الصحة النفسية المجتمعية(BCLP2224)

الوصف العام للمساق:

يركز هذا المساق على نظرة المجتمعات للمرض النفسي أو الأمراض النفسية قديما وحديثا بنظرة متنوعة مختلفة كل عن الأخر، والاختلافات ناتجة عن اختلافات الثقافات والاعراف والتقاليد والديانات ومستوى التعليم في كل مجتمع.

أهداف المساق: يهدف هذا المساق إلى دراسة طريقة تنظيم التقاليد الثقافية والممارسات الاجتماعية وتحديدها وتحويلها للنفس البشرية وخاصة المرض النفسي

مخرجات المساق: في نهاية المساق سيكون الطالب قادرا على:

- القاء الضوء على جميع الثقافات المتباينة التي تحدد النظريات النفسية الأساسية.

- تبصير الافراد بالعوامل التي تؤثر على ثقافتهم وسلوكهم، خاصة بعد المعرفة بأن الثقافة والعقل لا ينفصلان.

أساليب التدريس:

• المحاضرة

• مناقشة صفية

• عمل مجموعات صغيرة

• عصف ذهني

التقييم:

أدوات التقييم العلامة

تقارير، واجب منزلي، تعيينات 20%

المشاركة 10%

اختبار نصفي 30%

امتحان نهائي 40%

الإجمالي 100%

المراجع:

Areej Hassan. (2015). Adolescent Mental Health: Connections to the Community. New York: Apple Academic Press, CRC

Geoffrey Nelson, Bret Kloos, Jose Ornelas. (2014). Community Psychology and Community Mental Health: Towards Transformative Change. New York: Oxford University Press.

Graham Thornicroft, Maya Semrau, Atalay Alem, Robert E. Drake, Hiroto Ito, Jair Mari, Peter McGeorge, R. Thara(auth.). (2011). Community Mental Health: Putting Policy into Practice Globally. New York: Wiley-Blackwell.

الصحة النفسية المجتمعية- تدريب (BCLP2125)

الوصف العام للمساق:

يركز هذا المساق على ممارسة عملية لمفهوم المرض النفسي أو الأمراض النفسية قديما وحديثا بنظرة مختلفة كل عن الأخر، واجراء الحوارات والنقاشات ما بين الطلب و المؤسسات المجتمعية وإبراز دورها في تغيير فكرة الناس عن الأمراض النفسية سواء في المدارس أو المساجد أو حتى في المؤسسات المجتمعية الغير حكومية، والتأكيد على دورها في ذلك.

أهداف المساق:

يكمن الهدف الرئيسي للصحة النفسية المجتمعية – تدريب الطلبة على معرفة دورهم في تصحيح فكرة المجتمع المدني ونظرته للمرض أو الأمراض النفسية .

مخرجات المساق: في نهاية المساق سيكون الطالب قادرا على:

- استخدام أنسب الوسائل والطرق التي يستخدمها الطالب لتصحيح نظرة المجتمع للمرض النفسي .

- اجراء أنسب الممارسات النفسية الصحية مع المريض النفسي بطرق مختلفة.

- توجيه أنظار الأفراد على اختلاف مستويات تفكيرهم الثقافي للعلاقة الوطيدة بين الصحة النفسية والصحة المجتمعية.

- الاسهام في مساعدة الأفراد على فهم النظريات النفسية المتأصلة في قابليتها للتطبيق في مجالي الصحة النفسة والصحة المجتمعية.

أساليب التدريس:

• المحاضرة

• مناقشة صفية

• عمل مجموعات صغيرة

• عصف ذهني

التقييم:

أدوات التقييم العلامة

تقارير، واجب منزلي، تعيينات 20%

المشاركة 10%

اختبار نصفي 30%

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Geoffrey Nelson, Bret Kloos, Jose Ornelas. (2014). Community Psychology and Community Mental Health: Towards Transformative Change. New York: Oxford University Press.

Graham Thornicroft, Maya Semrau, Atalay Alem, Robert E. Drake, Hiroto Ito, Jair Mari, Peter McGeorge, R. Thara(auth.). (2011). Community Mental Health: Putting Policy into Practice Globally. New York: Wiley-Blackwell.

**Course syllabus for Community Mental Health module**

|  |  |  |  |
| --- | --- | --- | --- |
| **No** | **Lecture Title** | **General Objectives** | **Note** |
| 1 | **Foundations of Mental Health and Illness** | * Define community, community mental health, mental health, and mental illness. * Explain five reasons for improving community mental health. * Explain the stigmas surrounding mental health and the reasons behind them. * Explain how community affects mental health. * Describe two types of communities. * List the five levels of community. * List the six elements of a community. | **Week 1** |
| 2 | **Fundamentals of Mental Illness** | * Explain the etiology of mental illness. * List and describe the types of mental illness. * List at least six manifestations of mental illness. * Describe the process of diagnosing mental illness. * Explain the methods that can be used to treat mental illness. | **Week 2** |
| 3 | **Culture and Mental Health** | * Define culture, ethnicity, and race. * Describe the beliefs about personalistic and naturalistic ethnomedical systems. * Explain the nature and extent of mental health disparities. * Describe at least six culture-bound mental health illnesses. * Describe promising directions toward the elimination of mental health disparities and the promotion of mental health. | **Week 3** |
| 4 | **Legal and Ethical Issues In  Community Mental Health** | * Describe the professional responsibilities in community health care. * Describe the meaning of accountability in community mental health. * Identify how ethical theories, rules, and principles interact in the decisions of community mental health professionals. * Discuss the application and role of ethical principles and potential conflicts in community mental health practice. * Discuss the rights of mental health patients in today’s healthcare environment. | **Week 4** |
| 5 | **The Mental Health Care System** | * Describe the de facto mental health service system and the four major components. * Compare, contrast, and describe the current mental health system in the United States. * Contrast the responsibilities of the federal, state, and local mental health system. * Discuss the impact of the New Freedom Act on the mental health system. * Define the types of mental health services that are available in the United States. | **Week 5** |
| 6 | **Children, Adolescents, and Mental Health** | * Explain at least four theories related to child and adolescent development. * Describe contributing factors to mental health problems among children and adolescents. * Describe the challenges associated with diagnosing mental illness among children and adolescents. * Explain several common mental health problems among children and adolescents and the related symptoms. | **Week 6** |
| 7 | **Adults and Mental Health** | * Explain the normal development process of adults and midlife crisis. * Describe protective and risk factors related to mental health problems among adults. * Explain several common mental health problems among adults and the related symptoms. | **Week 7** |
| 8 | **Older Adults and Mental Health** | * Describe the normal milestones of the aging process. * Describe the challenges associated with diagnosing and treating mental illness among older adults. * Describe contributing factors to mental health problems among older adults. * Explain several common mental health problems among older adults and the related symptoms. | **Week 8** |
| 9 | **Community Mental Health Problems: Environment** | * Discuss the effects of poverty, discrimination, and homelessness on mental health. * Explain how noise can lead to mental illness. * Discuss the effects of road rage on mental health. * Analyze the role of mental health professionals working with the homeless. * Analyze the link between poverty and mental illness. | **Week 9** |
| 10 | **Community Mental Health Problems: Substance Abuse** | * Differentiate between the terms substance abuse, addiction, tolerance, and dependence. * Explain the scope of the problem of alcohol and substance abuse on mental health. * Analyze the role of mental health professionals in working with substance abusers. * Examine the differences between drug categories of stimulants, marijuana, club drugs, heroin, anabolic steroids, and inhalants. * Define how community health professionals can assist with nicotine/smoking cessation. | **Week 10** |
| 11 | **Community Mental Health Problems: Violence** | * Describe the problem of violence in American communities. * Examine the predictors of child and elder abuse. * Identify the predictors and onset of sexual and intimate partner abuse. * Analyze the role of mental health professionals working with survivors of violence. * Define interventions to assist victims of violence. | **Week 11** |
| 12 | Prevention and Health **Promotion in Community Mental Health** | * List data sources for where community health information can be found. * List three criteria for conducting a community needs assessment and performing an evaluation. * Write an action plan based on the conclusions and recommendations that result from the community needs assessment process. * Define the three-tiered prevention classification system. * Identify and organize steps in program evaluation practice, as well as concepts that comprise each step. * Discuss primary, secondary, and tertiary prevention. * Define the components of the health promotion model. * List the components of a program evaluation. | **Week 12** |
| 13 | **A Vision for the Future** | * Identify the three obstacles to preventing mentally ill people from receiving excellent care outlined in the New Freedom Commission on Mental Health Report. * Identify the eight goals outlined in Mental Health: A Report of the Surgeon General. * Identify the six goals outlined in the New Freedom Commission on Mental Health Report. * Explain the recommendations to achieve those goals. * Explain how genetics and technology will influence the future of community mental health. | **Week 13** |

**Reference Textbook:**

Lois A Ritter and Shirley Lampkin (2011): Community Mental Health, Jonse &Bartlett Learning,LLC.

**Course Lecturer**

Mohanad omar hamdan