

# CHILDREN'S MENTAL HEALTH

## Program Outline

**Major:** CHMH  
**Length:** 252 Hours  
**Delivery:** 1 Semester  
**Credential:** Certificate  
**Effective:** 2019-2020  
**Location:** Orillia  
**Start:** Varies (Orillia)

### Description

This program will offer professionals with current related experience an opportunity to gain valuable professional development in a convenient and flexible online format. Participants in this program will gain knowledge to assist their work with infants, children or adolescents with mental health challenges. Courses will focus on the developmental process, understanding mental health and associated behaviors, risk factors and triggers, the identification of behaviors and symptoms, family relationships, and intervention and prevention strategies.

### Career Opportunities

This program is designed to assist professionals and parents who are currently working with infant, child and adolescent populations who present with potential mental health challenges. Graduates of this program may enhance career opportunities in fields such as Care Givers, Early Childhood Educators, Educational Assistants, Social Service Workers, Therapeutic Recreation Workers, Youth and Justice Professionals, Recreation and Leisure Workers, Occupational Therapy Assistants and Physiotherapist Assistants, Personal Support Workers, Registered Practical Nurses and Registered Nurses.

### Program Learning Outcomes

The graduate has reliably demonstrated the ability to:

- explain cognitive and behavioural signs and symptoms and their continuous effect and influence on the behaviour and mental health of the infant, child and adolescent;
- develop and implement basic strategies to effectively manage the common symptoms of mental health conditions seen in infant, child and adolescent populations;
- prepare a basic needs' assessment of trauma, grief, loss and/or psychiatric disorder for an infant, child or youth in crisis
- identify the stages of growth and development as well as basic needs for infants, children and adolescents with an emphasis on the critical periods in personality development;

- identify social role structure issues and their potential positive and negative influence on growth and development;
- explain preventative measures that promote the mental health and well-being of children and youth in their communities.

### **The Program Progression:**

Varies Intake - Orillia

### **Admission Requirements:**

Applicants must meet ONE of the following requirements to be eligible for admission to this program: - OSS Curriculum: OSSD or equivalent with Grade 12 English (C) or (U) (ENG4C, ENG4U) - Academic and Career Entrance Certificate (ACE) program with: Communications - Ontario High School Equivalency Certificate (GED) - Mature applicant with standing in the required courses and/or mature student testing that meets the minimum standards for admission

Applicants who are 19 years of age or over by the first day of classes, and who lack the academic entrance qualifications, may be considered for entrance to an appropriate post-secondary diploma or certificate program as mature applicants. Each applicant will be considered on an individual basis and acceptance will be determined by counseling, Communication Placement Assessment (CPA), previous post-secondary education and evaluation of experience. Some programs also have specific prerequisite requirements that must be met prior to admission. Mature applicants must meet all program specific prerequisites. Those applying as mature students and having no documentation of Grade 12 education must supply, if required, proof of age, such as a copy of an official birth certificate or driver's licence. Refer to Section 2.5 and 2.6 of the Academic Calendar for further details.

### **Graduation Requirements:**

6 Mandatory Courses

### **Graduation Eligibility:**

To graduate from this program, the passing weighted average for promotion through each semester, from year to year and to graduate is 60%. Additionally, a student must attain a minimum of 50% or a letter grade of P (Pass) or S (Satisfactory) in each course in each semester.

### **Mandatory Courses**

CHMH1000 Psychiatric Disorders: Infant, Child and Adolescent (ODE)  
 CHMH1001 Cognitive Development, Trauma, and Loss (ODE)  
 CHMH1002 Risk Factors of Common Psychiatric Disorders (ODE)  
 CHMH1003 Family Relationships and Psychiatric Disorders (ODE)  
 CHMH1004 Prevention and Intervention Strategies in Children's Mental Health (ODE)  
 PSYL1010 Developmental Psychology (ODE)

### **Course Descriptions:**

CHMH1000 Psychiatric Disorders: Infant, Child and Adolescent (ODE) 42.0 Hours

This course will teach students to understand complicated mental health conditions common to infants, children and adolescents. Students gain an understanding of a wide variety of abnormal

cognitive and behavioral disorders. Students explore treatment approaches that would be effective in supporting clients and their families.

#### CHMH1001 Cognitive Development, Trauma, and Loss (ODE) 42.0 Hours

Students determine the effects and affects of trauma on cognitive development of infants, children and adolescents. Students will identify those children with trauma histories in order to limit the potential triggers and risks within the therapeutic environment. As well, students will apply theories pertaining to loss and grief, as they relate to the infant, child and adolescent population. Finally, students will develop an understanding of healthy brain development, and discover the impact trauma has on an infant and child's developing brain.

#### CHMH1002 Risk Factors of Common Psychiatric Disorders (ODE) 42.0 Hours

Students will recognize the risk factors and triggers associated with common psychiatric disorders in infant, child and adolescent populations. Early identification and awareness of the behaviours will enable the student to appropriately identify and assess the situation at hand.

#### CHMH1003 Family Relationships and Psychiatric Disorders (ODE) 42.0 Hours

Students examine the interconnectedness of family relationships and their effect on common psychiatric disorders in infant, child and adolescent populations. This course reviews the developmental stages, familial structures and family functions through the lens of family systems theory. Students will explore the environmental effects and their influences on the family as a dynamic entity.

#### CHMH1004 Prevention and Intervention Strategies in Children's Mental Health (ODE) 42.0 Hours

Students will understand the skills required for prevention and intervention strategies to appropriately respond to stressful situations in the infant, child, and adolescent population. The focus of this course is on the effective application of communication, critical thinking and problem solving skills in a variety of situations.

#### PSYL1010 Developmental Psychology (ODE) 42.0 Hours

This course offers the student a survey of developmental psychology, covering topics across the human lifespan, from infancy through to old age. Through readings and lecture material, students will examine theories of development and the research that bears on these theories. Students will also examine development across the physical, social, emotional, and cognitive domains. Finally, students will address major themes in the study of developmental psychology, including: the nature-nurture issue; the effects of early experience; and continuity-discontinuity in developmental change.

#### **Course Description Legend**

P = Prerequisite; C = Concurrent prerequisite; CO= Corequisite

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*the right to add or delete programs, options, courses, timetables or campus locations subject to sufficient enrolment, and the availability of courses.*