



**DEPARTMENT OF HEALTH & HUMAN PERFORMANCE**  
**COURSE SYLLABUS: Summer I 2025**  
**HHPH 220-01W: Foundations of Mental Health Promotion**

**INSTRUCTOR INFORMATION**

**Instructor:** Rachel Aumann, MSW, MPH  
**Office Location:** NHS 144  
**Office Hours:** By appointment or drop-in (virtual)  
**Office Phone:** 650.776.6096  
**University Email Address:** Rachel.Aumann@tamuc.edu  
**Preferred Form of Communication:** e-mail  
**Communication Response Time:** 24-48 hours  
**Drop-in Virtual Office Hours:** Sundays @ 7 pm & Wednesdays @ 5:00 pm  
**Zoom Link:** <https://tamuc.zoom.us/my/professora>

*\*Changes made to the syllabus / course will be communicated to students via email & announcements\**

**NOTE:** This is an accelerated course. We have 12 chapters and only 4.5 weeks to get through them. I will do my absolute best to have all material ready to go for you so that you can do your best to stay on track. Be sure to review ALL content in each module in D2L. This means reading the content on each module's landing page and staying up to speed on the graded work in the class.

**COURSE INFORMATION**

**Materials – Textbooks, Readings, Supplementary Readings**

**Textbook:** Foundations of Mental Health Promotion, 2<sup>nd</sup> edition Manoj Sharma, MBBS, PhD, MCHES. You will be provided with the e-book within D2L. You do not need to purchase this text on your own, as the cost is included in the course fees. You should have first day access to the text. If you do NOT, let me know immediately.

**Course Description:** 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. At its core, we will discuss approaches to mental health promotion keeping cultural humility at the forefront within the context of the dual continuum model (languishing to thriving).

## **Student Learning Outcomes**

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

- Define and describe and differentiate the concepts of mental health, mental disorder, and wellness.
- Describe and apply the Dual Continuum Model of mental health and mental illness.
- Discuss the tenets of health education and promotion and give examples or how to apply these tenets within the context of mental health.
- Identify the determinants of mental health and how those determinants impact individuals and communities.
- Define stress and discuss both the positive and negative consequences of stress.
- Describe the role of the DSM-V in the evaluation and diagnosis of mental disorders and substance use disorders.
- Identify and discuss several approaches to mental health and substance abuse treatment, including both pharmacological approaches and non-pharmacological approaches.
- Name and describe the national organizations that support the research, diagnosis, and treatment of mental health disorders.

## **COURSE REQUIREMENTS**

### **Minimal Technical Skills Needed**

Students should have a basic knowledge of computer and Internet skills to be successful in this 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**

This is an online, accelerated course. Information will be delivered through a combination of resources such as the e-book, recorded lecture, case studies, PowerPoints, supplementary multimedia content, or reading materials. Quizzes, discussion boards, projects, and exams can serve as assessment methods for this course.

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

- Communicate effectively: Reach out via email with any questions or concerns **as soon as they arise**. Waiting until the last moment may result in the issue not being resolved appropriately.
- Manage your time wisely: Prioritize tasks and allocate sufficient time for studying, completing assignments, and reviewing course material.
- Review all course materials: assessments will include information from both the e-book and any additional material provided in the modules. Make sure you review it thoroughly.

### **GRADING**

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

#### **Letter Grade / Point Value**

A	900-1000
B	800-899
C	700-799
D	600-699
F	0-599

### **ASSESSMENTS**

#### **Chapter Readings:**

Students are expected to read the assigned chapters and review all material in the modules for that week.

#### **Assignment Point Values**

Syllabus Quiz	1 x 100	100
Chapter Quizzes	4 x 50 points	200
Assignments	4 x 50 points	200
Small Group Discussions	4 x 50 points	200
Final Project	Part 1: 150 points Part 2: 150 points	300
<b>Total Points</b>		1000

**Each week there will be a quiz, assignment and discussion activity.**

#### **Syllabus Quiz (10%)**

#### **Quizzes (20%)**

Quizzes will consist of 10 to 15 questions each that cover chapter material. Quizzes are available on D2L each week. Quizzes may contain case studies or doing online research. These quizzes are untimed and 2 attempts are given per quiz. The syllabus quiz is counted here.

#### **Assignments (20%)**

Assignments could consist of written work (reflections or research), podcasts, videos, slides, etc.

#### **Discussions (20%)**

You will be put in a discussion group during week 1 of the course. The first discussion will be an introduction post. The remaining 3 discussions will be based on a prompt given and you will need to demonstrate dialogue with the members of your group.

#### **Final Project (30%)**

There will be a final project on a mental health promotion topic of YOUR choice. The final project has 2 parts:

- Part 1: Educational Video (150 points)
- Part 2: Reflection (150 points)

**LATE WORK: Given the fast-paced nature of the summer term, late work only be considered under emergency circumstances.**

## AI USE POLICY

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

***MY AI USE POLICY: Will depend upon the type of work being submitted. Read each quiz, discussion or assignment instruction CAREFULLY.***

## TECHNOLOGY REQUIREMENTS

### LMS

All course sections offered by EastTexas A&M University 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)

Zoom Video Conferencing Tool

[https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom\\_Account.aspx?source=universalmenu](https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu)

## 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.

### **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>

## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Course Specific Procedures/Policies**

#### **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.

### **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 Procedures 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 East Texas A&M University 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>

### **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**

East Texas A&M University

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**

East Texas A&M University 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 East Texas A&M University buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. 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 East Texas A&M University 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 East Texas A&M University campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

### **East Texas A&M University Supports Students' Mental Health**

The Counseling Center at East Texas A&M University, 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**

**COURSE OUTLINE / CALENDAR**

\*Subject to Change

<b>Module</b>	<b>Chapters/Topics</b>	<b>Assignments Due</b> (All assignments are due at 11:59 pm)
<b>0 &amp; 1</b> 6/2-6/8	<ul style="list-style-type: none"> <li>• <b>Orientation/Module 0</b></li> <li>• <b>Chapter 1</b> Mental Health, Mental Illness, and Historical Perspectives</li> <li>• <b>Chapter 2</b> Roles of Health Educators and Health Promoters in Mental Health Promotion</li> <li>• <b>Chapter 3</b> Determinants of Mental Health</li> </ul>	<b>Quiz # 1: Syllabus Quiz (6/4)</b>  <b>Discussion # 1: Intro Video (Due 6/4)</b>  Assignment # 1 Quiz # 2 (Chapter 1-3)
<b>2</b> 6/9-6/15	<ul style="list-style-type: none"> <li>• <b>Chapter 4</b> Stress and Coping</li> <li>• <b>Chapter 5</b> Understanding Major Psychotic Disorders</li> <li>• <b>Chapter 6</b> Understanding Mood, Anxiety, and Personality Disorders</li> </ul>	Assignment # 2 Discussion # 2 Quiz # 3 (Chapters 4-5) Final Project Topics
<b>3</b> 6/13-6/22	<ul style="list-style-type: none"> <li>• <b>Chapter 7</b> Alcohol Dependence, Tobacco Use, and Substance Abuse</li> <li>• <b>Chapter 8</b> Essentials of Psychopharmacology and Treatment of Mental Health Disorders</li> <li>• <b>Chapter 9</b> Mental Health Promotion for Children and Adolescents</li> </ul>	Assignment # 3 Discussion # 3 Quiz # 4 (Chapters 6-8)
<b>4</b> 6/22-6/29	<ul style="list-style-type: none"> <li>• <b>Chapter 10</b> Mental Health Promotion for Adults</li> <li>• <b>Chapter 11</b> Mental Health for Older Adults]</li> <li>• <b>Chapter 12</b> Mental Health Organizations</li> </ul>	Assignment # 4 Discussion # 4 Quiz # 5 (Chapters 9-12)
<b>5</b> 6/30-7/3	<b>SHORT WEEK</b> <b>Final Project Presentations</b>	Final Projects Part I & II due <b>THURSDAY, 7/3</b>

**NOTE: You MUST complete Module 0 before you are able to move on to Module 1 content. Module 0 consists of reviewing the syllabus and course schedule, watching my “Welcome & What IS Mental Health, Anyway?” video, taking the syllabus quiz and posting an introduction.**