



HHPH, 220, 01W FOUNDATION OF MENTAL HEALTH PROMOTION

**COURSE SYLLABUS: FALL 2025
WEB BASED**

Instructor: Kaylie Campbell, MS, RDN, CSSD, LD
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Preferred Form of Communication: **Email**
Communication Response Time: 24-48 hours

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: Sharma, M. (2021). Foundations of Mental Health Promotion (2nd 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.

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.

The syllabus/schedule are subject to change.

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.

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.

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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 and **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.

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.

Course Discussions or Activities

Discussions and activities will be available via D2L during the term. You are required to participate in all discussion boards and complete each activity. You should post a **minimum** of

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3 posts per discussion thread: one initial post answering the question and two responses to your fellow classmates that further the discussion. Rubric for discussions is provided on D2L.

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

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 East Texas A&M 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

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@etamu.edu.

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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 ETAMU 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>

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. Communication may be slower on weekends and can expect a response by the next business day. All assignments will be graded and grades posted in a timely manner. Office hours are posted in office (NHS 134) window.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Electronic Devices & Acceptable Use Policy: Research indicates student performance is significantly (negatively) correlated with cell phone use. The active use of cellular phones or other electronic devices is distracting to your own learning, your classmates, and the professor. It is also considered extremely disrespectful and unprofessional in a classroom or work setting. Cell phones should be silenced and put away upon entry into the classroom. (This means out of reach, like in your backpack or off your desk; NOT in your lap, pocket, purse, or other place where you try to hide its' use.) Excessive texting in the classroom will NOT be tolerated.

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.

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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>

ETAMU 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 East Texas A&M 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>

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East Texas A&M 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).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, 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.

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

Website: [Office of Student Disability Resources and Services](http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/)

<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.

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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 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 campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

East Texas A&M Supports Students' Mental Health

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

TENTATIVE COURSE OUTLINE / CALENDAR

Subject to change depending on class progress.

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Week	Date	Chapter	Assignments Due <i>All assignments will be due by Sunday @ 11:59PM!</i>
1	8/25	Course Orientation Ch. 1 Mental Health, Mental Illness, and Historical Perspectives	Syllabus Quiz Quiz 1
2	9/1	Ch. 2 Roles of Health Educators and Health Promoters in Mental Health Promotion	Quiz 2 Discussion 1
3	9/8	Ch. 3 Determinants of Mental Health	Quiz 3 Identity Activity
4	9/15	Ch. 4 Stress and Coping	Exam 1 (Ch. 1-3) Quiz 4 Discussion 2
5	9/22	Ch. 5 Understanding Major Psychotic Disorders	Quiz 5
6	9/29	Ch. 6 Understanding Mood, Anxiety, and Personality Disorders	Quiz 6 Discussion 3
7	10/6	Ch. 7 Alcohol Dependence, Tobacco Use, and Substance Abuse	Exam 2 (Ch. 4-6) Quiz 7
8	10/13	Ch. 8 Essentials of Psychopharmacology and Treatment of Mental Health Disorders	Quiz 8
9	10/20	Project Work	Project Written Report
10	10/27	Ch. 9 Mental Health Promotion for Children and Adolescents	Quiz 9
11	11/3	Ch. 10 Mental Health Promotion for Adults	Exam 3 (Ch. 7-9) Quiz 10
12	11/10	Ch. 11 Mental Health for Older Adults	Quiz 11
13	11/17	Ch. 12 Mental Health Organizations	Quiz 12 Project Presentation
14	11/24	Project Presentations	
15	12/1	Project Presentations	
16	12	FINAL EXAM (Ch. 10-12)	

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