



Coastal Bend COLLEGE

Administrative Master Syllabus

Cover Sheet

Purpose: The Administrative Master Syllabus provides a general course description, defines the required elements of the course, and establishes a faculty-driven foundation for course assessment to ensure continuous improvement in student learning, irrespective of the course timeframe, or mode of course delivery.

Course Title: **Mental Health and Mental Illness**

Course Prefix and Number: **VNSG 1201**

THECB Approval Number (10 digit): **5139010000**

Department: **Vocational Nursing** Division: **Nursing and Allied Health**

Course Type: (check only one)

Academic General Education Course (From ACGM but not a CBC Core Course)

Academic CBC Core Course

WECM Course (Special Topics or Unique Needs Course: Y or N)

Weekly Contact Hours (Lecture – Lab – External): **2** - **0** - **0**

Course Catalog Description:

Personality development, human needs, common mental mechanisms, and factors influencing mental health and mental illness. Includes common mental disorders and related therapy.

Prerequisites/Co-requisites:

Prerequisite: Successful completion of all nursing courses with a grade of “C” or better from previous semesters.

Co-requisites: VNSG 2462 or VNSG 2366

Approval: The contents of this document have been reviewed and are found to be accurate.

Prepared by (Content Expert): **Loana Hernandez** Digitally signed by Loana Hernandez
Date: 2022.10.26 16:13:54 -05'00'

Reviewed by Director or Coordinator: **Loana Hernandez** Digitally signed by Loana Hernandez
Date: 2022.10.26 16:14:13 -05'00'

Approved by Dean of CTE or NAH or TGE: **Loana Hernandez** Digitally signed by Loana Hernandez
Date: 2022.10.26 16:14:46 -05'00'

Revised 8/11/2021



Coastal Bend COLLEGE

Master Course Syllabus

Course Name: VNSG 1201 Mental Health and Mental Illness

Course Description: Personality development, human needs, common mental mechanisms, and factors influencing mental health and mental illness. Includes common mental disorders and related therapy.

Semester Hour Credit: 2

Lecture Hrs. per Week/Lab Hrs. per Week/External Hrs. per Week: 2/0/0

Curriculum Capacity:

Face-to-Face Lab -
Online Lab -
Face-to-Face Lecture - 30
Online - 30
Virtual Face-to-Face
Interactive video (multi-locations)
Hybrid - 30
Clinical

Recommended enrollment threshold:

Face-to-Face Lab -
Online Lab -
Face-to-Face Lecture - 15
Online - 15
Virtual Face-to-Face
Interactive video (multi-locations)
Hybrid - 15
Clinical

Textbook and/or other major required readings:

Title: Foundations of Mental Health Care

Author: Morrison-Valfre

Publisher: Elsevier

Edition: 7th

ISBN: 9780323661829

Other Resources: Assessment Technologies Institute, LLC retrieved from www.atitesting.com.

The Student Learning Outcomes for the course are the same regardless of modality or location.

**Course Outcomes
(WECM or LDACGM)**

1. Identify the characteristics of mental health.
2. Identify common mental illness and maladaptive behaviors.
3. Describe trends in psychotherapeutic treatment.
4. Discuss the application of therapeutic communication skills.
5. Assist in the formulation of a plan of care for the individual with mental illness or maladaptive behavior.

The following general education course competencies (TGE) or Marketable SCAN Skills (CTE/NAH) are addressed in this course: General education course competencies (TGE) or Marketable SCAN Skills (CTE/NAH) assessed are indicated with an asterisk *.

- Active Listening — Giving full attention to what other people are saying, taking time to understand the points being made, asking questions as appropriate, and not interrupting at inappropriate times.
- Speaking — Talking to others to convey information effectively.
- Critical Thinking — Using logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems.
- Reading Comprehension — Understanding written sentences and paragraphs in work-related documents.
- Complex Problem Solving — Identifying complex problems and reviewing related information to develop and evaluate options and implement solutions.
- Writing — Communicating effectively in writing as appropriate for the needs of the audience.
- Instructing — Teaching others how to do something.

The following program student learning outcome are assessed for this course:

- Assist in determining the physical and mental health status, needs, and preferences influenced by culture, spirituality, ethnicity, identity, and social diversity of patients and their families, and in interpreting health-related data based on knowledge derived from the vocational nursing program of study.
- Report data to assist in the identification of problems and formulation of goals/outcomes and patient-centered plans of care in collaboration with patients, their families, and the interdisciplinary health care team.
- Provide safe, compassionate, basic nursing care to assigned patients with predictable health care needs through a supervised, directed scope of practice.

Evaluation Methods:

Assignments
Content exams
Final Comprehensive Exam

Course Grading: Please see individualized instructor policies for course evaluation methods. Students will be assessed on the same measure across each discipline as per CBC guidelines.

Major Course Assignments and/or exams counting for at least 10% of a final course grade:

Content Exams
ATI Content Mastery Exam
Final Comprehensive Exam

Grade Scale:

A = 90-100
B = 80-89
C = 75-79
D = 70-74
F = Below 70
Students must achieve a grade of 75 or better to pass this course.

Course Subject Matter Outline:

History of Mental Health Care
Current Mental Health Care Systems
Ethical and Legal Issues
Sociocultural Issues
Theories and Therapies
Complementary and Alt Therapies
Psychotherapeutic Drug Therapy
Principals and Skills of Mental Health Care
Mental Health Assessments Skills
Therapeutic Communication
The Therapeutic Relationship
The Therapeutic Environment
Problems of Childhood
Problems of Adolescence
Problems of Adulthood
Problems of Late Adulthood
Cognitive Impairment, Alzheimer's Dis, & Dem.
Managing Anxiety
Depression & Other Mood Disorders
Physical Problems and Psycho. Sources
Eating and Sleeping Disorders

Dissociative Disorders
Anger and Aggression
Outward-Focused Emotions: Violence
Inward-Focused Emotions: Suicide
Substance Related Disorders
Sexual Disorders
Personality Disorders
Schizophrenia & other Psychoses
Illness and Hospitalization
Loss and Grief
Chronic Mental Health Disorders
Challenges for the Future

Additional Course Requirements:

Prerequisite: Successful completion of all nursing courses with a grade of “C” or better from previous semesters.
Co-requisites: VNSG 2462 or VNSG 2366

Class Attendance and Classroom Conduct Policies

Attendance Policy: Please see individualized instructor policies for attendance, which is pursuant to any related policy as outlined by the college handbook, financial aid agreements, or any other college related understanding (e.g., athletics, organizations).

Telephone Support: Toll Free: 866-722-2838 or Direct Line: 361-354-2508

I.T. Support Blackboard

<http://coastalbend.edu/it/>

IT Help Desk
1-361-354-2508

helpdesk@coastalbend.edu

Live Chat: Fall/Spring Hours: Monday - Thursday from 8 a.m. to 5 p.m. Summer Hours: Monday – Thursday from 7 a.m. to 6 p.m.

Tutoring Services: Coastal Bend College is committed to the academic success of all students enrolled at the college. A variety of services, including academic support, individual tutoring sessions, group tutoring sessions, and online tutoring, are available to students depending on the availability of tutors for the subject matter requested. All tutoring is provided at no cost to current CBC students who are currently enrolled at CBC. On-demand tutoring services are accessible 24 hours a day, seven days a week through the TutorMe platform, which may be accessed through your Blackboard account. To request a tutor, please complete the online tutor request form found at <http://www.coastalbend.edu/tutoring/> to submit your request. If you have any questions about tutoring programs, you can contact to tutoring@coastalbend.edu.

Revised 2021-2022

Beeville	Alice	Kingsville	Pleasanton
3800 Charco Road Beeville, TX 78102 1-866-722-2838	704 Coyote Trail Alice, TX 78332 1-866-891-2981	1814 Brahma Blvd. Kingsville, TX 78363 1-866-262-1615	1411 Bensdale Pleasanton, TX 78064 1-866-361-4222

Grady C. Hogue Learning Resource Center (Library): Located on the Beeville campus, the operation hours are Monday - Friday from 8:00 a.m. to 5:00 p.m.

(Summer semesters will observe the CBC campus operation hours) For locations and hours of the CBC library in Alice, Kingsville, and Pleasanton sites please visit the library web page link below.

Grady C. Hogue Learning Resource Center (Library): <http://lrc.coastalbend.edu/about>

Financial Aid: Resources are available for students for financial aid, work study, and veteran benefits. For additional information, visit our website at <http://coastalbend.edu/finaid> or contact us at 361-354-2238. Office hours: Monday - Friday from 8:00 a.m. to 5:00 p.m.

ADA Statement: No qualified individual with a disability shall, by reason of such disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the College District, or be subjected to discrimination by the College District. Nor shall the College District exclude or otherwise deny equal services, programs, or activities to an individual because of the known disability of an individual with whom the individual is known to have a relationship or association. 42 U.S.C. 12132; 28 CFR 35.130(g). See at: [GA \(Legal\)](#)

Students with Disabilities: Please notify your instructor of any modification/adaptation you may require to accommodate a disability-related need. You will need to provide documentation to the Director of Accessibility Services so the most appropriate accommodations can be determined. Specialized services are available through the Office of Accessibility Services (OAS) (SSB 4.104, 471-6259). For more information, please email oas@coastalbend.edu.

Scholastic Dishonesty: Each student is charged with notice and knowledge of the contents and provisions of Coastal Bend College's rules and regulations concerning student conduct. All students shall obey the law, show respect for properly constituted authority, and observe correct standards of conduct. Scholastic dishonesty shall constitute a violation of these rules and regulations and is punishable as prescribed by Coastal Bend College Policies FLB (Local) and FM (Local). Scholastic dishonesty shall include, but not be limited to, cheating on a test, plagiarism, and collusion. See at: [FLB \(Local\)](#) and [FM \(Local\)](#).

Use of E-mail for Official Correspondence to Students: All students should be familiar with the college's official email student notification policy. Students are expected to check their CBC email on a frequent and regular basis to stay current with college-related communications, recognizing that certain communications may be time-critical.

Copyright Law and Intellectual Property Rights Policy: Copyright is the right of an author, artist, composer or other creator of a work of authorship to control the use of his or her work by others. Protection extends to literary works, musical works, dramatic works, pantomimes and choreographic works, pictorial and graphic works, sculpture, motion pictures and other audiovisual works, sound recordings and architectural works. Generally speaking, a copyrighted work may not be reproduced by others without the copyright owner's permission. The public display or performance of copyrighted works is similarly restricted. Generally, the unauthorized reproduction, performance or distribution of a copyrighted work is copyright infringement and may subject the infringer to civil and criminal penalties. The Fair Use Doctrine outlines exceptions to this Law and is outlined in Coastal Bend College Policy, [CT \(Legal\)](#).

Coastal Bend College, its faculty, students and employees must comply with Copyright Law. Detailed information on Copyright Law and Intellectual Property Rights is available in Coastal Bend College Policy [CT \(Legal\)](#) and [CT \(Local\)](#).

Questions regarding this information should be directed to the Director of Library Services at: library@coastalbend.edu or the Office of Marketing and Public Relations at: socialmedia@coastalbend.edu.

Intellectual Property: Student /Third Party Works: Rights to copyrightable or patentable works created by a student or a third party, that is, not a College District employee, shall reside with the author/ creator. Detailed information on Copyright Law and Intellectual Property Rights is available in Coastal Bend College Policy [CT \(Legal\)](#) and [CT \(Local\)](#).

Questions regarding this information should be directed to the Director of Library Services at: library@coastalbend.edu or the Office of Marketing and Public Relations at: socialmedia@coastalbend.edu.

NOTE: The College website (<http://coastalbend.edu>) serves as the main source with the most current version of the Coastal Bend College Board Policies and the Coastal Bend College Catalog.

Student success is our number one priority at Coastal Bend College and we realize that prompt, effective communication (such as emails, assignment feedback, discussion boards and announcements) plays a significant role in achieving that goal. It is vitally important that you have the proper contact information for your instructor. This should include their phone number, email address, and if applicable, their office number, and office hours. **Faculty schedules can be located online at <http://coastalbend.edu/hb2504/>**

If you have any problems contacting your instructor, or do not receive a prompt response to your inquiries, please contact the Dean or Division Coordinator/Program Director as soon as possible. Their contact information is provided below:

Loana Hernandez, RN Dean of Nursing and Allied Health 361-664-2981 ext. 3037 lhernandez@coastalbend.edu	
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We wish you all the best in your education and encourage you to contact us if you have any questions or concerns.

Keeping student success in sight, faculty in each of the courses will review the course information, including specific reading schedules, assignments, and testing information, with students during the first week of class.

Additionally, the course information will be posted to Blackboard.

This master syllabus is subject to change due to unforeseen circumstances.