

University of Guelph
Department of Family Relations and Applied Nutrition
Mental Health Disorders (FRAN*6200) Course Outline

Fall 2018, Thursdays 4-7pm Except ** Sept 20, 5 pm to 7:50 pm

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Course Description

The course involves a multi-disciplinary, in-depth investigation of mental health and illness from a biological, psychological and social perspective from birth (or conception) to old age within the family context. Topics include the historical context, prevalence and etiology, common disorders and the mental health system (or lack of a system), the notion of recovery, stigma and current issues. In keeping with a multi-disciplinary approach, students will have ample opportunity for in-depth examination of topics that align with their professional goals and discipline, and sharing their discoveries with the class.

The course will involve lectures, critical review, student presentations and student-led discussions on assigned readings. Guests with expert knowledge will be invited to present. Students will have opportunities to hone their communication skills including writing, oral and interactional skills.

Course Outcomes and Objectives

- To enhance understanding of mental health disorders and the complexities surrounding them including the social contexts
- To introduce the epidemiology of mental illness
- To describe prevention and treatment services in mental health and to introduce some of the conceptual and practical issues related to the provision of mental health services
- To enhance understanding of the mental health (and addictions) service systems
- To examine current contextual issues relevant to mental health disorders

Readings

1. A Concise Introduction to Mental Health in Canada 2nd ed by Elliott Goldner, Emily Jenkins and Dan Bilsker. Canadian Scholars' Press: Toronto, 2016
2. Readings on Ares Course Reserve

Evaluation: Assignments are an opportunity for you to explore areas of interest to you.

- 4 Reflection paper on the science of mental health disorder (10% each; 40%) Due Sept 20, Oct 4, 18 and Nov 8. Examples of these papers include: a critique of a journal article from the reading list or the students' choosing, a review and critique of an issue related to mental illness, a commentary on current mental health concerns and so forth. **Length: one well-written and concise paragraph.**

Class presentation (20%) October 25 or November 1. Students can present on a topic of interest to them; for example select one mental health disorder or one issue and present it in detail.

Final paper (40%) Due November 22, 2018. This paper provides an opportunity for you to develop in-depth knowledge of mental health disorder and to demonstrate this knowledge. Topics should align with your professional interests. Example general topics include stigma, mental illness in the workplace, accessibility and barriers, justice and mental health, concurrent disorders, homelessness of people with mental illness and equality.

Tentative Schedule

	Tentative Schedule	Reading
Sept	6 Define and historical overview 13 Prevalence & etiology *20 Spectrum of disorders 27 Children and youth	Chpt 1 Chpt 2; I, II, one of III-V, VI Cpt 4; VII, VIII Chpt 7; IX, X or XI
Oct	4 Younger and older Adults 11 Stigma and Culture 18 Addictions and Mental health 25 Presentations	Chpt 10; XII, XIII, XIV Chpt 6; Chpt 9 XV, XVI Chpt 5; Chpt 15, XVII
Nov	1 Presentations 8 Presentations 15 Mental health services and Interventions 22 Knowledge and summary/conclusions	Chpt 11, 12, 13 one of: XVIII, XIX, XX, XXI
Nov	29 (no class; rescheduled classes from Oct 9) * Class is scheduled for 5-7:50	

Regulations

The Graduate Academic Calendar is the source of information about the University of Guelph's procedures, policies and regulations which apply to graduate programs

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Please note: "Academic misconduct is behaviour that erodes the basis of mutual trust on which scholarly exchanges commonly rest, undermines the University's exercise of its responsibility to evaluate students' academic achievements, or restricts the University's ability to accomplish its learning objectives."

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