I. **Course Code:** HS 111

II. **Course Title:** Intro to Mental Health

III. **Prerequisites/Corequisites:** None

IV. **Number of Credits:** 3

V. **Instructor's Name:** Jennifer Gasparino, MSW, LCSW  
   **Office Location:** Room A155  
   Passaic County Community College  
   One College Boulevard, Paterson, NJ 07505  
   **Telephone:** 973-684-4825 (office) or 973-619-2375 (cell)  
   **Email:** jgasparino@pccc.edu  
   **Office Hours:** Posted on office door

ADDENDUM TO SYLLABUS AND PROGRAM POLICIES  
and COURSE MATERIALS  
ARE LOCATED ON BLACKBOARD  
AND THE HUMAN SERVICES LIBGUIDE
VI. Course Description:

This course provides students with the skills and knowledge necessary to work in the field of Mental Health. Using the current Diagnostic and Statistical Manual of Mental Disorders (DSM-5), the student will identify the diagnostic criteria for specific mental health disorders. The historical development of mental health disorders and treatment will be discussed. The eight main areas to assist individuals with psychiatric disabilities to obtain their maximum level of functioning---Psychiatric, Social, Vocational and/or Educational, Basic Living Skills, Financial, Community and/or Legal, Health and/or Medical, Housing---will be discussed. Students will acquire knowledge in the processes necessary for clients to receive services from different social agencies.

VII. Course Outcomes:

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

1. Define the historical development of mental health disorders and treatment
2. Identify the ethical, cultural, and legal issues related to mental health.
3. Identify diagnostic criteria for specific disorders as presented in the Diagnostic and Statistical Manual of Mental Disorders (DSM)
4. Coordinate services to assist individuals with psychiatric disabilities.
5. Summarize and assess research concepts to the practice of mental health diagnoses.

VIII. Course Outline:

- Week 1: Introductions & Review Syllabus
  - What is Mental Health?
  - Introduction to the DSM 5
- Week 2: Culture
  - DSM and Culture & Countertransference
  - Stigma and stereotyping of Mental Health
- Week 3: Mental Health and Society
  - Ethics
  - DSM Basics
  - APA Style writing introduction
  - Quiz #1
- Week 4: DSM – 5 Diagnostic Criteria
  - Depressive Disorders
  - Quiz # 2
- Week 5: DSM – 5 Diagnostic Criteria
  - Bipolar and Related Disorders
  - Quiz #3
- Week 6: DSM – 5 Diagnostic Criteria
  - Schizophrenia Spectrum and Other Psychotic Disorders
  - Quiz #4
- Clinical Vocabulary Assignment – DUE
♦ Week 7: DSM – 5 Diagnostic Criteria
  ♦ Anxiety Disorders
  ♦ Quiz #5
♦ Week 8: DSM – 5 Diagnostic Criteria
  ♦ Posttraumatic Stress Disorder
  ♦ Quiz #6
♦ Week 9: DSM – 5 Diagnostic Criteria
  ♦ Personality Disorders
  ♦ **Case Study # 1 – DUE**
♦ Week 10: DSM – 5 Diagnostic Criteria
  ♦ Personality Disorders
  ♦ Quiz #7
♦ Week 11: Treatment
  ♦ Treating Mental Health
  ♦ Writing a Treatment Plan
♦ Week 12: Treatment
  ♦ Quiz #8
♦ Week 13: Pursuing Higher Education for a career in Mental Health
  ♦ **Case Study # 2 – DUE**
♦ Week 14: Working in Mental Health Agencies & Termination Activity
♦ Week 15: **Final Exam**

**NOTE**: Throughout the semester, career opportunities in mental health, rehabilitation programs, and community/hospital-based programs will be discussed.

**ALL ASSIGNMENTS MUST BE SUBMITTED THROUGH BLACKBOARD AND WILL BE CHECKED FOR PLAGIARISM. HARD COPIES MUST ALSO BE SUBMITTED TO INSTRUCTOR ON DUE DATE AND MUST MATCH THE SUBMISSION TO BLACKBOARD.**

**ASSIGNMENTS**
- Quizzes
- Final Exam
- Clinical Vocabulary Assignment
- Case Studies
- Discussion Board

**Quizzes**
There will be eight (8) quizzes throughout the semester. Each quiz will be given the week after a chapter/diagnosis is complete. All quizzes will be taken online through Blackboard. Quizzes will be timed. Quizzes will be scheduled as each chapter is completed. If a quiz is scheduled to be taken outside of class time, the quiz will open on Thursday at midnight and close on Sunday at 11:59 pm.
Any student who does not complete the quiz during the allotted time frame will receive a zero (0) on the quiz. **There will be NO MAKE UP QUIZZES after the quiz has been given.**

**Final Exam**
There will be a comprehensive final exam given. Any student who averages and 90% or better at the end of the semester can be exempt from the final exam. Any student who is exempt from the final exam who chooses to take the final exam, the grade will be counted regardless of the score.

**Clinical Vocabulary Assignment**
Students will be required to complete a clinical vocabulary assignment. A formal assignment will be posted on Blackboard and due Week 6. Directions will be provided in class.

**Case Studies**
Students will be required to complete two (2) case studies related to a DSM diagnosis for disorders discussed in class. Assignments will be posted on Blackboard two weeks before the due date. All assignments MUST be cited in APA format, including a cover page and reference page - typed using Times New Roman 12 pt font. All papers must follow the approved APA template located on the Human Services Program Information Libguide. **DO NOT ALTER THE TEMPLATE. NO LATE PAPERS WILL BE ACCEPTED. NO PAPERS WILL BE ACCEPTED VIA EMAIL.**

**Discussion Board**
Students will be required to respond to a weekly discussion board question. Each discussion board question will be available for one week; the question will open at 12:01 am on the day of the class and will close at 11:59 pm the day before the next weeks class. For example, if the class meets on Wednesdays the discussion question will open at 12:01 am Wednesday and close at 11:59 pm on Tuesday. If there is no response to the question in the time frame allotted, the points allocated to the question will not be received. Response to the discussion board is worth 15% of the final grade. **DO NOT ASK FOR THE QUESTION TO BE RE-OPENED IF YOU MISS IT.**

**eTutoring**
eTutoring is a professional tutoring service, paid for by PCCC, provided free to all PCCC students. The URL is [www.etutoring.org](http://www.etutoring.org). Students upload writing assignments (for this or any class) to eTutoring and receive feedback on their assignments within 48 hours. Information on using eTutoring is available in the Writing Center and at [http://pccc.libguides.com/etutoring](http://pccc.libguides.com/etutoring).

**Writing Center**
Students may take any writing assignment to the Writing Center for extra help. The Center also offers a series of workshops designed to help students with general writing concerns. The Writing Center’s libguide (website) is located at [http://pccc.libguides.com/writingcenter](http://pccc.libguides.com/writingcenter) and gives information about the Center, scheduling appointments, and upcoming workshops. Students **MUST** make an appointment to use the Writing Center, so prepare accordingly. Information on setting up an account and using WCONline (the scheduling software) can also be found at [http://pccc.libguides.com/writingcenter](http://pccc.libguides.com/writingcenter) by clicking on the “Make an Appointment” tab. Going to the Writing Center unprepared will prevent you from getting help with your writing.

**Tutoring Center**
Help with all assignments is available at the Tutoring Center on the second floor of the Memorial Building.
Source Citation Examples
There are examples of source citations at OWL Purdue:
http://owl.english.purdue.edu/owl/resource/560/10/

IX. Addendum to Syllabus and Program Policies:

The Addendum to Syllabus and Program Policies document located on the Human Services Program LibGuide is part of this syllabus.

X. Materials Used in the Course:

Highly Recommended Text:
Diagnostic and Statistical Manual of Mental Disorders (DSM-5), which is available in the PCCC Bookstore or linked on the Human Services Program Libguide.

XI. Methods of Evaluation:

A. Grade Determinants:
- 25% Quizzes
- 20% Case Studies
- 15% Discussion Board
- 15% Final Exam
- 15% Attendance
- 10% Clinical Vocabulary Assignment

B. Course Grading:
- A 95-100
- A- 90-94
- B+ 87-89
- B 84-86
- B- 80-83
- C+ 77-79
- C 70-76
- D 60-69
- F Below 60

XII. Notification for Students with Disabilities:

If you have a disability and believe you need accommodations in this class, please contact Disability Services staff at 973-684-6395 or email ods@pccc.edu to make an appointment. You should do so as soon as possible at the start of each semester. If you require testing accommodations, you must remind the Instructor one week in advance of each test.

More info at pccc.edu/ods.

“The best preparation for tomorrow is doing your best today.”
-H. Jackson Brown, Jr.