

## PSY460: Community-Based Mental Health Initiatives

### Department of Psychology

**Course Duration:** Fall 2022 - Winter 2023 (Full Year)

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#### Course Description:

This course involves designing and implementing a community mental health program, focusing on issues such as addiction, stress management, or youth counseling. Students will engage in project planning, stakeholder engagement, and program evaluation.

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#### Learning Goals:

1. **Program Development:** Develop a comprehensive mental health program tailored to a specific community need.
2. **Stakeholder Engagement:** Collaborate with community stakeholders to gather input and support for the program.
3. **Implementation Strategies:** Implement the mental health program effectively within the community.
4. **Evaluation & Reflection:** Assess the impact of the program and reflect on the overall process and outcomes.

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#### Course Schedule:

##### 1. Project Planning & Design

Week	Session	Activities	Submission	Due Date
1-2	Introduction & Group Formation	Overview of mental health initiatives, forming groups	Project Proposal Outline (10%)	September 15, 2022
3-5	Identifying Community Needs	Researching community needs and defining program goals	Needs Assessment Report (15%)	October 15, 2022
6-8	Program Design	Designing the program structure and components	Program Design Document (20%)	November 15, 2022

##### 2. Stakeholder Collaboration & Implementation Planning

Week	Session	Activities	Submission	Due Date
9-11	Stakeholder Engagement	Engaging with community stakeholders and gathering feedback	Stakeholder Feedback Summary (15%)	December 15, 2022
12-14	Implementation Planning	Developing a detailed implementation plan	Implementation Plan (20%)	January 31, 2023

##### 3. Program Execution & Monitoring

Week	Session	Activities	Submission	Due Date
15-17	Program Launch	Executing the mental health program	Mid-Implementation Report (10%)	February 28, 2023

Week Session	Activities	Submission	Due Date
18-20	Monitoring & Adjustments Monitoring the program and making necessary adjustments	Monitoring Report (10%)	March 15, 2023

#### 4. Evaluation & Reflection

Week Session	Activities	Submission	Due Date
21-22	Program Evaluation Assessing the effectiveness and impact of the program	Final Evaluation Report (15%)	April 1, 2023
23	Final Reflection & Course Wrap-up Reflecting on the project experience and learning outcomes	Final Reflection Essay (15%)	April 15, 2023

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#### Evaluation Breakdown:

- **Project Proposal Outline:** 10%
- **Needs Assessment Report:** 15%
- **Program Design Document:** 20%
- **Stakeholder Feedback Summary:** 15%
- **Implementation Plan:** 20%
- **Mid-Implementation Report:** 10%
- **Monitoring Report:** 10%
- **Final Evaluation Report:** 15%
- **Final Reflection Essay:** 15%

**Total: 100%**

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#### Detailed Deliverables:

- 1. Project Proposal Outline (10%)**
  - **Description:** Initial proposal outlining the mental health program concept and objectives.
  - **Due Date:** September 15, 2022
- 2. Needs Assessment Report (15%)**
  - **Description:** Report detailing community needs and program goals based on research and analysis.
  - **Due Date:** October 15, 2022
- 3. Program Design Document (20%)**
  - **Description:** Comprehensive document outlining the program structure, activities, and expected outcomes.
  - **Due Date:** November 15, 2022
- 4. Stakeholder Feedback Summary (15%)**
  - **Description:** Summary of feedback collected from community stakeholders and adjustments made to the program.
  - **Due Date:** December 15, 2022
- 5. Implementation Plan (20%)**

- **Description:** Detailed plan for implementing the mental health program, including timelines and resources.
- **Due Date:** January 31, 2023
- 6. **Mid-Implementation Report (10%)**
  - **Description:** Report on the initial implementation phase, including successes and challenges faced.
  - **Due Date:** February 28, 2023
- 7. **Monitoring Report (10%)**
  - **Description:** Report on the ongoing monitoring of the program, including adjustments and improvements.
  - **Due Date:** March 15, 2023
- 8. **Final Evaluation Report (15%)**
  - **Description:** Evaluation of the program's impact and effectiveness, including data analysis and recommendations.
  - **Due Date:** April 1, 2023
- 9. **Final Reflection Essay (15%)**
  - **Description:** Reflective essay on the project experience, including personal insights and learning outcomes.
  - **Due Date:** April 15, 2023

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This syllabus for PSY460 offers a structured approach to developing and implementing community-based mental health initiatives, with a focus on planning, collaboration, execution, and evaluation.