**UNIVERSITY OF NORTH TEXAS**

**REHABILITATION & HEALTH SERVICES**

**SYLLABUS/RHAB 4300: PSYCHIATRIC REHABILITATION**

**Spring 2025**

Instructor: Melissa Gaa, PhD, LPC-Supervisor

Email: Melissa.gaa@unt.edu

Office hours: By Appointment Only

# COURSE DESCRIPTION

This course is designed as an overview of the field of psychosocial rehabilitation for students who are interested in providing services to individuals with severe mental illnesses (psychiatric disabilities). During the course, the student will review the principles and values of psychiatric rehabilitation, emphasizing consumer empowerment, and recovery. The course will cover a brief history of the field, current practice models, and identify important issues facing the psychosocial rehabilitation practitioner today.

# COURSE OBJECTIVES

Upon successful completion of the course, students will be able to:

1. Summarize the basic principles and values of psychosocial rehabilitation.
2. Recognize the impact of stigma on people who have a psychiatric disability.
3. Outline the principles of recovery and empowerment when working with people who have a psychiatric disability.
4. Identify a range of practice models and services utilized in psychiatric rehabilitation.
5. Explain the importance of bringing cultural sensitivity and awareness to all interactions as a practitioner.
6. Delineate the principles of ethical practice in psychiatric rehabilitation.
7. Summarize the basics of formulating a rehabilitation goal, strengths assessment and documentation.

# REQUIRED TEXTS

Pratt, C. W., Gill, K. J., Barrett, N. M., & Roberts, M. M. (2014). *Psychiatric rehabilitation*. Elsevier Academic Press.

# COURSE ORGANIZATION

This online course is organized by weeks with specific topics for each week. The week begins on a Monday and ends on Sunday evening of the following week. All assignments will be due no later than Sunday @ 11:59 PM of each week. All materials will be offered in multiple formats for accessibility purposes.

*Grading -*Most Discussion Boards will be updated in the grade book about 1 to 1.5 weeks after *their due date*. Web exercise assignments & case studies will generally take 2- 2 1/2 weeks to be updated after *their due date. Late assignments are not allowed in this class. Missed assignments for any reason* will be a priority only after all regularly scheduled assignments are graded and updated.

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| Assignment Pointto Possible Percentage of Final Grade:   * Discussion Boards (4 total) = 10-points each = 40 points * Web Exercises (3 total) = 20 points each = 60 points * Case Study (2 total) = 25-points each = 50 points * Quizzes (3 total) = 10-points each - 30 points * Final Exam = 50-points * Total Points Possible 230 points (100%)     Grades: A= 90% and above  B= 80-89.5%  C= 70-79.5%  D= 60-69.5%  F= Equal or less than 59.5%    Notes:   * **For discussion boards: Make your initial post responding to every component of the discussion prompt**  **and then respond to at least two of your colleagues. Original posts are due on Wednesday and**  **responses to colleagues are due on Sunday @ 11:59 PM.**      * For Final Exams: Final exam is cumulative of the material that you have learnt through the semester.      * All assignments other than quizzes and discussion boards are open from the beginning of the semester. So, you can attempt your web exercise or case study whenever you want until due date. I will strongly urge you to take this opportunity. |

**Discussion Boards –** There will be four discussion boards throughout this semester. Please refer to the calendar below to see which weeks they are open and due. Discussion Boards will open on Monday and are due by the following Sunday at 11:59pm CST. There is a rubric and instructions for each discussion board. You much post an initial reaction to the question presented as well as comment on at least two classmates posts. There is a rubric attached in each discussion board with further instructions on when your initial reaction and comments are due. Make sure you read and understand the directions provided in the module.

**Web Exercises -** There are three web exercises to be completed for this course. Please refer to the calendar below to see which weeks they are due. Web exercises consist of internet research and writing a few paragraphs. There is a rubric attached in each web exercise in the module. Each web exercise will open on a Monday is due by the following Sunday at 11:59pm CST. Please refer to the modules for further instructions.

**Case Study –** There will be two case study assignments for this course. A case scenario will be provided along with questions to be answered about the case. Please refer to the calendar below to see which weeks they are due. Each case study will open on Monday and are due by the following Sunday at 11:59pm CST. There is a rubric and instructions for each case study provided within the module. Please refer to the modules for further instructions.

**Quizzes –** There will be three quizzes in this class. You can refer to the calendar below to see which week each quiz will be open and due. All quizzes will open on Monday that week with everything else in the module and will be due by the following Sunday at 11:59pm CST. Each quiz consists of 10 multiple choice questions and will be timed. The timed quiz allow 60 minutes to take each one.

**Final Exam –** The final exam will be open Monday, May 5th at 12:30am through Thursday, May 8th at 11:59pm. The exam will be timed with 120 minutes to complete and consists of 50 multiple choice questions.

*Communication - I will communicate with you directly through your UNT account. Please be sure to check this account regularly.* You can reach me or other course students directly using the course *E-mail* tool. It will generally take me about 24 hours to respond to your e-mail; however, most responses will come much faster. Please be professional in your e-mail communication. The weekends are the time I dedicate myself to my family and other professional duties. I will read emails once a day generally between Friday, 5 PM through Monday at 8 AM and will make efforts to respond then.

I will forward all communication regarding the course via the Course Announcement tab. These announcements will post in our course but will also arrive at the e-mail you have designated for the course, which is typically your UNT e-mail address. If you do not frequently check your UNT e- mail, then I would strongly suggest you forward your course e-mail to a private e-mail that you check frequently

\*\*\*IMPORTANT NOTE\*\*\*

It is critical that throughout this course, we use Person-First language to refer to individuals with disabilities. There is a document covering Person-First language attached in the Course Overview link in our course and includes tips for the best ways to discuss an individual’s disability in the most culturally responsive manner. *Any submitted assignment or discussion thread that does not use Person-First language will be penalized up to 5 points. All papers must be formatted APA-6th and above edition Style.*

*Please, always submit assignments through the right portal. Do not submit any assignment to my inbox*

**Assignment Reopening and Late Work Policy**

1. All assignments will remain open for a week, from Monday 8:00am-Sunday 11:59pm. And web exercises will open from the beginning of the semester till they are due.
2. Assignments will not be accepted late for this course, unless there is a remedy ticket number from the Canvas helpdesk. Otherwise, there will be no acceptance of late assignments, regardless of the situation.
3. Students are encouraged to complete assignments in a timely manner to avoid being late and missing an assignment.

# COURSE POLICIES

**Late Work**: All late work will receive an **automatic zero** grade, unless acceptable explanation is provided to me. Late submission without explanation is not allowed. Assignments once closed will not be reopened.

**Policy on Server Unavailability or Other Technical Difficulties:** The University is committed to providing a reliable online course system to all users. However, in the event of any **recorded** unexpected server outage or any unusual technical difficulty, which prevents students from completing a time sensitive assessment activity, students should immediately report any problems to the instructor and contact **the UNT Student Help Desk: helpdesk@unt.edu or 940.565.2324**

**Academic Dishonesty:** Policies regarding student conduct and academic honesty posted by the University Center for Student Rights and Responsibilities in the Student Handbook apply to this class. As stated in the Policy: http://www.unt.edu/csrr/student\_conduct/misconduct.html, misconduct for which students are subject to discipline falls into the following categories: *Acts of Dishonesty, including but not limited to:*

1. *Academic dishonesty - cheating. The term "cheating" includes, but is not limited to:* 
   1. *use of any unauthorized assistance in taking quizzes, tests, or examinations;*
   2. *dependence upon the aid of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments;*
   3. *the acquisition, without permission, of tests, notes or other academic material belonging to a faculty or staff member of the University;*
   4. *dual submission of a paper or project, or resubmission of a paper or project to a different class without express permission from the instructor(s);*
   5. *any other act designed to give a student an unfair advantage.*
2. *Academic Dishonesty — plagiarism. The term "plagiarism" includes, but is not limited to:* 
   1. *the knowing or negligent use by paraphrase or direct quotation of the published or unpublished work of another person without full and clear acknowledgement and/or*
   2. *the knowing or negligent unacknowledged use of materials prepared by another person or by an agency engaged in the selling of term papers or other academic materials.*

Discipline may range from not having an assignment accepted for credit to expulsion from the course. For more information regarding policies regarding student conduct, please visit: http://www.unt.edu/csrr/student\_conduct/index.html.

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| **Self-plagiarism is also considered plagiarism. Please make yourself knowledgeable about** | |
| **self-plagiarism issues.** |  |

**Add/Drop Policy:** Please refer to the Office of the Registrar regarding the Add/Drop Policy.

**Incomplete Grade:** Students are expected to complete the course within the session time frame. A grade of Incomplete will only be given if the student is (a) passing the course, (W) has completed 75% of the course requirement, (c) has very compelling special circumstances, and (d) provides adequate documentation. I will require that the course

requirements be fulfilled by the end of the following semester. According to UNT policy:

*An Incomplete Grade ("I") is a non-punitive grade given only during the last one- fourth of a term/semester and only if a student (1) is passing the course and (2) has a justifiable and documented reason, beyond the control of the student (such as serious illness or military service), for not completing the work on schedule. The student must arrange with the instructor to finish the course later by completing specific requirements. These requirements must be listed on a Request for Grade of Incomplete form signed by the instructor, student, and department chair; and entered on the grade roster by the instructor.*

*(http://essc.unt.edu/registrar/incomplete.htm, p. 1)*

If you fail to complete the course requirements by the end of the subsequent semester the grade of Incomplete will be replaced with an “F”. I strongly urge you to complete the course. If you find you are falling behind, or not passing, I recommend you consider withdrawing from the class so that your record and GPA is not negatively affected. Please come talk to me if you find yourself having any difficulties with keeping up with the assignments or are not doing well on the quizzes.

**Disability Statement:** The University of North Texas makes reasonable academic

accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. ***You may request accommodations at any time; however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of reasonable accommodation in a timely manner during faculty office hours or by appointment or through email in web-based courses***. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Office of Disability Accommodation website at http://www.unt.edu/oda. You may also contact them by phone at 940.565.4323.

**Grades assigned before ODA** documentation is provided will not be changed. Information about how to obtain academic accommodations can be found in UNT Policy 18.1.14, at www.unt.edu/oda, and by visiting the ODA in Room 321 of the University Union. You also may call the ODA at 940.565.4323. If you have the extra-time clause assigned to your ODA, make sure that you let us know at least 12 hours in advance

**Student Conduct and Discipline**: The primary concern of the University of North Texas is the student. The university attempts to provide for all students a campus environment that is conducive to academic endeavor and social and individual growth. To that end, rules, regulations, and guidelines governing student behavior and the student's relationship

with the university have been formulated into a student code of conduct and discipline. Enrollment at the University of North Texas is considered implicit acceptance of these and other policies applicable to students, all of which are educational in nature and designed to help students understand expectations and accept responsibility for their own actions. Additional information can be found in the Code of Student Conduct.

**Class Participation:** Students are required to login regularly to the online class site. The instructor will use the tracking feature in CANVAS to monitor student activity. Students are also required to participate in all class activities such as discussion board, chat or conference sessions and group projects.

**Virtual Classroom Citizenship:** The same guidelines that apply to traditional classes should be observed in the virtual classroom environment. Please use proper netiquette when interacting with class members and the professor.

**Copyright Notice:** Some or all the materials on this course Web site may be protected by copyright. Federal copyright law prohibits the reproduction, distribution, public performance, or public display of copyrighted materials without the express and written permission of the copyright owner, unless fair use or another exemption under copyright law applies. Additional copyright information may be located at: http://copyright.unt.edu/content/unt-copyright-policies.

**Instructor Rights:** The instructor reserves the right to change the schedule, assignments, and/or evaluation criteria throughout the semester. You will occasionally receive other assignments or readings as the instructor deems fit. Any changes will be announced to the class with sufficient notice to prepare for the changes. It is your responsibility to keep informed about discussion topics and assignments. If in doubt, check with your instructor or your TA.

**Statement of Confidentiality:** An integral component of all drug and alcohol abuse courses is student and faculty expression of personal experiences for the purpose of facilitating coursework. Students enrolled in the program are expected to honor confidentiality as it pertains to disclosure issues. Shared information, comments, or opinions expressed by another student or the faculty member during classroom discussion should never be used in a manner which is intended to humiliate, embarrass, harass, damage, or otherwise injure others in their personal, public, or business lives. In addition, confidentiality must be upheld by not disclosing any information that would identify any individual.

**University of North Texas Compliance:** To comply with immigration regulations, an F- 1 visa holder within the United States may need to engage in an on-campus experiential component for this course. This component (which must be approved in advance by the instructor) can include activities such as taking an on-campus exam, participating in an on-campus lecture or lab activity, or other on-campus experience integral to the

completion of this course. If such an on-campus activity is required, it is the student’s responsibility to do the following: (a) Submit a written request to the instructor for an on- campus experiential component within one week of the start of the course. (b) Ensure that the activity on campus takes place and the instructor documents it in writing with a notice sent to the International Student and Scholar Services Office. ISSS has a form available that you may use for this purpose. Because the decision may have serious immigration consequences, if an F- 1 student is unsure about his or her need to participate in an on- campus experiential component for this course, s/he should contact the UNT International Student and Scholar Services Office (telephone 940-565-2195 or email internationaladvising@unt.edu) to get clarification before the one-week deadline.

# Tech Specifics and Minimum Technology Requirements

**Requirements**

Please familiarize yourself with the technical requirements to complete this online course:

* Hardware and Software requirements for Canvas (Links to an external site.) Links to an external site.
* Canvas Browser Check (Links to an external site.) Links to an external site.

**Skills**

Minimum technology skills for successful completion of this course include:

* Sending and receiving email
* Creating, sending, and receiving Microsoft Word documents
* Posting to discussion boards
* Printing Word documents OR opening and printing pdf files.

# UIT Help Desk

Website: http://it.unt.edu/helpdesk

Phone: 940-565-2324

Email: helpdesk@unt.edu

Walk-In Support at Sage Hall, Room 330D, M-F

Hours and availability are available on their website, so be sure to check this information!

UNT Student Support Service

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| Week | Topic | Assignment |
| Week 1  1/13 | Introductions  Overview of course | Discussion Board 1 |
| Week 2  1/20 | Textbook Ch 1 – The Experience of Mental Illness | Web Exercise 1 |
| Week 3  1/27 | Textbook Ch 2 – Symptoms and Etiology of Serious Mental Illness | Discussion Board 2 |
| Week 4  2/03 | Textbook Ch 3 – Course, Treatment, and Outcome of Severe Mental Illness | Quiz 1 |
| Week 5  2/10 | Textbook Ch 4 – The Goals, Values, and Guiding Principles of Psychiatric Rehabilitation  Textbook Ch 5 – Psychiatric Rehabilitation Methods | Web Exercise 2 |
| Week 6  2/17 | Textbook Ch 6 – Health and Wellness | Case Study 1 |
| Week 7  2/24 | Textbook Ch 7 – Psychiatric Day Programming |  |
| Week 8  3/03 | Textbook Ch 8 – Assertive Community Treatment and Case Management | Discussion Board 3 |
| 3/10 | SPRING BREAK |  |
| Week 9  3/17 | Textbook Ch 9 – Co-occurring  Disorders and Integrated  Treatment | Quiz 2 |
| Week 10  3/24 | Textbook Ch 10 - Employment |  |
| Week 11  3/31 | Textbook Ch 11 – Supported  Education | Case Study 2 |
| Week 12  4/07 | Textbook Ch 12 – Residential Services and Independent Living | Web Exercise 3 |
| Week 13  4/14 | Textbook Ch 13 – Self-help and  Peer-delivered Services | Quiz 3 |
| Week 14  4/21 | Textbook Ch 14 – The Role of the  Family in Psychiatric  Rehabilitation | Discussion Board 4 |
| Week 15  4/28 | Textbook Ch 15 – Psychiatric  Rehabilitation in Acute Care and  Hospital Settings |  |
| Week 16  5/05 | Final Exam | **Final Exam Online** |