

**COURSE NAME:** MHA113 Older Persons' Mental Health and Substance Abuse

---

Credit Value: 2  
 Total Course Hours: 28  
 Prerequisite Course(s): MHA180 and HSP165  
 Corequisite Course(s): None

## COURSE DESCRIPTION

---

This course is an in-depth exploration of mental health and substance abuse issues of older persons. Students will learn how mental health disorders and substance abuse present in the elderly. Disorders associated with aging, such as Alzheimer's Disease and Dementia, will be examined as well as the different presentation of other common issues such as depression and anxiety. Best practices for working effectively with this special population will be explored. Students will receive training in the Gentle Persuasive Approach.

## PLAR INFORMATION

---

This course is eligible for Prior Learning Assessment and Recognition. Students are advised to discuss options with their program coordinator.

## COURSE LEARNING OUTCOMES

---

Upon completion of this course, the student will have reliably demonstrated the ability to:

- |   |  |
|---|--|
| <p>1.0 Recognize sociocultural factors that impact Canada's elderly population</p> <p>1.1 Describe key demographic and statistical information related to the elderly</p> <p>1.2 Discuss social determinants of health for older persons in Canada</p> <p>1.3 Recognize how stereotypes of aging and associated stigma shape the lives of older persons</p> <p>1.4 Describe important financial, legal, familial and other challenges faced by older persons</p> <p>2.0 Describe the normal aging process</p> <p>2.1 Explain the natural continuum of aging</p> <p>2.2 Describe the health concerns and disorders common to older persons</p> <p>2.3 Distinguish between normal signs of aging and symptoms of disease processes</p> <p>3.0 Employ appropriate instruments to screen and assess elderly clients for mental health and substance abuse concerns</p> <p>3.1 Recognize the extent of mental health and substance abuse issues in the elderly in Canada</p> <p>3.2 Delineate factors that place the elderly at risk of mental health and substance abuse issues</p> <p>3.3 Recognize and differentiate between common mental health concerns of older</p> | <p>persons</p> <p>3.4 Describe how substance abuse presents in older persons</p> <p>3.5 Demonstrate a simple mental status exam</p> <p>3.6 Describe assessment instruments developed for use with older persons</p> <p>4.0 Use evidence-based treatment modalities for older persons</p> <p>4.1 Implement therapeutic interventions for dementia and Alzheimer's Disease</p> <p>4.2 Apply the Gentle Persuasive Approach</p> <p>4.3 Employ various activation techniques</p> <p>4.4 Delineate how group therapy is used effectively with older persons</p> <p>4.5 Implement a therapeutic group activity with elderly clients in the community</p> <p>4.6 Describe pharmacological interventions for seniors' mental health concerns</p> <p>4.7 Explain the principles and philosophy of palliative care</p> |
|---|--|

## GENERAL EDUCATION

---

This is not a General Education course.

## PROGRAM VOCATIONAL OUTCOMES

---

This course contributes to the following Ministry of Training, Colleges and Universities approved program vocational learning outcomes (PVLO):

### Mental Health And Addiction Worker

1. Promote the optimal functioning of individuals and families in communities through the application of knowledge, skills, and attitudes relevant to mental health and addiction.
2. Advocate on behalf of individuals and families with mental health and addiction issues by using awareness of community resources.
3. Apply effective oral and written communication skills to enhance the quality of services.
4. Collaborate as a member of a multidisciplinary team in the implementation of individual-centred intervention strategies based on current mental health and addiction models of recovery and relapse prevention.
5. Establish effective relationships with individuals, families, and community services that adhere to professional, legal, and ethical standards and workplace policies and procedures.
6. Use effective counselling skills to promote self-efficacy and positive change with individuals and families who are experiencing mental health and addiction issues.
7. Implement personal and professional strategies to improve job performance and work relationships.
8. Use appropriate evaluation- and evidence-based research methods to enhance the effectiveness and quality of mental health and addiction service delivery.

## ESSENTIAL EMPLOYABILITY SKILLS OUTCOMES

---

This course contributes to the following Ministry of Training, Colleges and Universities approved essential employability skills (EES) outcomes:

1. Communicate clearly, concisely, and correctly in the written, spoken, and visual form that fulfils the purpose and meets the needs of the audience.
2. Respond to written, spoken, or visual messages in a manner that ensures effective communication
4. Apply a systematic approach to solve problems
5. Use a variety of thinking skills to anticipate and solve problems
6. Locate, select, organize, and document information using appropriate technology and information systems.
7. Analyse, evaluate, and apply relevant information from a variety of sources.
8. Show respect for the diverse opinions, values, belief systems, and contributions of others
9. Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals.
10. Manage the use of time and other resources to complete projects.
11. Take responsibility for one's own actions, decisions, and consequences.

## EXTERNAL COURSE ACCREDITATIONS AND CONDITIONS

---

## COURSE EVALUATION

---

No element of this course is optional. To receive a passing grade, all course work, tests/exams, and assignments must be completed satisfactorily.

Tests: 3@20% = 60%

Assignment: 20%

GPA Training Participation with Written Reflection: 20%

## PROGRAM SPECIFIC GRADING

---

Per College Grading System

### GRADING SYSTEM

---

|     |         |     |        |     |        |    |        |                   |
|-----|---------|-----|--------|-----|--------|----|--------|-------------------|
| A+: | 90-100% | B+: | 77-79% | C+: | 65-69% | D: | 50-54% | S - Satisfactory  |
| A:  | 85-89%  | B:  | 73-76% | C:  | 60-64% | F: | 0-49%  | I - Incomplete    |
| A-: | 80-84%  | B-: | 70-72% | D+: | 55-59% |    |        | F - Repeat course |

\*For a complete detailed description please refer to the College website.

## LEARNING RESOURCES

---

Required:

1. Segal, D.L., Honn Qualls, S., & Smyer, M.A. (2018). Aging and mental health, 3rd ed. Wiley-Blackwell. ISBN-10: 1119133130
2. Adams, Taite. (2015). Senior Addiction: Drug Addiction in Older Adults, Senior Alcoholism, and Recovery Solutions. Rapid Response Press. ISBN-10: 0990767450
3. Feil, N. & de Klerk-Rubin, V. (2012). The Validation Breakthrough: Simple Techniques for Communicating with People with Alzheimer's and Other Dementias, 3rd edition. Health Professions Press. ISBN-10: 1932529934
4. GPA TRAINING MANUAL. To be purchased through book store at a cost of approximately \$25.

Resources listed on the course outline support the achievement of learning outcomes, and may be used throughout the course to varying degrees depending on the instructor's teaching methodology and the nature of the resource.

## LEARNING ACTIVITIES

---

PowerPoint presentations/lectures, videos and documentaries, discussion, oral student presentations, case study, skills practice and role plays

## DELIVERY MODE

---

2 hours per week of in-class instruction for 14 weeks plus 8 hours of GPA training

## ACADEMIC POLICIES

---

- Academic Integrity
- Academic Appeal
- Academic Attendance
- Grading and Assessment

For academic policies please see: <http://www.canadorecollege.ca/about-us/corporate-policy-manual>.

## COLLEGE POLICIES

---

- Protecting human rights in support of a respectful college community

For college policies please see: <http://www.canadorecollege.ca/about-us/college-policies>.

## STUDENT SUCCESS SERVICES

---

### YOUR SUCCESS MATTERS!

We offer comprehensive, student-focused services designed to help you succeed. Canadore is committed to Student Success and offers CONFIDENTIAL services to help you in your studies. We offer:

- Study skills workshops
- Peer tutoring
- Career guidance
- Mental health and wellness tips and strategies
- Resource centre
- Assistive devices

The ultimate goal of Student Success Services is to support students so they can achieve success academically, in their career aspirations, and in their personal lives. Please don't hesitate to drop by C262 or to book an appointment please call 1-705-474-7600 ext. 5205.

### FIRST PEOPLES' CENTRE:

We offer a culturally safe environment where our student focused services provide you with the following CONFIDENTIAL services:

- One on one counselling
- Elder in residence
- Peer tutoring
- Peer mentorship
- Lunch & learn workshops on study skills, self-care, life skills

- Resource Centre

Drop by our offices at C254 College Drive, E101 Commerce Court or call 705 474 7600 Ext. 5961 College Drive / 5647 Commerce Court.

### **WAIVER OF RESPONSIBILITY**

---

Every attempt is made to ensure the accuracy of this information as of the date of publication. The college reserves the right to modify, change, add, or delete content.

### **HISTORICAL COURSE OUTLINES**

---

Students use course outlines to support their learning. Students are responsible for retaining course outlines for future use in applications for transfer of credit to other educational institutions.