



**DEPARTMENT OF HEALTH & HUMAN PERFORMANCE COURSE
SYLLABUS: Spring 2026
HHPH 220-81W: Foundations of Mental Health Promotion
Web-based**

INSTRUCTOR INFORMATION

Instructor: Rachel Aumann, MSW, MPH
Office Location: NHS 144
Office Hours: T/Th 12:30-3:00 pm OR by appointment or drop-in (virtual)
Office Phone: 650.776.6096
University Email Address: Rachel.aumann@etamu.edu
Preferred Form of Communication: e-mail
Communication Response Time: 24-48 hours
Drop-in Virtual Office Hours: 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

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. 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 IN-PERSON course. Information will be delivered through a combination of resources such as the e-book, recorded lecture, in-person lectures, case studies and role play, PowerPoints, supplementary multimedia content, or reading materials. Quizzes, in-class discussion, projects and activities, can serve as assessment methods for this course.

Student Responsibilities or Tips for Success in the Course

- Communicate effectively: Reach out via email or in person with any questions or concerns **as soon as they arise**. Waiting until the last moment may result in the issue not being resolved efficiently or effectively (or in the way that would have been best had we communicated earlier).
- 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.

Syllabus Quiz (Module 0)	1 x 50	50
Introduction Discussion	1 x 50	50
Quizzes	4 x 50 points	200
Assignments	4 x 50 points	200
Participation Activities	12 x 12.5 points	150
Final Project	Part 1: 200 points Part 2: 100 points	300
Peer Review of Project Presentations (Part 1)	1 x 50 points	50
Total Points		1000

Syllabus Quiz (5%) & Intro Discussion (5%)—Must be completed by Wednesday, January 14th (Module 0)

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. There are four (4) quizzes.

Assignments (20%)

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

Participation Activities (15%)

In an effort to give online students the same opportunity to engage in topics the way in-person students do, there will be 1 participation activity for each of the 12 chapters. These activities will mirror what occurs in the in-person section and will be 5-20 minutes in duration, depending upon the topic.

Final Project/Presentation Showcase (30%)

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

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

Part 2: Educational Research Write-up/Reflection (100 points)

Peer Review (5%)

You will provide peer reviews for your classmate's final projects.

LATE WORK: 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 assignment's instruction CAREFULLY.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas 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

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@etamu.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, temporary use of a computer at a friend's home, ETAMU or local library, Starbucks, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the **course material**, please contact your instructor. For technical issues related to D2L, Leomail, etc., see below.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. You can email helpdesk@d2l.com or use the chat feature IN D2L. 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>

ETAMU 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 Website: Office of Student Disability Resources and Service: <https://www.etamu.edu/student-disability-services/>

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:

<https://inside.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

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	At-Home Assignments Due (All assignments are due on Sunday at 11:59pm with exception of the syllabus quiz, Intro Discussion and final project)
1 (1/12-1/18)	<ul style="list-style-type: none"> • Orientation • Chapter 1 Mental Health, Mental Illness, and Historical Perspectives 	Syllabus Quiz (Due 01/14/2026) Introduction Video (Discussion) (Due 01/18/2026) Participation Activity Ch. 1
2 (1/19-1/25)	<ul style="list-style-type: none"> • Chapter 2 Roles of Health Educators and Health Promoters in Mental Health Promotion 	Assignment # 1 Participation Activity Ch. 2
3 (1/26-2/1)	<ul style="list-style-type: none"> • Chapter 3 Determinants of Mental Health 	Quiz # 1 Participation Activity Ch.3
4 (2/2-2/8)	<ul style="list-style-type: none"> • Chapter 4 Stress and Coping 	Participation Activity Ch.4
5 (2/9-2/15)	<ul style="list-style-type: none"> • Chapter 5 Understanding Major Psychotic Disorders 	Quiz # 2 Participation Activity Ch. 5
6 (2/16-2/22)	<ul style="list-style-type: none"> • Chapter 6 Understanding Mood, Anxiety, and Personality Disorders 	Assignment # 2 Participation Activity Ch.6
7 (2/23-3/1)	<ul style="list-style-type: none"> • Chapter 7 Alcohol Dependence, Tobacco Use, and Substance Abuse 	Final project topic due Participation Activity Ch. 7
8 (3/2-3/8)	Chapter 8 Essentials of Psychopharmacology and Treatment of Mental Health Disorders	Quiz # 3 Participation Activity Ch. 8

9 (3/16-3/22)	<ul style="list-style-type: none"> • Chapter 9 Mental Health Promotion for Children and Adolescents 	Assignment # 3 Participation Activity Ch. 9
10 (3/23-3/29)	<ul style="list-style-type: none"> • Chapter 10 Mental Health Promotion for Adults 	Participation Activity Ch. 10
11 (3/30-4/5)	<ul style="list-style-type: none"> • Chapter 11 Mental Health for Older Adults 	Assignment # 4 Participation Activity Ch. 11
12 (4/6-4/12)	<ul style="list-style-type: none"> • Chapter 12 Mental Health Organizations 	Participation Activity Ch. 12
13 (4/13-4/19)	Emerging topics in mental health	Quiz # 4
14 (4/20-4/26)	WORK ON Final Projects	Final project outline due.
15 (4/27-5/1)	SHORT WEEK Final Project Presentations	Submit Peer Reviews and Educational Reflection Write-Up (DUE 5/1)

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.

There is NO a final exam in this class.

FINAL PRESENTATION SHOWCASE will occur Week 15. You will select 4 peer videos to review. Peer reviews are due Friday, 5/1.

Your Educational Reflection Write-Up is due Friday, 5/1.