

Course discipline/number/title: HS 1550: Mental Health Theory

A. CATALOG DESCRIPTION

1. Credits: 3
2. Hours/Week: 3
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This course provides an overview of mental health disorders and the theoretical perspectives of mental health and mental illness. The role of the human services professional in the mental health field will be emphasized.

C. DATE LAST REVISED (Month, year): December, 2023

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Historical background of mental health in society
2. Theoretical perspectives on mental health and mental health disorders
3. Role of the human services professional in the mental health field
4. Mental health community programs and treatment modalities
5. Classification and assessment of mental health disorders
6. Examination of the major mental health clusters

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Recall historical background of mental health in society.
2. Explain theories on mental health and wellbeing.
3. Summarize theories on mental illness and abnormality.
4. Recognize the role of human services professionals in the mental health field.
5. Identify mental health community resources and treatments for mental illness.
6. Classify major mental health disorders.
7. List diagnostic criteria for specific types of mental health disorders.
8. Summarize clusters of organic brain-based disorders.
9. Describe modalities in the treatment of mental health disorders.
10. Explain the impact of stigma and discrimination in the treatment of mental illness.

F. LEARNING OUTCOMES (MNTC): NA

G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Tests
2. Case studies
3. Research papers

H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

I. SPECIAL INFORMATION (if any): None