Course Title: Community Psychology and Community Mental Health -- Fall, 2019

Course No. 01:830:394:01

Meeting Times: Tuesday 8:40-11:40

Place: Tillett 242, Livingston Campus

Instructor: Maurice J. Elias, Ph.D.

Office: Livingston Campus, Psychology Building: Tillett Hall, Room 431

Telephone: 848/445-2444 EMAIL: melias@psych.rutgers.edu

Office Hours: By arrangement via email

Course Description: Community psychology (CP) is the branch of psychology most closely associated with how our society produces competent or dysfunctional citizens. It is especially concerned with the socialization institutions through which our children and youth pass (such as schools and families) and with the systems we have set up to help people when they have difficulties (i.e., mental health centers; psychiatric hospitals and other clinical services). American CP (it is an international field) is also concerned with social institutions, including those involved in supporting our democracy. So, there is particular relevance to this course this semester, as we watch the unfolding of potentially new social and political arrangements and perspectives on diversity.

Community psychologists seek to improve community mental health through research and social intervention programs such as prevention, citizen participation, environmental change, and influencing public policy. This course will introduce the background and content of community mental health and community psychology, present the key concepts involved and, through the use of examples and “lab activities,” acquaint students with the methods community psychologists use. There will be a particular emphasis on our emerging understanding of what is happening in our democratic institutions, the role of cross-cultural competence, and the processes by which we prepare young people—including college-aged adults—for roles in civic life.

In addition to our textbook and supplemental readings, we also will read Reclaiming youth at risk: Our hope for the future. This book, written by individuals who probably have never heard of community psychology, is nevertheless an exemplary application of CP principles to those working with youth at risk at the individual, group, and/or systems levels. Through this book, we will explore how CP embodies conceptualization across the full range of ecological levels and “levels” of prevention: primary, secondary, and tertiary, even though one’s action plans may not explicitly address all of those levels.

Because this course is a CESEP/Collaborative (Rutgers’ Center for Community-Based Research and Service) course, the perspective taken throughout the course will be one that focuses on the processes that lead to competence, strength, and resilience, and how these are necessary if children are to grow to become productive citizens in a democracy. We look especially at the role of environments in fostering this growth and how the relevant issues should become matters of public concern and
policy. Finally, there will be an emphasis throughout on services for children and adolescents and
the nature of volunteer and professional applied work, such as field work, field research, applied,
school, and community psychology internship experiences, and involvement in community service
and advocacy.

**Course Objectives:** The goals of the course are that students:

1. Understand the role of social, political, and economic factors in the development of community
approaches to mental health care, with a focus on civic engagement.

2. Develop a working knowledge of different approaches to prevent psychological disorder and
promote community mental health and begin to think about how these can be practically
implemented, especially in cross-cultural contexts.

3. Understand the application of ecological, developmental, and systems theories and community
psychology values to the study of interpersonal adaptation and critical community problems such as
child abuse and neglect; achievement gaps in education; substance abuse; delinquency; poverty.

4. Develop familiarity with various skills necessary for community-related work, including force field
and policy analysis, program planning, and public communication.

5. Interested students can register for a one credit Public Scholarship and Service Internship/field
accompaniment that provides an opportunity to integrate course learning with a community service
placement at Middlesex or Monmouth County Head Start Centers in New Brunswick, Perth Amboy,
or other sites in Central New Jersey, or in Trenton. This will involve being assigned to a specific
preschool classroom for one morning or afternoon per week for about 10 weeks of the semester. ALL
ARRANGEMENTS ARE HANDLED VIA EMAIL, INCLUDING THE SYLLABUS, OPEN SLOTS
FOR PLACEMENTS, RECITATION TIMES, AND REGISTRATION AND ORIENTATION DETAILS.
There are a large number of openings, but criteria for selection will include a confirmed scheduling
match with the openings. There are also requirements for a background check, fingerprinting, and a
recent TB test and students must attend the Collaborative orientation, time and location to be
determined. **Students who have done this program before may repeat; you will be in a special, “Advanced
Head Start/Collaborative” recitation and you may have somewhat more advanced responsibilities than you had
previously.**

**LOGISTICS:**

The class web site is on Canvas and NOT ON SAKAI!!! To get to course materials, go to
canvas.rutgers.edu and log in with your NetID and password and find our class!

**I will be communicating with you via email through the class web site. So please check your
university email address, since that is the one that Canvas uses. I will be sending notifications
about scheduling, assignments, and materials. Most course materials will be available for
download at the site. However, all assignments will be submitted to me as hard copies unless
otherwise indicated. I do not use the Canvas drop box.**
<table>
<thead>
<tr>
<th>Dates Due</th>
<th>Topic</th>
<th>Readings/Work Due</th>
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<tbody>
<tr>
<td>9/3</td>
<td><strong>I. Orientation to the Course</strong></td>
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<td>1. Background of CP</td>
<td>David Brooks on Class Prejudice</td>
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<td>2. Orientation To RU/The Collaborative</td>
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<td>and Service Learning Internship Option</td>
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<td>3. What is equity? What is social justice?</td>
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<td>9/10</td>
<td><strong>II. Principles and Development of CP</strong></td>
<td><strong>REQ Write-up of</strong></td>
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<td>1. What is CP? What are the Core Values?</td>
<td>Kloos Ch. 1 &amp; 2</td>
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<td>What is “Blaming the victim”?</td>
<td>Watch MLK’s Dream Speech</td>
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<td>2. How did CP develop?</td>
<td><strong>Bring Ch. 1 &amp; 2</strong></td>
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<td>Watch CP history video</td>
<td><strong>REQ’s to class</strong></td>
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<td>3. What are CP’s concerns?</td>
<td>Arthur Brooks NYT article</td>
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<td>9/11, equity, social justice,</td>
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<td>the “American Dream”</td>
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<td>9/17</td>
<td><strong>III. The Sense of Community</strong></td>
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<td>1. The Nature of Community Life in America</td>
<td>Kloos Ch.6</td>
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<td>2. The Meaning and Purpose of Purpose,</td>
<td><strong>Bring Ch. 1 &amp; 2</strong></td>
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<td>Possibility, and Legacy</td>
<td><strong>REQ’s to class</strong></td>
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<td>3. Lab in the Sense of Community:</td>
<td>Arthur Brooks NYT article</td>
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<td>The Neglect of S. Carolina’s Rural</td>
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<td>Schools</td>
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<td>9/24</td>
<td>**IV. Impact of the Environment and</td>
<td>Kloos Ch. 5</td>
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<td>Leadership on Individuals: Civic</td>
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<td>Engagement, Empowerment, and</td>
<td>Preview Consultation Scenarios NJ HIB</td>
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<td>Participation</td>
<td>Law and Fact Sheets at</td>
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<td><a href="http://www.njbullying.org/">www.njbullying.org/</a></td>
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<td>10/1--RH</td>
<td><strong>V. Stress, Coping, Support, Resilience</strong></td>
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<td>1. At-Risk Youth- Challenges, Resilience</td>
<td><strong>Read Brendtro Pt</strong></td>
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<td><strong>Do Special Brendtro REQ/</strong></td>
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<td><strong>Takeaways</strong></td>
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<td>10/8</td>
<td>2. Ecology and Mechanisms of Stress &amp;</td>
<td>Kloos Ch. 8</td>
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<td>Coping</td>
<td><strong>BRING BRENDTO</strong></td>
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<td>3. Implementing the Circle of Courage</td>
<td><strong>TO CLASS, WITH</strong></td>
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<td><strong>Brendtro REQ</strong></td>
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10/15 - SUKKOT
4. The Ecology of Migration and Immigration

The Great Migration; Evolution of Blues; Freedom’s Main Line; A Strike for 3 Loaves
**Do ONE REQ on the above 4 Readings, Including all.**

10/22 -- YIZCOR
5. Watch: The One That Got Away (PBS)

Read PBS Video Handout and Review Questions for Class discussion

VI. The Role of Inspiring Leadership

10/29
1. Class discussion of The One That Got Away

Bring in REQ from 10/15

2. The Life and Teachings of Sargent Shriver: Leadership, Idealism and Activism

Kloos Ch. 11 & 12
**Bring in Social Action Project Assignment Download**

11/5
3. Leadership Revisited: Sargent Shriver

Dan Goleman: What Makes a Leader?
**Special REQ on Shriver speech from www.sargentshriver.org**

4. Social Action Project Team Meetings

VII. Introduction to Prevention & Social Competence Promotion

11/12
1. Prevention & Promotion: Key Concepts; Program: “Ounce of Prevention” DVD; Introduction to SEL/SECD & CBAR

Kloos p.284-316, 322-5, 327-31
**www.CASEL.org, www.character.org**

2. Case Study Consultation/Workshop on Implementation and Sustainability of School-Based SECD

Hand in Social Action Projects

Exam Review
Academic Expectations

**1. Class Participation:** Class sessions will be devoted primarily to clarifying and supplementing basic points in the readings and also to skill-building labs. Participation is assumed to reflect effort and interest, as well as knowledge.

**2. Exams:** One exam will be given. It will be focused on mastery and application of key concepts and issues, as well as important points in the readings not covered in lectures. R-E-Q summaries will be collected as part of the exam grade and comprise half of it.

Exams for this course require Scantron answer sheets, so bring #2 pencil(s) with erasers to all exams.

**3. Group Projects:** Students will work in groups to plan and carry out two in-and-out-of-class projects. The first is a Social Action Project proposal about addressing a topic about which you are concerned as a citizen, such as the impact of poverty on education and mental health. The second is an Action Letter written to a community leaders, media outlet or other appropriate source, providing insight and/or solutions to a community problem or issue.

**Social Action Projects are due 4/9; Action Letter Draft is due 4/23**

Further details will be provided in separate documents at the CANVAS web site.

**4. Bonus:**

Do extra REQ writeups of two Shriver speeches (with approval in advance of the speeches selected) or 1619 REQ

Attendance: Poor attendance will minimize the likelihood of one's obtaining a good grade, let alone a useful understanding of course material. Up to two unquestioned absences are permitted, but it's a good idea to let me know in advance if you cannot attend class.
Make-Up Exams: A makeup exam will only be allowed under extenuating circumstances. If missed and not made up, the exam will be considered as a zero.

Plagiarism & Cheating: I dislike even mentioning this, but all of the Psychology Department has decided to cooperate with regard to plagiarism and cheating. Either event will result in a reduction of two levels on one’s course grade, and a note will be sent to the student’s academic dean. Remember, Internet searches and filters can detect almost any phrase you borrow without citation. Better to be unoriginal than dishonest. If you are having trouble with the material or an assignment, see me. I am here to help you learn the course material in any way that I can. For further information: http://academicintegrity.rutgers.edu/resources-for-students/

Texts (Available at the Bookstore):

3. Materials to be handed out and on the class web site. Log into the CANVAS system.

Document your absences using the official absence reporting system: https://sims.rutgers.edu/ssra/ Contact the Dean of Students for notification to your professors for extended absence: http://deanofstudents.rutgers.edu/