

DETAILED SYLLABUS OF VALUE ADDED AUDIT COURSE

For Post Graduate Programmes of Dibrugarh University

(Designed by CSAP, DU)

Course Code	:	VAC PSY-1
Title of the Course	:	COMMUNITY MENTAL HEALTH
Nature of the Course	:	Value Added/Add-On Course
End Semester	:	30 Marks
In Semester	:	20 Marks
Total Credits	:	2
Distribution of Credits:		L(30) + T(2) + P(0) = 32

COURSE OBJECTIVES: The objectives of this Course are to -

- sensitize students to mental health problems, generated in the community due to existing social conditions.
- introduce a community based orientation towards mental health with focus on the measure designed for the special groups.
- introduce the meaning of ability, disability and rehabilitation and its current trends and applications.

UNITS	CONTENTS	L	T	P
1 (15 marks)	INTRODUCTION 1.1 Community mental health- Meaning and its nature. 1.2 Community Mental health in India 1.3 Concepts of prevention and promotion, risk and resiliency. 1.4 Community counseling- meaning, nature. 1.5 Theoretical aspect: <ul style="list-style-type: none">○ Primary prevention and promotion of mental health○ Secondary and tertiary prevention 1.6 Community Health Services to Special Groups: Children, adolescents and elderly people. 1.7 Government Policies 1.8 Community program for: HIV/AIDS workers, Drug traffickers, Sex workers, LGBTQIA and others.	16 hours	1 hour	

2 (15 marks)	ABILITY, DISABILITY AND REHABILITATION	14 hours	1 hour	
	2.1 Concept of Rehabilitation 2.2 Current issues and trends 2.3 Concepts of ability and disability 2.4 Psychosocial perspectives of disability <ul style="list-style-type: none"> ○ Rehabilitation of addictions: drug and alcohol ○ Rehabilitation after abuse and violence 2.5 Rehabilitation of persons with physical disabilities: Community based interventions: Role of societal agents (mass media, NGOs, Mental health professionals) 2.6 Community Mental Health Planning			
	Total	30	2	

Where,

L: Lectures

T: Tutorials

P: Practicals

MODES OF ASSESSMENT:

- Sessional Exams **= 10 marks**
- Students shall have to choose any one/two of the following suggested activities in a semester for their in-semester assessment. **= 10 marks**
 - Seminar presentation on any of the relevant topics from the syllabus.
 - Case study presentation on any of the relevant topic.
 - Critical analysis of theories and approaches.
 - Understanding of individual cases where counseling is required and planning for treatment.
 - Debates and discussion on any topic.
 - Discussion based on screening of a movie.

LEARNER OUTCOMES: After the completion of the course, the learner will be able to:

- apply the skills in understanding the structure of communities and social groups to design and conduct programs for the prevention, treatment and management of problems in the communities.
- explain various types and models of rehabilitation which will enable them mediate and moderate as psychosocial agents in promoting health and wellbeing.

READING LIST:

1. Charles, G.J., & Bruce, F.R. (1995). *Counselling Psychology, USA*: Harcourt Brace Publishers.
2. Frank, R., & Eliot, J., (2002). *Handbook of Rehabilitation Psychology*. Washington DC: American Psychological Association.
3. Jim, O., (1992). *Community Psychology: concepts, methods and profession*. (3rd edition). Cole publishing company. Pacific Grove, California.
4. Kloos, B., E., Wandersman, A., Elias, M., & Dalton, J. H. (2012). *Community psychology: Linking individuals and communities* (3rded.). Wadsworth, Cengage Learning: Belmont, CA, USA.
5. McKenzie, J. F., Pinger, R. R., &Kotecki, J. E., (2005). *An introduction to community health*. United States: Jones and Bartlett Publishers.
