



## **HHPH, 220, 02E FOUNDATION OF MENTAL HEALTH PROMOTION**

COURSE SYLLABUS: FALL 2024  
TR 12:30-1:45pm; NHS 160B

### **INSTRUCTOR INFORMATION**

Instructor: Kaylie Campbell, MS, RDN, CSSD, LD & Lauren Rhodes, MS

Office Location: NHS 134; NHS 136

Office Hours:

Office Phone: 903-866-5549

University Email Address: [kaylie.campbell@tamuc.edu](mailto:kaylie.campbell@tamuc.edu); [lauren.rhodes@tamuc.edu](mailto:lauren.rhodes@tamuc.edu)

Preferred Form of Communication: Email \* Include your first & last name in all email correspondence as well as the course you are enrolled in. I expect emails to be written professionally, meaning you should proof read before sending.

Communication Response Time: 24-48 hours

### **COURSE INFORMATION**

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: Sharma, M. (2021). Foundations of Mental Health Promotion (2<sup>nd</sup> ed). Jones & Bartlett: Boston. 9781284199758

You do not need to purchase this text on your own, as the cost is included in the course fees. Available via e-book on the first day of class through inclusive access.

### **Course Description**

This course provides an introduction to the field of mental health promotion, emphasizing approaches at both individual and population levels for addressing mental health concerns. Through a multidimensional lens, students will gain a comprehensive understanding of the diverse perspectives shaping mental health practices and policies in public health.

*The syllabus/schedule are subject to change.*

This course is designed to teach students about mental health and mental illness with a focus on medical, epidemiological, behavioral, sociological, political, historical, developmental, and cultural perspectives in the field. Students will be introduced to the field of mental health promotion, and both individual- and population-level approaches to handling mental health concerns are emphasized.

## **Student Learning Outcomes**

By the end of the course, the successful student should be able to:

1. Student will be able to define and describe and differentiate the concepts of mental health, mental disorder and wellness.
2. Students will be able to discuss the tenets of health education and promotion and give examples or how to apply these tenets within the context of mental health.
3. Students will be able to identify the determinants of mental health and how those determinants impact individuals and communities.
4. Students will be able to define stress and discuss both the positive and negative consequences of stress.
5. Students will be able to describe the role of the DSM-V in the evaluation and diagnosis of mental disorders and substance use disorders.
6. Students will be able to identify and discuss several approaches to mental health and substance abuse treatment, including both pharmacological approaches and non-pharmacological approaches.
7. Students will be able to name and describe the national organizations that support the research, diagnosis and treatment of mental health disorders.

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## Course Requirements

### Minimal Technical Skills Needed

Students should have a basic knowledge of computer and Internet skills in order to be successful in an online course. Here are some highlights:

1. Knowledge of terminology, such as browser, application, URL, etc.
2. Understanding of basic computer hardware and software; ability to perform computer operations, such as: managing files and folders: save, name, copy, move, backup, rename, delete, check properties
3. Ability to use the learning management system, using Microsoft Word and PowerPoint, using presentation and graphics programs, accessing, and navigating sites like YouTube
4. Knowledge of copying and pasting, spell-checking, saving files in different formats and sending and downloading attachments
5. Internet skills (connecting, accessing, using browsers) and ability to perform online research using various search engines and library databases.
6. Ability to use online communication tools, such as email (create, send, receive, reply, print, send/receive attachments), discussion boards (read, search, post, reply, follow threads), chats, etc.

### Instructional Methods

Course material will be delivered through in person lecture and resources such as e-book, PowerPoints, supplementary multimedia content, or reading materials. Participation in class may include quizzes or discussions with exams serving as an assessment method for this course.

### Student Responsibilities or Tips for Success in the Course

This is a college level course requiring students to be disciplined, self-motivated, and good managers of their time. This 3-hour credit course **can require up to nine hours of commitment each week**. Time will be spent reading course materials, responding to discussions and completing assignments.

Please see syllabus for due dates on all assignments. **NO LATE ASSIGNMENTS WILL BE ACCEPTED (Unless a university approved excuse is provided)**. Highly recommended that students do not wait until the last minute to complete assignments, discussion boards or exams. Communication is important! If you have questions, concerns, are struggling with understanding material, will be missing class, etc. please notify the instructor.

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## GRADING

Final grades in this course will be based on the following scale:

Weights of the assessments in the calculation of the final letter grade.

Participation	25%
Mental Health Promotion Project	40%
Exams	35%
TOTAL	100%

## Assessments

### Participation (25%)

#### Chapter Quizzes

Quizzes are given to help students determine areas of progress or sections requiring more study. These quizzes will help students prepare for exams, encourage time spent in the textbook, and contribute towards class participation. There will be one quiz administered per week and will be completed via D2L.

#### Attendance

Students will be required to participate in lecture and all section meetings. This may include in class activities and discussions. You have the chance to earn up to 5 points of participation each week. There will be a midterm evaluation available to you based on your participation. This will be based on attendance and contribution to in-class discussion and activities.

\*If students are unable to attend class due to a university excused absence (athletics, documented illness, death in the family, etc.) they may be able to make up missed participation points by completing an additional discussion/questions. If the instructor feels as though you are not participating, or are distracting or disrespecting the instructor or other students in any way, you may be counted absent and/or asked to leave and counted absent.

**Mental Health Promotion Project (Written Report + Presentation= 40%):** As mental health promoters it is important to understand raising awareness about illnesses or conditions impacting mental health. Students will create a resource, program or campaign aimed at the prevention of a mental illness/related condition. Students will learn how to complete a needs assessment and creation of a PSA/presentation. More details to be provided in class and via D2L.

The project will take place in two parts:

- Part 1: Written Report
- Part 2: Presentation

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## **Exams (4 Exams = 35%)**

You will take 4 exams over material presented in assigned readings (i.e. websites and articles); the chapters of the book; and lectures. The purpose of the exams is to ensure that you have the basic knowledge to perform other activities in class such as discussing, researching, and writing.

## **TECHNOLOGY REQUIREMENTS**

### **LMS**

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

## **ACCESS AND NAVIGATION**

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

**Note:** Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

## **COMMUNICATION AND SUPPORT**

If you have any questions or are having difficulties with the course material, please contact your Instructor.

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## Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

## Interaction with Instructor Statement

Students can expect a response to email messages and/or phone calls within 24-48 hours from the time that your communication was sent. All assignments will be graded and grades posted in a timely manner. Office hours are posted in the syllabus and on our office doors.

## COURSE AND UNIVERSITY PROCEDURES/POLICIES

### Course Specific Procedures/Policies

**Email Response Policy:** It is commonly accepted courtesy to give an individual at least 24-48 hours to respond to an email. In general, I will respond to your emails within 24 hours, EXCLUDING weekends, if I am not out sick or at a conference. This means if you email me on a Friday, it may be Monday afternoon or Tuesday before I can respond. If you do email me, please include the course name and/or number, as well as your specific concern/question/problem/etc. Please also utilize correct spelling, grammar, and complete sentences. Emails sent without these specifications will go unanswered!!! You can also schedule an appointment for an online chat, conference phone call, or face-to-face meeting if needed, but please request appointments **at least** 24 hours in advance. Do not expect me to respond urgently to your emails because you suddenly realized a deadline for submitting an assignment is due and you have urgent questions. Pace your work and when a need arises to email me, make sure you have enough time to cover the 24-48-hour expected response duration. Emergencies 'you create' on your side will not constitute emergencies on my side. Therefore you will NOT be excused for not meeting a due date just because you did not receive a response from me to your email/inquiry related to a pending assignment due.

**Religious observations:** Any student in this course who plans to observe a religious holiday which conflicts in any way with the course schedule or requirements should contact the instructor at the **beginning** of the semester to discuss alternative accommodations.

### Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

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# University Specific Procedures

## Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<https://www.britannica.com/topic/netiquette>

## TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

## Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, Chatbots, or other software that has the capacity to generate text,

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or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

For this course, the use of any form of AI for generating text, discussion boards, project information, and communication is prohibited and will be reported if used.

**Students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.**

13.99.99.R0.03 Undergraduate Academic Dishonesty

13.99.99.R0.10 Graduate Student Academic Dishonesty

### **Students with Disabilities-- ADA Statement**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

#### **Office of Student Disability Resources and Services**

Texas A&M University-Commerce

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

### **Nondiscrimination Notice**

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

### **Campus Concealed Carry Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun.

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Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

### **A&M-Commerce Supports Students' Mental Health**

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

### **Mental Health and Well-Being**

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



### **Department or Accrediting Agency Required Content**

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## TENTATIVE COURSE OUTLINE / CALENDAR

Week	Date	Chapter	Assignments Due <i>All assignments will be due by Sunday @ 11:59PM!</i>
1	8/27	Course Orientation Ch. 1 Mental Health, Mental Illness, and Historical Perspectives	Syllabus Quiz Quiz 1
	8/29		
2	9/3	Ch. 2 Roles of Health Educators and Health Promoters in Mental Health Promotion	Quiz 2
	9/5		
3	9/10	Ch. 3 Determinants of Mental Health	Quiz 3
	9/12		
4	9/17	Ch. 4 Stress and Coping	<b>Exam 1 (Ch. 1-3)</b> Quiz 4
	9/19		
5	9/24	Ch. 5 Understanding Major Psychotic Disorders	Quiz 5
	9/26		
6	10/1	Ch. 6 Understanding Mood, Anxiety, and Personality Disorders	Quiz 6
	10/3		
7	10/8	Ch. 7 Alcohol Dependence, Tobacco Use, and Substance Abuse	<b>Exam 2 (Ch. 4-6)</b> Quiz 7
	10/10		
8	10/15	Ch. 8 Essentials of Psychopharmacology and Treatment of Mental Health Disorders	Quiz 8
	10/17		
9	10/22	In-Class Project Peer Review and In-Class Project Work	<b>Project Written Report</b>
	10/24		
10	10/29	Ch. 9 Mental Health Promotion for Children and Adolescents	Quiz 9
	10/31		
11	11/5	Ch. 10 Mental Health Promotion for Adults	<b>Exam 3 (Ch. 7-9)</b> Quiz 10
	11/7		
12	11/12	Ch. 11 Mental Health for Older Adults	Quiz 11
	11/14		
13	11/19	Ch. 12 Mental Health Organizations	Quiz 12 <b>Project Presentation</b>
	11/21		
14	11/26	<b>Project Presentations</b>	
	11/28	<b>NO CLASS THANKSGIVING BREAK</b>	
15	12/3	<b>Project Presentations and Final Exam Review</b>	
	12/5		
16	12	<b>FINAL EXAM (Ch. 10-12)</b>	

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