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**Course:** BPH 3990: Understanding Mental Health as Public Health
**Description:** 3 credits, undergraduate level course for Public Health majors/minors and other students through the Department of Public Health, Nova Southeastern University
**Instructor:** Christi M. Navarro, PhD, Assistant Professor, Department of Public Health, Dr. Kiran C. Patel College of Osteopathic Medicine, Nova Southeastern University
**Email:** cnavarro@nova.edu
**Session:** Winter 2021
**Due:** April 14, 2021

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## UNDERSTANDING MENTAL HEALTH AS PUBLIC HEALTH ASSIGNMENT

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**Overview:**

This assignment is part of the week 15 module on The Environment and Mental Health. Over the course of this semester, we have used the socio-ecological model (SEM) to explore the interactions with the individual and their communities and environment. In the final level of the SEM, we explore the effects of the physical environment on mental health including negative stressors like noise, weather, pollution, natural disasters, and war, and positive factors like trees, plants, fresh air, and clean water.

Disaster Mental/Behavioral Health is the provision of mental health, substance abuse, and stress management services to disaster survivors and responders. It addresses the psychological, emotional, cognitive, developmental, and social impacts that disasters, emergencies, or incidents have on survivors and first responders as they respond and recover.

This CONVERGE Disaster Mental Health (DMH) Training Module focuses on mental health outcomes associated with disasters, with a particular emphasis on risk factors over time that make certain populations vulnerable to poor disaster mental health outcomes. Although it has been developed for disaster researchers and practitioners, the content is relevant to both public health and mental health. To complete this assignment, you will submit the CONVERGE certificate of completion.

**Instructions:**
1. Go to the CONVERGE website.
2. Click on 'Resources' and select 'Training Modules'.
3. Click 'Register Here'. Register and Log in.
4. Select 'Disaster Mental Health' training module.
5. Take the 10-question quiz. You will need to score at least 8 out of 10 questions correct to receive the certificate of completion.
6. Upload your certificate of completion to the Week 15: Disaster Mental Health Training assignment in Canvas.