

Justice Institute of British Columbia
COURSE OUTLINE**Course Code:** CY130**Course Title:** Mental Health First Aid: Adults Who Interact with Youth**Prerequisite Courses:** N/A**School:** School of Community & Social Justice**Division/Academy/Centre:** Centre for Counselling and Community Safety**Previous Course Code & Title:** N/A**Course First Offered:** March 25-26, 2013

# of Credits:	1.0
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Course Description:

This course is designed to assist education professionals, health care providers and other frontline workers in the identification of mental health issues and appropriate first aid intervention strategies for youth. Mental health issues often first develop during adolescence or early adulthood with half of all mental disorders beginning by age 14 and 75 percent beginning by age 24. A range of mental health issues will be discussed in this course, including mood, anxiety, eating disorders, psychosis, addiction, and deliberate self-injury. You will have opportunity to practice applying the actions of Mental Health First Aid (MHFA) when a youth presents with signs or symptoms of a mental health issue or experiences a mental health crisis.

Course Goal(s):

Participants will learn to recognize when youth are struggling with various mental health issues and will know how to apply mental health first aid and provide support until further assistance becomes available.

Learning Outcomes:

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

1. Explain the five basic actions of mental health first aid as it applies to the following mental health issues: Mood, anxiety, eating disorders, addiction, psychosis and self-injury.
2. Identify the signs and symptoms of each disorder and how they affect the person with the disorder.
3. Describe and demonstrate non-judgemental listening as one of the actions of Mental Health First Aid.

4. Discuss mental health crisis situations such as suicidal behavior, panic attacks, reactions to traumatic events and psychotic episodes and describe the associated risk factors.
5. Apply the actions of Mental Health First Aid when a person is presenting with the signs or symptoms of a disorder.

Course Topics/Content:

The following topics will be covered focusing on treatment and resources:

- Basic principles of mental health and mental illness
- Substance related disorders
- Mood Disorders
- Deliberate Self-Injury
- Anxiety Disorders
- Eating Disorders
- Psychotic Disorders

Text and Resource Materials: N/A

Required: N/A

Recommended: N/A

Course Level:

x	First Year		Second Year		Third Year		Fourth Year
	Graduate		Other (describe):				

Equivalent Course(s) within the JIBC:
Class Delivery Methods:

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14			
Simulation/Lab				
Practicum/Fieldwork				
Online				
Correspondence				
Total Class Hours	14			

Comments on Delivery Methods:
Course Grading System:

	Letter Grades		Percentage	x	Pass/Fail
	Complete/Incomplete		Attendance Only		

Passing Grade:	
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Evaluation Activities and Weighting:

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	80%	Other	%
Quizzes/Test	%	Simulations	20%	Practicum	%	TOTAL	100%

Comments on Evaluation Activities and Weighting:
Other Course Guidelines, Procedures and Comments:

View official versions of related JIBC academic regulations and student policies in the *JIBC Calendar* on the following pages of the JIBC website:

Academic Regulations:

<http://www.jibc.ca/programs-courses/jibc-calendar/academic-regulations>

Student Academic Integrity Policy
Academic Progression Policy
Admissions Policy
Academic Appeals Policy
Evaluation Policy
Grading Policy

Student Policies:

<http://www.jibc.ca/programs-courses/jibc-calendar/student-policies>

Access Policy
Harassment Policy – Students
Student Records Policy
Student Code of Conduct Policy

JIBC Core Competencies

The JIBC promotes the development of core and specialized competencies in its programs. Graduates of our programs will demonstrate high levels of competence in the following areas:

Critical thinking

Identify and examine issues and ideas; analyze and evaluate options in a variety of fields with differing assumptions, contents and methods.

Communication, oral and written

Demonstrate effective communication skills by selecting the appropriate style, language and form of communication suitable for different audiences and mediums.

Leadership

Inspire individuals and teams to reach their potential by embracing innovation through strategic thinking and shared responsibility.

Independent learning

Show initiative by acting independently in choosing effective, efficient and appropriate applied learning, research and problem solving strategies.

Problem solving

State problems clearly; effectively and efficiently evaluate alternative solutions; choose solutions that maximize positive and minimize negative outcomes.

Interpersonal relations

Know and manage oneself; recognize and acknowledge the needs and emotions of others including those with diverse backgrounds and capabilities.

Inter-professional teamwork

Understand and work productively within and between groups, respect others' perspectives and provide constructive feedback with special attention to inter-professional relationships.

Information literacy

Recognize and analyze the extent and nature of an information need; efficiently locate and retrieve information; evaluate it and its sources critically, and use information effectively and ethically.