COURSE OUTLINE

1. COURSE PREFIX and NUMBER: MEN 101  CREDIT HOURS: 3

2. COURSE TITLE: Mental Health Skill Training I

3. PREREQUISITES:

4. COURSE DESCRIPTION: Develops skills necessary to function as a mental health worker, with emphasis on guided practice in counseling skills as well as improved self-awareness. Includes training in problem solving, goal setting, and implementation of appropriate strategies and evaluation techniques relating to interaction involving a variety of client needs. Lecture 3 hours per week.

5. CONTENT: (Major Headings)
   a. An ecological paradigm: defining mental health consultation as a preventive service.
   b. A community service for a rural high school.
   c. Prevention of child abuse: two contrasting social support services.
   d. Two into one: an ecological perspective on school consolidation.

6. GENERAL COURSE OBJECTIVES:
   Upon successful completion of the course, the student will be able to:
   a. view mental health consultation as a preventive service.
   b. analyze case studies and apply the suggested principles and premise to the process applied.
   c. draw upon biological ecology to help understand the concept of interdependence between persons and social settings.
   d. understand that the social milieu is host and reservoir for sustaining health.