SOCIAL WORK PRACTICE IN HEALTH AND MENTAL HEALTH
SOWK 8290 | 3 credit hours

Spring Semester 2020
Class Meetings: Mondays, 4:00–6:00 P.M., 126 CPACS

Instructor: Professor C.J. Washington (Dr. Washington; She | Her | Hers)

Office: 206 CPACS
Office Phone: 402.554.2792
Email: cjwashington@unomaha.edu

NOTE: Students should contact the instructor via email rather than by phone. Email messages will be responded to within 24 hours, excluding weekends, holidays, and breaks.

Office Hours: Tuesdays, 1:00–3:00 P.M. or by appointment
Online Office Hours: Wednesdays, 6:30–8:00 P.M. or by appointment

Department: Grace Abbott School of Social Work
Main Office: 206 CPACS
Dept. Phone: 402.554.2972

COURSE INFORMATION
Description
This course emphasizes the development of advanced level clinical and social work practice skills for working with selected acute and chronic health and mental health conditions affecting individuals across the life cycle.

Rationale/Overview
The purpose of this course is to enable students to develop advanced level clinical and social work practice skills for working with selected acute and chronic health and mental health conditions affecting individuals across the life cycle. Four overarching themes apply to the course content and allow for generalization of learning: (1) a holistic perspective of the body-mind interaction; (2) at-risk and vulnerable groups; (3) interventions across the continuum of care and levels of prevention; and (4) the relevance of empirically supported interventions. Advanced practice skills include: use of classification/diagnostic systems, conducting bio-psychosocial/ spiritual assessments, and identifying and implementing various effective treatment interventions, e.g., crisis intervention/management, motivational interviewing, psycho-education, counseling/therapy, case management, and continuing care activities.
Course Objectives/Student Learning Outcomes

1. Explore the body-mind connection as it applies to health and mental health disorders and explain their effects on individuals and the family system.
2. Analyze the impact of racial race, ethnicity, national origin, age, gender, sexual orientation, ability, socioeconomic, class, and religion/spirituality on the expression and management of health and mental health issues among client populations.
3. Describe social work roles across the continuum of care and prevention levels in health and mental health practice.
4. Apply the DSM 5 and ICD9/ICD10 to classify and describe selected acute and chronic health or mental health disorders relevant to prevalence, risk, resilience, and/diversity factors.
5. Prepare comprehensive assessments (theory-driven case conceptualization) and treatment plans for selected clinical cases or case summaries that include all relevant assessment processes and intervention skills needed for the case.
6. Discuss typical and complex ethical and legal issues involved in practice with health and mental health disorders.
7. Collaborate to develop advanced practice skills that have broad application to various health and mental health problems.
8. Demonstrate the ability to access and apply research findings to health and mental health problems and their treatment.

REQUIRED TEXT(S)/SUPPLEMENTAL MATERIALS

Required Text(s)

COURSE STRUCTURE/FORMAT

Lecture, discussion, experiential learning experiences, video and Internet resources, and guest presentations.

TENTATIVE COURSE SCHEDULE

<table>
<thead>
<tr>
<th>Session/Date</th>
<th>Topic</th>
<th>Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1 [date]</td>
<td>Introduction to the course and review syllabus Lecture: Health and mental health – mind/body connection View and discuss: “Stress Portrait of a Killer”</td>
<td></td>
</tr>
<tr>
<td>Session 2 [date]</td>
<td>Lecture: Tasks of clinical social work practice</td>
<td>Read: Documentation examples</td>
</tr>
<tr>
<td>Session 3 [date]</td>
<td>Lecture: Introduction to DSM 5 and mental status exam (MSE)</td>
<td>Read: Pg. xli-24 (DSM 5) Practice with the MSE Reflections paper #1</td>
</tr>
<tr>
<td>Session 4 [date]</td>
<td>Lecture: Depressive and bipolar disorders</td>
<td>Read: Pg. 123-188 (DSM 5)</td>
</tr>
<tr>
<td>Session/Date</td>
<td>Topic</td>
<td>Assignment</td>
</tr>
<tr>
<td>----------------</td>
<td>----------------------------------------------------------------------</td>
<td>-------------------------------------------------</td>
</tr>
<tr>
<td>Session 5 [date]</td>
<td>Lecture: Anxiety disorders and obsessive-compulsive related disorders</td>
<td>Read: Pg. 189-264 (DSM 5)</td>
</tr>
<tr>
<td>Session 6 [date]</td>
<td>Lecture: Personality disorders</td>
<td>Read: Pg. 645-684 (DSM 5)</td>
</tr>
<tr>
<td>Session 7 [date]</td>
<td>Lecture: Schizophrenia spectrum and other psychotic disorders</td>
<td>Read: Pg. 87-122 Case paper #1</td>
</tr>
<tr>
<td>Session 8 [date]</td>
<td>Guest speaker: Mental Health Board (ethical dilemmas)</td>
<td>Exam #1</td>
</tr>
<tr>
<td>Session 9 [date]</td>
<td>Lecture: Trauma and stressor related disorders, dissociative disorders, and brain architecture</td>
<td>Read: Pg. 265-290 (DSM 5)</td>
</tr>
<tr>
<td>Session 10 [date]</td>
<td>Lecture: Neurodevelopmental disorders</td>
<td>Read: Pg. 31-86 (DSM 5) Case studies</td>
</tr>
<tr>
<td>Session 11 [date]</td>
<td>Lecture: Disruptive, impulse-control, and conduct disorders</td>
<td>Read: Pg. 461-480 (DSM 5) Case studies</td>
</tr>
<tr>
<td>Session 12 [date]</td>
<td>Lecture: Neurocognitive disorders</td>
<td>Read: Pg. 591-644 Case studies</td>
</tr>
<tr>
<td>Session 13 [date]</td>
<td>Lecture: Substance use disorders</td>
<td>Read: Pg. 481-589 Final case paper</td>
</tr>
<tr>
<td>Session 14 [date]</td>
<td>Lecture: Eating disorders</td>
<td>Read: Pg. 329-354 Final exam</td>
</tr>
</tbody>
</table>

**IMPORTANT DATES**

Last day to drop a course (via MavLink) and receive a 100% refund  
January 19, 2020

Last day to withdraw from a course (via MavLink) with a grade of “W”  
April 3, 2020

NOTE: This syllabus is written as an expectation of class topics, learning activities, and expected learning outcomes. However, the instructor reserves the right to make changes in this schedule that may result in enhanced or more effective learning for students. These modifications will not substantially change the intent or objectives of this course.

**ASSESSMENTS (ACTIVITIES, ASSIGNMENTS, AND EXAMS)**

**Exams (2)**  
120 points (total)

Two exams worth 60 points each.

**Mental Health Reflection Paper (1)**  
30 points (total)

One mental health reflection paper worth 30 points.

**Fictional Assessment Case Paper Part I (1)**  
50 points (total)

One fictional assessment case paper (part I) worth 50 points.

**Fictional Assessment Case Paper Part II (1)**  
100 points (total)

One fictional assessment case paper (part II) worth 100 points.
Attendance and Participation  

30 points (total)

330 points (total)

### GRADING SCALE

<table>
<thead>
<tr>
<th>Percent</th>
<th>Final Grade</th>
<th>Quality Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>98–100%</td>
<td>A+</td>
<td>4.00</td>
</tr>
<tr>
<td>94–97.9%</td>
<td>A</td>
<td>4.00</td>
</tr>
<tr>
<td>91–93.9%</td>
<td>A-</td>
<td>3.67</td>
</tr>
<tr>
<td>88–90.9%</td>
<td>B+</td>
<td>3.33</td>
</tr>
<tr>
<td>84–87.9%</td>
<td>B</td>
<td>3.00</td>
</tr>
<tr>
<td>81–83.9%</td>
<td>B-</td>
<td>2.67</td>
</tr>
<tr>
<td>78–80.9%</td>
<td>C+</td>
<td>2.33</td>
</tr>
<tr>
<td>77–77.9%</td>
<td>C</td>
<td>2.00</td>
</tr>
<tr>
<td>71–73.9%</td>
<td>C-</td>
<td>1.67</td>
</tr>
<tr>
<td>68–70.9%</td>
<td>D+</td>
<td>1.33</td>
</tr>
<tr>
<td>64–67.9%</td>
<td>D</td>
<td>1.00</td>
</tr>
<tr>
<td>61–63.9%</td>
<td>D-</td>
<td>0.67</td>
</tr>
<tr>
<td>Below 60.9%</td>
<td>F</td>
<td>0.00</td>
</tr>
</tbody>
</table>

### WRITING GUIDELINES

Students should make sure that writing assignments are free of grammar, punctuation, and spelling errors. Papers should adhere to the most recent citation style outlined by the American Psychological Association (APA).

### PLAGIARISM STATEMENT

In this course, students will submit written work by making use of information and ideas found in print or online sources. Whenever material from another writer is used, it is important that students quote or paraphrase appropriately and cite the source.

The UNO Academic Integrity policy defines plagiarism as "presenting the work of another as one's own (i.e., without proper acknowledgment of the source) and submitting academic work in whole or in part as one's own when such work has been prepared by another person or copied from another person."

Failure to cite sources appropriately is plagiarism, a serious academic offense. Plagiarized work will not be accepted. Consequences for plagiarism are up to the discretion of the instructor; they may range, for example, from rewriting all or part of a paper to a grade of F for the course. Students who plagiarize more than once are subject to disciplinary action, which may include expulsion from the university.

Students SHOULD NOT GUESS when it comes to using or citing another writer's work. Students should contact the instructor or a consultant at the UNO Writing Center with questions. Students should take a printout of the original source as well as the paper that is being written to the consultation.
ACADEMIC INTEGRITY POLICY
The maintenance of academic honesty and integrity is a vital concern of the University community. Any student found responsible for violating the policy on Academic Integrity shall be subject to both academic and disciplinary sanctions. Violations of the policy on Academic Integrity include, but are not limited to, the following: cheating, fabrication and falsification, plagiarism, abuse of academic materials and/or equipment, complicity in academic dishonesty, falsifying grade reports, and/or misrepresentation to avoid academic work. More information about these areas and the procedures addressing academic integrity is available from the Office of Academic and Student Affairs (EAB 202 | 402.554.2262).

CLASSROOM EXPECTATIONS
Students are expected to arrive on time to class meetings. Students should come to class well prepared, meaning readings and other assignments have been completed. Students are expected to be respectful of their classmates and the instructor. Distracting and/or disrespectful behaviors will not be tolerated.

CELL PHONES, MOBILE DEVICES, AND LAPTOPS
Students are welcome to use cell phones, mobile devices, and/or laptops in class provided they are used for academic purposes such as note taking, accessing course materials, or researching course concepts and their use does not disrupt fellow classmates. Please silence devices if at all possible. A student who receives a phone call or text, should step outside the classroom to respond. DO NOT take pictures or video during class.

TECHNOLOGY REQUIREMENTS
Students will be expected to have access to a computer frequently, as all writing assignments used will be typed out and not handwritten. The software students use to write assignments is irrelevant, as long as the writing guidelines outlined in this syllabus are followed. It is recommended that students have access to a computer weekly. Public computers are available on the UNO campus. Consult Information Technology Services and the Criss Library, for more information on equipment locations and availability.

TECHNICAL SUPPORT
Technical support for common university systems, including Canvas and email, is available from Information Technology Services technical support located in Eppley Administration Building (EAB) 104.

ACCESSIBILITY ACCOMMODATIONS
Reasonable accommodations are provided for students who are registered with Accessibility Services Center (ASC) and make their requests sufficiently in advance. For more information, contact ASC (Location: 104 H&K, Phone: 402.554.2872, Email: unoaccessibility@unomaha.edu)
CRISS LIBRARY
UNO’s Criss Library offers a wide variety of resources that support student learning. Subject specialist librarians have in-depth knowledge of researching within specific disciplines and can provide guidance for a specific area of study. Students are encouraged to explore customized resources featured on the Criss Library website.

EMERGENCY PREPAREDNESS
The University of Nebraska at Omaha is prepared for a wide range of emergencies. Students should familiarize themselves with procedures and assistance available on UNO’s emergency information page. If travel to campus is not feasible due to a declared emergency, a combination of Canvas, teleconferencing, and other technologies will be used to facilitate academic continuity. Students will be notified of procedures through Canvas course site announcements and email as appropriate.

INCLEMENT WEATHER
In the event of inclement or threatening weather, students should use his/her best judgment regarding travel to and from campus. Students who are not able to attend class due to adverse weather conditions, should contact the instructor as soon as possible. Similarly, if the instructor is unable to reach the class location, students will be notified of any cancellation or change as soon as possible (by approximately 1 hour before class starts and by posting an announcement in Canvas). Students who cannot get to class because of weather conditions, will be provided allowances relative to attendance policies as well as any scheduled tests, quizzes, or other assessments.

PREFERRED NAME AND PREFERRED GENDER PRONOUNS
Professional courtesy and sensitivity are especially important with respect to individuals and topics dealing with differences of race, culture, religion, politics, sexual orientation, gender, gender variance, and nationalities. Class rosters are provided to the instructor with the student's legal name. The instructor will gladly honor a student’s request to be addressed by an alternate name or gender pronoun. Please advise the instructor of this preference early in the semester so that instructor records may be changed appropriately.

WRITING CENTER
The UNO Writing Center offers free one-on-one consultations with trained consultants to all students, faculty, and staff. Their goal is to help writers improve their writing skills and confidence in all types of writing, in all subject areas, and at all stages of the writing process. For more information about their hours and locations or to schedule an appointment, go to unomaha.edu/writingcenter or visit their main location in Arts and Sciences Hall (ASH) 150.

SPEECH CENTER
The UNO Speech Center provides free consulting and coaching services to all UNO students, faculty, and staff in preparing oral presentations. The Speech Center Consulting Room can help students with presentation preparation, outlining, effective delivery techniques, along with any other presentational needs. Speech consulting will help at any stage in the speech-making
process. For more information, visit the UNO Speech Center in Arts and Sciences Hall (ASH) 183 and 185.

**STUDENT SAFETY**

A variety of resources are available to support student safety and security. Students have experienced or are experiencing a difficult personal situation, should consult the resources available through the Division of Student Success.

**OUTCOMES MAP AND STUDENT LEARNING OUTCOMES (SLOs)**

**Council on Social Work Education (CSWE) Competencies**

The student learning outcomes for this course are built upon the following nine social work core competencies set forth by the CSWE’s 2015 Educational Policies and Accreditation Standards (EPAS) which is required for all accredited social work programs.

1. Demonstrate ethical and professional behavior.
2. Engage diversity and difference in practice.
3. Advance human rights and social, economic, and environmental justice.
4. Engage in practice-informed research and research-informed practice.
5. Engage in policy practice.
6. Engage with individuals, families, groups, organizations, and communities.
7. Assess individuals, families, groups, organizations, and communities.
8. Intervene with individuals, families, groups, organizations and communities.
9. Evaluate practice with individuals, families, groups, organizations, and communities.

This map is intended to show how course topics, content, and activities align to the student learning outcomes outlined above. Course objectives are italicized to distinguish them from the core competencies set forth by the CSWE’s 2015 EPAS.

<table>
<thead>
<tr>
<th>Course Objective/Student Learning Outcome</th>
<th>EPAS Competency</th>
<th>Assignment</th>
<th>Dimension*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Explore the body-mind connection as it applies to health and mental health disorders and explain their effects on individuals and the family system.</td>
<td>7</td>
<td>Readings, in-class discussions, documentary and exams</td>
<td>K</td>
</tr>
<tr>
<td>2. Analyze the impact of race, ethnicity, national origin, age, gender, sexual orientation, ability, socioeconomic, class, and religion/spirituality on the expression and management of health and mental health issues among client populations.</td>
<td>2 and 4</td>
<td>Reflection paper, case paper (parts I and II) and in-class discussions</td>
<td>K, S, V, and CAP</td>
</tr>
<tr>
<td>3. Describe social work roles across the continuum of care and prevention levels in health and mental health practice.</td>
<td>1 and 4</td>
<td>Readings and in-class discussions</td>
<td>K, V, and CAP</td>
</tr>
<tr>
<td>Course Objective/Student Learning Outcome</td>
<td>EPAS Competency</td>
<td>Assignment</td>
<td>Dimension*</td>
</tr>
<tr>
<td>------------------------------------------</td>
<td>----------------</td>
<td>------------</td>
<td>------------</td>
</tr>
<tr>
<td>4. Apply the DSM 5 and ICD10 to classify and describe selected acute and chronic health or mental health disorders relevant to prevalence, risk, resilience, and diversity factors</td>
<td>7</td>
<td>Exams, case paper (part I), and in-class exercises</td>
<td>K, S, V, and CAP</td>
</tr>
<tr>
<td>5. Prepare comprehensive assessments (theory-driven case conceptualization) and treatment plans for selected clinical cases or case summaries that include all relevant assessment processes and intervention skills needed for the case.</td>
<td>4, 6, 7, and 8</td>
<td>Exams, in-class discussions and exercises, and case paper (parts I and II)</td>
<td>K, S, V, and CAP</td>
</tr>
<tr>
<td>6. Discuss typical and complex ethical and legal issues involved in practice with health and mental health disorders.</td>
<td>1 and 5</td>
<td>Case paper (part II), and exams</td>
<td>K, S, V, and CAP</td>
</tr>
<tr>
<td>7. Collaborate to develop advanced practice skills that have broad application to various health and mental health problems.</td>
<td>1, 4, 6, 7, 8, and 9</td>
<td>Class discussions and exams</td>
<td>K, S, and V</td>
</tr>
<tr>
<td>8. Demonstrate the ability to access and apply research findings to health and mental health problems and their treatment.</td>
<td>1, 2, 4, 8, and 9</td>
<td>Case paper (part II)</td>
<td>K and S</td>
</tr>
</tbody>
</table>

*Dimensions Key:
   K = Knowledge
   S = Skills
   V = Value
   CAP = Cognitive and Affective Processing

REFERENCES AND SUPPLEMENTAL MATERIALS

References


