



**KENNEBEC VALLEY COMMUNITY COLLEGE  
FAIRFIELD & HINCKLEY, MAINE**

**Approval Date: 5/19/15**

**Rotation: Spring**

**Year: 2018**

**COURSE NUMBER:** MHT104  
**COURSE TITLE:** Community Mental Health  
**CREDIT HOURS:** 3  
**CLOCK HOURS:** 45

**PREREQUISITES:** None  
**CO-REQUISITES:** None

**INSTRUCTOR:** Kristen Levesque  
**VOICE MAIL:** xxx  
**E-MAIL ADDRESS:** xxx  
**OFFICE:** xxx  
**OFFICE HOURS:** xxx

**TEXTS:**

All the course materials for this class are on Blackboard.

**OTHER MATERIALS:**

Your Instructor may provide additional reading materials throughout the semester.

**COURSE DESCRIPTION:**

This course is designed to focus on the history and systems specific to our current mental health system and the potential plan for our future delivery systems. The community's role in impacting the mental health system will be examined.

**COURSE OBJECTIVES:**

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

1. Describe the theory and historical foundations of the community mental health system.
2. Describe the potential relevance of the community as a process and/or method for addressing major mental health social problems.
3. Apply the existing empirical knowledge base, including effective modes of community based intervention, to impact change in his or her community based mental health delivery system.
4. Relate practical field experience to community mental health systems.
5. Apply critical thinking skills to the issues of community mental health.
6. Demonstrate proficiency in civic engagement\*\*.

**COURSE CONTENT:**

1. Lesson 1: Foundations of Community Mental Health and Illness

2. Lesson 2: Fundamentals of Mental Health
3. Lesson 3: Culture and Mental Illness
4. Lesson 4: Legal and Ethical Issues in Mental Health Practice
5. Lesson 5: The Mental Health Care System
6. Lesson 6: Children, Adolescents, and Mental Health
7. Lesson 7: Early and Middle Adulthood and Mental Health
8. Lesson 8: Older Adults and Mental Health
9. Lesson 9: Community Mental Health Problems: Environment Abuse
10. Lesson 10: Community Mental Health Problems: Substance Abuse
11. Lesson 11: Community Mental Health Problems: Violence
12. Lesson 12: Community Mental Health Problems: Violence Across the Lifespan
13. Lesson 13: Prevention and Health Promotion in Community Mental Health
14. Lesson 14: A Vision for the Future

## **COURSE ACTIVITIES:**

### **Special Assignments**

Special Assignments relate to specific assignments created to measure general education learning outcomes and the Essential Learning Outcomes identified by the college. ELOs are marked by a single asterisk (\*) in the course Learning Outcomes while other general education learning outcomes are marked by a double asterisk (\*\*).

**Special Assignment:** Service Learning/Civic Engagement Project\*\*

**Service Learning Project/Civic Engagement Project:** Each student will be asked to identify a community organization where they can volunteer for a minimum of 10 hours. The organization needs to be contacted and a plan for volunteering developed. Then you must complete a written proposal (submitted via Blackboard) which needs to be approved by the Instructor. Once approved you can begin offering your volunteer hours. You need to keep track of your activities (Time Log and Supervisor Evaluation form) using the documents provided under Special Assignments in Blackboard. Once your hours are completed you will then create a Service Learning (SL) Reflection Presentation and complete your Experience Summary Survey (descriptions of each are located on Blackboard). Since you will be donating your time and writing about it, it is important you pick an organization doing work that interests you. I look forward to supporting you in locating organizations to work with and hearing about each of your experiences.

### **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 Content section above. Each lesson is designed to supplement the classroom learning we are engaged in. The activities may include reading, exploring the web, researching a topic, completing quizzes (multiple choice, short answer, and/or essay questions) and assignments (written work will be submitted as an attachment in the designated drop box). All the lessons are located in the Lessons folder in Blackboard. Click on the link and review the contents each week.

Each Lesson consists of:

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

### **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.

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**

These quizzes will consist of questions related to activities I assign in the class, the content of class discussions, or information you gather from research or contemplation. Within each Lesson outlined you will be provided with a lists of ALL the questions in the specific quiz. You should prepare your answers ahead of time and then enter these answers into the appropriate online quiz.

Quizzes must be completed by the due date assigned to each of them. You may be able to work ahead on some of these quizzes as well.

Extensions on the due dates for Quizzes 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. Communication between students and their Instructors is very important.

### **GRADING:**

1. Attendance & Discussions .....	40%
2. Lesson Quizzes .....	35%
3. Service Learning Project .....	<u>25%</u>
Final Grade .....	100%

### **GRADING SCALE:**

This course follows the standard KVCC grading scale, which can be found in the KVCC College catalog. Our program needs to follow the performance standards set by the State of Maine for the MHRT/C Certification. Please note that any grade below a C will be documented as an F. The rationale for 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" which can be found in Blackboard.

I believe that regular participation in a class is a reflection of the person's commitment to their education. I expect each of you to be active participants in this class weekly and attendance (via discussions and other online activities) will be recorded weekly. Attendance is measured by the completion of the weekly assignments in Blackboard. If you do not complete any of the weekly assignments, you will be considered absent. Each week absences are recorded in the KV Portal (in the academic record). If a student has more than 4 absences, then he/she will automatically be either withdrawn by the instructor or will fail the class based on attendance alone.

### **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. Understands family theory, developmental theory, human development across the life span, counseling theories, and crisis theory

2. Knowledgeable about collaborative planning with people with psychiatric disabilities including the following: goal setting, skill assessment and training, and linking with supports in the community
3. Understands Maine's laws regarding mental health recipients' rights
4. Knowledge of the Americans with Disabilities Act (ADA)
5. Understands benefit and entitlement programs
6. Knowledgeable about etiology, progression, and treatment of major disabling conditions
7. Understands interaction of co-occurring medical issues
8. Understands role of medication in symptom management
9. Understands basic social services and entitlements
10. Knowledge of community provider system
11. Aware of the need to act as a contributing member of an interdisciplinary team
12. Knowledge of confidentiality
13. Interacts effectively with community members and other professionals

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

### **INSTRUCTOR POLICIES:**

Communication and regular attendance in this class is key to your success. Feel free to email me anytime with questions or concerns: [tlovely@kvcc.me.edu](mailto:tlovely@kvcc.me.edu).

### **STUDENTS WITH DISABILITIES (2016/2017)**

Kennebec Valley Community College welcomes students with disabilities, and in accordance with state and federal laws, KVCC is committed to assisting students with disabilities to achieve their educational goals.

#### **In order to receive reasonable accommodations for this course:**

- Students must contact the Director of Learning Commons at 453.5084 or [cjohnson2@kvcc.me.edu](mailto:cjohnson2@kvcc.me.edu)
- Students must provide current, appropriate documentation of their disability
- Students must make a timely request for accommodation to the Director of Learning Commons
- Accommodations will not be provided until the faculty member receives a letter requesting accommodations. This letter is created with the director of learning commons and is supported by the documentation of stated disability
- Requests for accommodation(s) must be renewed each semester for each course

**To begin this process, please contact Christy Johnson, Director of Learning Commons at [cjohnson2@kvcc.me.edu](mailto:cjohnson2@kvcc.me.edu) or 207.453.5084**

### **NOTICE OF NON-DISCRIMINATION (2017):**

Kennebec Valley Community College is an equal opportunity/affirmative action institution and employer. KVCC 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 Director of the Learning Commons, Lunder Library, phone: 453-5084

Complaints about College decisions related to disability accommodations or discrimination must be forwarded to the Dean of Student Affairs, Enrollment Services Center, 92 Western Avenue, Fairfield, ME 04937, phone: 453-5822.