

## Mental Health Assistant (CMH)

This program is designed to prepare students to serve in a variety of mental health and social services settings. Graduates could function in any one of the following roles: caseworker aide, outreach worker, client advocate, therapy aide, community organizer, and other human services generalist positions. Students will learn through academic and field practicum experiences, sound methods of assisting individuals in developing productive responses to personal and social problems. Emphasis also will be placed on the personal growth and development of the individual student as it relates to their work with clients.

Graduates may transfer credits from this program to a variety of senior colleges offering a baccalaureate degree in such fields as social work, psychology and human services.

The Associate in Applied Science (A.A.S.) degree is awarded upon completion of the requirements for this program.

Upon completion of this program students will be able to:

- Identify components of the Human Services Delivery System including:
  - The roles of the various members of the service delivery team.
  - Client assessment/referral/advocacy continuum.
  - The historical perspective and future trends of the Human Services field.
- Demonstrate application of the strength-based approach in the client-centered counseling process.
- Display an understanding, self-awareness and respect for the diversity among clients, colleagues and society as a whole.
- Exhibit the ability to use technology as a professional tool and to have an understanding of its impact on the field of Human Services, its clients and agencies.

Courses should be selected in consultation with an advisor.

### First Semester

| Course No.   | Descriptive Title                   | Credit Hours |
|--------------|-------------------------------------|--------------|
| ENG 101      | Composition I                       | 3            |
| PSY 111      | Introduction to Psychology          | 3            |
| BHS 110      | Introduction to Human Services      | 3            |
| PSY 102      | Interviewing & Counseling Skills    | 3            |
| CMH 103      | Community Mental Health Practicum I | 2            |
| <b>TOTAL</b> |                                     | <b>14</b>    |

### Second Semester

| Course No. | Descriptive Title                | Credit Hours |
|------------|----------------------------------|--------------|
| ENG 102    | Composition II                   | 3            |
| BHS 103    | Social Problems in Today's World | 3            |
| PSY 134    | Group Dynamics                   | 3            |

|                     |                                      |           |
|---------------------|--------------------------------------|-----------|
| PSY 203             | Developmental Psychology             | 3         |
| CMH 104             | Community Mental Health Practicum II | 2         |
| MAT 109 (or higher) | Survey of Mathematics                | 3         |
| <b>TOTAL</b>        |                                      | <b>17</b> |

### Third Semester

| Course No.                         | Descriptive Title                         | Credit Hours |
|------------------------------------|---|--------------|
| Science (b)                        |   | 4            |
| ECO 105, GOV 121, HIS 104, HIS 108 |   | 3            |
| PSY 202                            | Therapeutic Intervention Skills           | 3            |
| CMH 203                            | Community Mental Health Practicum III (a) | 3            |
| PSY 201                            | Abnormal Psychology                       | 3            |
| <b>TOTAL</b>                       |   | <b>16</b>    |

### Fourth Semester

| Course No.        | Descriptive Title                         | Credit Hours |
|-------------------|---|--------------|
| PSY 207           | Creative Arts Therapy                     | 3            |
| BHS 245           | Issues and Ethics in the Human Services   | 3            |
| WFE 101           | Lifetime Wellness and Fitness             | 3            |
| CMH 204           | Community Mental Health Practicum III (a) | 3            |
| Free Elective (c) |   | 3            |
| <b>TOTAL</b>      |   | <b>15</b>    |
|                   | <b>TOTAL CREDIT HOURS</b>                 | <b>62</b>    |

### NOTES

1. All CMH students are required to submit a completed physical examination form prior to field placement. All immunizations indicated on the form must be current. When this form is on file, the College Health Office will issue a waiver clearing the student for field placement. Hepatitis B Vaccine series is highly recommended and may be required by the placement site under the OSHA Standard on Exposure to Blood Borne Pathogens.

2. Transportation to and from practicum sites is the responsibility of all students in the program, including those in the dorm. If you do not have a car, please be sure that you are able to find alternate means of transportation.

- a. Students wishing to earn both the Mental Health Assistant degree and the Chemical Dependency Counseling Certificate will not take CMH 203 and CMH 204, but will take all four CDC Practicum courses.
- b. Science: Any four-credit courses listed in Appendix B meets this requirement.
- c. Read a full discussion of the free elective requirement. The subject area for Mental Health Assisting includes all courses labeled CMH.