



MASTER COURSE OUTLINE

Prepared By: Ryann Leonard, Heidi Gephart

Date: July 3, 2019

COURSE TITLE

Mental Health First Aid - Adult

GENERAL COURSE INFORMATION

Dept.: PSYC

Course Num: 105

(Formerly:)

CIP Code: 42.0101

Intent Code:

Program Code:

Credits: 1

Total Contact Hrs Per Qtr.: 11

Lecture Hrs: 11

Lab Hrs: 0

Other Hrs: 0

Distribution Designation: Social Science SS

COURSE DESCRIPTION (as it will appear in the catalog)

Mental Health First Aid is a course where students develop key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. This course will provide knowledge of the most prevalent mental health problems people may encounter in our communities. Students will learn symptoms and criteria needed to recognize someone in mental health crisis. Students will also discuss the stigma associated with mental health in the United States and ways to promote positive mental health. This course will use the Mental Health First Aid internationally-focused and evidence-based curriculum to certify students as Mental Health First Aiders.

PREREQUISITES

None

TEXTBOOK GUIDELINES

Current Mental Health First Aid Manual

COURSE LEARNING OUTCOMES

Upon successful completion of the course, students should be able to demonstrate the following knowledge or skills:

1. Recognize the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury.
2. Identify a 5-step action plan to help an individual in crisis connect with appropriate professional help.
3. Discuss the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.
4. Recognize the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.
5. Assess one's own views and feelings about mental health problems and disorders.

INSTITUTIONAL OUTCOMES

None

COURSE CONTENT OUTLINE

1. What is Mental Health First Aid
2. Mental Health Problems in the USA
3. The Mental Health First Aid Action Plan
4. Understanding Depression
5. Understanding Anxiety Disorders
6. Understanding Disorders in Which Psychosis may Occur
7. Crisis First Aid for Suicidal Behavior & Depressive symptoms
8. What is Non-Suicidal Self-Injury?
9. Understanding Substance Use Disorder
10. Understanding Eating Disorders
11. Using Mental Health First Aid for all Disorders Discussed.

DEPARTMENTAL GUIDELINES *(optional)*

PO4 should be assessed: Students will be able to recognize or articulate personal/interpersonal aspects of, or connections between, diverse cultural, social, or political contexts.

DIVISION CHAIR APPROVAL

DATE