an academic accommodation to fully participate in this class. These accommodations are available for students with a documented disability, chronic condition or any other grounds specified in section 8.0 of the Yukon University Academic Regulations (available on the Yukon University website). It is the student's responsibility to seek these accommodations. If a student requires an academic accommodation, he/she should contact the Learning Assistance Centre (LAC): lac@yukonu.ca.

TOPIC OUTLINE

Mental Health Challenges

- o Causes and common treatment of mental health challenges
- o Common mental health disorders:
  - Anxiety disorders
  - Affective or mood disorders
  - Schizophrenia
  - Personality disorders
  - Substance abuse disorders
  - FASD
  - Dual or multi-diagnoses
- o Stigma associated with mental health challenges
- o Cultural differences in perceptions of mental health challenges
- o Caring for the person and family
  - Principles and approaches used to plan and implement effective care
  - Person-centred care
  - When and what to report

Suicide risks and prevention