

Date Prepared: February 11, 2009

New Revised
(Check One)

Effective Date: Spring 2009

COURSE OUTLINE

1. COURSE PREFIX and NUMBER: **MEN 101** CREDIT HOURS: 3
2. COURSE TITLE: **Mental Health Skill Training I**
3. PREREQUISITES:
4. COURSE DESCRIPTION: Develops skills necessary to function as a mental health worker, with emphasis on guided practice in counseling skills as well as improved self-awareness. Includes training in problem solving, goal setting, and implementation of appropriate strategies and evaluation techniques relating to interaction involving a variety of client needs. Lecture 3 hours per week.
5. CONTENT: (Major Headings)
 - a. An ecological paradigm: defining mental health consultation as a preventive service.
 - b. A community service for a rural high school.
 - c. Prevention of child abuse: two contrasting social support services.
 - d. Two into one: an ecological perspective on school consolidation.
6. GENERAL COURSE OBJECTIVES:

Upon successful completion of the course, the student will be able to:

- a. view mental health consultation as a preventive service.
- b. analyze case studies and apply the suggested principles and premise to the process applied.
- c. draw upon biological ecology to help understand the concept of interdependence between persons and social settings.
- d. understand that the social milieu is host and reservoir for sustaining health.