

UNIVERSITY OF MAINE *at Augusta*

Academic and Career Advising
Telephone: 621-3149 or 1-877-UMA-1234, Ext. 3149

Challenge Examination Information Sheet

PSY/HUS 350: Mental Health and Aging

General Description:

The PSY/HUS 350 challenge exam is a 60 question multiple choice & true/false exam. This exam is for students that have completed the non-credit Mental Health and Aging course or have the equivalent of 2 years full-time experience (non-clerical) in a mental health or human service setting. This course provides a comprehensive overview of the unique health and treatment needs of the psychiatrically ill older adult. It will enable mental health caregivers to provide age sensitive care in a variety of settings. Topics will include biological, social, psychological and physical aspects of aging, dementias and major psychiatric disorders. More specifically, the objectives of the course are for the student to:

- 1) Understand the aging process and its significance in caring for older adults with psychiatric and medical illness
- 2) Understand the crucial concepts of the strengths perspective, including empowerment, suspension of disbelief, dialogue and collaboration, membership, synergy and regeneration
- 3) Be aware of communication /interviewing skills to enhance interaction with older adults and their formal and informal support systems
- 4) Assess the strengths, past achievements and interests of older adults and their formal and informal support systems
- 5) Recognize signs and symptoms of major psychiatric disorders as they manifest in the older adult, especially depression and dementia
- 6) Know the DSM-IV-TR criteria for diagnosis of major mental and cognitive impairments for older adults
- 7) Be familiar with current interventive strategies and mental health services for older adults
- 8) Recognize the impact of interrelationships between social problems and mental health in the elderly
- 9) List and describe various types of elder maltreatment
- 10) Identify and describe the stages of older adult care giving for another older adult

There is a **2 hour** time limit on the exam.

Students must have credit for PSY 100 **prior** to taking the exam

Scoring:

The candidate must answer 36 of the 60 questions on the objective exam.

Test Registration/Fee:

The test is offered through the UMA Academic and Career Advising Office and administered on the same days as the CLEP examinations. To obtain a testing schedule, please contact the Office of Academic and Career Advising.

The examination fee is **\$80** paid via credit card, or check/money order payable to University of Maine Augusta.

Credits Awarded:

Successful completion of the exam entitles the test taker to three (3) credits of PSY/HUS 350. Credits are granted on a pass/fail basis; the student's grade point average is not affected by the results of the Challenge Exam. Credits are awarded only to admitted UMA degree candidates. Non-degree students will be granted credit upon admission to a degree program at UMA. Students who do not pass the Challenge Examination must wait six months before they may retake the exam.

Required Texts:

Kennedy, G.J. (2000). Geriatric Mental Health Care: A treatment guide for health professionals. NY: Guilford Press.

Recommended Texts:

Blazer, D. (1998). Emotional Problems in Later Life (2nd ed.), NY: Springer

Pipher, M. (1999). Another Country: Navigating the Emotional Terrain of Our Elders. NY: Riverhead Books

Tice, C.J. & Perkins, K. (1996). Mental Health Issues & Aging: Building on the Strengths of Older Persons. Pacific Grove, CA: Brooks/Cole (chapters 1 – 3).

American Psychiatric Association (2000). Quick Reference to the Diagnostic Criteria from DSM-IV-TR.

CHALLENGE EXAMINATIONS REGISTRATION FORM

INSTRUCTIONS:

Complete the registration form below (#1-9) and return to the **Academic and Career Advising Office** at via mail at 46 University Drive, Augusta, ME 04330, or, fax to 207-621-3171. The examination fee is **\$80** paid via credit card, or check/money order payable to University of Maine Augusta.

Please Print

1. Name:	3. Social Security #:
2. Address:	4. Daytime Phone #:
Zip Code:	5. Degree Program:
6. Signature:	

7. I wish to register for the following exam:

_____ PSY/HUS 350: Mental Health and Aging

8. First Choice Test Date:	9. Test Location:
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TEST DATE CONFIRMATION

You will receive a confirmation letter approximately one week before the scheduled test date. **Please remember to bring a form of identification on the day of testing; photo I.D. preferred.**