

Course Title : Community Mental Health

Course Code : PSY-813

Credit Hours : 3

Pre requisite: Research Methods I

Course Description:

This course is designed as an introduction to Community Mental Health including its values, goals, selected theories, and research methods. The aim of Community Mental Health approach is to understand the needs of the community and its individual members and offer interventions at the level of social systems. Individual issues are identified within the larger context of family, community, and social systems in which they are embedded.

This course aims to provide students with the skills to apply basic Community Mental Health concepts and principles in communities and social systems. In addition, students will develop deeper understanding of issues related to gender, race, ethnicity, and social class as they relate to Community Mental Health. Furthermore, students will discuss current research and intervention strategies consistent with the values of Community Mental Health.

Objectives:

- To increase understanding about the role of Mental Health Practitioners in the context of Community Mental Health.
- Develop awareness of mental health issues in communities and social systems, particularly in Pakistan.
- To understand community based interventions.

Course Outcomes:

- Students will be able to demonstrate an understanding of their role and responsibility while undertaking a community projects.
- Students will be able to assess and plan community level interventions

Course Content:

- Overview of Community Mental Health
- Models of Community Mental Health
- Salient Themes in Community Mental Health such as Cross-cultural issues; social change; prevention, etc)
- Current trends in Community Mental Health
 - Qualitative research methods
 - Program evaluation
- Understanding attitudes and opinions: challenge of cultural sensitivity
- Levels of Psychological Intervention
- Effective community engagement
- Advocacy and awareness
- Community mental health
- Global Mental Health
 - Epidemiology and mental health in developing countries
 - Mental health services in developing world.

Suggested Readings:

- Rappaport, J., & Seidman, E. (2006). Handbook of Community Psychology. Springer. Edition 1.
- Thornicroft, G., Szumukler, G., Mueser, K.T. & Drake, R.E. (2011). Oxford Textbook of Community Mental Health. Oxford University Press.
- Sarason, B.R., & Duck, S. (2000). Personal Relationships: Implications for Clinical and Community Psychology. Wiley.
- Rosenberg, J., Rosenberg, S., & Nassar, S. (2006). Community mental health: challenges for the 21st century.