

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number:** MEN 102

**Credits:** 3

**Course Title:** Mental Health Skill Training II

**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. Part II of II. Prerequisite: MEN 101. Lecture 3 hours per week.

**General Course Purpose:** This course can be used to satisfy the requirements of the Human Services AAS degree by the college. In addition to human services majors, this course offers students in other disciplines an opportunity to explore and study mental health diagnoses, treatment, practice, and resources.

**Course Prerequisites and Co-requisites:**

Prerequisite: MEN 101

**Student Learning Outcomes:**

Upon completing the course, the student will be able to

- a. Select appropriate mental health treatment approaches for specific diagnosis;
- b. Cite "best practices" used in mental health treatment;
- c. Articulate knowledge of types and uses of different psychotropic medications; and
- d. Cite the various preventive and wellness strategies used in mental health prevention.

**Major Topics to Be Included:**

- a. Counseling Approaches and Mental Illness
- b. Application of Mental Health Treatment Models
- c. Mental Illness as a Disease Concept
- d. Mental Illness and Recovery

**Date Created/Updated** (Month, Day, and Year): January 31, 2019