



COURSE OUTLINE: CYC307 - MENTAL HEALTH II

Prepared: Child and Youth Care Faculty

Approved: Karen Hudson - Dean

Course Code: Title	CYC307: CHILD AND ADOLESCENT MENTAL HEALTH II
Program Number: Name	1065: CHILD AND YOUTH CARE
Department:	CHILD AND YOUTH WORKER
Academic Year:	2025-2026
Course Description:	This course will build on the competencies developed in CYC255 (Child and Adolescent Mental Health I) and will examine a range of disorders of childhood, adolescence and young adulthood not previously addressed. These mental illnesses will be examined from a holistic perspective. Each will be explored extensively with respect to its impact on the individual, family and community. A look at the symptoms, causes, treatments and prevention approaches from the Child and Youth Care perspective will be included.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	CYC255
Corequisites:	There are no co-requisites for this course.
Substitutes:	CYC303
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 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 8 Use professional development resources and supervision to increase professional capacity, learning and leadership skills.
	VLO 9 Adhere to relevant legislation and Child and Youth Care standards of practice, competencies, and codes of ethics as a practitioner.
	VLO 11 Employ crisis prevention and intervention techniques, and harm-reduction principles, with children, youth and their families in the provision of care, to ensure their safety,



resolution of crises, and reparation of relationships.

VLO 12 Develop the capacity to work with children, youth and families who identify with Indigenous, Black, and racialized communities, as well as people in LGBTQ2+ and disabled communities, by identifying systemic inequities and barriers, integrating practices such as trauma-informed care, and respecting their inherent rights to self-determine.

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
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.	1.1 Assess developmental domains (cognitive, physical, emotional and social) in children, youth and their families applying theories of growth and development, and attachment. 1.2 Analyze observed responses considering biological, psychological, sociological and environmental strengths along with challenges (i.e., substance abuse, neglect, abuse, pregnancy, family disruptions and trauma). 1.3 Assess and analyze the environmental context (i.e., family life/home, school, recreation) of children and youth to identify opportunities to change patterns of behaviour learned in those environments. 1.4 Identify and communicate strengths and challenges to ensure that treatment plans reflect the needs of children and youth and their families.



	<p>1.5 Incorporate culturally specific developmental norms into child and youth care practice.</p> <p>1.6 Apply learning theories to promote the learning of new behaviour in children, youth and their families.</p> <p>1.7 Identify and describe behavioural manifestations in children and youth commonly associated with disorders described in the Diagnostic and Statistical Manual of Mental Disorders - DSM-5 (i.e., Attention Deficit Disorder, Conduct Disorder, Eating Disorders, Mood Disorders, Autism Spectrum Disorders and Anxiety Disorders).</p> <p>1.8 Explain pathological and/or symptomatic behaviour using knowledge of mental health disorders.</p> <p>1.9 Promote mental health wellness in children, youth and their families.</p> <p>1.10 Identify commonly prescribed psychopharmacological medications and describe their indications.</p>
Course Outcome 2	Learning Objectives for Course Outcome 2
<p>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.</p>	<p>3.1 Identify and discuss the theoretical/empirical basis for interventions selected.</p> <p>3.2 Select evidence-informed interventions consistent with the assessed development level, identified strengths, needs and goals.</p> <p>3.3 Apply principles of crisis management to de-escalate a crisis situation, to promote safety and to maintain dignity and integrity for children, youth and their families.</p> <p>3.4 Identify and locate community resources for programs and activities and for the attainment of goals and identify the need for additional resources.</p> <p>3.5 Collaborate with other students to plan and adapt therapeutic programs, approaches and resources that respond to identified areas of need and strengths for children, youth and their families.</p>
Course Outcome 3	Learning Objectives for Course Outcome 3
<p>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, integrating practices such as trauma-informed care, and respecting their inherent rights to self-determine.</p>	<p>4.1 Identify system barriers including political, social and economic factors that may contribute to stereotyping, bias, discrimination and social inequalities.</p> <p>4.2 Evaluate, in collaboration with a team, the impact of the environment, including the cultural, economic, physical, emotional, social, spiritual, and or psycho-social contexts in which children, youth and their families live and function.</p> <p>4.3 Identify strengths and use those areas of strength to promote positive change.</p>

	Course Outcome 4	Learning Objectives for Course Outcome 4
	Employ communication, collaboration and relational skills with the inter-professional team and with community partners to ensure and enhance the professionalism of practice.	<p>5.1 Establish and maintain positive relationships within a team environment that reflect cooperation and professionalism as determined by ethical standards.</p> <p>5.2 Identify roles and responsibilities of all members of a team.</p> <p>5.3 Consult with relevant others to gain an holistic understanding regarding services for children, youth and their families.</p> <p>5.4 Coach others (e.g., teachers, parents, peers) regarding strategies and tools to support psychosocial development and positive change in children and youth.</p> <p>5.5 Lead student team members in the integration of individualized, culturally relevant and developmentally appropriate intervention strategies into the treatment plan.</p> <p>5.6 Develop and apply organizational and time management skills.</p> <p>5.7 Plan and implement, clear, concise written, oral and electronic communications for diverse individuals, families and groups using anti-oppression language.</p> <p>5.8 Select and use technologies to document all relevant information related to professional role and responsibility (i.e., completing written reports, taking notes/minutes, preparing presentations, completing electronic forms, etc.).</p> <p>5.9 Explain complex concepts in ways that are understandable for and respectful of diverse individuals and groups.</p>
	Course Outcome 5	Learning Objectives for Course Outcome 5
	Use professional development resources and supervision to increase professional capacity, learning and leadership skills.	<p>6.1 Seek and use formal and informal supervision opportunities and ongoing feedback to enhance professional growth and competence.</p> <p>6.2 Access and apply professional literature, particularly in the area of evidence-based research and evidence-informed practice.</p> <p>6.3 Analyze and discuss current professional issues, future trends and challenges in the field of child and youth care.</p>
	Course Outcome 6	Learning Objectives for Course Outcome 6
	Adhere to relevant legislation and Child and Youth Care standards of practice, competencies, and codes of ethics as a practitioner.	<p>7.1 Act in accordance with professional codes of ethics and professional standards.</p> <p>7.2 Apply CYC standards of practice, competencies, and codes of ethics to case work and treatment plans.</p>

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assessments and Treatment Plans	30%
Quizzes	30%
Reading Responses	10%
Skill Development	10%

	Treatment Assignment	20%
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Date: June 20, 2025

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