



HSWR-213 – Introduction to Mental Health Issues for Children and Youth

Health and Human Services

Effective Term & Year: Fall 2022
Course Outline Review Date: 2025-04-01

Program Area: Child Youth and Family Studies

Description:

This course uses a strengths-based approach to working with children and youth with mental health concerns. This course introduces students to the most commonly diagnosed mental illnesses, the direction for interventions, and the professionals presently working in the mental health field.

Program Information:

This course is a requirement for the Human Service Worker Diploma and is an elective for the Education Assistant Diploma.

Delivery Methods: Online

Credit Type: College of the Rockies Credits

Credits: 3

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	45
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	
Other	

Total	45
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Course Requisites:

- Earned a minimum grade of C+ (65%) in at least 1 of the following:
 - [ENFP 12](#) – English First Peoples 12
 - [ENST 12](#) – English Studies 12
 - [ENGL090](#) – English – Provincial Level

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Gural, D.M., & MacKay-Chiddenton, D. (2016). *Abnormal or Exceptional: Mental Health Literacy for Child and Youth Care*. Toronto, Ontario: Pearson Canada Inc.

Haig, J., & MacMillan, V. (2014). *Cites & sources: An APA Documentation Guide*. (4thed). Toronto, Ontario: Nelson Publishing.

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

Learning Outcomes:

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

- discuss the principles of practice for Child and Youth Mental Health;
- describe common mental health issues related to children and youth;
- frame mental health support within bio-psycho-sociocultural contexts;
- identify the roles of professionals working in BC Child and Youth Mental Health;
- identify assessment tools and common interventions for mental health issues; and
- reference the Mental Health Act (BC).

Course Topics:

- Ethical considerations in Child and Youth Mental Health
- Principles of Practice
- Common Child and Youth Mental Health Diagnoses
- Understanding DSM-V
- Assessment, interventions, and prevention tools for Child and Youth Mental Health
- Professional Roles and Interdisciplinary teams
- BC Mental Health Act

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: Online

Assessment Type	% of Total Grade
Research Paper	20%
Case Study	15%
Online Discussions	35%
Midterm Quiz	15%
Final Quiz	15%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60			<60

Pass requirements: A passing average (60% or higher) on all assignments and evaluations.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
 - Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
 - Policy 2.5.8 Academic Performance
 - Policy 2.5.3 Grade Appeal
 - Policy 2.4.9 Student Concerns Re Faculty
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Equivalent Course(s) and Course Code Changes

Prior Course Code: CYFS 213

Date changed: January 2010

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.