



## Undergraduate Course Syllabus

### IHP 325: Dimensions of Mental Health

Center: Online

Credits: 3

#### Course Prerequisites

None

#### Course Description

This course examines the comorbidity of mental and physical disorders, taking a life-span epidemiological approach. The increasing complexity in the field of mental health, with clients who live and work in the community with a variety of disorders, is explored. Emphasis is placed upon theories and empirical research clarifying comorbidities, risk factors, and mechanisms and strategies to help these individuals live productive and satisfying lives.

#### Course Outcomes

- Examine comorbidity factors of mental and physical disorders
- Discuss mental health indicators, risk factors, and social determinants, within the dynamics of the community and public health
- Discuss attributes of the U.S. behavioral health-care system and the impact of these attributes on the delivery of mental health care
- Construct strategies for mental health promotion and prevention to assist individuals and communities with mental health

#### Required Materials

Using your learning resources is critical to your success in this course. Please purchase directly through SNHU's online bookstore, [MBS Direct](#), rather than any other vendor. Purchasing directly from the bookstore ensures that you will obtain the correct materials and that the Help Desk, your advisor, and the instructor can provide you with support if you have problems.

Eaton, W. (2012). *Public mental health* (1<sup>st</sup> ed.). New York: Oxford University Press. ISBN: 978-0-19-539044-5

Link to the eBook from Shapiro Library:

<https://www.oxfordscholarship.com/view/10.1093/acprof:oso/9780195390445.001.0001/acprof-9780195390445>

American Psychological Association. (2009). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: Author. ISBN: 978-1-4338-0561-5

### **Instructor Availability and Response Time**

Your class interaction with the instructor and your classmates will take place on a regular, ongoing basis. Your instructor will be actively engaged within the course throughout the week. You will normally communicate with your instructor in the weekly discussions or the General Questions discussion topic so that your questions and the instructor's answers benefit the entire class. You should feel free, however, to communicate with your instructor via SNHU email at any time, particularly when you want to discuss something of a personal or sensitive nature. Your instructor will generally provide a response within 24 hours.

### **Grade Distribution**

	<b>Number of Graded Items</b>	<b>Point Value per Item</b>	<b>Total Points</b>
Discussions	8	50	400
Reflection Journals	3	50	150
Case Studies	4	50	200
Article Critique	1	100	100
Final Paper	1	150	150
			<b>Total Course Points: 1,000</b>

This course may also contain practice activities. The purpose of these non-graded activities is to assist you in mastering the learning outcomes in the graded activity items listed above.

### **University Grading System: Undergraduate**

<b>Grade</b>	<b>Numerical Equivalent</b>	<b>Points</b>
A	93–100	4
A-	90–92	3.67
B+	87–89	3.33
B	83–86	3
B-	80–82	2.67
C+	77–79	2.33
C	73–76	2
C-	70–72	1.67
D+	67–69	1.33
D	60–66	1
F	0–59	0
I	Incomplete	
IF	Incomplete/Failure *	
IP	In Progress (past end of term)	

Grade	Numerical Equivalent	Points
W	Withdrawn	

\* Please refer to the [policy page](#) for information on the incomplete grade process.

### Grading Guides

Specific activity directions, grading guides, posting requirements, and additional deadlines can be found in the Assignments and Rubrics section of the course.

### Weekly Assignment Schedule

All reading and assignment information can be found within each module of the course. Assignments and discussion posts during the first week of each term are due by 11:59 p.m. Eastern Time. Assignments and discussion posts for the remainder of the term are due by 11:59 p.m. of the student's local time zone.

In addition to the textbook readings that are listed, there may be additional required resources within each module.

Module	Topics and Assignments
1	What is Mental Health? <a href="#">Public Mental Health, Chapters 1 and 2</a> 1-1 Discussion: The Burden of Mental Disorders 1-2 Reflection Journal: What is Mental Health?
2	Population Dynamics <a href="#">Public Mental Health, Chapters 6 and 7</a> 2-1 Discussion: Population Dynamics of Mental Disorders 2-2 Reflection Journal: Views of Mental Health
3	Association Between Mental and Physical Health <a href="#">Public Mental Health, Chapter 4</a> 3-1 Discussion: Co-Occurring Physical and Mental Conditions 3-2 Case Study: Major Depressive Disorder
4	Indicators of Mental Health <a href="#">Public Mental Health, Chapters 5 and 9</a> 4-1 Discussion: Positive Dimensions of Mental Health 4-2 Case Study: Maria Lopez
5	Risk Factors and Social Determinants <a href="#">Public Mental Health, Chapters 8 and 10</a> 5-1 Discussion: Nature Versus Nurture 5-2 Case Study: Robert Smith 5-3 Rough Draft Submission

Module	Topics and Assignments
6	U.S. Behavioral Health-Care Systems <a href="#">Public Mental Health, Chapters 13 and 15</a> 6-1 Discussion: Mental Health Stigma 6-2 Case Study: Lisa Jones
7	Preventing Mental Health Disorders <a href="#">Public Mental Health, Chapter 17</a> 7-1 Article Critique 7-2 Discussion: Personal Perspective on Mental Health Prevention
8	Mental Health Promotion Strategies <a href="#">Public Mental Health, Chapter 18</a> 8-1 Discussion: The Future Direction of U.S. Mental Health Promotion 8-2 Final Paper Submission 8-3 Reflection Journal: Important Course Concepts

### Attendance Policy

Online students are required to submit a graded assignment/discussion during the first week of class. If a student does not submit a posting to the graded assignment/discussion during the first week of class, the student is automatically withdrawn from the course for non-participation. Review the [full attendance policy](#).

### Late Assignments Policy

Meeting assigned due dates is critical for demonstrating progress and ensuring appropriate time for instructor feedback on assignments. Students are expected to submit their assignments on or before the due date. Review the [full late assignment policy](#).

### SNHU Student Handbook

Review the [student handbook](#).

### ADA/504 Compliance Statement

In accordance with Section 504 of the Rehabilitation Act of 1973, Title III of the Americans with Disabilities Act (ADA) of 1990, and the Americans with Disabilities Act Amendments Act (ADAAA) of 2008, Southern New Hampshire University does not discriminate on the basis of disability, including intellectual disability, in admission, treatment, or access to its programs or activities, nor does it discriminate in employment in its programs or activities.

The university prohibits unlawful discrimination on the basis of disability and takes action to prevent such discrimination by providing reasonable accommodations to eligible individuals with disabilities. A disability is a condition or impairment that impacts a “major life activity” or “major bodily function.”

- **Major life activities** include, but are not limited to, caring for oneself, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, and working.

- **Major bodily functions** include, but are not limited to, functions of the immune system, normal cell growth, and digestive, bowel, bladder, neurological, brain, respiratory, circulatory, endocrine, and reproductive functions. Disabilities include physical, medical (including pregnancy), mental health, and learning needs.

At the beginning of each term, or as soon as you become aware of a disability or accessibility concern, we encourage you to contact the Online Accessibility Center (OAC) to discuss accommodations for which you may be qualified. Reasonable accommodations are established through an interactive process between the student and the OAC.

Note that accommodations are not retroactive and that disability accommodations are not provided until acceptable documentation of a disability and its impact is received and an accommodation letter has been processed. If you are unsure whether your condition qualifies as a disability or accessibility concern, please contact the OAC for determination.

**Contact Information:**

Online Accessibility Center

Phone: 866-305-9430

Email: [oad@snhu.edu](mailto:oad@snhu.edu)

**For questions concerning support services, documentation guidelines, or general disability issues, please visit the [Online Accessibility Center](#) website.**

If you feel you have been denied appropriate disability-related accommodations, including appropriate auxiliary aids and services, you may file a grievance as described in the ADA/504 Grievance Policy found on the [Disability and Accessibility Services](#) website.

**Academic Honesty Policy**

Southern New Hampshire University requires all students to adhere to high standards of integrity in their academic work. Activities such as plagiarism and cheating are not condoned by the university. Review the [full academic honesty policy](#).

**Copyright Policy**

Southern New Hampshire University abides by the provisions of United States Copyright Act (Title 17 of the United States Code). Any person who infringes the copyright law is liable. Review the [full copyright policy](#).

**SNHU Withdrawal Policy**

Review the [full withdrawal policy](#).

**Southern New Hampshire University Policies**

More information about SNHU policies can be found on the [policy page](#).

**Student Work Samples**

For the purpose of continuous improvement of our educational training, Southern New Hampshire University may, on occasion, utilize anonymous student work samples for internal professional development and staff training. If you would like to withdraw permission for use of your work, please complete the [Student Work Sample Survey](#).