

# **UNIVERSITY OF ALASKA FAIRBANKS**

## *Social Work Department*

**COURSE TITLE:** Mental Health and Social Work Practice  
**COURSE NUMBER:** SWK 484 – F71  
**CREDIT HOURS:** 3.0 credits  
**PREREQUISITES:** SWK 103 or Special Permission  
**CLASS MEETS:** Summer Session II, 2019  
Tuesday/Thursday 2:00pm – 4:30pm  
**DELIVERY METHOD:** Distance Delivered via Zoom. Information to be provided.  
**INSTRUCTOR:** Christina Ireton, LMSW  
**E-MAIL:** [cmireton@alaska.edu](mailto:cmireton@alaska.edu)  
**PHONE:** (907) 474-6513  
**FAX:** (907) 474-6085  
**OFFICE HOURS:** By appointment  
**OFFICE LOCATION:** UAF Campus, Gruening 614A

### **Course Description**

This course will explore the history and treatment of individuals with mental health disorders in the United States (U.S.). There will be an emphasis on preparing students to provide case management and assessment services to people with mental health disorders. Students will be provided an overview of the unique challenges faced by social workers working with this population. Throughout the course students will strengthen their awareness of social work generalist practice knowledge, values, and skills through the use of social work theory and practice, specifically the ecological systems perspective with its emphasis on the bio-psycho-social, spiritual and cultural aspects and the generalist problem solving method practiced through a strengths perspective.

In particular, students will become aware of:

- The history of mental health disorders and treatment, including deinstitutionalization and the traditional medical model used, as well as an introduction to the wellness model.
- An overview of basic symptoms of common mental health disorders and ways in which social workers can safely intervene.
- An overview of assessment models and how to complete a biopsychosocial assessment.
- Societal views of mental health and its portrayal in the media. Students will be expected to explore and reflect on their personal assumptions about people with mental health disorders to be able to better serve these unique populations. Student will understand the impacts of stigma surrounding mental health in the U.S.
- The mental health strengths and needs of diverse groups, specifically Alaska Native/Native Americans, as well as how life situations affect symptoms of mental health disorders and access to services.
- The unique case management needs in working with people with mental health disorders and best practices in providing case management services.

## **Course Goals/Learning Outcomes (CSWE Competencies & Practice Behaviors)**

### ***Competency 1: Demonstrate Ethical and Professional Behavior***

- 1.1 Student will make ethical decisions by applying the standards of the NASW Code of Ethics, relevant laws and regulations, models for ethical decision-making, ethical conduct of research, and additional codes of ethics as appropriate to context;
- 1.2 Student will use reflection and self-regulation to manage personal values and maintain professionalism in practice situations;
- 1.3 Student will demonstrate professional demeanor in behavior; appearance; and oral, written, and electronic communication;
- 1.4 Student will use technology ethically and appropriately to facilitate practice outcomes;

### ***Competency 2: Engage Diversity and Difference in Practice***

- 2.1 Student will apply and communicate understanding of the importance of diversity and difference in shaping life experiences in practice at the micro, mezzo, and macro levels;
- 2.2 Student will present themselves as learners and engage clients and constituencies as experts of their own experiences; and
- 2.3 Student will apply self-awareness and self-regulation to manage the influence of personal biases and values in working with diverse clients and constituencies

### ***Competency 4: Engage In Practice-informed Research and Research-informed Practice***

- 4.1 Student will use practice experience and theory to inform scientific inquiry and research;
- 4.2 Student will apply critical thinking to engage in analysis of quantitative and qualitative research methods and research findings; and
- 4.3 Student will use and translate research evidence to inform and improve practice, policy, and service delivery.

### ***Competency 7: Assess Individuals, Families, Groups, Organizations, and Communities***

- 7.1 Students will collect and organize data, and apply critical thinking to interpret information from clients and constituencies;
- 7.2 Students will apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks in the analysis of assessment data from clients and constituencies;

## **Course Readings/Materials**

### **Required Textbooks:**

Anderson, et. Al (2013). *Mental Health Case Management: A Practical Guide*. Thousand Oaks, CA: Sage Publications.

### **Recommended:**

*Publication manual of the American Psychological Association*. (2010). Washington, DC: American Psychological Association.

### **Accessible Online:**

Other readings provided by instructor. Students are **required** to access videos online.

## Instructional Methods

Class will be delivered through a variety of methods. Students are expected to complete asynchronous work prior to class meetings so that they can be prepared to actively participate. Students are expected to complete any work that is in place of class meeting time by the due date. Classes will consist of lecture, discussion, films, and student breakout sessions. Internet with streaming capabilities is required for this course.

## Required Technology Use and Guidelines

*Students will be required to use email, Blackboard, Google Drive, Zoom and access videos and other media available on websites.* If you are unfamiliar with searching and using the Web or do not have access please inform the instructor before the first week of class. Students are also responsible for informing the instructor of any changes in e-mail/phone number from that listed in the University's UA Online. Use of your @alaska.edu email address is preferred.

### Zoom Platform and Required Equipment

Zoom will be the platform used for this course. We understand that using the Zoom platform can sometimes be difficult or not possible in rural areas. If this is the situation for you, inform your instructor before or during the first week of class that you will only be able to use the phone call in option. If bandwidth and internet access are not an issue for you, you are expected to be utilizing the online platform for Zoom and can choose between phone or computer for your audio option. Technology issues are not an excuse for missing class or turning in assignments late.

A camera and headphones with a microphone are a **requirement** for this course. Headphones help to minimize feedback, background noise and eliminate noise distractions. You are expected to have a camera available on the device you are using Zoom on (laptop, desktop, tablet, phone, etc.). Headphones with a built-in microphone can be purchased at most local stores, online or through the bookstore as it will be indicated as required for your course. If you need assistance finding one, please reach out to the instructor prior to the beginning of the semester. If you use the call-in audio only option, you are still expected to utilize a headset that has a microphone.

### Zoom Online Classroom Etiquette/Expectations

- Students are expected to arrive in class, on time. Students who arrive tardy should not interrupt class to announce they have arrived, rather send a message to the professor on Zoom or wait for a break to do so.
- Students should work to keep distractions to a minimum for both themselves and their classmates. You are encouraged to find a quiet, private space to log into and participate in class.
- Students are expected to actively participate in class, including in assigned breakout sessions. This is an important part of your learning, including learning from your fellow classmates. In addition, instructors are able to see if a student has minimized his/her Zoom screens and are no longer actively participating in class. If you are called on in class and do not answer, it will be assumed you are not actively participating and can lose attendance points for the day.
- Please utilize the **“raise hand”** feature on Zoom when you have questions, rather than

interrupting class. You are encouraged to ask questions by “raising your hand” rather than only using the chat box feature, which the instructor cannot always keep up with during a lecture. Note that private chats between students can be both view by and disabled by your instructor.

- **Dress Code.** Please keep in mind that you are on camera, and should dress appropriately as if you were in person in class.

### **Google Drive**

Students will be provided a link to a shared Google Drive folder with all materials for the course available in it. This includes the syllabus, classroom policies, assignment descriptions/grading rubrics, additional readings, forms, and other documents needed for the course.

### **Blackboard**

Students should familiarize themselves with this course on Blackboard. Announcements will be posted through Blackboard. It is the student’s responsibility to keep up with announcements and changes in class. All assignments are to be submitted through Blackboard and will not be accepted by email unless previously agreed upon.

### **Kanopy**

Students will be required to access Kanopy from time to time to view films needed to complete assignments. To access Kanopy, go to [www.kanopy.com](http://www.kanopy.com) (or follow link for the film provided). All UAF students have access to Kanopy using your UA ID login and password. Students should plan ahead to complete film assignments. This may mean that you will need to access video streaming on-campus, at the library or another community resource where you can access the internet.

## **Course Policies**

### **Attendance, tardiness, and participation**

Besides credit toward the final grade, it is to the student’s benefit to attend class since much learning about course material occurs during the class times from discussing experiences, readings, and knowledge gleaned from in-class exercises. Attendance will be taken at the beginning of each class, and calculated in the final grade. **ALL absences are treated the same, regardless of the reasoning.** Frequent tardiness, failure to complete given online assignments that are in place of or in addition to class meetings, and lack of participation will impact your attendance grade, and is at the professors discretion in regards to points off. Grading is as follows:

- Students who miss 0-2 classes will receive the full 100 points
- Students who miss 3-4 classes will receive 75 points,
- Students who miss 5 or more classes will receive 0 attendance points.
- Two tardies (10+ minutes late or continued tardiness of less than) = one absence
- Failure to complete an assignment that is in place of class = absence for that class
- Lack of participation in class will result in a loss of attendance points at the instructor’s discretion.

Announcements regarding any changes, upcoming activities or how the class will proceed are made right after attendance is taken. Students who come in late may not be briefed on these announcements. It will become the student's responsibility to find out from a classmate any missed information.

### **Written Assignments and Expectations**

***All papers are required to be written in APA format unless otherwise directed.*** All written assignments should be typed, with no greater than 12-point font double-spaced with a cover page, running head, headings, and page numbers. In addition to content and demonstration of critical thinking, papers are graded on overall presentation including syntax, grammar, spelling & proper APA citation. Wikipedia, blogs, and generic websites are not valid resources to cite. It is the students' responsibility to access help for using APA format. This could mean using resources online, or scheduling a time with any of the faculty to get assistance. Please seek help if you need it! You WILL be deducted points for incorrect APA format and reported for plagiarism if you fail to cite your sources, including a reference page. **Unless otherwise directed, assignments will be submitted into Blackboard. It is the student's responsibility to ALWAYS keep a copy of their work in case items are lost in the submission process.**

### **Late Papers and Missing Deadlines**

Plan now for meeting deadlines, including rewriting and time for getting questions answered. If a student is not able to turn an assignment in on time, the student must contact the instructor one week before the deadline, with these guidelines:

- If turned in late with instructor knowledge and approval one week in advance, there will be a deduction of 10% for each day it is late.
- If turned in late without prior discussion, there will be a 50% grade deduction.
- The instructor reserves the right to not accept late assignments.

### **Academic Integrity**

As described by UAF, scholastic dishonesty constitutes a violation of the university rules and regulations and is punishable according to the procedures outlined by UAF. Scholastic dishonesty includes, but is not limited to, cheating on an exam, plagiarism, and collusion. Cheating includes providing answers to or taking answers from another student. Plagiarism includes use of another author's words or arguments without attribution as well as copying in whole or in part from websites, articles, books, handouts, pamphlets, etc. If you have questions about what constitutes plagiarism or how to cite the work of others in your papers, please ask. Collusion includes unauthorized collaboration with another person in preparing written work for fulfillment of any course requirement. Scholastic dishonesty is punishable by removal from the course and a grade of "F." For more information, see the Code of Conduct:

[http://www.uaf.edu/catalog/catalog\\_08-09/academics/regs3.html#Student\\_Conduct](http://www.uaf.edu/catalog/catalog_08-09/academics/regs3.html#Student_Conduct)

### **Incompletes, Withdrawals and No Basis Grades**

If a student is unable to complete or attend this class on a regular basis, there are several possibilities for the final grade. Students are able to withdraw (W) from the course up until mid-semester. Please review the UAF Academic Calendar for these dates. If students do not withdraw, but have not both (1) attended more than 75% of the classes AND (2) submitted 75% of the coursework, students will earn a No Basis (NB) grade.

In order to receive an incomplete (I) for this course, students must have (1) completed 75% of the required work for the course, (2) attended 75% of classes, and (3) have a written plan with a timeline conveyed to the instructor and approved by said instructor prior to the end of the semester. **Allowing incompletes is entirely at the discretion of the instructor. Please refer to the Academic Calendar for semester deadlines:** <https://catalog.uaf.edu/calendar/>

### Course Calendar

Note: This is a tentative schedule. Students are responsible for keeping informed of changes and will not be updated by the instructor if they are tardy or miss class.

Week	Topics	Readings and Activities for Class/ Assignments Due
Week 1 Tuesday 7/2	Overview of Course History of Mental Health Deinstitutionalization	To be assigned
Week 1 Thursday 7/4	<b>Holiday – No Class</b>	
Week 2 Tuesday 7/9	Society, Culture, Policies	To be assigned
Week 2 Thursday 7/11	Society, Culture, Policies Criminalization	To be assigned
Week 3 Tuesday 7/16	Etiology of Mental Health Diagnosis Overview	To be assigned
Week 3 Thursday 7/18	Cont. Diagnosis Overview Assessment: Medical Model of Care versus Biopsychosocial	To be assigned
Week 4 Tuesday 7/23	Case Management	To be assigned
Week 4 Thursday 7/25	Case Management	To be assigned
Week 5	Indigenous Mental Health	To be assigned

Tuesday 7/30	Guest Lecturer	
Week 5 Thursday 8/1	Indigenous Mental Health Guest Lecturer	To be assigned
Week 6 Tuesday 8/6	Community Approaches The Recovery Model Peer Support Model	To be assigned
Week 6 Thursday 8/8	Community Resources Resource Guide Presentations	To be assigned

### Evaluation

- 1. Attendance and Participation (100 points).** Attendance and Participation in class is an essential component of the course. See the attendance policy on page 4 for details.
- 2. Discussion Board (50 points).** Weekly discussion board posts will be assigned beginning in Week 2. These will be related to assigned readings, films, clips and/or podcasts. See Google Drive and Blackboard for details.
- 3. Stigma Paper (100 points).** Choose a film or television episode that involves mental health from the list provided. You will write a 3-4 page paper in APA format with at least 2 references with your reaction to the film, specifically its portrayal of mental health. See Google Drive for details.
- 4. Biopsychosocial Assessment (100 points).** *Assignment details are subject to change before the start of the semester.* Choose a film or a book from the list provided. As you watch/read, focus on a specific character (usually the main character). You will complete a biopsychosocial assessment based on this character. See Google Drive for details.
- 5. Mental Health Resource Guide. This will serve as your final (150 points).** Choose a mental health diagnosis that is of interest to you. You will complete an overview of the diagnosis and a resource guide that would benefit the community, a person with a mental health disorder, and/or their family/friends. You will then complete a 5 – 7 minute presentation in class. See Google Drive for details.

### Assignment Points Summary

Assignment	Pts Possible	Due Dates
Attendance and Participation	100	Ongoing
Discussion Board Posts	50	Weekly, due Tuesdays
Stigma Paper	100	Thursday, 7/25 by 11:59pm
Biopsychosocial Assessment	100	Thursday, 8/1 by 11:59pm
Mental Health Resource Guide (final)	150	Tuesday 8/6 by 11:59pm Present Thursday 8/8 in class
<b>TOTAL</b>	<b>500</b>	

**Grading scale:**

<b>Points earned</b>	<b>Grade received</b>
500 – 450	A
449 – 400	B
399 – 350	C
349 – 300	D
299 and below	F

**\*\*Social work majors are required to earn a “C-” or better in this class.\*\***

**Student Support Services (SSS)****Support Services**

For students with disabilities or whose parents did not attend college and do not have incomes above \$28,000, the Student Support Services offers a range of types of assistance. These include: Free tutorial services, Small study groups, Academic advising, mentoring and personal support, Direct financial assistance to qualified Pell Grant recipients, Use of laptop computers, labs, and other technology resources, and Cultural and social engagement. The Student Support Services tutoring center is 510A Gruening. Call 474-6844 for tutoring schedules and appointments.

**Writing Center**

If you need help with writing skills, the UAF Writing Center is equipped to assist students on campus and at a distance. The Center is located 801 Gruening Bldg. The contact number is 1-907- 474-5314, or fax 1-800-478-5246. Distance students are able to fax their papers to the writing center, and then make an appointment to meet via phone with a writing center staff member.

**Library Access**

Students may access the book, journal, and electronic database holdings of the Rasmuson Library on-campus or through distance technology. All students are given a student ID and password that enables them to access full-text and journal articles and other resources online. Access to the library is available at [www.uaf.edu/academics/libraries.html](http://www.uaf.edu/academics/libraries.html), or call 1-907-474-7481 for assistance from a librarian.

- ***The Distance Librarian.*** The UAF library staffs a full time librarian to assist students outside of the Fairbanks area. The distance librarian is available to research specific items, to assist students in the research process, and is available to assist with interlibrary loans. Students can contact the distance librarian by emailing [fyddl@uaf.edu](mailto:fyddl@uaf.edu) or by phoning 1-800-478-5348.

**UAF Help Desk (OIT)**

Students are able to receive technical support related to university email, the Blackboard on-line course delivery system, and other UAF related technology issues by contacting the UAF Helpdesk at 474-8300 or 1-800-478-4667.

**Computer Labs**

For students who need access to computers on-campus, there are student access computer labs available in Bunnell Building, Room 319, the MBS Complex, room 110, and Rasmuson Library, room 404. The latter two labs are open 24 hours a day.

**Disabilities Services**

The Office of Disability Services (ODS 474-7043) implements the Americans with Disabilities Act (ADA), and insures that UAF students have equal access to the campus and course materials. Through ODS, the instructor will make every effort to accommodate students with disabilities. It is the student's responsibility to contact the instructor early in the semester to discuss what is needed. The on campus location of ODS is 203 Whitaker Building.

[www.uaf.edu/chc/Disability.htm](http://www.uaf.edu/chc/Disability.htm)

**Title IX Protection**

University of Alaska Board of Regents have clearly stated in BOR Policy that discrimination, harassment and violence will not be tolerated on any campus of the University of Alaska. If you believe you are experiencing discrimination or any form of harassment including sexual harassment/misconduct/assault, you are encouraged to report that behavior. If you report to a faculty member or any university employee, they must notify the UAF Title IX Coordinator about the basic facts of the incident.

Your choices for reporting include:

1. You may access confidential counseling by contacting the UAF Health & Counseling Center at 474-7043;
2. You may access support and file a Title IX report by contacting the UAF Title IX Coordinator at 474-6600;
3. You may file a criminal complaint by contacting the University Police Department at 474-7721.

**Student protections and services statement**

Every qualified student is welcome in my classroom. As needed, I am happy to work with you, disability services, veterans' services, rural student services, etc to find reasonable accommodations. Students at this university are protected against sexual harassment and discrimination (Title IX), and minors have additional protections. As required, if I notice or am informed of certain types of misconduct, then I am required to report it to the appropriate authorities. For more information on your rights as a student and the resources available to you to resolve problems, please go the following site: [www.uaf.edu/handbook/](http://www.uaf.edu/handbook/)