

Mental Health First Aid
PHAR 7190.004
Spring Semester 2020

Course Description

Mental Health First Aid is a training course designed to give participants key skills to help someone who is developing a mental health problem or experiencing a mental health crisis.

Additional Course Information

Students who complete the course will become certified in Mental Health First Aid, which is valid for 3 years from certification. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis. The evidence behind Mental Health First Aid demonstrates that it makes people feel more comfortable managing a crisis situation and builds mental health literacy — helping the public identify, understand and respond to signs of mental illness. Specifically, studies found that those who trained in Mental Health First Aid have greater confidence in providing help to others, greater likelihood of advising people to seek professional help, improved concordance with health professionals about treatments, and decreased stigmatizing attitudes.

Course Credit

1 credit hour

Pre-Requisites

None

Co-Requisites

None

Class Meeting Days, Time & Location

Tuesdays 4-5 pm

W.T. Brookshire Hall room #234

Course Coordinator

Brittany Parmentier, PharmD, BCPS, BCPP

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Office hours: Friday 12:30-2 pm and by appointment

Preferred method of contact: Email

Fisch College of Pharmacy (FCOP) and UT Tyler Policies

This is part 1 of the syllabus. Part 2 contains UT Tyler and the FCOP course policies and procedures. These are available as a PDF at <https://www.uttyler.edu/pharmacy/academic-affairs/files/fcop-syllabus-policies.pdf>. For experiential courses (i.e., IPPE and/or APPE), the Experiential Manual contains additional policies and instructions that supplement the Syllabus Part 1 and 2. Please note, the experiential manual may contain policies with different deadlines and/or instructions. The manual should be followed in these cases.

Required Materials

Most course required materials are available through the Robert R. Muntz Library. These materials are available either online* (<http://library.uttyler.edu/>) or on reserve.

1. Mental Health First Aid Adult Participant Manual
2. Additional materials will be posted on Canvas

Recommended Materials

None

Course Format

The course may include, but are not limited to, the following activities:

1. Independent study of selected readings
2. Presentations on course topics
3. Viewing short course videos
4. Group activities in class

Course Learning Outcomes (CLOs)

CLOs	PLO(s) Assessed for this CLO (1-15)	EPAs (1.1-6.1)	Assessment Methods	Grading Method	PPCP Skill(s) Assessed (1-5)	ACPE Std. 11 & 12 (1-4)
1. Recognize the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury.	2	3.1	1, 2	ES	--	--
2. Use a 5-step action plan to help an individual in crisis connect with appropriate professional help.	2, 8, 11, 15	1.3	3	RUB	1,2,3,4	--
3. Interpret the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.	5	--	4	RUB	--	--
4. Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.	2, 7, 8, 11, 15	1.3	4	RUB	1,2,3,4	--

Course Assessment Methods

	Assessment Method	Description <i>Please provide a brief description of each summative assessment that you plan to use in this course to allow us to identify which ACPE standards are being assessed</i>
1	Final Exam Multiple Choice or Multiple Selection Question(s)	<i>Standard MCQ and Select All that apply questions.</i>
2	Final Exam Open Ended Question(s)	<i>Short answer questions</i>
3	Skills Assessment	<i>MHFA Action Plan</i>
4	Reflection Essay	<i>Students will reflect on what they have learned throughout the course and how they plan to use the MHFA Action Plan in their career as a pharmacist.</i>

Grading Policy & Grade Calculation

Grades will be determined based on evaluation of individual and team readiness assessment tests (iRATs, tRATs), individual and team cumulative assessment tests (iCATs, tCATs), midterm examinations, final written examinations, skills assessments, graded application assignments, participation in team-based projects, peer evaluations and other assessment methods that may include, but not limited to, Objective Structured Clinical Examinations (OSCE). Examinations, RATs and CATs may consist of, but not limited to, multiple-choice, true/false, fill in the blank, short-answer, essay, and problem-based questions.

During the time the course is in progress, students whose cumulative course percentage falls below 70.0% may receive an academic alert and be subject to periodic course content review in special sessions with the course instructor(s). The student's faculty advisor may receive an academic alert to act upon on the student's behalf.

All examinations, tests, and assignments, including the final examination, may be **cumulative**. Students are responsible for material presented during the prior courses. The grading scale for all graded material is below. The final course grade will be assigned according to the calculated percentage and the percentages will not be rounded upward or downward. For additional information, see examination/assessment policy below.

Standard Grade Calculation*

Midterm Exam	30%
MHFA Skills Assessment	30%
Class Participation	20%
Final Paper	20%
Total	100%

****The final course letter grade will be determined according to the following grading scheme:***

A	90 - 100 %
B	80 - 89.999 %
C	70 - 79.999 %
D	65.0 - 69.999 %
F	< 65.0 %

PHAR 7190.004 Course Schedule

WEEK	DAY	TOPIC	Instructor	CLO¹
1	1/14	Course Introduction Introduction to MHFA	Parmentier	1
2	1/21	Prevalence of Mental Disorders Disability and Recovery MHFA Action Plan	Parmentier	1,2,3,4
3	1/28	Mental Health in Texas and East Texas Local Resources	Parmentier	1,3,4
4	2/4	Depression and Anxiety Signs and Symptoms of Depression and Anxiety Disorders	Parmentier	1
5	2/11	MHFA Action Plan - Assess Warning Signs of Suicide	Parmentier	1,2,4
6	2/18	Non-Suicidal Self-Injury MHFA Action Plan – LGEE	Parmentier	1,2,4
7	2/25	Midterm	Parmentier	
8	3/3	Panic Attack Traumatic Events	Parmentier	1
	3/10	No Class – Spring Break		
9	3/17	Psychosis	Parmentier	1
10	3/24	MHFA for Psychosis	Parmentier	2,4
11	3/31	Substance Use Disorders MHFA for Psychosis	Parmentier	1,2,4
12	4/7	MHFA Action Plan Skills Assessment	Parmentier	2
13	4/14	Concluding Course Activities MHFA Graduation	Parmentier	--
14	4/21	Final Exam Due – Take Home Paper	Parmentier	3,4