

Course Title : Advances in Community Mental Health

Course Code : PSY-916

Credit Hours : 3

Pre-requisites: Community/Public Mental Health

Course Description:

1. This course will cover the main aspects of applying theory and research to address and intervene with psychosocial issues at the community level. The course will focus on ways to engage communities, conducting needs assessment in community setting, conducting participatory action research, program planning, implementation and evaluation, and behavior change communication in the community setting. The course will also include an overview of current systems and policy related to community health and mental health in the global as well as the Pakistani context.

Course Objectives:

2. The course is designed to
 - a. To equip students with theoretical, conceptual and practical frameworks of working within community settings
 - b. To enable students to identify and address psychosocial issues in ecological context
 - c. Develop adequate skills related to engaging communities in identifying health and psychosocial needs as well as in identifying the most relevant, viable and sustainable programs to engender change and positive health and mental health outcomes
 - d. Deepen their understanding and polish their skills to develop and implementing various types of community programs including behavior change communications
 - e. Learn various ways of monitoring and evaluating community programs
 - f. To provide comprehensive overview of the scope and realm of community wellness in terms of policy and systems

Learning Outcomes:

3. The students will be able to demonstrate:
 - a. Ability to conceptualize health and mental health issues at the community level
 - b. Ability to elicit community participation in identification, planning and implementation of community based intervention
 - c. Familiarity with various forms of behavior change communication
 - d. Skills for program monitoring and evaluation
4. **Contents:**
 - a. Contemporary theories and emerging trends in community mental health
 - b. Change and empowerment
 - c. Needs assessment in the community setting
 - d. Participatory Action Research
 - e. Program planning of community mental health
 - f. Behavior change communication
 - g. Monitoring and evaluation of community based projects

Recommended Text:

1. Rosenberg, J & Rosenberg, S. (Editors) (2013) Community Mental Health: Challenges for the 21st Century, Second Edition. Routledge, New York, New York. ISBN-13: 978-0415887410
2. Ritter, LS & Lampkin, S. M. (2012) Community Mental Health. Jones and Bartlett Learning, LLC. ISBN-13: 978-0763783808
3. Jong, J de (2002) Trauma, War and Violence: Public Mental Health in Sociocultural Context. Kluwer Academic/Plenum Publishers; New York, Boston, Dordrecht, London, Moscow. ISBN-13: 978-0306467097; ISBN-10: 0306467097
4. Vandiver, V. L. (2013) Best Practices in Community Mental Health. Lyceum Books Incorporated, Chicago, Illinois.
5. Markiewicz, A & Patrick, I. (2016) Developing Monitoring and Evaluation Frameworks. Sage Publications. ISBN-13: 978-1483358338; ISBN-10: 148335833X
6. Eaton, W. W. (Editor) (2012) Public Mental Health. Oxford University Press; New York, New York.