



School of Health Education and Human Services
HCA 131
Healing 2B: Cognitive Challenges
Term: Winter (202502)
Number of Credits: 2

Course Outline

INSTRUCTOR: Sean Hopkins RN

E-MAIL: shopkins@yukonu.ca

Classroom: A2712

Class Dates: Monday: Jan 5 – Feb 23 (1300-1600) & Friday: Jan 23 (1300-1600)

Acknowledging that we live and work in the traditional territory of the Kwanlin Dün First Nation and the Ta'an Kwäch'än Council.

COURSE DESCRIPTION

This course builds on content from other courses to assist students to explore concepts and care-giving approaches that will allow them to work effectively with individuals experiencing mental health challenges. Emphasis is on recognizing behaviours and identifying person-centred intervention strategies.

COURSE REQUIREMENTS

Prerequisite(s): None

Corequisite(s): Full-time enrollment in HCA program unless special permission provided by HCA Coordinator

EQUIVALENCY OR TRANSFERABILITY

Receiving institutions determine course transferability. Find further information at:

<https://www.yukonu.ca/admissions/transfer-credit>

LEARNING OUTCOMES

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

- Describe ways to organize, administer and evaluate person-centred care and assistance for clients/residents experiencing mental health challenges
- Use an informed problem-solving process when caring for or providing assistance for individuals experiencing mental health challenges
- Identify factors that influence the mental health and well-being of individuals
- Demonstrate an understanding of effective approaches to disruptive or abusive behaviours
- Know when to exit a potentially unsafe situation.

COURSE FORMAT

This course will consist of lectures, group work, learning activities, and may include guest speakers and other methods to optimise learning. The format for each class will include:

- Opportunity for questions on previous material
- Introduction and integration of new material
- Assignments & preparation for next class

Each class will have 3 hours of direct instruction time over the total of 9 classes, plus the exam date (10th class). It is expected that this course will require 2-4 hours/week of homework and additional reading. The time required will vary by individual.

Delivery format

This course will be delivered through face-to-face sessions on-campus. Students will be required to adhere to public health guidelines. Zoom may serve as an alternative delivery format if needed.

EVALUATION

Participation	10%
Assignments	30%
Quizzes	20%
Final Exam	40%
Total	100%

ASSESSMENTS

Attendance & Participation **10%**

This course is part of the HCA program which is experiential; therefore, attendance is essential. Attendance means being at class on time every day, prepared for the class and participating to the end of the class. If you cannot be at class, you must notify the instructor in advance and you must arrange to get the class notes and information from your classmates. You are responsible for the information and materials of every class.

Participation includes your active involvement in the activities of the classroom and completion of assignments, reading, quizzes, etc. Coming to class regularly, being on time, being prepared for the class, speaking up in class and handing in your assignments when due will contribute greatly to your success.

Assignments:

Mental Illness Group Assignment **30%**

In this assignment, you will work in a small group to choose one of the listed conditions and prepare a class presentation and a written paper that discusses the physical, emotional, social and cognitive

challenges faced by a person experiencing the chosen condition. You will identify community resources and discuss the role of the HCA in supporting persons with this mental health disorder.

Quizzes **20%**

Quizzes will be completed throughout the course.

Final Exam: March 2, 2026 (1300-1600) **40%**

NOTE: *There is No re-write/supplemental written exam.*

Late Assignments/Work: For every day an assignment is late (after assigned due date) 5% will be deducted from the original paper grade.

- No assignment will be accepted more than one week (7 calendar days) following the due date unless arrangements are made with instructor of that specific course in advance of due date. Assignments not handed in one week after due date will receive a 0 (failing) grade.

All evaluative components for this course are mandatory and must have a passing grade of minimum 50%

Missing or incomplete assignments will result in a course grade of 'Incomplete' or 'Fail' at discretion of the instructor based on overall course work completed

COURSE WITHDRAWAL INFORMATION

Refer to the YukonU website for important dates. <https://www.yukonu.ca/admissions/important-dates>

March 5, 2026 is the last day to withdraw or change to audit from credit courses without academic penalty.

TEXTBOOKS & LEARNING MATERIALS

No specific Text. Readings will be assigned

RELATED COURSE REQUIREMENTS

It is highly recommended that all students have access to a computer or other device and reliable Internet to do their studies. The minimum specifications for a student device are as follows:

Requirement	Windows-based PC	Apple PC	Mac/macOS-based
Operating System	Windows 10		macOS X
Web Browser	Firefox, Edge or Google Chrome	Firefox, Edge or Google Chrome	

RAM/Memory	4 GB	4 GB
Storage	5 GB of available space	5 GB of available space

ACADEMIC INTEGRITY

Students are expected to contribute toward a positive and supportive environment and are required to conduct themselves in a responsible manner. Academic misconduct includes all forms of academic dishonesty such as cheating, plagiarism, fabrication, fraud, deceit, using the work of others without their permission, aiding other students in committing academic offences, misrepresenting academic assignments prepared by others as one's own, or any other forms of academic dishonesty including falsification of any information on any Yukon University document.

Please refer to Academic Regulations & Procedures for further details about academic standing and student rights and responsibilities.

ACCESSIBILITY AND ACADEMIC ACCOMMODATION

Yukon University is committed to providing a positive, supportive, and barrier-free academic environment for all its students. Students experiencing barriers to full participation due to a visible or hidden disability (including hearing, vision, mobility, learning disability, mental health, chronic or temporary medical condition), should contact Accessibility Services for resources or to arrange academic accommodations: access@yukonu.ca.

TOPIC OUTLINE

- Causes and common treatment of mental health challenges
- Common mental health disorders:
 - Anxiety disorders
 - Affective or mood disorders
 - Schizophrenia
 - Personality disorders
 - Substance abuse disorders
 - FASD
 - Dual or multi-diagnoses
- Stigma associated with mental health challenges
- Cultural differences in perceptions of mental health challenges
- Caring for the person and family
 - Principles and approaches used to plan and implement effective care
 - Person-centred care
 - When and what to report
- Suicide risks and prevention
- Indigenous Knowledge and Perspectives:

- Indigenous perspectives on cognitive and mental challenges