

Unit 9 Instructor Notes

Mental Health and Death and Dying

Combined LOs

1. Explain how mental health can be understood as a social problem. (CO1)
2. Analyze how the socially constructed identity of mixed race impacts mixed-race people's experiences of mental health, mental illness, and mental well-being.
3. Explain how the social structure and behaviors of patriarchy impact the experience of social problems for women and non-binary people, particularly related to mental health and mental illness. (CO4)
4. Evaluate interdependent solutions using collective action and individual agency to provide effective mental health solutions that expand social justice. (CO5, CO6)
5. Explain how death and dying as a social problem (CO1)
6. Apply the concepts of life course, ageism, and good death to explain inequalities in death and dying (CO2, CO4)
7. Describe how religion creates the potential for a conflict in values that is characteristic of a social problem (CO1)
8. Compare individual and collective action which expand the possibility of justice in the process of death and dying (CO5, CO6)

The following class agendas are designed to support instructors in teaching SOC 206.

Class Agenda for Class 1:

1. Agenda and Announcements (10 min)

Last week we asked:

- How do social values influence explanations of addiction using a current issue related to drug use and addiction?

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- How do sociologists explain societal responses to drug use using sociological theories?
- How do drug policies impact people differently based on their social location?
- How are social structures of inequality linked to harmful drug use?
- Which individual actions, community responses, and governmental changes to reduce the impacts of addiction are the most effective?

This week's key questions are:

- What is the difference between mental health, mental illness, and mental wellbeing?
- Which social factors might impact how a person might get diagnosed and treated for mental illness?
- How does the social construction of mental health and mental illness create a social problem?
- How are mental health and mental illness an underlying factor in other social problems?
- Why do people experience different mental health diagnoses based on gender, race, class, incarceration status, and other social locations?
- How has COVID-19 both increased the incidents of mental health issues and improved our capacity for providing mental health support?

Today's Outline:

- What do we mean when we talk about mental health/mental illness?
 - How can mental health and mental illness be a social problem?
 - The intersection of Race and Mental Illness
2. Free Write - How do I feel today? What do I associate with mental health mental illness? How do I care for my mental health? Where did I learn this??

Popcorn Share

3. Lecture: Who Feels OK? Definitions and Mental Health as a Social Problem

Need slides on this

4. Intersection of Race and Mental Health (30 min)

Show Video: [Intersection of Race and Mental Health \(View time: 26 minutes 18 seconds\)](#)

Small group and share out:

- What disparities are mentioned?
- How does racism play out related to mental health?
- What is to be done (may skip this one)

5. Biobreak (5 - 10 min)

6. Cause and Effect- Mental Health and Class (30 minutes) - Does poverty cause mental illness or does mental illness cause poverty? YES

Review this infographic and backgrounder:

EQUITY AND MENTAL HEALTH

UNDERSTANDING THE LINKS

EQUITY ISSUES IN MENTAL HEALTH SIGNIFICANTLY IMPACT ONTARIO

Equity Matters for Mental Health



LOWEST INCOME
CANADIANS REPORT
SIGNIFICANTLY POORER
MENTAL HEALTH



WOMEN ARE TWICE AS
LIKELY TO HAVE
DEPRESSION THAN MEN

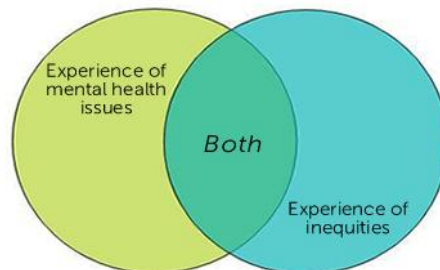
LGBT youth face
approximately 4 times the
risk of suicide than their
heterosexual peers.



MENTAL HEALTH MATTERS FOR EQUITY



Equity and Mental Health Intersect



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Health in Ontario. Retrieved at: <http://www.powerstudy.ca/the-power-report/the-power-report-volume-1/depression>
Rainbow Health Ontario. (2011) "RHO fact sheet – LGBT Mental Health." Retrieved at Rainbow Health Ontario website at:
http://www.rainbowhealthontario.ca/admin/contentEngine/contentDocuments/LGBT_Mental_Health.pdf



Small group work:

- One of the pair or one small group take Poverty causes Mental Health Issues
- The other takes Mental Health Issues cause Poverty - can Google other sources

7. (10 min) Review & Next Steps

Class Agenda for Class 2:

1. Agenda and Announcements (10 min)

Today's Outline:

- Gender and Mental Health
- How do we explain stuff
- Review concepts for the week and then use the rest of class time to work on your final project.

Any questions?

2. Gender and Mental Health

- a. The patriarchal tree (see gender box in chapter)
- b. Gender and mental health - non-binary, trans, women
- c. Video Viewing: Perhaps one of these:
 - i. [Gender & Mental Health | EP 3. The Future is Intersectional](#) (4:28)
 - ii. [Teen intersectionality Mental Health and Gender](#) (4:28)

3. Lecture (30 min.): how do we explain mental health stuff - bio, sociological, etc

4. What is to be done?

- a. Selfcare -- list of local/accessible resources/mindfulness practices?
- b. Cahoots?

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5. **Biobreak (5 - 10 min)**
6. **Video (10 min.)**
7. **Concept Review Discussion (15 min)**
8. Students should use the last part of the class to work on their final research project, or check in with the instructor regarding their project.

The assignments you are responsible for this week are:

- **Getting Started Quiz**
- **Reflection**