

ARIZONA WESTERN COLLEGE  
SYLLABUS

BHS 106 Personal Well-Being & Basic Care Coordination

Credit Hours: 3 Lec 3

PREREQUISITE:

COURSE DESCRIPTION

The purpose of building human resilience and well-being is to prevent burnout, traumatic stress, and compassion fatigue for social services and mental health professionals, healthcare providers, emergency first responders, and other relationship-intense occupations. This course will cover the causes, symptoms, and effects of traumatic stress, burnout, compassion fatigue, and additional work-related stress with a focus on enhancing the quality of life and improving a healthy lifestyle by incorporating evidenced-based practices in psychological and emotional resilience training, cognitive behavioral therapy, mindfulness, positive psychology, prevention, peer support, and self-care, including nutrition, exercise, and sleep. The course will also include a basic overview of the principles, practices, and functions of case management in human services and the various resources within the state, region, and local community.

1. COURSE GOAL

Familiarization with the causes, symptoms, and effects of traumatic stress, secondary exposure, burnout, compassion fatigue, and additional work-related stress and the best practices utilized to enhance the quality of life.

2. OUTCOMES

Upon satisfactory completion of this course, students will be able to:

- 2.1 Identify and describe methods to prevent burnout, traumatic stress, and compassion fatigue among behavioral health team members.
  - i. Identify and describe the warning signs associated with burnout, secondary traumatic stress, and compassion fatigue.
- 2.2 Identify and describe ways for students to enhance quality of life and improve a healthy lifestyle.
- 2.3 Demonstrate consistent engagement in self-care activities throughout course.
- 2.4 Identify the role and responsibilities of case management in the behavioral health Setting.
  - i. Meeting facilitation (steps, planning, follow-up)
  - ii. How to advocate, educate, and help members overcome barriers to care.
- 2.5 List available resources offered within the state, region, and local community for behavioral health team members and clients.

3. METHODS OF INSTRUCTION

- 3.1 Lecture
- 3.2 Multimedia (audio-visual) Presentation
- 3.3 Class Discussion & activities
- 3.4 Course Materials

4. LEARNING ACTIVITIES

- 4.1 Class discussions
- 4.2 Assignments
- 4.3 Activities

5. EVALUATION

- 5.1 Quizzes and Exams
- 5.2 Assignments
- 5.3 Activities

STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 Classroom Assignments: Students are responsible for work missed and for completing all work before the next class meeting. Students are responsible for participating in all oral drills and for taking all exams.
- 6.3 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course may be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 6.4 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.
- 6.5 Academic Integrity: Any student participating in acts of academic dishonesty including, but not limited to, copying the work of other students, using unauthorized “crib notes”,

plagiarism, stealing tests, or forging an instructor's signature—will be subject to the procedures and consequences outlined in AWC's Student Code of Conduct.

6.6 Textbooks and materials: Students are required to bring notebook or loose-leaf book, pens, pencils, dictionaries, and purchase textbook required for class.

6.7 Arizona Western College students are expected to attend every class session in which they are enrolled. To comply with Federal Financial Aid regulations (34 CFR 668.21), Arizona Western College (AWC) has established an Attendance Verification process for "No Show" reporting during the first 10 days of each semester. Students who have enrolled but have never attended class may be issued a "No Show" (NS) grade by the professor or instructor and receive a final grade of "NS" on their official academic record. An NS grade may result in a student losing their federal financial aid.

For online classes, *student attendance in an online class is defined as the following* (FSA Handbook, 2012, 5-90):

- Submitting an academic assignment
- Taking an exam, an interactive tutorial or computer-assisted instruction
- Attending a study group that is assigned by the school
- Participating in an online discussion about academic matters
- Initiating contact with a faculty member to ask a question about the academic subject studied in the course