



Course Name: Topics in Mental Health

Course Number: HSE* E139

Credits: 3

Catalog description:

Focus on particular topics in mental health services which are especially relevant to working in community settings. Emphasis on conceptual knowledge about hands on skills in clinical management and specific administrative tasks in working with clients. Topics include assessment, psychiatric medications, dual diagnosis, relapse prevention, crisis management, violence prevention, goal planning, entitlements, and burnout.

Prerequisite, Corequisite, or Parallel: None

General Education Competencies Satisfied:

HCC General Education Requirement Designated Competency Attribute Code(s):

None

Additional CSCU General Education Requirements for CSCU Transfer Degree Programs:

None

Embedded Competency(ies):

None

Discipline-Specific Attribute Code(s):

None

Course objectives:

General Education Goals and Outcomes:

None



Course Specific Objectives:

1. Understand major clinical functions.
 2. Knowledge of administrative functions performed in practice
 3. Knowledge of conceptual clinical framework within which to base future practice.
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1. Integrate the conceptual framework with the area of practice
 2. Understand the role of the care giver and the impact of that person on the client.

Course Content:

Terminology

- II. Assessment and Documentation
 - A. Clinical Data Collection
 - B. Mental Status Examination
 - C. Summary/Formulation
 - E. Rehabilitation/Functional Assessment
- III. Ethnic Differences
 - A. Assessment in the Context of Ethnic Differences
 - B. Family Values
 - C. Service Delivery and Practice Issues
- IV. Dual Magmas
 - A. Substance/Mental Illness
 - B. Treatment Approaches
- V. Diagnosis
 - A. Diagnostic Categories
 - B. Formulating a Diagnosis



- VI. Psychiatric Medications
 - A. Psychotropic, Antidepressants, Mood Stabilizers, Mood stabilizers. Anti-Anxiety and Anticholinergic
 - A. Side Effects
 - B. Risk/Benefits
- VII. Treatment
 - Relapse Prevention
 - A. Causes
 - B. Minimizing Relapse
 - C. "Compliance"
- VIII. Crisis Management and Suicide
 - A. Understanding the Stages of Crisis
 - B. Crisis Intervention
 - C. Suicide: Facts and Myths
- IX. Managing Anger/Violence Prevention
 - A. Client Expression of Anger
 - B. Violence Prevention
 - C. Staff Expression of Anger (Countertransference)
 - D. Impact on Treatment
- X. Stress Management and Burnout
 - A. Assessing Stress Factors
 - B. Causes of Burnout
 - C. Management of Stress and Burnout
- XI. Rehabilitation



- A. Myths
 - B. Social, Recreational, Vocational
 - C. Recovery
- XII. Goal Planning/Writing
- A. Eliciting Goals
 - B. Formulating Goals
 - C. Documentation of Goals Entitlements and Budgeting
 - D. Overview of Entitlements
 - E. Planning within a Budget

Date Course Created:

Date of Last Revision: 03/03/2017