

Course Information Form (CIF)

Course Code: SOC 111

Course Title: Mental Health First Aid

Department: Arts, Media, and Social Sciences

Effective Date: Summer 2026

PCS Code: 1.2 - Occupational/Technical Instruction

CIP Code: 51.1508

Repeatability: 0

Credit Hours

Catalog Notation: 1-0-1

Credit Hour Distribution:

Lecture: 1

Lab: 0

Clinical: 0

Total: 1

General Course Information

Catalog Description

Develop skills to provide initial help to someone developing a mental health or substance abuse problem or crisis. Gain knowledge about local community resources supporting unmet social service needs. Nationally recognized Mental Health First Aid certification issued upon successful completion.

General Course Objectives

Identify signs and symptoms of mental illness and substance abuse in adults. Demonstrate MHFA action plan. Locate updated social service community resources.

Minimum Placement Levels

English	Reading	Math
Placement out of ENG 098	None	None

Prerequisites

None

Methods of Evaluation

Completion of Mental Health First Aid course requirements, 1 service learning project.

Instructional Materials and Additional Supplies

Mental Health First Aid USA: Adult (First Edition, Revised), 978-0-692-60748-0 (Required)

Course Content

General Learning Outcomes (GLOs)

- Critical Thinking and Information Literacy: Students will demonstrate the ability to evaluate perspectives, evidence, and implications, and to locate, assess, and use information effectively.

Course Segments and Student Learning Outcomes

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
Signs and Symptoms of Mental Illness and Substance Abuse	1. Explain signs and symptoms of mental illness and substance abuse.	4	0	0
ALGEE Action Plan	1. Implement each step of ALGEE action plan.	4	0	0
Community Resources	1. Locate, assess, and use social service community resource information effectively.	7	0	0

Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
15	0	0