
BEHAVIORAL HEALTH

OCAS Code: 8563

Instructor Information (Determined by Instructor)

Instructor	Email	Office Hours & Location
Frist, Last	Email	Info

General information

Grade Level

Comprehensive High School, 9-12

Credit

1 semester, 120 hours, .5 credits

Teacher Certification Necessary

Any certification area

Student Certificate

LEAD's School Mental Health Certification

Mental Health Assistant

[Mental Health First Aid](#)

[Student Mental Health and Suicide Prevention](#)

Course Description

This course will establish a foundation necessary to understand Behavioral Health and investigate the career field of Behavioral Health. While students will learn about recognizing, preventing, and treating behavioral and mental health disorders, they will integrate the healthcare professional's role throughout the standards. Students in behavioral health will learn more about career fields such as psychology, nursing, physicians and other technical or scientific careers.



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Expectations and Goals

1. **Understanding Behavioral Health:** Students will develop a comprehensive understanding of behavioral health, including its definition, scope, and significance in promoting overall well-being.
2. **Recognition of Behavioral and Mental Health Disorders:** Educate students about the signs, symptoms, and diagnostic criteria for common behavioral and mental health disorders, such as anxiety, depression, bipolar disorder, schizophrenia, and substance use disorders.
3. **Prevention Strategies:** Explore evidence-based strategies for preventing behavioral and mental health disorders, including promoting healthy lifestyles, building resilience, and addressing risk factors such as trauma, stress, and social isolation.
4. **Treatment Approaches:** Introduce students to various treatment modalities and interventions used in behavioral health settings, including psychotherapy, medication management, rehabilitation services, and peer support programs.
5. **Integration of Healthcare Professional Roles:** Highlight the roles and responsibilities of healthcare professionals, such as psychologists, psychiatrists, psychiatric nurses, social workers, and counselors, in assessing, diagnosing, and treating behavioral and mental health disorders.
6. **Career Exploration:** Provide students with insights into different career paths within the behavioral health field, including psychology, nursing, psychiatry, counseling, social work, and research.
7. **Biopsychosocial Approach:** Emphasize the importance of adopting a biopsychosocial perspective in understanding behavioral health, which considers the interplay between biological, psychological, and social factors in shaping individuals' mental health and well-being.
8. **Stigma Reduction and Advocacy:** Discuss the impact of stigma and discrimination on individuals with behavioral and mental health disorders, and empower students to become advocates for destigmatizing mental illness and promoting social inclusion.
9. **Crisis Intervention and Suicide Prevention:** Equip students with skills and knowledge to recognize and respond to mental health crises, including suicide prevention strategies and access to crisis intervention resources and support services.
10. **Cultural Competence and Diversity:** Explore the influence of cultural, ethnic, and socioeconomic factors on mental health beliefs, attitudes, and treatment-seeking behaviors, and promote cultural competence in delivering behavioral health services.
11. **Self-Care and Well-being:** Foster students' self-awareness and self-care practices to promote their own mental health and well-being, including stress management, mindfulness techniques, and seeking help when needed.
12. **Critical Thinking and Problem-Solving Skills:** Develop students' critical thinking skills by analyzing case studies, evaluating treatment options, and applying ethical principles in real-world behavioral health scenarios.

Course Syllabi

Foundation Standard 1: Academic Foundation



Identify trends and changes in the behavioral healthcare industry. Recognize and demonstrate mathematical computations and medical terminology related to the behavioral healthcare field.

1. Define behavioral health
2. Identify the difference between behavioral health and mental health
3. Discuss how behavioral health can affect both physical and mental well being
4. Discuss the history and advancements of mental and behavioral health.
5. Discuss stigma concerning mental health.
6. Determine the importance of having healthcare professionals trained in behavioral health.
7. Define, identify symptoms, and discuss treatment for the following:
 - a. Anxiety disorders - panic, phobias, obsessive-compulsive (OCD), generalized anxiety disorder (GAD), post-traumatic stress disorder (PTSD). Treatment options - CPT, EMDR
 - b. Substance Use - alcohol and drugs - tolerance, addiction, relapse, detoxification, or withdrawal
 - c. Eating Disorders
8. Discuss potential medication treatments for the previous disorders, such as:
 - a. Anti-psychotics
 - b. Anti-depressants
 - c. Anti-anxiety
9. Define and recognize medical terminology (roots, prefixes, and suffixes) and terms specific to behavioral health.
10. Discuss and provide examples of defense mechanisms (denial, distortion, repression, projection, etc.)

Foundation Standard 2: Communications

Demonstrate methods of delivering and obtaining information while communicating effectively.

1. Recognize appropriate communication with physicians, counselors, therapists, administrators, other healthcare professionals, patients, and families.



2. Demonstrate proper elements of written and electronic communication (spelling, grammar, formatting, and confidentiality). Consider Medicare, Medicaid, and Insurance required communication.
3. Practice speaking and active listening skills while recognizing common barriers to communication in behavioral health settings.
4. Demonstrate appropriate use of digital communication in a work environment, such as email, text, and social media.
5. Review common medical terminology as it relates to communication in the field of behavioral health
6. Consider the role of religion and culture when interacting with patients in a behavioral health setting

Foundation Standard 3: Systems

Healthcare professionals will understand how their role fits into their department, organization, and healthcare environment. Identify how critical systems affect services performed and quality of care.

1. Review behavioral health treatment options and support groups.
2. Identify various types of care facilities.
 - a. Inpatient facilities
 - Psychiatric hospitals
 - Substance Use Recovery
 - Rehabilitation Centers
 - Adolescent Treatment Facilities
 - Dementia Units
 - Outpatient facilities
 - b. Outpatient facilities
 - Individual and family counseling
 - Recovery houses
 - Day treatment centers



- Support groups
- Alcohol and drug addiction centers
- Telepsychiatry

3. Identify and discuss the roles of the following government agencies:

- a. OK Department of Mental Health and Substance Abuse Services ODMHSAS

4. Identify and describe the components and functionality of behavioral and mental healthcare facilities.

5. Describe the role of the following agencies (resources & support)

- a. National Alliance on Mental Illness (NAMI) and SC NAMI
- b. Substance Abuse and Mental Health Services (SAMSHA)
- c. Mental Health America (MHA) and OK MHA
- d. American Foundation for Suicide Prevention (AFSP)

Foundation Standard 4: Employability Skills

Use your knowledge of the field and employability skills to identify and enhance your career in behavioral health.

1. Identify various careers in behavioral health including, but not limited to, Psychology, Psychiatry, Counseling, Clinical Social Work, Nursing, Psychiatric Nurse Practitioner, Recreational Therapy, Occupational Therapy, Mental Health Technician, Forensic Psychology, and Neurodiagnostic Technologists.
2. Evaluate levels of education, credentialing requirements, and employment trends in mental health professions (opportunities, workplace environments, salaries, etc.) for a mental health career.
3. Determine the importance of healthcare professionals in behavioral health and the necessary skills needed to seek employment in the behavioral health field.
4. Demonstrate professional and leadership skills by actively participating in learning experiences through HOSA Future Health Professionals, a student organization (either as a member or as a participant in their mental health-sponsored activities).

Foundation Standard 5: Legal Responsibilities

1. Compare and Contrast Mental Health and Physical Health legalities.



2. Discuss HIPAA and the role of HIPAA in mental health care.
3. Discuss legal documentation related to transferring, releasing, and disclosing healthcare records.
4. Consideration for discussing court-ordered treatment, commitment, vs. voluntary therapy for mental and substance use disorders.

Foundation Standard 6: Ethics

Understand accepted ethical practices.

1. Identify and discuss bias, prejudice, and stereotyping
2. Demonstrate respectful and empathetic interactions and treatment of all patients/clients within a diverse population
3. Define stigma and recognize behaviors associated with having a stigma.
4. Identify ways that having a stigma against patients with mental disorders or diseases is harmful.
5. Determine ways to combat stigma within yourself and others.
6. Discuss professional codes of ethics
7. Consider reviewing "Protecting Human Research Participants."

Foundation Standard 7: Safety Practices

Identify existing and potential hazards to clients, co-workers, and self in the behavioral health setting.

Employ safe work practices and follow health and safety policies and procedures to prevent injury and illness.

1. Review universal precautions
2. Discuss Patient/client/employee safety measures
 - a. De-escalation techniques (CPI- Crisis Prevention Institute institute.crisisprevention.com)
 - b. Use of restraints
 - chemical restraints
 - physical restraints



Foundation Standard 8: Teamwork

Identify roles and responsibilities of individual members as part of the behavioral healthcare team.

1. Explain and Evaluate the roles and responsibilities of team members.
 - a. Examples of mental healthcare teams
 - b. Responsibilities of team members
 - c. Benefits of teamwork

Foundation Standard 9: Health Maintenance Practices

Discuss physical, mental, social, and spiritual health. Promote mental health wellness and model healthy behaviors.

1. Identify signs someone may be suffering from a behavioral health issue or mental health disorder:
 - a. Significant or noticeable change in mood or energy level
 - b. Change of interest in activities, sleep, and appetite.
 - c. Disconnecting from friends/family (isolation)
 - d. Inability to cope with daily norms or stress
 - e. Failure to understand or connect with people
 - f. Alcohol or drug abuse
 - g. Hallucinations
 - h. Excessive anger or hostility
 - if. Suicidal tendencies
 - j. Giving away personal items
 - k. Change in sex drive
 - l. Unexplainable physical ailments
2. Promote methods of self-care
 - a. Exercise

- b. Nutrition
- c. Relationships
- d. Sleep hygiene
- e. Weight Control
- f. Stress management
- g. Personal hygiene
- h. Social media safety
- i. Safety with physical activity (bike riding, skateboarding, boating, etc.)
- j. (SAMHSA - 8 dimensions of wellness - in resources)

3. Identify the risk factors for behavioral health disorders.

- a. Brain trauma
- b. Birth trauma
- c. Genetic
- d. Life-altering event
- e. Substance abuse
- f. Environmental
- g. Comorbidities, dual diagnosis

4. Research/resources for guidance about behavioral health disorders.

- SCDMH - SC Department of Mental Health
- NAMI - National Alliance on Mental Illness
- MHA – Mental Health America
- SAMHSA - Substance Abuse and Mental Health Services Administration
- NIMH – National Institute of Mental Health
- US Government mental health information

Mental Health Hotlines

- a. For emergency help - call 911.



- b. For suicidal thoughts and behavior - dial 988 for the Suicide & Crisis Lifeline. You can also reach them at 1-800-273-TALK (1-800-273-8255).
- c. For mental health issues after a disaster - contact the Disaster Distress Helpline at 1-800-985-5990.
- d. For veterans experiencing a crisis - contact the Veterans Crisis Line at 1-800-273-8255 and press one.
- e. SAMSHA & NIMH national helpline: 1-800-662-4357
- f. Mental health crisis -TEXT or DIAL 988

5. Demonstrate positive mental health practices

a. Therapies and positive coping mechanisms

- Exercise
- Nutrition
- Yoga
- Sleep
- Music therapy
- Art therapy
- Activity therapy
- Pet therapy
- Play therapy
- Journaling
- Meditation and breathing exercises

Foundation Standard 10: Technical Skills

Apply and demonstrate technical skills and knowledge common to health career specialties.

- 1. Demonstrate special health care skills as needed in the mental health care field.
 - a. De-escalation techniques
 - b. Treatment plans



- c. Various therapies
- d. Safety plans
- e. Research
- f. Documentation (EMR)

Course Materials (Determined by Instructor)

Required materials

Need a heading or a bullet? On the Home tab, in the Styles gallery, choose from all styles used in this syllabus.

- Tap to add text.
- Tap to add text.

Optional materials

Want to add more tables to your document that look like the Course Schedule and Exam Schedule tables that follow? Nothing could be easier. On the Insert tab, just select Table to add a new table. New tables you create in this template are automatically formatted to match.

Required text

Item name 1 Media Type, Author Name

Item name 2 Media Type, Author Name

Course Schedule (Determined by Instructor)

Week	Topic	Reading	Exercises
Week 1	Enter topic	Enter reference	Enter exercise
Week 2	Enter topic	Enter reference	Enter exercise
Week 3	Enter topic	Enter reference	Enter exercise



Exam Schedule (Determined by Instructor)

Date	Subject
Date 1	Enter subject
Date 2	Enter subject
Date 3	Enter subject

Additional Information and Resources

Resources

Oklahoma HOSA
[Oklahoma HOSA \(okhosa.wixsite.com\)](http://okhosa.wixsite.com)

National HOSA
<https://hosa.org/>

National Consortium for Health Science Education
<https://healthscienceconsortium.org/>

MentalHealth.gov
<https://www.mentalhealth.gov/>

SAMHSA: Substance Abuse and Mental Health Services Administration
<https://www.samhsa.gov/>

CDC Mental Health Index
<https://www.cdc.gov/mentalhealth/learn/index.htm#:~:text=Although%20the%20terms%20are%20of ten,%2C%20and%20social%20well%2Dbeing>

HealthyPlace (Mental v Behavioral)
<https://www.healthyplace.com/other-info/mental-illness-overview/brain-disorders-mental-disorders-vs-behavioral-disorders>

Educational/Classroom Resources:

National Alliance on Mental Illness
<https://nami.org/home>

National Institute of Mental Health (NIMH)
www.nimh.nih.gov

American Foundation for Suicide Prevention (AFSP)



www.AFSP.org

Military Child Education Coalition

<https://www.militarychild.org/>

American Medical Association: Careers in Healthcare

<https://www.ama-assn.org/>

CareerOneStop is formerly known as America's Career InfoNet

<https://www.careeronestop.org/>

American Journal of Nursing

<https://journals.lww.com/ajnonline/pages/default.aspx>

Assessment: Motivational Appraisal of Personal Potential

<https://www.assessment.com/>



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