

**SOUTHEAST COMMUNITY COLLEGE**  
**HEALTH SCIENCES DIVISION**  
**HUMAN SERVICES**  
Revision Date: 3/2019

**I. CATALOG DESCRIPTION**

**Course Number:** HMRS 2366  
**Course Title:** Mental Health & Family Dynamics  
**Prerequisite(s):** None

**Catalog Description:** A look at family dynamics including family strategies, functioning, and developmental stages. Impact and magnitude of how mental illness affects family systems will be discussed. Specific focus on symptoms, interventions, and treatment of mental health as well as the effects on family patterns.

**Credit Hours:** 3  
**Class Hours:** 45  
**Lab Hours:** 0  
**Total Contact Hours:** 45

**II. COURSE OBJECTIVES:** *Course will:*

1. Identify stereotypes, myths, prejudice, and discriminations experienced by those identified as having a mental illness.
2. Report symptoms of mental illness that could affect family dynamics.
3. Define characteristics of the family system to include healthy and unhealthy patterns.
4. Discuss interventions and treatment for family members experiencing mental illness.
5. Demonstrate strategies for working with mental illness and family systems.

**III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES:**

**A. STUDENT LEARNING OUTCOMES:** *Student will be able to:*

1. Recognize facts/myths with those who experience mental illness.
2. Measure the scope and magnitude of mental illness on the family.
3. Summarize the characteristics of family dynamics.
4. Apply interventions for families who are dealing with mental illness.
5. Evaluate signs and symptoms of mental illness and use community resources to address them.

**B. GENERAL EDUCATION LEARNING OUTCOMES**

**GELO #3: Critical Thinking and Problem Solving**

Outcomes:

1. Synthesize information to arrive at reasoned solutions to problems.
2. Evaluate the validity of arguments, alternatives, data, outcomes, and/or impacts of actions.

**IV. CONTENT/TOPICAL OUTLINE** (*course outline may provide more detailed information*)

- A. Family Concerns
- B. Family Interaction
- C. Scope and Magnitude of Mental Illness
- D. Historical Perspective of Mental Illness
- E. Signs and Symptom
- F. Substance Abuse and Mental Illness
- G. Impact of Mental Illness on Family
- H. Assessment and Interventions
- I. Treatment
- J. Self-Help Groups
- K. Community Resources

**V. INSTRUCTIONAL MATERIALS**

- A. **Required Text(s):**  
Price, *Families and Change*, Sage Publications
- B. **Other Resources:**  
Instructor Handouts

**VI. METHODS OF PRESENTATION/INSTRUCTION**

- A. **Methods of presentation typically include a combination of the following:**
  - 1. Lecture and Discussion
  - 2. Demonstration and Student Re- Demonstration
  - 3. Guest Speakers
  - 4. Video / DVDs

**VII. METHODS OF EVALUATION**

- A. **Methods of evaluation typically include a combination of the following:**  
Current College Grading Scale will be used.

**SCC STANDARD GRADING SCALE POLICY:**

|           |               |           |                 |
|-----------|---------------|-----------|-----------------|
| <b>A+</b> | <b>95-100</b> | <b>C+</b> | <b>75-79</b>    |
| <b>A</b>  | <b>90-94</b>  | <b>C</b>  | <b>70-74</b>    |
| <b>B+</b> | <b>85-89</b>  | <b>D+</b> | <b>65-69</b>    |
| <b>B</b>  | <b>80-84</b>  | <b>D</b>  | <b>60-64</b>    |
|           |               | <b>F</b>  | <b>Below 60</b> |

**VIII. SPECIFIC COURSE REQUIREMENTS:**

Requires a grade of "C" or above to meet Human Services program graduation requirements.