DIVISION: Kinesiology, Health and Sport Studies (KHS)

PROGRAM AREA: Health Education (H.E.)

WEB SITE: www.kinesiology.wayne.edu

COURSE: H.E. 5440 Mental Health and Substance Abuse, #29125

COURSE CREDIT: 3 hours

TERM/YEAR: Winter, 2014

COURSE LOCATION: 117 Macomb Center

TIME: 4:30 – 7:15 Tuesday

INSTRUCTOR: Steven Singleton

OFFICE: 248 Education Building
        263 Matthaei (Location of Mailbox)

OFFICE HOURS: Available before class and after class
               and by appointment

TELEPHONE: (313) 577-7544

COURSE DESCRIPTION: This course will cover the identification, treatment and prevention of mental health and substance abuse problems. Considerable attention will be given to how school-age children and their families are affected by these problems.

COURSE OUTCOMES: By the end of the course, the student will be able to:

1. Describe social controversies concerning definition and assessment of mental disorders.

2. Describe major theoretical approaches which explain personality and emotional development.

3. Describe mental disorders (and their symptoms) which affect school-age children.

4. Explain the major effects of stress as well as effective stress management techniques.

5. Explain how biochemical and environmental factors interact in the etiology and persistence of mental health problems.

6. Explain the benefits and risks of administering medication to treat mental health problems.
7. Describe the role of the teacher in identifying and referring for counseling students with emotional problems (e.g. depression).

8. Describe the essential elements of a school-based mental health program.

9. Describe the role of emotional problems in the etiology of substance abuse.

10. Demonstrate understanding of the physical and psychological effects of psychoactive substances.

11. Describe patterns of drug use/dependence in various populations (e.g. age, ethnic groups).


13. Describe current controversies concerning school policies concerning alcohol and other drug use.

14. Describe the objectives and methods of drug education programs.

15. Demonstrate understanding of how to assess the effectiveness of drug prevention programs.

16. Describe interrelationships between community and school programs which address mental health and substance abuse problems.

TEXT:


ASSIGNMENTS/EVALUATION:

1. Two exams. The first exam will be in-class and the last will be a combination of take-home and in-class essays. Each exam will count 1/3 of the final mark.

2. A summary/analysis of Emotional Intelligence, 1/3 of final mark.

3. Attendance is required. Each absence beyond one will result in the loss of two points from the final course average.

4. Participation in class is important and will substantially influence borderline-grade students.

GRADING: Grades will be computed on a straight scale:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>92 - 100%</td>
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<tr>
<td>A-</td>
<td>90 - 91%</td>
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<tr>
<td>B+</td>
<td>88 - 89%</td>
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<tr>
<td>B</td>
<td>83 - 87%</td>
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<tr>
<td>B-</td>
<td>80 - 82%</td>
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<tr>
<td>C+</td>
<td>78 - 79%</td>
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<tr>
<td>C</td>
<td>73 - 77%</td>
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<tr>
<td>C-</td>
<td>70 - 72%</td>
</tr>
<tr>
<td>D+</td>
<td>68 - 69%</td>
</tr>
<tr>
<td>D</td>
<td>63 - 67%</td>
</tr>
<tr>
<td>D-</td>
<td>60 - 62%</td>
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<tr>
<td>F</td>
<td>&lt;60%</td>
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TOPIC OUTLINE: 1. Definition and assessment of mental health and mental
disorders.


4. Physical and psychological effects of psychoactive substances


6. Substance abuse in children: etiology and prevention

University Policies and Student Handbook: As a student at Wayne State University, you are required to know the policies described in the Student Bulletin. My policies in this course are guided by the policies described in the student handbook. You may access the WSU Student Bulletin at: http://www.bulletins.wayne.edu/ubk-output/index.html

Withdrawal Policy: Students must add classes no later than the end of the first week of classes. This includes online classes. Students may continue to drop classes (with full tuition cancellation) through the first two weeks of the term.

Students who withdraw from a course after the end of the 4th week of class will receive a grade of WP, WF, or WN.

WP will be awarded if the student is passing the course (based on work due to date) at the time the withdrawal is requested.

WF will be awarded if the student is failing the course (based on work due to date) at the time the withdrawal is requested.

WN will be awarded if no materials have been submitted, and so there is no basis for a grade.

Students must submit their withdrawal request on-line through Pipeline. The faculty member must approve the withdrawal request before it becomes final, and students should continue to attend class until they receive notification via email that the withdrawal has been approved. Withdrawals can be requested at any point from the fifth week of class through the tenth week of classes (Saturday, March 22, 2014).

Academic Dishonesty: Academic dishonesty of any type will not be tolerated. (See WSU Student Code of Conduct). Students are responsible for knowing what constitutes academic dishonesty. If there is any question, it is better to ask me for an opinion in advance. Examples of academic dishonesty include, but are not limited to, giving or receiving aid during an exam (i.e. cheating), giving or receiving unauthorized information prior to an exam regarding the content of that exam, stealing a copy of the exam, having another student assist you during an on-line exam, deceiving the professor by representing the work of another as your own, plagiarizing the words or ideas of another person, submitting the same written work to fulfill the requirements of more than one course. Should cases of academic dishonesty be found, I reserve the right to impose the following sanctions:

Assign the student an “F” for the assignment, project, paper, or exam in question.
Assign the student an “F” for the entire course.
Recommend the student be placed on probation or suspended for a period of time.
Recommend that the student be expelled from the university (repeated offenses.)

Anyone with specific questions regarding academic misbehavior should consult the source document at http://www.doso.wayne.edu/codeofconduct.pdf or http://www.doso.wayne.edu/judicial/academic-integrity.htm
**Plagiarism:** Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. If you're in doubt about the use of a source, cite it. Students caught plagiarizing information from other sources will receive a failing grade in the course. University policy states that students can be subject to multiple sanctions, from reprimand to expulsion as a consequence of academic dishonesty. To enforce this policy, all outside references must be submitted with assignments.

**Accommodations for students:** In accordance with university policy, if you have a documented disability and require accommodations to obtain equal access in this course, or are a student athlete and need accommodations, please contact the instructor at the beginning of the semester or when given an assignment for which an accommodation is required.

**Attention Students with Disabilities:** If you have a documented disability that requires accommodations, you will need to register with Student Disability Services (SDS) for coordination of your academic accommodations. The Student Disability Services (SDS) office is located at 1600 David Adamany Undergraduate Library in the Student Academic Success Services department. SDS telephone number is 313-577-1851 or 313-577-3365 (TDD only). Once you have your accommodations in place, I will be glad to meet with you privately during my office hours to discuss your special needs. Student Disability Services’ mission is to assist the university in creating an accessible community where students with disabilities have an equal opportunity to fully participate in their educational experience at Wayne State University.

Please be aware that a delay in getting SDS accommodation letters for the current semester may hinder the availability or facilitation of those accommodations in a timely manner. Therefore, it is in your best interest to get your accommodation letters as early in the semester as possible.

**Religious Observance Policy:** Because of the extraordinary variety of religious affiliations represented in the University student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is University policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.
<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Readings</th>
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<tbody>
<tr>
<td>1</td>
<td>Course Introduction/Definition of Mental Health and Illness</td>
<td>Chapter 1 (Text)</td>
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<tr>
<td>2/3</td>
<td>Mental Disorder Classifications/Mental Health Concepts</td>
<td>Chapter 2 (Text)</td>
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<td>Chapter 3 (pp 93-112)</td>
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<td>4</td>
<td>Theories of Mental Disorders</td>
<td>Chapter 9 (Text)</td>
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<td>5</td>
<td>Mental Health Videos</td>
<td>Chapter 10 (Text)</td>
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<td>6</td>
<td>A.D.H.D.</td>
<td>Chapter 4 (Text)</td>
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<td>7</td>
<td><strong>Midterm Exam</strong></td>
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<tr>
<td>8/9</td>
<td>Substance Abuse Concept/Alcohol Issues</td>
<td>Chapter 7 (Text)</td>
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<tr>
<td>10/11</td>
<td>Tobacco Issues</td>
<td>Chapter 5 (Text)</td>
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<tr>
<td>12/13</td>
<td>Depression Issues</td>
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<tr>
<td>14</td>
<td><strong>Take-Home Essays Due; In-class portion of Exam II</strong></td>
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