



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

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

**Rotation: Spring**

**Year: 2018**

**COURSE NUMBER:** MHT216  
**COURSE TITLE:** Mental Health and Aging  
**CREDIT HOURS:** 3  
**CLOCK HOURS:** 45

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

**INSTRUCTOR:** Bonnie Cole  
**VOICE MAIL:** May phone with questions or concerns 207-341-0557  
**E-MAIL ADDRESS:** bcole@kvcc.me.edu  
**OFFICE:** Online only  
**OFFICE HOURS:** Send me an email to schedule a time to talk.

**TEXTS:**

Vaillant, G.E. (2002). *Aging Well: Guideposts to a Happier Life*. New York: Little, Brown and Company. (You can purchase a paper copy or an electronic copy/eBook.)

**OTHER MATERIALS:**

Other course materials available within the online lessons.

**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.

**COURSE OBJECTIVES:**

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: Healthy Aging & Does Wisdom Increase with Age?

Lesson 4: Interviewing and Assessment

Lesson 5: Emotional Maturation and Do People Really Change Over Time?

Lesson 6: Retirement, Play, and Creativity

Lesson 7: Benefits, Entitlements, & Community Services and The Americans with Disabilities Act

Lesson 8: Neurocognitive Disorders and Alzheimer's Disease

Lesson 9: The Past and How much it Matters and the Keeper of Meaning

Lesson 10: Managing Behaviors & Symptoms and Caregiving

Lesson 11: Psychiatric Disorders and Aging

Lesson 12: Substance Abuse in Late Adulthood

Lesson 13: Elder Abuse & Capacity

Lesson 14: End of Life Care

Lesson 15: Spirituality, Religion, Integrity and Positive Aging

### **COURSE ACTIVITIES:**

#### **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 is there to supplement the classroom learning we are engaged in. The activities may include reading, exploring the web, researching, completing quizzes (multiple choice, short answer, and essay questions), and assignments (written work submitted as an attached document in a “drop box”). All the Lessons are located in the “Lesson” folder in Blackboard. Click on the link and review the contents.

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.

#### **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. Within Blackboard you will find a rubric which outlines how your posts will be graded.

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 and Assignments**

These quizzes and assignments will consist of questions and activities related to the readings, content provided

online, through the class lectures, supplemental materials, information you gather from research, and/or information from other sources.

Within each Lesson outlined you will be provided with a lists of ALL the questions in the specific quiz and all of the instructions for the assignment. You should prepare your quiz answers and assignment products ahead of time and then enter these answers into the appropriate online quiz or deposit the product into the provided online drop box.

Quizzes and assignments must be completed by due dates indicated. You may be able to work ahead on some of these quizzes and assignments as well.

*Extensions on the due dates for Quizzes and 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.

- Reading – Analysis of a Poem

It is critical that you review the information I have provided for each of these assignments in Blackboard. 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 (students must have grades in ALL aspects of the class in order to pass the class):

1. Attendance & Discussions .....	45%
2. Lesson Quizzes & Assignments .....	45%
3. Special Assignment.....	<u>10%</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 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” 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. 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.*

## **INSTRUCTOR POLICIES:**

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