



APPLIED ARTS DIVISION  
Healing 2B - Cognitive or Mental Challenges  
2 Credits  
Winter 2016

## HEALING 2B - COGNITIVE OR MENTAL CHALLENGES

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**INSTRUCTOR:** Sean Hopkins

**OFFICE HOURS:** TBA

**OFFICE LOCATION:** TBA

**CLASSROOM:** A2714

**E-MAIL:** sean@celticharp.org

**TIME:** Mondays, 1 - 4pm

**TELEPHONE:** (867) 668-8781/668-8845, HEHS Office

**DATES:** Jan. 4- Mar 14

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### 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 the HCA Program or discretion of the instructor.

### RELATED COURSE REQUIREMENTS

None

### EQUIVALENCY/TRANSFERABILITY

Transfers pending through BCCAT

### 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

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%) in order to receive a passing mark.

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 and Participation

10%

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.

### 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 and information presented in class, the readings and discussions.

## EVALUATION

1. Attendance & participation, punctual, prepared.	10%
2. Group Assignment	30%
3. Quizzes	20%
4. Final Exam	40%

## REQUIRED TEXTBOOKS AND MATERIALS

To be determined.

## ACADEMIC AND STUDENT CONDUCT

Information on academic standing and student rights and responsibilities can be found in the Academic Regulations:

[http://www.yukoncollege.yk.ca//downloads/Yukon\\_College\\_Academic\\_Regulations\\_and\\_Procedures\\_-\\_August\\_2013\\_final\\_v1\\_.pdf](http://www.yukoncollege.yk.ca//downloads/Yukon_College_Academic_Regulations_and_Procedures_-_August_2013_final_v1_.pdf)

## PLAGIARISM

Plagiarism is a serious academic offence. Plagiarism occurs when students present the words of someone else as their own. Plagiarism can be the deliberate use of a whole piece of another person's writing, but more frequently it occurs when students fail to acknowledge and document sources from which they have taken material. Whenever the words, research or ideas of others are directly quoted or paraphrased, they must be documented according to an accepted manuscript style (e.g., APA, CSE, MLA, etc.). Resubmitting a paper 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 College.

## YUKON FIRST NATIONS CORE COMPETENCY

Yukon College 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 College program, you will be required to achieve core competency in knowledge of Yukon First Nations. For details, please see [www.yukoncollege.yk.ca/yfnccr](http://www.yukoncollege.yk.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 College Academic Regulations (available on the Yukon College 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) at (867) 668-8785 or [lassist@yukoncollege.yk.ca](mailto:lassist@yukoncollege.yk.ca).

## INSTRUCTOR REQUIREMENTS

This course will be taught by a Registered Nurse with knowledge & experience in both education and the content area. Other qualifications may be considered.

# TOPIC OUTLINE/SYLLABUS:

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## Mental Health Challenges

- Causes and common treatment of mental health challenges
- Common mental health disorders:
  - Anxiety disorders
  - Affective or mood disorders
  - Schizophrenia
  - Personality disorders
  - Substance abuse disorders
  - FASD
  - Dual or multi-diagnoses
- Stigma associated with mental health challenges
- Cultural differences in perceptions of mental health challenges
- 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