

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: MEN 101

Credits: 3

Course Title: Mental Health Skill Training I

Course Description: Develops skills necessary to function as a mental health worker, with emphasis on guided practice in counseling skills as well as improved self-awareness. Includes training in problem-solving, goal-setting, and implementation of appropriate strategies and evaluation techniques relating to interaction involving a variety of client needs. Part I of II. Lecture 3 hours per week.

General Course Purpose: This course can be used to satisfy the requirements of the Human Services AAS degree by the college. In addition to human services majors, this course offers students in other disciplines an opportunity to explore and study mental health diagnoses, treatment, practice, and resources.

Course Prerequisites and Co-requisites:

None

Student Learning Outcomes:

Upon completing the course, the student will be able to

- a. Discuss mental health and wellness;
- b. Analyze case studies and apply the suggested principles and premise to the process applied;
- c. Articulate the difference between neuroses and psychoses; and
- d. Describe the various treatment approaches applied in mental health practice.

Major Topics to Be Included:

- a. Mental Health Prevention and Wellness
- b. Community-based Mental Health Services
- c. Utilizing the Diagnostic Statistical Manual (DSM) in Mental Health Diagnosis
- d. Psychotropic Medications and Mental Illness
- e. Counseling as an approach in mental health

Date Created/Updated (Month, Day, and Year): January 31, 2019