

## Certificate (3054)

705.759.6700 : 1.800.461.2260 : www.saultcollege.ca : Sault Ste. Marie, ON, Canada



## PROGRAM OVERVIEW

This online certificate is designed for busy professionals who are currently working with infant, child and adolescent populations with potential mental health challenges. Professionals who may benefit from this certificate include those currently working in health care and / or community services with an interest in working with children. They will gain the relevant knowledge and skills to effectively work with infants, children or adolescents with complicated psychiatric disorders. The interactive online courses in this program will focus on the developmental process; understanding psychiatric disorders and associated behaviours, risk factors and triggers; the identification of behaviours and symptoms; family relationships; and intervention and prevention strategies.

## PROGRAM OUTCOMES

Graduates of this program will be able to

1. Explain cognitive and behavioural signs and symptoms and their continuous effect/influence on the behaviour and mental health of the infant, child, and adolescent.
2. Develop and implement basic strategies to effectively manage the common symptoms of mental health conditions seen in infant, child and adolescent populations.
3. Prepare a basic needs assessment of trauma, grief, loss and/or psychiatric disorder for an infant, child or youth in crisis.
4. Identify the stages of growth and development as well as basic needs for infants, children and adolescents with an emphasis on the critical periods in personality development.
5. Identify social role structure issues and their potential positive and negative influence on growth and development.
6. Explain preventative measures that promote the mental health and well-being of children and youth in their communities.

## ADMISSIONS

### MINIMUM ACADEMIC REQUIREMENTS

Ontario Secondary School Diploma (OSSD), or equivalent, or 19 years of age or older

Students must successfully complete all courses within 7 years of acceptance into the program in order to graduate.

Students must obtain a G.P.A. of 2.0 or 60% or higher to obtain this certificate.

## CAREER PATHS

Early Childhood educators, educational assistants, child and youth workers, teachers, guidance counselors, physiotherapist assistants, occupational therapist assistants, personal support workers, and nurses may find this online certificate program beneficial in their professional practice and career development.

For more details on related occupations, job market information and career opportunities, see the Government of Canada website: <https://www.jobbank.gc.ca/>

## CERTIFICATIONS

Upon successful completion of the online Children's Mental Health certificate program, students will obtain a Sault College certificate.

## PROGRAM OF STUDY

### SEMESTER 1

OEL1261-3 Cognitive Development  
OEL1262-3 Family Relations  
OEL1263-3 Prevention and Intervention Strategies  
OEL1264-3 Psychiatric Disorders  
OEL1265-3 Risk Factors of Common Psychiatric Disorders  
OEL1266-3 Mental Health and Society

## Course Descriptions

### Semester 1

#### **Cognitive Development** (OEL1261) (3 credits)

Learners will determine the effects of trauma on cognitive development of infants, children and adolescents. Students will also identify those children with trauma histories in order to limit the potential triggers within the therapeutic environment. The theories of loss and grief, as these relate to the infant, child and adolescent population will be explored throughout the course

#### **Family Relations** (OEL1262) (3 credits)

Students will examine the interconnectedness of family relationships and their effect on common abnormal psychiatric disorders in the infant, child and adolescent populations. This course will review the developmental stages, familial structures and family functions through the lens of family systems theory. Students will also explore the environmental effects and their influences on the family as a dynamic entity.

#### **Prevention and Intervention Strategies** (OEL1263) (3 credits)

Students will apply prevention and intervention strategies to appropriately respond to stressful situations in the infant, child and adolescent population. The focus of this course is on the effective application of communication, critical thinking and problem solving skills in a variety of situations.

#### **Psychiatric Disorders** (OEL1264) (3 credits)

To understand complicated mental health disorders common to infant, child and adolescents, students will review a variety of abnormal cognitive and behavioural disorders. This course will emphasize an understanding of the behaviours and the daily effects and challenges on the mental health of the infant, child, and adolescent population.

#### **Risk Factors of Common Psychiatric Disorders** (OEL1265) (3 credits)

Students will recognize the risk factors and triggers associated with common psychiatric disorders in the

infant, child and adolescent population. Early identification and awareness of the behaviours will enable the student to appropriately identify and assess the situation at hand.

**Mental Health and Society (OEL1266) (3 credits)**

This course focuses on a multi-disciplinary examination of the ways in which mental health and addiction are viewed by society and how these perceptions influence society's response to the practical and socio-political aspects of mental illness. Students will examine personal attitudes, societal myths, and stereotypes related to mental illness and addiction. Students will be challenged to critically reflect upon how their personal orientations and resulting behaviours about mental illness, addiction, and wellness impact their cultural, societal and political beliefs.

Drawing on literature, arts, politics, media, medicine, and the social sciences, students will critically examine mental illness and addiction as a social construct and contrast and compare assumptions of agency, normalcy, treatment, and recovery. Students will also learn firsthand from those with mental illness, evaluate the effects of mental illness in special populations including Indigenous people and the elderly, and apply their learning through health simulation activities. Finally, students will explore ways that those affected by mental illness and addiction construct and assess themselves.