



## SWRK 4200/4300 FIELD/FOCUS OF SOCIAL WORK PRACTICE: MENTAL HEALTH

### COURSE SYLLABUS

*Welcome to the social work field/focus of social work practice course on mental health. I know it will be an interesting course for you, as students, as you integrate the theoretical knowledge and your previous experience into your practicum placements that go along with this course.*

### COURSE DESCRIPTION

The University of Manitoba Undergraduate Calendar describes this course as follows:

A seminar for the critical examination of social work theory, values, policy and skills in the context of a field of focus that teaches social work practice skills in the context of a field or focus of practice. The course emphasizes practice as planned change (client systems) and policy and linkage (service system). Students must select two seminars from several which are offered. These may vary from year to year and are organized to cover various fields or focus of practice.

(6 Credit Hours)

Prerequisite: SWRK 1310 (or 047.131), SWRK 2080 (or 047.208), SWRK 2090 (or 047.209), and SWRK 3140 (or 047.314). Prerequisites: SWRK 1310 (or 047.131), SWRK 2080 (or 047.208), SWRK 2090 (or 047.209), and SWRK 3140 (or 047.314). Co-requisite: SWRK 3150 (047.315). Students cannot hold credit for both SWRK4150 (or 047.415) and SWRK 4200 (or 047.420).

The central purpose of this Mental Health course is to address the dominant themes in the field of mental health. Thus, more specialized issues and advanced skill development must be pursued as extensions to content introduced within the course units. Skill development in this field, like all others, requires an ongoing commitment to learning that must extend well beyond the limits of any one course. At the same time, the delivery of this course for six hours of credit provides an opportunity to address many important issues in mental health in some depth. As well, the overarching goal of these "Field of Focus" courses is that they should address both policy and practice issues within an integrated framework.

### COURSE OBJECTIVES

Upon completion of this course you should be able to:

1. Demonstrate an ability to integrate mental health theories and policy into discussions of mental health practice.
2. Analyze the impact of current mental health policies on situations that affect those with mental illnesses, such as housing, homelessness, involuntary commitments, employment, and others.
3. Analyze the effect of class, culture and gender on mental health, and how these affect assessment intervention.
4. Differentiate between the processes of diagnosis and assessment.
5. Assess client situations from the bio-psychosocial perspective combined with the strengths perspective.
6. Demonstrate your knowledge of intervention approaches in mental health that are empirically supported.
7. Demonstrate your ability to apply empirically supported intervention approaches appropriately to case examples.
8. Describe several of the ethical dilemmas that are common in mental health treatment settings.
9. Describe the recovery approach and how it is actualized in treatment settings.

## COURSE MATERIALS

### REQUIRED

#### Bookstore

The following required materials are available for purchase from the [University of Manitoba Bookstore](#). Please order your materials immediately, if you have not already done so. See your [Distance and Online Education Student Handbook](#) for instructions on how to order your materials.

There are three textbooks for the course with identified Text readings for specific units. As well, there is a readings package available at the University of Manitoba bookstore.

#### Textbooks

Davis, S. (2014). *Community mental health in Canada: Theory, policy, and practice* (Revised and Expanded ed.). Vancouver: UBC Press.

King, R., Lloyd, C., & Meehan, T. (2007). *Handbook of psychosocial rehabilitation*. Oxford, UK: Blackwell Publishing.

Regehr, C. & Glancy, G. (2014) *Mental Health Social Work Practice in Canada* (2nd ed.). Oxford University Press: Don Mills, ON

#### Readings Package

Distance and Online Education Readings Package. SWRK 4200, Field of Focus of Social Work Practice: Mental Health, Online Study.

#### Required hardware and software

#### You require the following items for your computer for this course:

A headset with attached microphone for the web conferencing sessions.

### OPTIONAL

*Mental health resource books that you might find helpful:*

Nevid, J. S., Greene, B., Johnson, P. A., & Taylor, S. (2005). *Essentials of abnormal psychology in a changing world*. Toronto, ON: Pearson Education Canada, Inc.

Rapp, C. A. (1998). *The strengths model: Case management with people suffering from severe and persistent mental illness*. New York; Oxford University Press.

Sands, R. G. (2001). *Clinical social work practice in behavioral mental health: A postmodern approach to practice with adults*. Allyn & Bacon.

## COURSE OVERVIEW

### TOPICS

#### Unit I – Weeks 1 - 5

Introduction, course overview and intro to Unit 1

1. History of mental illness treatment
  - a. History of Mental Illness Treatment – causes & impacts of Psychiatric Disorders
  - b. Websites
  - c. Reflection
2. Policy in mental health
  - a. Explanatory Models of Mental Health
  - b. Mental Health Policy
  - c. Websites
  - d. Reflection

3. Housing and Employment: Two Determinants of Mental Health
  - a. Housing and Employment
  - b. Websites
  - c. Reflection
4. Mental Health or Mental Illness?
  - a. Mental Health: The New Way of Thinking
  - b. Websites
  - c. Reflection
5. Employment
  - a. Working in Interdisciplinary Teams
  - b. Websites

## Unit 2 – Weeks 6 - 12

Introduction, course overview and intro to Unit 2

6. Diagnosis and Assessment
  - a. Diagnosis and Social Work Practice
  - b. Assessment Considerations
  - c. Websites
  - d. Reflection
7. Suicide Assessment and Intervention
  - a. Assessing Suicide
  - b. Characteristics of People who consider suicide
  - c. Suicide Intervention and Postvention
  - d. References
8. Serious Mental Illnesses
  - a. Serious Mental Illnesses
  - b. Websites
  - c. References
9. Medical management and two Social Work Roles
  - a. Two Social Work Roles and Medical Treatment
10. Case Management and Social Work Roles
  - a. Case Management and Social Work Roles
  - b. Program of Assertive Community Treatment
  - c. Strengths-based Case Management
  - d. Psychoeducation & Skills Acquisition
  - e. References
11. Stigma and self-stigma
  - a. Stigma
  - b. Websites
  - c. References
12. Ethics in the Treatment of Mental Illness
  - a. Ethics and Ethical Dilemmas in Mental Health

## Unit 3 – Weeks 14 - 19

Introduction to Unit 3

14. Community Interventions for Mentally Ill People
  - a. Social support in mental health
  - b. Websites
  - c. Reflection
15. Early intervention in psychosis

- a. Early intervention programs
- b. Websites
- c. Reflection
- 16. Models of Working
  - a. Medical model
  - b. Strengths model
  - c. Psychosocial rehabilitation
- 17. The Recovery Approach
  - a. Recovery
  - b. Websites
  - c. Reflection
- 18. Cognitive Behavioural Therapy
  - a. Behavioural & Cognitive Behavioral Therapy
  - b. Websites
  - c. Reflection
- 19. Working with Trauma
  - a. Working with Trauma
  - b. Reflection

**Unit 4 – Weeks 20 - 24**

Introduction to Unit 4

- 20. Special Populations – Child & Adolescent Mental Health
  - a. Special Populations - Child & Adolescent Mental Health
  - b. Websites
- 21. Special Populations – Aboriginal Peoples
  - a. Special Populations – Aboriginal Peoples
  - b. Websites
- 22. Special Populations – Child Welfare – Parents with Mental Illness
  - a. Child Welfare – Parents with Mental Illness
  - b. Websites
  - c. Reflection
- 23. Self-Care & Well-Being of the Mental Health Social Worker
  - a. Self-Care & Well-Being of the Mental Health Social Worker
  - b. Websites
  - c. Reflection
- 24. The Future of Mental Health
  - a. The Future of Mental Health
  - b. Websites
  - c. Reflection

**LEARNING ACTIVITIES**

The main learning activities will include readings, live virtual classroom sessions (or web conferencing sessions), reflection questions, videos, several written assignments and discussion posts.

**EVALUATION AND GRADING**

**DISTRIBUTION OF MARKS**

Assignment	% of Final Grade
1. Policy Brief	18%

Understanding the context of mental health and treatment of mental illness is necessary. In this assignment you are to select a current mental health policy issue and then write a brief to argue your position as to how to address this issue.	
2. The recovery approach This important approach is currently popular and nicely suited to social work practice. This assignment has 2 parts. In Part 1, explain and critique the recovery approach. In Part 2, apply the recovery approach to a case situation	18%
3. Psychosocial Assessment Assessment is a required skill to work in mental health settings. Many require a psychosocial assessment which is generally comparable with accepted social work practice. In this assignment, assess the case (Sam) using a psychosocial assessment.	18%
4. Social Work Intervention In this assignment you will develop an intervention plan based upon your Assignment 3 Assessment of the case (Sam).	18%
5. Final Take Home This paper will be an essay that should help you pull together your understanding of social work practice in mental health.	18%
6. Web Conference Reports Within 2 days after each web conference, you will write and submit a report of a few sentences or paragraphs on any topic relevant to the web conference. Value: 2 points per web conference.	10%

For exact assignment due dates consult the "Assignment Due Dates" on the course website.

**GRADING SCALE**

Letter Grade	Percentage range	Description
A+	> 93	Exceptional
A	86 - <93	Excellent

B+	79 - <86	Very good
B	72 - <79	Good
C+	65 - <72	Satisfactory
C	58 - <65	Adequate
D	50 - <58	Unacceptable
F	less than 50	Failure

**Note:** All final grades are subject to departmental review.

### PLAGIARISM, CHEATING, AND EXAMINATION IMPERSONATION

You should acquaint yourself with the University's policy on plagiarism, cheating, examination impersonation and duplicate submission by reading documentation provided at

[http://umanitoba.ca/student/resource/student\\_advocacy/cheating\\_plagiarism\\_fraud.html](http://umanitoba.ca/student/resource/student_advocacy/cheating_plagiarism_fraud.html)

Ignorance of the regulations and policies regarding academic integrity is not a valid excuse for violating them.

**Note:** These policies are also located in the BSW Student Handbook

[http://umanitoba.ca/faculties/social\\_work/media/BSW\\_Handbook\\_2013\\_2014\\_Updated\\_August\\_23\\_13.pdf](http://umanitoba.ca/faculties/social_work/media/BSW_Handbook_2013_2014_Updated_August_23_13.pdf)

### ASSIGNMENTS

As students and adult learners with experience and knowledge it is expected that you will contribute to the classroom learning and teaching through attendance and participation. Written assignments are expected to meet usual requirements of scholarship at the undergraduate level. In addition to the presence of content relevant to the course objectives, these will be among the criteria used in assigning the grade and include: appropriate use of the literature, coherence in the organization between and within sections, presentation of available evidence for your arguments and a logic to the steps taken towards conclusions. Assignments should use the APA reference style as outlined in the text:

American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th Ed.). Washington, DC: Author.

Szuchman, L. & Thomlison, B. (2010). *Writing with style: APA style for social work (4th Ed.)* Toronto: Nelson Thomson Learning.

## GENERAL EXPECTATIONS

### ATTENDANCE

All students MUST attend all web conferencing sessions (live virtual classroom sessions/classes). Regular attendance and punctuality is expected of all students in all web conferences. Students who miss 1/3 of the web conference sessions (classes) in this course may, at the discretion of the instructor, fail the course.

When absenteeism is unavoidable, students are required to communicate their absence to the instructor prior to the web conference session (class) if at all possible. Students are responsible for all course materials missed due to absence.

You should acquaint yourself with the Faculty of Social Work Attendance Policy, Appendix IX, page 44 in the BSW Student Handbook

[http://umanitoba.ca/faculties/social\\_work/media/BSW\\_Handbook\\_2013\\_2014\\_Updated\\_August\\_23\\_13.pdf](http://umanitoba.ca/faculties/social_work/media/BSW_Handbook_2013_2014_Updated_August_23_13.pdf)

Exceptional circumstances such as prolonged illness which has a significant impact on overall attendance may be given special consideration upon a written request, with documentation, at the end of the term. The instructor has the right to set deadlines and to impose the grade of an 'F' for un-negotiated and/or unreasonable delays from students. In the normal course of events students are expected to meet deadlines and complete all course requirements within the regular academic session.

## STUDENT SERVICES

If you are experiencing difficulties with your studies or assignments, or have a disability or illness which may affect your course of study, you should discuss these issues with the instructor and/or one or more of the following Student Affairs offices as soon as possible:

<p><b>Student Accessibility Services</b>  <b>520 University Centre</b>  <a href="http://umanitoba.ca/student/saa/accessibility/index.html">http://umanitoba.ca/student/saa/accessibility/index.html</a></p>	<p><b>Phone: 204-474-7423</b>  <b>TTY: 204-474-9790</b></p>
<p><b>Student Affairs Counselling Centre</b>  <b>474 University Centre</b>  <a href="http://umanitoba.ca/student/counselling/index.html">http://umanitoba.ca/student/counselling/index.html</a></p>	<p><b>Phone: 204-474-8592</b></p>
<p><b>Academic Learning Centre</b>  <b>201 Tier Building</b>  <a href="http://umanitoba.ca/student/academiclearning/">http://umanitoba.ca/student/academiclearning/</a></p>	<p><b>Phone: 204-474-9251</b></p>
<p><b>Academic Integrity</b>  <b>520 University Centre</b>  <a href="http://umanitoba.ca/student/resource/student_advocacy/academicintegrity/index.html">http://umanitoba.ca/student/resource/student_advocacy/academicintegrity/index.html</a></p>	<p><b>Phone: 204-474-7423</b></p>
<p><b>Student Affairs Career Centre</b>  <b>474 University Centre</b>  <a href="http://umanitoba.ca/student/employment/index.html">http://umanitoba.ca/student/employment/index.html</a></p>	<p><b>Phone: 204-474-9456</b></p>

## STUDENT AND ACADEMIC STAFF RESPONSIBILITIES

The University of Manitoba has expectations regarding student behaviour.

Policies concerning inappropriate or disruptive behaviour are online:

[http://umanitoba.ca/admin/governance/governing\\_documents/students/279.htm](http://umanitoba.ca/admin/governance/governing_documents/students/279.htm)

And Policies regarding student discipline are online:

[http://umanitoba.ca/admin/governance/governing\\_documents/students/discipline/531.htm](http://umanitoba.ca/admin/governance/governing_documents/students/discipline/531.htm)

In addition, Policies regarding academic staff's responsibilities regarding students are available online:

[http://umanitoba.ca/admin/governance/governing\\_documents/students/278.htm](http://umanitoba.ca/admin/governance/governing_documents/students/278.htm)

## CONFIDENTIALITY

Confidentiality is to be practiced and maintained whether in written assignments, in-class discussions, or in

discussions about the course outside of class.

Students and instructors will comply with applicable provincial privacy laws, including The Freedom of Information and Protection of Privacy Act (FIPPA) and The Personal Health Information Act (PHIA) and will respect the guidelines on confidentiality as outlined in the CASW Social Work Code of Ethics. All parties are responsible for ensuring that no personal information or personal health information that could identify a user of any service system be used in class meetings or in assignments. In addition, while it is acknowledged that the classroom is a public setting, instructors and students shall respect one another's privacy, when discussing classroom activities outside of the classroom. Violations of privacy legislation or the policy may result in action related to student discipline or professional unsuitability.

You should acquaint yourself with the Faculty of Social Work Policy and Guidelines on Confidentiality, Appendix XIV, pages 61-62 in the *BSW Student Handbook*

[http://umanitoba.ca/faculties/social\\_work/media/BSW\\_Handbook\\_2013\\_2014\\_Updated\\_August\\_23\\_13.pdf](http://umanitoba.ca/faculties/social_work/media/BSW_Handbook_2013_2014_Updated_August_23_13.pdf)

## PROFESSIONAL UNSUITABILITY

The Faculty of Social Work may require any student to withdraw from the Faculty pursuant to the procedures set out in the Professional Unsuitability By-Law when the student has been found unsuited, on considerations of competence or professional fitness, for the practice of Social Work.

For further information please refer to the BSW Student Handbook:

[http://umanitoba.ca/faculties/social\\_work/media/BSW\\_Handbook\\_2013\\_2014\\_Updated\\_August\\_23\\_13.pdf](http://umanitoba.ca/faculties/social_work/media/BSW_Handbook_2013_2014_Updated_August_23_13.pdf)

## SOCIAL MEDIA

The Faculty of Social Work adheres to the CASW Code of Ethics, which outlines the core social work values as:

- Respect for the inherent dignity and worth of persons;
- Pursuit of Social justice;
- Service to humanity;
- Integrity of professional practice;
- Confidentiality of professional practice;
- Competence of professional practice.

The Faculty values academic freedom and freedom of inquiry and freedom of expression as pillars of social work education and also acknowledges the right of every individual to be free from harassment, discrimination and oppression. The Faculty of Social Work recognizes the growing importance of social media and is committed to supporting their ethical and responsible use. Members of the Faculty of Social Work Community, including students, faculty, sessional instructors and staff, are responsible and accountable for their actions and statements. The guidelines are intended to help in making appropriate professional decisions about communication in web conferencing sessions or classrooms and through blogs, websites, wikis, twitter and other forms of social media. The use of unfounded or derogatory statements or misrepresentation is prohibited by the Faculty of Social Work and associated field agencies and may be subject to examination under several University of Manitoba policies related to student discipline, professional unsuitability, sexual harassment, or respectful work and learning environments. These policies and guidelines refer to the Faculty of Social Work and its associated field agencies and are not intended to infringe upon your personal rights and freedoms.

The content of publically accessible communications shall be consistent with the values specified in the CASW Code of Ethics and be in compliance with The Freedom of Information and Protection of Privacy Act (FIPPA) and The Personal Health Information Act (PHIA). The Faculty values and encourages freedom of expression and critical debate and does not support the use of inflammatory, libellous or disrespectful language. Further, harassment and behaviour that create a hostile work or learning environment run contrary to the University's fundamental values, as reflected in the Respectful work and Learning Environment Policy (June 22, 2004).

The Faculty of Social Work encourages communication that is accurate and based on reasoned engagement with professional and scholarly knowledge. Postings should be treated as public documents and, therefore, professionalism is highly recommended. Always keep in mind that interaction through social media can result in anyone forming opinions about the Faculty, a field setting, employees, clients, students, or the author of the posting.



Communications that mention the Faculty of Social Work, field agencies, employees, students or clients must identify that the views expressed are those of the author and not the views of the Faculty of Social Work or other members of its community. Under no circumstances should information that is confidential, pertaining to the Faculty, practicum agency, clients or colleagues be shared. Keep in mind that many factors can lead to the identification of a client, especially to those who know her or him. Confidentiality must be strictly observed, as specified in the CASW Code of Ethics and the Faculty of Social Work's Confidentiality Policy.

The following guidelines for social media interactions with current and past clients are based on general best practices. The Faculty recognizes that circumstances can vary and encourages consultation with your field instructor, advisor, or field liaison.

- Do not "friend" clients or accept requests to be "friended" from current or previous clients.
- Do not use messaging websites such as Twitter or Facebook to contact clients or to respond to clients.
- Use your professional email address to communicate with clients.
- Use caution when discussing your work or studies with clients.
- Remember that all email communication are retained in the logs of your and your clients' internet providers.
- Remember that information that you provide about yourself on websites can be accessed by clients.

You should acquaint yourself with the Faculty of Social Work [Social Media Policy and Guidelines](#), Appendix XV, pages 63-64, *BSW Student Handbook*

[http://umanitoba.ca/faculties/social\\_work/media/BSW\\_Handbook\\_2013\\_2014\\_Updated\\_August\\_23\\_13.pdf](http://umanitoba.ca/faculties/social_work/media/BSW_Handbook_2013_2014_Updated_August_23_13.pdf)

## CONTACTING YOUR INSTRUCTOR

For information on contacting your instructor as well as other important information from your instructor see the Instructor Welcome Letter in your course website.

## DISTANCE AND ONLINE EDUCATION (DE) STUDENT RESOURCES

In your course website there are links for the following:

- Contacting Distance and Online Education Staff
- Distance and Online Student Handbook
- Distance and Online Education Website

Classes will be held using AdobeConnect. Please see the Web Conferencing Schedule for the website address of the AdobeConnect classroom and the Web Conferencing Information & Assistance, in the course site. You will be emailed your password for logging into the AdobeConnect classroom.

## ACKNOWLEDGEMENTS

### CONTENT SPECIALIST:

Brenda L. Bacon & Kathy Levine  
Faculty of Social Work  
University of Manitoba

Brenda Bacon spent 18 years as a community mental health worker in Saskatchewan working with a variety of populations including rural, child & youth, adult, and cognitively challenged adults. She received her BSW in 1975 from the University of Regina, MSW in 1980 from the University of Toronto, and Ph.D. in 1995 from The University of Texas at Austin, and has taught at the University of Manitoba since 1998. Her areas of research include mental health and domestic violence, as well as program evaluation.

**INSTRUCTIONAL DESIGNER:**

Christina Rogoza, Ph.D.  
Distance and Online Education  
University of Manitoba

**WEB DEVELOPER:**

Kelsey Loewen  
Distance and Online Education  
University of Manitoba

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The University of Manitoba, Distance and Online Education

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