



MONROE COUNTY  
COMMUNITY COLLEGE

# Course Outcome Summary

**Standard Course**

**HPE 153 Mental Health**

## Course Information

Division	Health Sciences
Contact Hours	3
Theory	45
Total Credits	3

**Prerequisites** RDG 090 and ENGL 090 or qualifying scores on accepted placement test

## Course Description

The purpose of this course is to develop a concept of mental health and to increase awareness of mental health issues. Students will examine the principles of mental health, including risk factors associated with mental illness and factors which lend toward positive mental health. Various mental illnesses and treatment strategies will be explored. Developmental, cultural, societal, and economic factors concerning mental health status will also be discussed.

## Course Outcomes

In order to evidence success in this course, students will be able to:

1. Analyze the concept of mental health versus mental illness including developmental and cultural considerations, societal issues, and economic factors.
2. Compare and contrast major mental health theories and correlating treatment modalities.
3. Discuss common situational challenges to mental health and methods which assist with coping.
4. Examine selected mental illnesses including etiology, scope, signs/symptoms, and treatment methods.
5. Discuss legal and ethical issues concerning mental health status in the United States.
6. Identify funding sources, available resources, and ways to advocate for mental health care.

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