S. W. 698
Social Work Practice in Mental Health
Spring/Summer 2006

Joseph A. Himle, Ph.D.
2849 SSWB
1080 South University
Ann Arbor, MI 48109
(734) 764-5348
himlej@umich.edu

COURSE DESCRIPTION

This course teaches practice models and methods of intervention for effective social work practice in mental health care, including the promotion of mental health, the prevention of mental illnesses, and the delivery of psychosocial treatments and rehabilitation services. A major focus is on enabling individuals with mental health problems to increase their functioning in the least restrictive environments, with the least amount of ongoing professional intervention, so these individuals maximize their success and satisfaction. This course has a specific emphasis on services to individuals who suffer from severe and persistent mental illness, substance abuse in conjunction with mental illness (dual-diagnosis population) and/or who are recovering from the effects of severe traumatic events. Interventions relevant to these conditions help individuals develop/restore their skills and empower them to modify their environments so as to improve their interactions with their environments.

A second major focus is on culturally competent and gender-specific interventions and special issues for groups who have been subject to oppression. Privilege and social justice concerns will be a major emphasis of the course. Mental health disparities will be considered in relation to diagnoses, treatment options and case disposition within the mental health system.

COURSE CONTENT

This course will teach assessment of major, severe mental illnesses and substance abuse problems with a review of research literature looking at etiology, prevalence, efficacy of treatment interventions, outcomes of psychosocial interventions. Ethical issues and values central to social work will be stressed in all classes. Family interventions will be highlighted as well as rehabilitation techniques. Major concepts of recovery, empowerment, stigma will be addressed. The various models of intervention (i.e. self-help, twelve-step, cognitive/behavioral, biological, psychoeducation, family systems etc.) will be taught with regards to their differential application. Policy implications of managed care and community mental health programs will be addressed as they relate to practice concerns. Knowledge of the relationship between macro-micro system interventions in mental health including methods for resource acquisition and
system change as well as effective advocacy skills will be stressed. Knowledge of the relationship between mental health and other social systems (e.g. health, education, social services, etc) and of methods to improve cooperation and coordination including interdisciplinary teamwork, case conferences, interagency collaboration will be highlighted. Model programs will be introduced as examples of excellent care and practice. Poverty and homelessness will be stressed as important mental health concerns for social work practice. The course will emphasize a strengths-based perspective and how to integrate biological/medical concepts with social work practice. Gender, race, class and ethnicity will be integrated into all discussions of assessment and practice issues.

COURSE OBJECTIVES

Students who complete this course will be able to:

1. Assess the risks and strengths of individuals, families, groups, organizations, and/or communities for the purpose of promoting mental health, early intervention, treatment, and continuing service, with an emphasis placed on problems faced by people who suffer from severe and persistent mental illness, substance abuse, and/or are recovering from the effects of severe traumatic events.
2. Plan or plan and conduct culturally competent, gender-specific, individual, family group, organizational, and community–based capacity building and preventive interventions.
3. Identify and demonstrate understanding of the many components of the mental health system as team member, advocate, broker, community organizer, and program planner in order to interact productively with the many components of the mental health system.
4. Build partnerships with key neighborhood and self-help organizations and institutions for the purpose of mental health promotion and disease prevention.
5. Incorporate social work values and ethical standards in practice in mental health.
6. Plan or plan and engage in advocacy at both micro and macro levels to help individuals overcome oppression, discrimination, and other barriers to access and quality of mental health services.

COURSE DESIGN

This course focuses on practice models, challenges, and critical perspectives for practice in mental health care, including the culturally competent promotion of mental health care; the prevention/assessment/treatment of mental illness, and interdisciplinary approached to psychosocial treatment and rehabilitation services. A major focus will be on the empowerment of individuals with mental health problems to increase their functioning in the least restrictive settings with the least amount of ongoing professional intervention. This course has a specific emphasis on acquiring an understanding of the dilemmas faced by people who suffer from severe and persistent mental illnesses and the consequences of mental illnesses diagnoses, psychiatric treatments and social stigma. We will focus on problems related to substance abuse, and the psychological aftermath of traumatic experience. Using culture, race, class, privilege, and gender as critical lenses,
we will review multiple perspectives (client/consumer, the family member, the professional) on the role of psychiatric perspectives in the conceptualizing and structuring of the foundations for mental health services and the role of social work in the provision of these services. Our readings will highlight first person accounts, memoirs, and case studies that describe experiences of the onset and development of mental disorders, including major depression, bipolar illness and schizophrenia as well as the individuals’ complex experiences with the mental health system and mental health professionals.

**CLASS FORMAT**

Classes will usually contain a lecture related to assigned readings. Guest speakers from key community agencies and organizations will help to address central themes of the class. Videotapes and group exercises will be integrated into classes to help teach assessment and intervention techniques.

**RELATIONSHIP TO FOUR CURRICULAR THEMES**

**Social Science and Behavioral Research** -- is presented throughout the course and includes findings from evaluation studies and intervention research in social work, psychiatry, psychology, anthropology, and sociology.

**Multiculturalism and Diversity** -- are integrated throughout the course especially in view of the fact that mental health problems are experienced very differently in various cultures, each of which has its own indigenous responses to healing. In addition, the stresses associated with mental health problems and access to appropriate services are differentially affected by gender, poverty, race/ethnicity and sexual orientation. The students must be aware of these issues and help to develop culturally competent and gender-specific interventions and interventions to overcome oppression and discrimination as barriers to access to and quality of care.

**Social Justice Issues** -- have special relevance to the processes of psychosocial rehabilitation. Persons with psychiatric disabilities are often discriminated against again with respect to access to education, employment, housing, and financial assistance. Health insurance plans often discriminate against persons with mental as opposed to physical disabilities. Social justice issues are often seen with respect to the processes of commitment, the rights of people in mental institutions, the rights to treatment (such as in the criminal justice system), access to attorneys, and the determination of competence to stand trial or when mental illness is offered as a defense in a criminal proceeding. The student will learn about these issues in the course as well as the role of social work in fighting for these and other rights.

**Promotion/Prevention/Treatment/Rehabilitation** -- are addressed throughout the course. Mental disabilities often occur or are exacerbated as a result of stressful environmental conditions and the ways of seeking changes in these changes in these conditions or preventing them will be stressed.
RELATIONSHIP TO SOCIAL WORK ETHICS AND VALUES

Virtually every topic of this course is related to issues of social work values and ethics, and these issues will be dealt with in this course. Examples of these issues are priorities assigned to various services and populations by mental health agencies and the role of social workers in molding these priorities, recognition of the right of self-determination of consumers of mental health services, the principle of the utilization of the least restrictive environments for the treatment of mental disorders, the values placed on preventive services, an understanding of the responsibility of workers to strive for less stressful environments in relationship to preventing mental problems, the creation of community respect for individuals in the community whose behavior, while lawful, departs from community norms, and promoting community awareness of the “not in my backyard” phenomenon.

FORMAT OF COURSE

The objectives of the course will be pursued through lectures, discussions, demonstrations, case studies, and visits by individuals experiencing the disorders covered in this class. There will be two exams, one at mid-term and one at the final session. Each exam will count for 1/3 of your grade and the paper will also count for 1/3 of your grade. Students are expected to attend all classes.

Paper
Length 5-8 pages.
Due: July 17th

Please select one or more of the memoirs in the recommended readings list or propose another. Address your reactions to the memoir(s) and consider the following questions:

a. Why did you pick this memoir? What are your personal responses to this story and the author’s construction of his/her illness/disability/disease and the methods of treatment he/she received?

b. Using approaches to understanding the intersections of culture and mental illness in class, discuss how the author’s experience, idioms of distress, and efforts to accept or resist labeling and treatment reflect cultural values and attitudes about psychological suffering.

c. How do gender, race, class, historical context etc. influence the experience of illness by the author and others in connections with the author?

d. Describe the impacts of the significant relationships on the author’s experience of the illness/disability, particularly emphasizing therapeutic relationship(s) discussed in the book. What stands out to you as especially significant, helpful, not helpful? What is
missing in her/his relational world? What are the challenges for the people in relationship to the author and how well were these challenges managed?

List of Memoirs:

**Drinking: A Love Story** by Caroline Knapp, 1997 Dial Press

**A Million Little Pieces** by James Frey 2005 Anchor books

**Detour: My Bipolar Road Trip in 4-D** by Lizzie Simon, 2003 Washington Square Press.

**In Small Doses: A Memoir about Accepting and Living with Bipolar Disorder** Mark Pollard , 2004 Vision Books International

**Terry: My Daughter's Life-And-Death Struggle With Alcoholism** George McGovern, 1997, Plume Books


The Hillside Diary and Other Writings, Robert Gary Neugeboren, 2004.

Natalie on the Street, Ann Nietzke, 1994, Calyx Books (a memoir about the author’s relationship with an elderly homeless woman).


The Quiet Room: A Journey Out of The Torment of Madness, Lori Schiller and Amanda Bennett, 1994, Warner Books. (a schizophrenia memoir).

Call Me Crazy: Stories from the Mad Movement, Irit Shimrat, 1994, Press Gang Publishers (a memoir and history of the ‘mad movement’ or mental health consumers movement in Canada, written by a woman who was diagnosed schizophrenic but lives without medication and is a political activist).

Prozac Diary, Lauren Slater, 1998, Random House, (a memoir written by a woman who suffered from nightmarish mood swings, compulsions, phobias).


Night Falls Fast: Understanding Suicide, Kay Redfield Jamison, 1999, Knopf


Holy Hunger: A Memoir of Desire, Margaret Bullitt-Jonas, 1999, Knopf

First Person Plural: My Life as A Multiple, Cameron West, 1999, Hyperion

Mockingbird Years: A Life In And Out Of Therapy; Emily Fox Gordon, Basic Books, 2000.


Passing For Normal: Living with Tourettes, Amy Wiletsky, Broadway Books, 2000


His Bright Light: The Story of Nick Traina, Danielle Steel, Delacourte Press, 1998. (Bipolar disorder)


The Eden Express: A Memoir of Insanity, Mark Vonnegut, Kurt Vonnegut, Seven Stories Press, 2002 (schizophrenia)

Conquering Schizophrenia: A Father, His Son and a Medical Breakthrough, Peter Wyden, Knopf, 1998


A Different Kind of Boy: A Father's Memoir about Raising a Gifted Child with Autism, Daniel Mont, Jessica Kingsley Publisher, 2001


Unholy Ghost: Writers on Depression, Nell Casey, 2002, Perennial.


TOPICS AND REQUIRED READING ASSIGNMENTS

Texts:


Hughes, R., & Weinstein, D. (2002). Best Practices in Psychosocial Rehabilitation. Linthicum, MD: International Association of Psychosocial Rehabilitation Services

Topics:

May 8th. Assessment, Mood Disorders

Video: People Say I’m Crazy


**Mood Disorders**


**May 15th**

**Mood Disorders** (Cont.)

Continue readings from May 9th

**May 22nd**

**Anxiety Disorders**

Video – Depression on College Campuses

Group Exercise – Crafting a depression conference

Guest Lecture – Client from rural area


May 29th  No Class – Memorial Day

June 5th  Anxiety Disorders (cont.)
Guest Speaker – Anxiety Client

June 12th  Medication Management in Psychiatry
Guest Speaker – TBA


June 19th  MIDTERM EXAM
Personality Disorders
Guest Speaker - TBA


June 26th  Homelessness/Housing/Legal Issues/Mental Illness and Jail
Guest Speaker – TBA


July 3rd  Complementary and Alternative Treatments for Mental Health
Mind/Body Medicine
Video – The New Medicine

July 10th  Psychotic Disorders - Psychosocial Rehabilitation – Assertive Community Treatment, Supported Education
Supported Employment
Guest Speaker – Deborah Gioia
Video – Madison Wisconsin, Supported Employment

Psychotic Disorders


Psychosocial Rehabilitation


July 17th  Co-occurring Disorders – Integrated Dual Disorders Treatment  
        Guest Speaker – TBA  
        Paper Due


July 24th  FINAL EXAM