



# POST DEGREE DIPLOMA IN INTERPROFESSIONAL MENTAL HEALTH AND ADDICTIONS (IMHA)

## IMHA 510: Cultural and Care Contexts

**INSTRUCTOR:** Scott A. Kouri

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**OFFICE HOURS:** By appointment and available on-campus or via-internet (e.g. Skype)

### COURSE DESCRIPTION

This course introduces students to program outcomes and expectations and orients students to the field of mental health and addictions. Special attention is given to trauma-informed practice. Diversity and cultural sensitivity in relation to mental health and addictions are discussed.

This course uses a problem-based learning approach. Students will examine their own practice backgrounds, assess their existing skill set, identify gaps in knowledge and/or practice expertise. Students will determine how to work effectively with people who experience mental health and addictions in their lives.

Students will explore inter-professional practice and key systems within the mental health and addictions field. Students will also be encouraged to develop their skills in case conceptualization.

The course uses case study analysis and interactive online discussions to facilitate the learning of the course concepts. Students will be introduced to on-line learning and the use of the D2L learning environment.

### LEARNING OUTCOMES

#### UPON SUCCESSFUL COMPLETION OF IMHA 510 STUDENTS WILL:

1. Understand the importance of self-reflective practice and why it is used routinely in the field
2. Be fully oriented to the foundational aspects of the field (DSM, MSE, risk, addiction, recovery)
3. Critically assess the form and function of mental health and addiction services delivery systems and suggest improvements
4. Determine the similar and unique contributions and challenges of selected disciplines engaged in service delivery
5. Demonstrate knowledge of how historical, social, economic, political and cultural factors influence clients' and families' lived experience of mental illness and addictions
6. Apply health promotion, prevention and early intervention models to diverse situations

## REQUIRED TEXTS

BC Ministry of Health (2005). Guide to the mental health act.

<http://www.health.gov.bc.ca/library/publications/year/2005/MentalHealthGuide.pdf>

Miller, W. R., Forcehimes, A. A., & Zweben, A. (2011). Treating addiction: A guide for professionals. New York: Guilford Press.

Pederson, D.D. (2007). Psych notes: Clinical pocket guide (2nd ed.). Philadelphia, PA: F.A. Davis Co.

Seligman, L. (2009). Conceptual skills for mental health professionals. Pearson Education, CA, Inc.

Winstead, B.A., Maddux, J. E. (2012). Psychopathology: Foundations for a Contemporary Understanding. New York: Taylor and Francis Group,

### RECOMMENDED TEXT:

American Psychological Association (2010). Publication Manual of the American Psychological Association (APA), Sixth Edition. Washington, DC. [www.ncbi.nlm.nih.gov/books/NBK64967](http://www.ncbi.nlm.nih.gov/books/NBK64967)

## COURSE SCHEDULE

|                 |   |
|-----------------|---|
| June 12:        | Orientation   |
| June 13-14:     | Face-to-Face (9:00am – 4:00pm)  |
| June 15:        | Explore D2L and course texts; integrate face-to-face experience; rest and self-care |
| June 16-23:     | Week and Module 1: Foundations  |
| June 23-30:     | Week and Module 2: Addiction Processes and Concurrent Disorders                     |
| June 30-July 7: | Week and Module 3: Cultural, Social and Historical Dimensions of Care               |
| July 7-14:      | Week and Module 4: Psychological Processes  |
| July 14-21:     | Week and Module 5: Care Contexts  |
| July 21:        | Final day of class  |

## LEARNING EXPERIENCES AND RESOURCES

There are a variety of services available to students to assist them throughout their learning. This information is available in the College Calendar, Registrar's Office or the College web site at

<http://www.camosun.bc.ca>

## ASSIGNMENTS

| ASSIGNMENT                                   | DUE DATE                              | GRADE WEIGHT  | TOTAL |
|--|---------------------------------------|---------------|-------|
| Weekly Module Assignment                     | Friday at Midnight of the Module Week | 10% X 5 Weeks | 50%   |
| Weekly Module Response/Discussion            | Sunday at Midnight of the Module Week | 5% X 5 Weeks  | 25%   |
| “Test Your Knowledge” Quizzes and Activities | Sunday at Midnight of the Module Week | 1% X 5 Weeks  | 5%    |
| Final Paper                                  | July 21 at Midnight                   | 20%           | 20%   |

### Weekly Module Assignments

Each week, students will be given a short assignment (1-5 pages) which relates to the material covered in the module. These can include, but are not limited to, case studies, group projects, article critiques, research papers, or community based activities. The Weekly Module Assignments are due to be uploaded to the D2L classroom by midnight Friday of the module week (e.g. Weekly Module Assignment 1 is due on Friday June 21<sup>st</sup> by 11:59pm).

### Weekly Module Response/Discussion

Each week, students will be asked to engage with their peers' work and provide a response, commentary or reflective statements (1/2 page – 2 pages) which extends the discussion on the topic at-hand. Specific guidelines for the Weekly Module Responses will be provided at the beginning of the week and are due to be uploaded to the D2L classroom by midnight Sunday of the module week (e.g. Responses for Week 1 are due Sunday June 23<sup>rd</sup> by 11:59).

### “Test Your Knowledge” Quizzes and Activities

Each week an activity, such as a quiz or case conceptualization, will be provided for students to test their comprehension of the Module Week's concepts and themes. Students will receive 1 grade percentage point for completing the assignment prior to the end of the Module Week (Sunday).

### Final Paper

The final paper for the course will synthesize course content and provide students with an opportunity to assess their current knowledge and survey areas for further growth. In this 10-12 page paper, students will articulate a personal philosophy of mental health and illness and apply their understanding of mental health and illness to a particular population or context of care. A full description for the assignment, including a grading rubric, due date and other resources will be provided to students during Week 1.

## LATE POLICY

In exceptional circumstances, students may arrange with the instructor for an extension of an assignment before the due date. A doctor's note may be required. In fairness to all students, late assignments will be deducted 5% per day. Assignment must be in by midnight on the due date. Reflection and Discussion postings are to be submitted in the designated area by midnight on the due date.

## PARTICIPATION

Class and online activities are planned as a continuum for building the skills and knowledge required to meet the program competencies. **MANDATORY PARTICIPATION:** This course is delivered via a dynamic D2L format. Participation in all activities and in the asynchronous online discussions is mandatory. Attendance at face-to-face days is mandatory. Completion of all graded assignments is mandatory.

Participation includes:

- Pre-class and pre-online preparation, including reading assignment materials
- Arriving at class and/or posting assignments and views on time and consistent attendance and/ or online participation
- Constructive and appropriate comments in class and on D2L
- Active participation in group work, classroom, and online activities
- Active and respectful listening in all learning environments
- Considerate behaviour towards others

## GRADING SYSTEM

| Percentage | Grade | Grade Point Equivalency |
|------------|-------|-------------------------|
| 90-100     | A+    | 9                       |
| 85-89      | A     | 8                       |
| 80-84      | A-    | 7                       |
| 77-79      | B+    | 6                       |
| 73-76      | B     | 5                       |
| 70-72      | B-    | 4                       |
| 65-69      | C+    | 3                       |
| 60-64      | C     | 2                       |
| 50-59      | D     | 1                       |
| 0-49       | F     | 0                       |

## PROGRAM COMPLETION REQUIREMENTS

Students must complete each theory course with a minimum "B-" grade, and receive passing evaluations in the practice course to successfully complete the program. If you successfully complete the program you will receive a Post-Degree Diploma in Interprofessional Mental Health and Addictions.

## STUDENT CONDUCT POLICY

It is the student's responsibility to become familiar with the content of this policy. The policy is available in each school administration office, registration, and on the college website in the policy section.

<http://www.camosun.bc.ca/policies/policies.html>