



THE UNIVERSITY OF ARIZONA

## Mel & Enid Zuckerman College of Public Health

### Mel and Enid Zuckerman College of Public Health University of Arizona

#### HPS 512 Public Health Approach to Mental Health Disorders in the U.S.

**Catalog Description:** This course will explore the identification and treatment of mental illness in the U.S. and discuss a public health approach to addressing mental health issues. Graduate-level requirements include developing discussion questions for book review; lead book review discussion for undergraduates; extra paper (10-15 pages), advanced level of critical analysis in paper expected. (3 units)

#### Course Topics:

- Biology of Mental Illness
- Schizophrenia
- Stigma
- Mental Health Services and Policy
- Depression
- Anxiety
- Bipolar Disorder
- PTSD
- Comorbidities
- Eating Disorders
- Children's Mental Health
- Autism
- Childhood Disruptive Disorders
- Race, Ethnicity and Culture and Mental Health
- LGBTQ Issues and Mental Health
- COVID-19 and Mental Health

#### Course Objectives: During this course, students will:

- Identify contemporary issues and controversies around the definitions, diagnosis and treatment of mental disorders in the United States.
- Describe clinical features, risk factors, treatment and preventive interventions and approaches for various mental disorders in the United States.
- Define a "public health approach" to mental disorder.
- Describe features of mental health service delivery in the U.S. and challenges of service delivery in various settings.
- Describe common mental problems and disorders for various populations defined by risk status (e.g. poverty) or age (e.g. children, older adults, veterans).
- Identify ways historical beliefs, culture and stigma influence policy, services and treatment of persons with mental illness.
- Identify sources of information for evidence-based interventions in mental health promotion, prevention and treatment.

#### Learning Outcomes (Competencies Obtained): Upon completion of this course students will be able to:

1. Explain biological and genetic factors that affect a population's health
2. Identify the core functions of public health and the 10 essential services
3. Communicate audience-appropriate public health content, both in writing and through oral presentation

4. Communicate public health information in both oral and written forms, through a variety of media and to diverse audiences
5. Locate, use, evaluate and synthesize public health information
6. Understand concepts and experiences necessary for success in the workplace, further education and lifelong learning