Content is based on the Wisconsin Technical College System (WTCS) statewide nursing curriculum for the Nursing Mental Health and Community Concepts course (543-110), the NCLEX-RN Test Plan, and the American Psychiatric Nurses Association Education Council’s Crosswalk Toolkit: Defining and Using Psychiatric-Mental Health Nursing Skills in Undergraduate Nursing Education. Mental health and community health concepts are discussed while emphasizing stress management techniques, healthy coping strategies, referrals to community resources, and other preventative interventions. Nursing care for individuals with specific mental health and substance use disorders is examined, and the nurse’s role in community health needs assessments and caring for vulnerable populations is introduced.
1. Foundational Mental Health Concepts

2. Therapeutic Communication and the Nurse-Client Relationship

3. Stress, Coping, and Crisis Intervention

4. Application of the Nursing Process to Mental Health Care
5: Legal and Ethical Considerations in Mental Health Care

6: Psychotropic Medications

7: Depressive Disorders

8: Bipolar Disorders
9: Anxiety Disorders

10: Personality Disorders

11: Psychosis and Schizophrenia

12: Childhood and Adolescence Disorders
13: Eating Disorders

14: Substance Use Disorders

15: Trauma Abuse and Violence

16: Community Assessment
17: Vulnerable Populations

• 18: Environmental Health and Emergency Preparedness

• 19: Answer Key

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