

HSWR 213: Introduction to Mental Health Issues for Children and Youth

Course Description

This course uses a strengths-based approach to working with children and youth with mental health problems. This course introduces students to the most commonly diagnosed mental illnesses, the direction for interventions, and the professionals presently working in the mental health field.

Course Hours: 45

Course Credits: 3

Course Prerequisites: Minimum 65% in either English 12, English Studies 12, English First Peoples 12, ENGL 090, or equivalent (refer to Course Equivalency Information on the College website).

Co-requisites: None

Format

Students who register for Flexible Assessment credit must provide evidence of their competency in the form of a portfolio and submit this evidence online to the designated HSWR Faculty Assessor two weeks before the end of the semester.

The portfolio submission must include the following information:

1. A table of contents with page numbers that follow the learning outcomes of the course, in the order the learning outcomes are listed on the *Flexible Assessment Documentation Form* below;
2. A labeled heading between each learning outcome and course activity;
3. Concrete evidence (i.e., photos, letters, logbook, video recording, observations) of each learning outcome in the order listed below along with brief explanations of the relevance of each piece of evidence;
4. A completed copy of the recording form below with the type and page number of each piece of evidence in the portfolio submission.

What You Need To Do

Document your knowledge and implementation of each learning outcome for HSWR 213 (below) by providing a minimum of four examples for each outcome. The examples for the learning outcomes can include a combination of written examples, photos, observations, course/workshop certificates, log-books, video recordings, evaluations and practical applications. Each example must include a written component that clearly explains how the evidence has informed your professional practice.

Additional Required Documentation

1. Find an academic article on supporting resilience in children and youth. Summarize it and include a paragraph of your own thoughts about what you learned about resilience. In what ways can you apply this to your practice?
2. Review the [Search Institute's website](http://www.search-institute.org/research) (<http://www.search-institute.org/research>) and familiarize yourself with the [List of Developmental Assets](http://www.search-institute.org/research/developmental-assets) (<http://www.search-institute.org/research/developmental-assets>) for ages 8-12 & 12-18. Write a two page summary that identifies examples of two possible protective factors and two risk factors per system in a youth's ecological system. Include: microsystem, mesosystem, exosystem and macrosystem.
3. Write a one page summary to demonstrate the role the DSM-5 plays in diagnosing mental disorders, treatment and research.
4. Create a short case study of an individual who lives with a mental illness. Include in the case study two examples of the following: risk, protective, predisposing, precipitating and perpetuating factors.
5. Write a 1.5 - 2 page summary on the topic of Mental Health Issues of Indigenous Peoples.
6. Review the First Nations Mental Wellness Curriculum Framework document. Discuss your understanding of Aboriginal perceptions of mental health based on the Key Themes. Research and suggest four strategies for supporting Aboriginal child/youth mental health.

HSWR 213: Introduction to Mental Health Issues for Children and Youth Learning Outcomes and Additional Required Documentation

Learning Outcomes	Types of Evidence	Page Number(s)	Value <i>(for office use only)</i>	Faculty Assessor's Comments <i>(for office use only)</i>
Discuss the principles of practice for Child and Youth Mental Health.				
Describe common mental health issues related to children and youth.				
Frame Mental Health support within cultural contexts.				
Identify the roles of professionals working in BC Child and Youth Mental Health.				
Reference the BC Child and Youth Mental Health Plan (2003).				
Reference the BC Mental Health Act.				

Additional Required Documentation	Types of Evidence	Page Number(s)	Value <i>(for office use only)</i>	Faculty Assessor's Comments <i>(for office use only)</i>
<p>Do an academic research and summarize an article on supporting resilience in children and youth. Include a short paragraph of your own thoughts about what you learned about resilience. In what ways can you apply this to your practice?</p>				
<p>Review the Search Institute's website and familiarize yourself with the List of Developmental Assets for ages 8-12 & 12-18. Write a two page summary that identifies examples of two possible protective factors and two risk factors per system in a youth's ecological system. Include: microsystem, mesosystem, exosystem and macrosystem.</p>				

<p>Write a one page summary to demonstrate the role the DSM-5 plays in diagnosing mental disorders, treatment and research.</p>				
<p>Create a short case study of an individual who lives with a mental illness. Include in the case study two examples of the following: risk, protective, predisposing, precipitating and perpetuating factors.</p>				
<p>Write a 1.5 - 2 page summary on the topic of Mental Health Issues of Indigenous Peoples.</p>				
<p>Review the First Nations Mental Wellness Curriculum Framework document. Discuss your understanding of Aboriginal perceptions of mental health based on the Key Themes. Research and suggest four strategies for supporting Aboriginal child/youth mental health.</p>				

Telephone Interview	Date	Faculty Assessor's Comments <i>(for office use only)</i>