Course Title: Mental Health - Students/Staff

Course Code: HEA1033  Credit Value: 2  Credit Hours: 30

Programs: UNDL  Undeclared

General Education Course:  Eligible for PLAR:  

COURSE DESCRIPTION

In this course, students will develop an understanding of mental illness and of methods of handling crisis situations. Students will examine the laws and regulations in Canada that support students in post-secondary institutions and staff in employment situations. Further, students will consider accommodations for the workplace and school settings and examine strategies to maintain a healthy workplace. Barriers to understanding mental illnesses, including stigma, will also be explored.

Date: January 18, 2017

Prepared By: Marlene McIntosh

Approved by: Emile Malvaso

Chair, School Of Continuing Education

Effective: Spring 2017
COURSE CURRICULUM

Topics/Concepts Covered in This Course

- Description of common mental illnesses
- Methods to support individuals in a crisis situation
- Laws and regulations in Canada regarding the treatment of person with mental illness in postsecondary and workplace settings
- Educational and workplace accommodations
- Components of a mentally healthy workplace environment

<table>
<thead>
<tr>
<th>COURSE LEVEL: Learning Outcomes and Objectives</th>
</tr>
</thead>
<tbody>
<tr>
<td>To earn credit for this course, you must reliably demonstrate your ability to:</td>
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<tr>
<td>Learning Outcome</td>
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</table>
| 1. Describe the most common mental illnesses found in our society. | 1.1 Research relevant statistics for the prevalence of the most common mental illnesses in Canadian society.  
1.2 Define each illness and state the presenting signs and symptoms. |
| 2. Discuss the most appropriate ways to help an individual in a crisis situation, including thoughts of suicide, panic attacks, reactions to traumatic events and psychotic episodes. | 2.1 Define thoughts of suicide, panic attacks, reactions to traumatic events and psychotic episodes.  
2.2 Identify ways to assist individuals experiencing these mental health crises.  
2.3 Consider crisis situations that could occur in your workplace and develop appropriate responses.  
2.4 Investigate one crisis situation in depth. |
| 3. Describe the laws governing how persons with mental illnesses are treated in Canada, specifically in employment and educational settings. | 3.1 Access laws governing how persons with mental illnesses are treated in Canada, specifically in employment and educational settings.  
3.2 Examine and discuss relevant sections of the Human Rights Code pertaining to the treatment of persons with mental illnesses. |
| 4. Discuss common accommodations used in postsecondary institutions and in the workplace for persons with mental illnesses. | 4.1 Identify common accommodations used in the workplace for persons with mental illnesses.  
4.2 Identify common accommodations used in postsecondary settings for students with mental illnesses.  
4.3 Develop a list of academic accommodations relevant to your institution.  
4.4 Identify your workplace procedures and policies regarding accommodations.  
4.5 Explain how Universal Design can provide an accommodation atmosphere in the classroom. |
## Essential Employability Skills

### Communication
- communicate clearly in written, spoken, and visual form that fulfills purpose/needs of audience.
- respond to written, spoken, or visual messages in a manner that ensures effective communication.

### Numeracy
- not applicable

### Critical Thinking and Problem Solving
- apply a systematic approach to solve problems.

### Information Management
- analyze, evaluate, and apply relevant information from a variety of sources.

### Interpersonal
- show respect for the diverse opinions, values, belief systems, and contributions of others.
- interact with others in groups in ways that contribute to effective working relationships.

### Personal
- manage the use of time and other resources to complete projects.

## Delivery Method
- Online: 80% or more of course is delivered via asynchronous web instruction

## Learning Activities
- Research
- Self-Directed Learning
- Reflective Writing
- eLearning Components
**Evaluation Plan**

**Grading Scheme**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>80% - 100%</td>
</tr>
<tr>
<td>B</td>
<td>70% - 79%</td>
</tr>
<tr>
<td>C</td>
<td>60% - 69%</td>
</tr>
<tr>
<td>D</td>
<td>50% - 59%</td>
</tr>
<tr>
<td>F</td>
<td>0% - 49%</td>
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**Evaluation Method**

<table>
<thead>
<tr>
<th>Evaluation Method</th>
<th>Value (%)</th>
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<tbody>
<tr>
<td>Application Activities</td>
<td>20%</td>
</tr>
<tr>
<td>Presentations</td>
<td>20%</td>
</tr>
<tr>
<td>Project</td>
<td>20%</td>
</tr>
<tr>
<td>Reports</td>
<td>20%</td>
</tr>
<tr>
<td>Assignments</td>
<td>20%</td>
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**ADDITIONAL INFORMATION**

**College**