



COURSE OUTLINE: OPA214 - MENTAL HEALTH COND.

Prepared: Andrea Sicoli

Approved: Rebecca Keown - Dean

Course Code: Title	OPA214: MENTAL HEALTH COND./PSYCHOSOCIAL ISSUES
Program Number: Name	3022: OCCUP/PHYSIO/ASSIST
Department:	OTA/PTA ASSISTANT
Academic Year:	2025-2026
Course Description:	The purpose of this course is to introduce the student to common mental health and psychological conditions and related psychosocial issues. Clinical presentation, medical intervention and rehabilitative strategies related to different diagnosis will be discussed, including the role of the OTA & PTA in providing therapeutic intervention in various settings. The student will become familiar with pediatric, adolescent, and adult conditions in OT or PT, either as a primary or secondary diagnosis and the impact the condition has on their daily functioning. Strategies to reduce stigmatization related to mental health will be discussed and promoted. Issues related to cultural sensitivity as well as diversity, equity and inclusion will be explored.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	OPA121, OPA123, OPA124, OPA131
Corequisites:	There are no co-requisites for this course.
Substitutes:	NSW107, OPA202
This course is a pre-requisite for:	OPA208, OPA211, OPA226, OPA227
Vocational Learning Outcomes (VLO's) addressed in this course:	3022 - OCCUP/PHYSIO/ASSIST
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Communicate appropriately and effectively, through verbal, nonverbal, written and electronic means, with clients, their significant others, occupational therapists, physiotherapists, and members of the interdisciplinary health care team and others.
	VLO 2 Participate in the effective functioning of interdisciplinary health care teams to optimize client physical and occupational functions.
	VLO 3 Establish, develop, maintain, and conclude client-centred, therapeutic relationships.
	VLO 4 Promote a safe environment that prevents or minimizes potential physical or mental harm to the client, therapist assistant and others.
	VLO 5 Practice in a legal, ethical, and professional manner within the role of a therapist assistant.
	VLO 6 Document client records in a thorough, objective, accurate, and timely manner within the role of the therapist assistant.
	VLO 7 Engage in reflective practice and ongoing professional development activities to maintain and enhance competence.



	<p>VLO 8 Perform the roles and responsibilities of the therapist assistant effectively through the application of relevant knowledge of health sciences, psychosocial sciences, health conditions, resource management, and clinical procedures.</p> <p>VLO 9 Contribute to the occupational therapist's or physiotherapist's assessment of the client and the development, implementation and modification of intervention/treatment plans.</p> <p>VLO 10 Maximize the client's occupational performance by accurately and safely implementing the interventions, and related tasks under the direction and supervision of the occupational therapist.</p> <p>VLO 11 Maximize the client's physical function by accurately and safely implementing the interventions, and related tasks under the direction and supervision of the physiotherapist.</p>								
Essential Employability Skills (EES) addressed in this course:	<p>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.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>								
Course Evaluation:	<p>Passing Grade: 60%, C</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p>								
Other Course Evaluation & Assessment Requirements:	<p>The overall passing grade(C or 60%) is required for subsequent courses for which this is a prerequisite. (refer to the OTA&PTA Student Success Guide for further clarification)</p>								
Books and Required Resources:	<p>OER provided by Professor</p>								
Course Outcomes and Learning Objectives:	<table border="1"> <thead> <tr> <th>Course Outcome 1</th> <th>Learning Objectives for Course Outcome 1</th> </tr> </thead> <tbody> <tr> <td>1. Demonstrate an understanding of mental health and mental illness. Explore historical and theoretical approaches.</td> <td> 1.1 Define mental health and mental illness. 1.2 Define the theoretical perspectives of mental health conditions. 1.3 Describe the historical approach to management of mental illness. 1.4 Describe the history of OT and mental health. </td> </tr> <tr> <th>Course Outcome 2</th> <th>Learning Objectives for Course Outcome 2</th> </tr> <tr> <td>2. Demonstrate an</td> <td>2.1 Discuss the DSM-5 classification of mental health</td> </tr> </tbody> </table>	Course Outcome 1	Learning Objectives for Course Outcome 1	1. Demonstrate an understanding of mental health and mental illness. Explore historical and theoretical approaches.	1.1 Define mental health and mental illness. 1.2 Define the theoretical perspectives of mental health conditions. 1.3 Describe the historical approach to management of mental illness. 1.4 Describe the history of OT and mental health.	Course Outcome 2	Learning Objectives for Course Outcome 2	2. Demonstrate an	2.1 Discuss the DSM-5 classification of mental health
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	understanding of the clinical presentation, assessment and intervention of mental health and psychological conditions managed in Occupational Therapy and/or Physiotherapy (as either a primary or secondary diagnosis).	<p>conditions.</p> <p>2.2 Describe the pharmacological management and treatment approaches to mental health conditions.</p> <p>2.3 Identify issues related to medication adherence.</p> <p>2.4 Describe common mental health conditions, including the pathophysiology, etiology, clinical presentation, and clinical intervention.</p> <p>2.5 Employ a client-centered approach that appreciates the uniqueness of the individual and includes realistic goals that enable participation in meaningful activities.</p> <p>2.6 Describe general health and wellness techniques as well as specific interventions provided by the OT, PT and OTA &PTA in helping the client meet identified goals and objectives.</p>
	Course Outcome 3	Learning Objectives for Course Outcome 3
	3. Demonstrate an understanding of the various treatment settings and the roles of the inter-professional health care team in the management of mental health conditions, and psychological and psychosocial adversity.	<p>3.1 Identify the various treatment settings as well as community support available for individuals with mental health conditions.</p> <p>3.2 Recognize and respect the roles and responsibilities of the inter-professional health care, including the psychiatrist, psychologist, psychiatric nurse, social worker, OT, PT, OTA and community support worker, recreation therapist, peer support worker, addictions counselor.</p> <p>3.3 Recognize the Mental Health Act and legislation related to mental health issues.</p>
	Course Outcome 4	Learning Objectives for Course Outcome 4
	4. Demonstrate an understanding of how a mental health condition impacts the client, their social support and the greater environment. When considering this impact, ensure cultural competence and sensitivity, as well as concepts of equity, diversity and inclusion.	<p>4.1 Recognize the influence that attitudes, values, beliefs and culture of the client and health care provider have on the therapeutic relationship.</p> <p>4.2 Identify how mental health conditions affects the client as well as the family.</p> <p>4.3 Discuss the influence of cultural values and beliefs on mental health.</p> <p>4.4 Ensure cultural safety by incorporating a cultural lens during interactions with individuals.</p> <p>4.5 Identify concepts and demonstrate interactions that related to equity, diversity and inclusion.</p>
Course Outcome 5	Learning Objectives for Course Outcome 5	
5. Demonstrate an understanding of how society commonly reacts to mental health issues and individuals with mental illness. Explore the negative impact of the stigmatization of mental health and how individuals and society can reduce stigmatization.	<p>5.1 Discuss the stigmatization of clients with mental health conditions.</p> <p>5.2 Describe how the media portray individuals with mental health conditions and how this influences social perception.</p> <p>5.3 Discuss the importance of education and other strategies to reduce stigmatization.</p>	

Evaluation Process and

Evaluation Type

Evaluation Weight



Grading System:

1. Assignments	40%
2. Tests and Quizzes	25%
3. Weekly Learning Activities	15%
4. Final Exam	20%

Date:

August 13, 2025

Addendum:

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

