



DEPARTMENT OF HEALTH & HUMAN PERFORMANCE
COURSE SYLLABUS: Fall 2025
HHPH 220-01E: Foundations of Mental Health Promotion

INSTRUCTOR INFORMATION

Instructor: Rachel Aumann, MSW, MPH

Office Location: NHS 144

Office Hours: MW 11-12 & 2-3 pm, by appointment or virtual drop-in W 5-6 pm

University Email Address: Rachel.Aumann@etamu.edu

Preferred Form of Communication: e-mail

Communication Response Time: 24-48 hours

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

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook: Foundations of Mental Health Promotion, 2nd 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.

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.

Student Learning Outcomes

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

- Students will be able to define and describe and differentiate the concepts of mental health, mental disorder, and wellness.
- 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.
- Students will be able to identify the determinants of mental health and how those determinants impact individuals and communities.
- Students will be able to define stress and discuss both the positive and negative consequences of stress.
- Students will be able to describe the role of the DSM-V in the evaluation and diagnosis of mental disorders and substance use disorders.
- 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.
- Students will be able to 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 a face-to-face course. Information will be delivered through a combination of resources such as the e-book, 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 in D2L for EACH week. You will be assessed on your knowledge of content in the text, in D2L and from class.

Assignment Point Values

Syllabus Quiz	1 x 20 points	20
Introduction Discussion	1 x 20 points	20
Chapter Quizzes	4 x 50 points	200
Assignments	5 x 40 points	200
Class Attendance/group work	35 x 6 points	210
Project	Part 1: 200 points Part 2: 100 points	300
Final Project Showcase Review	Peer-review Presentations	50
Total Points		1000

MODULE 0 (Syllabus Quiz & Intro Discussion) (4%)

Quizzes (20%)

Quizzes will consist of 10 to 15 questions each that cover chapter material. Quizzes are available on D2L. Quizzes may contain case studies or doing online research. These quizzes are untimed and 2 attempts are given per quiz. There are 4 quizzes throughout the semester.

Assignments (20%)

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

Attendance/group work (21%)

Each class is worth 6 points. There are 40 class days in Fall semester. You need to attend 35 of the 40 class days in order to get full credit. We will engage in class discussions, case studies, small projects and other activities aimed at giving your hands-on experience with mental health topics. See the course schedule for the days we will have class. There are a handful of dates where I will be away and there will be at-home work to complete. There is NO class on Labor Day or during the week of Thanksgiving.

Final Project/Showcase (30%)

There will be a final project on a mental health promotion topic of YOUR choice. You will present IN-CLASS during Week 15. The final project has 2 parts:

Part 1: Mental Health Promotion/Call-to-Action Presentation (200 points)

Part 2: Educational Write-Up (100 points)

Final Showcase Review (5%)

You will provide peer reviews for your classmate's final projects. The final projects will happen in Week 15. You will not have any work during finals week.

LATE WORK: Late work only be considered under emergency circumstances.

AI USE POLICY

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, 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 ALL assignment instruction CAREFULLY. If I detect Ai, I reserve the right to assign a ZERO (0) for the assignment. You MAY have the opportunity to redo the assignment, however you must discuss the assignment with me first. In order to avoid your work being confused for Ai generated writing, I STRONGLY recommend avoiding using formatting software.

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

Zoom Video Conferencing Tool

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.

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

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 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. 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.

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

Week	Chapters/Topics	Assignments Due (All assignments are due on Sunday at 11:59pm with exception of the syllabus quiz and final project)
1 (8/25-8/31)	<ul style="list-style-type: none"> • Orientation • Chapter 1 Mental Health, Mental Illness, and Historical Perspectives 	Syllabus Quiz (Due 8/27) Introduction Video (Discussion) (Due 8/27)
2 (9/1-9/7) NO CLASS on 9/1. You will NOT have an at-home activity	<ul style="list-style-type: none"> • Chapter 2 Roles of Health Educators and Health Promoters in Mental Health Promotion 	Assignment # 1
3 (9/8-9/14)	<ul style="list-style-type: none"> • Chapter 3 Determinants of Mental Health 	Quiz # 2
4 (9/15-9/21)	<ul style="list-style-type: none"> • Chapter 4 Stress and Coping 	
5 (9/22-9/28)	<ul style="list-style-type: none"> • Chapter 5 Understanding Major Psychotic Disorders 	Quiz # 3
6 (9/29-10/5) NO CLASS on 10/3; you will have an at-home activity	<ul style="list-style-type: none"> • Chapter 6 Understanding Mood, Anxiety, and Personality Disorders 	Assignment # 2 Project Topic Due
7 (10/6-10/12) NO CLASS on 10/6; you will have an at-home activity	<ul style="list-style-type: none"> • Chapter 7 Alcohol Dependence, Tobacco Use, and Substance Abuse 	Assignment # 3
8 (10/13-10/19) NO CLASS on 10/17; you will have an at-home activity	Chapter 8 Essentials of Psychopharmacology and Treatment of Mental Health Disorders	Quiz # 4
9 (10/20-10/26)	<ul style="list-style-type: none"> • Chapter 9 Mental Health Promotion for Children and Adolescents 	Assignment # 4

10 (10/27-11/2)	<ul style="list-style-type: none"> • Chapter 10 Mental Health Promotion for Adults 	
11 (11/3-11/9)	<ul style="list-style-type: none"> • Chapter 11 Mental Health for Older Adults 	Assignment # 5
12 (11/10-11/16) NO CLASS on 11/14; you will have an at-home activity	<ul style="list-style-type: none"> • Chapter 12 Mental Health Organizations 	Quiz # 5
13 (11/17-11/23)	Emerging topics in mental health	
14 (11/24-11/30) NO CLASS THANKSGIVING WEEK	WORK ON Final Projects	WORK ON YOUR PROJECTS
15 (12/1-12/5)	SHORT WEEK Final Project Presentations	Submit Peer Reviews and Educational Write-Up

There is **NO** a final exam in this class.

FINAL PRESENTATION SHOWCASE will occur **Week 15**. You will sign up for which day you will present: **Monday 12/1, Wednesday, 12/3 or Friday, 12/5.**

Your **Educational Write-Up** is due on **Friday, 12/5.**

The “at-home activities” on days we will not have class are opportunities to ensure you complete **35 out of 40 attendance days.**