



**KENNEBEC VALLEY COMMUNITY COLLEGE
FAIRFIELD, MAINE**

Social Sciences Department

Approval Date: 5/20/15

Semester: Fall 2015

COURSE NUMBER:	MHT216	CREDIT HOURS:	3
COURSE TITLE:	Mental Health and Aging	CLOCK HOURS:	45
PREREQUISITES:	None		
CO-REQUISITES:	None		

INSTRUCTOR	VOICE MAIL	OFFICE	E-MAIL ADDRESS
Bonnie Cole	See	Course	Information

OFFICE HOURS: TBA

TEXTS:

Cohen, D., & Eisdorfer, C. (2011). *Integrated Textbook of Geriatric Mental Health*. John Hopkins University Press.

Vaillant, G.E. (2002). *Aging Well: Guideposts to a Happier Life*. New York: Little, Brown and Company.

OTHER MATERIALS:

TBA

COURSE DESCRIPTION:

This course provides a comprehensive overview of the unique health and treatment needs of the psychiatrically ill, older adult. It will enable mental health caregivers to provide age-sensitive care in a variety of settings. Topics will include biological, social, psychological, and physical aspects of aging, dementias, and major psychiatric disorders.

LEARNING OUTCOMES:

Upon successful completion of this course, the student should be able to:

1. Describe the aging process and its significance in caring for older adults with psychiatric and mental illnesses.
2. Discuss the crucial concepts of the strengths perspective, including empowerment, suspension of disbelief, dialogue and collaboration, membership, synergy, and regeneration.
3. Describe communication/interviewing skills to enhance interaction with the elderly, especially those with perceptual or functional impairments.
4. Assess the strengths, past achievements, and interests of older adults and their formal and informal support systems.
5. Recognize signs and symptoms of major psychiatric disorders as they manifest in the older adult, especially depression and dementia.
6. Identify the DSM-IV criteria for diagnosis of major mental and cognitive impairments for older adults.
7. Explain the current intervention strategies and mental health services for older adults.
8. Recognize the impact and interrelationship between social problems and mental health in the elderly.
9. List and describe the various types of elder maltreatment.

10. Identify and describe the stages and stresses of older adult caregiving for another older adult.
11. Demonstrate proficiency in reading**.

COURSE CONTENT:

- Lesson 1: Conceptual Foundations of Geriatric Mental Health
- Lesson 2: The Study of Adult Development
- Lesson 3: Erikson and Generativity
- Lesson 4: Does Wisdom Increase with Age?
- Lesson 5: Interviewing and Assessment
- Lesson 6: Healthy Aging
- Lesson 7: Do People Really Change Over Time?
- Lesson 8: Retirement, Play, and Creativity
- Lesson 9: Benefits, Entitlements, and Community Services
- Lesson 10: The Americans with Disabilities Act
- Lesson 11: Cognitive Changes and Impairment
- Lesson 12: Emotional Maturation
- Lesson 13: Alzheimer's and Dementias
- Lesson 14: The Past and How much it Matters
- Lesson 15: Managing Behaviors and Symptoms
- Lesson 16: Mood Disorders
- Lesson 17: Anxiety Disorders
- Lesson 18: Schizophrenia
- Lesson 19: Substance Abuse in Late Adulthood
- Lesson 20: Other Psychiatric Conditions
- Lesson 21: Family, Caregiver, and Residential Care
- Lesson 22: Keeper of Meaning
- Lesson 23: Elder Abuse
- Lesson 24: Capacity
- Lesson 25: End of Life Care
- Lesson 26: Spirituality, Religion, and Old Age
- Lesson 27: Integrity
- Lesson 28: Positive Aging

COURSE ACTIVITIES:

For each week in this class you will be assigned specific activities. These activities may include reading in the textbook, reading outside material, participation in discussions, quizzes on the text content, and reflection quizzes.

Lesson Plans

The entire course is divided into “Lessons” that cover specific topics and learning objectives in the class. The Lessons are listed in the Course Outline above. Each Lesson introduces you to specific subject matter and asks you to engage in a number of activities. These may include reading, exploring the web, researching, participating in online discussions, quizzes (multiple choice, short answer, and essay questions), and assignments (written work submitted as an attached document in a “drop box”)

Each Lesson consists of:

- A Lesson Plan that outlines the content and provides detailed instructions as to any assignments
- Direct links to any Discussions, Assignments, or Quizzes that go along with that Lesson.

All the Lessons are located in the “Lessons” folder. Click on the Lessons link in the course Menu.

Online Discussions

Online discussions form the backbone of an online class. It is very important for you to participate actively and fully in these discussions. These discussions will be graded and will be available for a specified amount of time (Monday morning until Sunday night on a given week in the course). You are required to participate in these discussions following the instructions that will be provided to you in the online Lessons.

Grading of the online discussions will be done in accordance to this grading rubric:

Criteria	Levels of Achievement		
	Non Performance	Needs Improvement	Meets Expectations
Main Post	0 Points No participation or main post does not address the prompt in the instructions	20 Points Main post is present but does not go into sufficient depth, is missing particular components, or simply repeats what others have already posted...when applicable, facts are not substantiated with a reference.	40 Points Main post adds substance to the discussion and meets all the requirements of the prompt in the instructions...when applicable, facts are substantiated with a reference.
Reply Post	0 Points No participation or response posts are surface and do not contribute to the discussion	20 Points Does not meet the total requirement for the number of response postings	40 Points Reply posts exist in the expected number and quality
Mechanics	0 Points No participation or post is written with unacceptable spelling, grammar, and/or syntax errors	10 Points Errors in mechanics are minor, but are somewhat distracting from the message	20 Points No substantial errors in spelling, grammar, and/or syntax

You are, of course, encouraged to post many times through the week. You are also encouraged to post EARLY in the week so that you can benefit from others’ responses to your post and so that others may benefit from your responses).

Please review the online document titled “Course Expectations and Policies”

Lesson Quizzes

Within the Lesson Plans you will be provided with a lists of ALL the questions included in the Lesson Quiz and/or directions related to the Lesson Assignment. You should prepare your answers and/or assignments ahead of time and then enter these answers into the appropriate online quiz or drop box.

Quizzes/assignments must be completed by the end of the week in which they are assigned. You may be able to work ahead on some of these as well.

Extensions on the due dates for quizzes/assignments may be allowed with sufficient reason; however, I reserve the judgment to not grant an extension. If you anticipate needing extra time it is best to get in touch with me PRIOR to the due date.

Special Assignments

The following assignments are those that have been incorporated into this class to not only teach you course content, but to also enable you to demonstrate learning associated with the KVCC General Education Outcomes. (See the section on General Education Outcomes at the beginning of this syllabus)

- Reading

It is critical that you review the information I have provided for each of these assignments in the course website. While the assignments are not particularly complicated, they are certainly complex, requiring planning and time management to complete them by their due dates.

GRADING:

Grading for the course will be accomplished in the following manner: (This section can be edited)

1. Graded Discussions	45%
2. Lesson Quizzes	45%
3. Reading Special Assignment	10%

GRADING SCALE:

Letter Grades---Based on a final grade scale of 0-100, the following letter grades will be assigned:

95-100	A
90-94	A-
87-89	B+
83-86	B
80-82	B-
77-79	C+
73-76	C
Below 73	F

Please note that I will not be giving grades below a C. The rationale to this is that students who do not master more than 72% of the material in this class are not prepared to meet the expectations of future classes or programs that require this course. It simply means that you have not learned enough material to really say that you have “passed” the class.

ATTENDANCE POLICY:

Please review the online document titled “Course Expectations and Policies

COURSE REQUIREMENTS:

The MHRT/C is a competency-based certification. The following competencies associated with this course have been deemed by the Maine Department of Mental Health Services as necessary to work in the field.

<http://muskie.usm.maine.edu/cfl/MHRT/2008%20Guidelines.pdf>

1. Knowledge of Americans with Disabilities Act (ADA)
2. Understands benefit and entitlement programs
3. Understands interaction of co-occurring medical issues

4. Knowledgeable about changing treatment needs for adult stages of transition
5. Knowledge of community provider system
6. Knowledge of generic community resources including available natural supports

These outcomes are assessed utilizing a specific set of assignments standardized within the context of the course.

OTHER INFORMATION:

Please review the online document titled “Course Expectations and Policies

STUDENTS WITH DISABILITIES (2014)

In accordance with state and federal law, this College is committed to assisting qualified students with disabilities achieve their educational goals.

If you are in need of an accommodation in this course:

- Students must contact the Dean of Students, Enrollment Services Center, Frye Building, 453-5019, knormandin@kvcc.me.edu
- Students must provide current, appropriate documentation of their disability.
- Students must make a timely request for accommodation to the Dean of Students.
- Accommodations will not be provided until the faculty member receives a letter requesting accommodations. This letter is created with the Dean of Students and is supported by the documentation of said disability.
- Requests for accommodation must be renewed each semester for each course.

This document is available in enlarged print and on audio tape. Please contact the Dean of Students at 453-5019 or knormandin@kvcc.me.edu

NOTICE OF NON-DISCRIMINATION (2014):

Kennebec Valley Community College does not discriminate on the basis of disability in the admission to, access to, or operation of its programs, services or activities. Students requesting classroom accommodation should be forwarded to the Dean of Students, Enrollment Service Center, Frye Building, phone: 453-5019 or the Director of the Learning Commons, Lunder Library, phone: 453-5084

Complaints about College decisions related to disability accommodations or discrimination must be forwarded to Affirmative Action Officer and ADA Compliance Officer, Dean of Academic Affairs, Enrollment Services Center, 92 Western Avenue, Fairfield, ME 04937, phone: 453-5822.