



COURSE OUTLINE: CYC255 - MENTAL HEALTH 1

Prepared: Child and Youth Care Faculty

Approved: Karen Hudson - Dean

Course Code: Title	CYC255: CHILD AND ADOLESCENT MENTAL HEALTH I
Program Number: Name	1065: CHILD AND YOUTH CARE
Department:	CHILD AND YOUTH WORKER
Academic Year:	2025-2026
Course Description:	Various disorders of childhood and adolescence will be examined from a holistic perspective (including biological, psychological and social factors). Each disorder will be explored intensively with respect to its impact on the individual, the family and the community. Extensive examination of symptoms, causes, treatment and prevention approaches will be included. Special emphasis will be placed on assessment, case formulation and intervention strategies from the Child & Youth Care perspective.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	PSY102
Corequisites:	There are no co-requisites for this course.
Substitutes:	CYC250
This course is a pre-requisite for:	CYC307
Vocational Learning Outcomes (VLO's) addressed in this course:	1065 - CHILD AND YOUTH CARE
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 2 Assess the strengths, developmental and holistic needs of children, youth and their families, using methods grounded in theoretical frameworks, research and therapeutic practices, to develop care and intervention plans.
	VLO 3 Develop and implement care and intervention plans appropriate for the therapeutic milieu using evidence-informed practices and research to provide support for children, youth, and their families.
	VLO 4 Use equitable and inclusive approaches that are anti-colonial, anti-oppressive, anti-racist, and strength-based frameworks, as well as cultural humility, to create positive and sustainable solutions and respond to inequities and to systemic barriers experienced by children, youth and their families.
	VLO 5 Advocate for, and in solidarity with, children, youth, their families and communities through their participation in the development and implementation of care and intervention plans that uphold their rights.
	VLO 6 Employ communication, collaboration and relational skills with the inter-professional team and with community partners to ensure and enhance the professionalism of practice.
	VLO 9 Adhere to relevant legislation and Child and Youth Care standards of practice,



competencies, and codes of ethics as a practitioner.

Essential Employability Skills (EES) addressed in this course:

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

Course Evaluation:

Passing Grade: 50%, D

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

Books and Required Resources:

Abnormal Child Psychology by Mash & Wolfe
 Publisher: Cengage Learning Edition: 7th
 ISBN: 9781337624268

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Explain pathological and/or symptomatic behaviour using theories of development, attachment and knowledge of mental health disorders.	1.1 Identify and reintegrate knowledge of normal developmental patterns from the various perspectives as applied to particular psychopathological case studies 1.2 Identify and describe behavioural manifestations in children and youth commonly associated with disorders described in the DSM-5
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Collect, analyze and organize relevant and necessary information from a variety of professional sources in order to develop effective intervention strategies which meet the needs of children, youth, families and communities.	2.1 Describe and utilize the classification and assessment processes applicable to the study of mental health 2.2 Recognize and present the rationale for assessment of the signs and symptoms of the major areas of psychopathology in both oral and written formats 2.3 Assess behavioural, developmental and psycho-social strengths and needs of clients 2.4 Negotiate reasonable and realistic goals with and for clients and families 2.5 Implement intervention strategies which respond to identified needs 2.6 Evaluate strategies used and make necessary adjustments



		to attain identified goals
	Course Outcome 3	Learning Objectives for Course Outcome 3
	3. Communicate effectively in both oral and written formats as is appropriate for professional Child and Youth Care Practitioners.	3.1 Demonstrate knowledge of basic terminology in the study of mental health 3.2 Utilize the vocabulary and basic terms appropriately in case work, presentations and written assignments 3.3 Demonstrate the role of the Child and Youth Care Practitioner in relation to intervention and treatment issues through the application of the case formulation model to case studies 3.4 Recognize and explain signs and symptoms of a variety of disorders pertaining to childhood, adolescence and young adulthood in both oral and written formats 3.5 Evaluate the results of the communication and adjust in order to facilitate effective communication
	Course Outcome 4	Learning Objectives for Course Outcome 4
	4. Use collaborative and evidence-informed practices, to plan, implement and evaluate interventions that enhance psycho-social development in children, youths and their families as per area of study.	4.1 Recognize the impact that various disorders have on the individual, family and community in terms of duration, severity and resources available 4.2 Assess, in collaboration with other professionals, potential groups and communities at risk 4.3 Evaluate the effectiveness of proposed treatment plans through research of current journals and in-class discussion 4.4 Implement, in collaboration with other professionals, strategies or programs which meet the identified needs of children, youth, families and communities as per area of study

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Case Assessments and Treatment Plans	30%
Professional Skill Development	20%
Tests	50%

Date:

June 17, 2025

Addendum:

Please refer to the course outline addendum on the Learning Management System for further information.

