**Counseling & Substance Use Rehabilitation Minor Advising Sheet**

**University of Maine at Machias**

Fall 2020

**If you have any questions about this minor and anticipated course offerings, please contact Meghan Duff at 255-1227 or** [**meghan.duff@maine.edu**](mailto:meghan.duff@maine.edu)**.**

This minor is a good fit for students of any major who are interested in entry-level mental health, human services, and substance use services jobs, as well as those people who already know they would like to go to graduate school to become masters level practitioners. The minor includes the seven courses for Maine’s Mental Health & Rehabilitation Technician (MHRT/C) certification. [The courses are highlighted in yellow below.]

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| PSY 110 Intro to Psychology |
| PSY 230 Abnormal Psychology |
| PHI 102 Applied Ethics |
| PSY 211 Behavioral & Community Mental Health Systems |
| PSY 216 Vocational Aspects of Disability & Psychiatric Rehab |
| PSY 202 Introduction to Counseling |
| PSY 313 Counseling Diverse Populations |
| PSY 328 Case Management |
| PSY 336 Trauma, Crisis, & Recovery |
| PSY 351 Substance Use & Dual Diagnosis Counseling |

**What is MHRT/C?: Mental Health & Rehabilitation Technician**

MHRT/C is a standardized training & certification process that prepares people to meet the minimal requirements for employment in the field of adult community mental health and rehabilitation in the state of Maine. The standardized course work is known as The **M**ental **H**ealth and **R**ehabilitation **T**echnician – **C**ommunity Certification (**MHRT/C**).

**Why/When You Need MHRT/C Certification**

MHRT/C Certification makes you more competitive for adult community mental health service jobs in Maine. Possessing the MHRT/C Certification means you are in the category of “Other Qualified Mental Health Professional.” This allows the organization that employs you to be reimbursed by MaineCare for the following services that you provide for adults: 1) community support, 2) case management, 3) intensive case management, 4) assertive community treatment, and 5) day treatment/rehabilitation\*. Other adult mental health services include 6) emergency services, 7) outpatient services, 8) crisis intervention and crisis support services.^ If you possess a graduate degree (and licensure) in Rehabilitation Counseling, Clinical Social Work, Counseling, Clinical Psychology or other related fields you can apply for a MHRT/C Certification waiver.

(\*as outlined in Chapter II of the MaineCare Benefits Manual, Section 17.)

(^as outlined in the MaineCare Benefits Manual, Chapter II, Section 65.)

**Benefits of MHRT Courses Beyond Certification**

Any student who is interested in a career in mental health services, including being a counselor, therapist, case manager, clinical psychologist, or associated forms of nursing and medical care can benefit from the content of the MHRT courses. Though the certification will not necessarily be accepted in other states (there are certain jobs outside of Maine that will recognize the training), the courses give students grounding in basic clinical skills for entry-level jobs and preparation for graduate school in related fields. If students are interested in working with children, adolescents, and families, they should take Lifespan (I & II) or similar developmental psychology courses and choose child/adolescent-centered electives or internships.

**These courses are appropriate for students who are interested in:**

* Health and human services fields, including:
* mental health services
* substance abuse treatment
* rehabilitation
* nursing
* case management
* disability advocacy
* recreation therapy, etc.
* Considering graduate school in counseling (including rehabilitation counseling), clinical psychology, or clinical social work
* Increasing their skills for working with people with mental health and behavioral issues, regardless of their major or intended field (i.e., Recreation Management or Education)
* Working in adult community mental health services -- this minor provides students with the 5 courses required for the State of Maine’s provisional Mental Health & Rehabilitation Technician Certification.

**Course Descriptions for this Minor**

**PHI 102 Applied Ethics, 3 credits (online or on campus)**

This course introduces a spectrum of fundamental theories of ethics, from classical through modern, and employs them as tools for the analysis of 21st century dilemmas.  These theories, such as virtuous action, deontology, existentialism, and consequentialism, are engaged within applied realms, such as medical, scientific, business, environmental and medial ethics.  Specific topics include subjects such as artificial intelligence, euthanasia, corporate responsibility, global warming, and social oppression.

**PSY 110 Introduction to Psychology, 3 credits (online or on campus)**

An introduction to the scientific study of behavior including a survey of all the major areas of inquiry pursued by psychologists – history, methods, physiological aspects, perception, learning, memory, cognition, emotion, motivation, consciousness, personality, abnormal behavior and therapies, and social processes.

**PSY 202 Introduction to Counseling Techniques, 3 credits (online or on campus)**

This course introduces students to the basic skills required for counseling. Students will practice implementing these skills during counseling role plays in class, as well as providing their peers with positive and constructive feedback at the conclusion of the role plays. The ability to utilize feedback and be reflective will be emphasized. This course will also review ethical issues associated with counseling and the role of supervision. Psychodynamic, Behavioral, Person-Centered, Cognitive and Family Systems Counseling Theories, as well as Motivational Interviewing will be introduced. This course partially satisfies Maine MHRT/C Certification competencies. Prerequisites: PSY 211 or permission of instructor.

**PSY 211 Introduction to Behavioral & Community Mental Health Systems, 3 credits (online or on campus)**

This course will review systems of care provided by the state, as well as those provided by for-profit and not-for-profit entities, to serve the needs of behavioral health consumers.  Essential components of this course include addressing contemporary public and social policy -- and social services provision within those policies -- including fundamentals of behavioral health care, child protection, and welfare systems.  In addition, the course examines the history and impact of laws and regulatory standards that dictate these policies -- and ultimately service provision in behavioral care for children, adults and the elderly.  Both current practices and historical precedent are woven into a model represented in both its completeness and contradictions.  Required for Provisional & Full MHRT Certification. This course includes a Service-Learning and Community Engaged (SL/CE) component. Prerequisite: PSY 110 Introduction to Psychology or permission of instructor.

**PSY 216 Vocational Aspects of Disability & Psychiatric Rehabilitation, 3 credits (online or on campus)**

This course will address the notion of psychiatric rehabilitation via a range of services to support people with psychiatric and other disabilities, in a holistic fashion, noting the conceptual practice of psychosocial rehabilitation as a core organizing principle underlying all behavioral health care. Core philosophies are examined, including historical and current theories and practices, noting the use of contemporary effective practices which are key to current psychiatric rehabilitation. Since employment is a key part of rehabilitation, the course will focus on vocational rehabilitation. Skills for evaluating and assessing the vocational impact of a disability and effective strategies for promoting client understanding and access to community resources will be addressed. Prerequisite: PSY 211, or permission of instructor.

**PSY 230 Abnormal Psychology, 3 credits (online or on campus)**

A course designed to provide an overview of the area of abnormal psychology and to introduce the student to different theoretical models, classifications, origins, and treatments of abnormal behavior. Prerequisites: PSY 110 Introduction to Psychology and sophomore standing, or permission of instructor.

**PSY 313 Counseling Diverse Populations, 3 credits (online or on campus or distance hybrid)**

This course is designed to help students start to acquire the skills and practices necessary for being a culturally aware mental health or social service practitioner. Students will learn to conceptualize aspects of identity and difference and the social dynamics of oppression and privilege that impact people's sense of themselves, how they are treated socially, and dynamics within interpersonal relationships, including client/provider relationships. Topics addressed include increasing one's self awareness of their own identity and related aspects of privilege and oppression, recognition that discrimination is a barrier to mental health treatment and that notions of well-being, health and helping are shaped by culture and community. This course partially satisfies Maine MHRT/C Certification competencies. Prerequisite: PSY 211 and PSY 202, or permission of instructor.

**PSY 326 Trauma, Crisis & Recovery, 3 credits (on campus or distance hybrid)**

This course introduces students to concepts of trauma and crisis, as well as resiliency and recovery. The psychological term trauma describes significant events that are usually devastating, life-threatening and shocking. Traumatic events can have ongoing impacts on people's thinking, feeling and behavior. This course will include information of types of traumatic experience (i.e. assault, sexual abuse, motor vehicle accidents, combat or natural disaster), basic knowledge and skills used in assessment and screening of trauma, and an overview of services and supports for people who have experienced trauma. Historical, social and cultural factors which impact our understanding of trauma will also be addressed, as well as trauma's social and physiological impact on individuals. This course will also cover the process of going into crisis and strategies for responding to the person in crisis, as well as understanding the role and scope of crisis response services. Though anyone can go into crisis under a particularly stressful or shocking circumstance, people with significant trauma histories are at high risk for going into crisis. This course partially satisfies Maine MHRT/C Certification competencies. Prerequisite: PSY 211, or permission of instructor.

**PSY 328 Case Management, 3 credits (on campus or online)**

This course introduces students to case management as it is utilized in the health and human services fields. Case management is a process of assessing a client’s needs, and planning and facilitating their connections with health and human services and other resources. Case management includes education, advocacy and networking with providers and services across many disciplines. This course will introduce students to the skills and responsibilities central to case management, as well as professional, legal, and ethical issues that impact this service. This course is required for full MHRT certification. Prerequisites**:** PSY 211 or permission of instructor.

**PSY 351 - Chemical Dependency & Dual Diagnosis Counseling, 3 credits (on campus or online or blended)**

This course is an overview of different treatment models for chemical dependency and dual diagnosis treatment. Chemical dependency for the purposes of this course will include diagnoses of substance abuse and dependence for alcohol, street drugs and abused prescription medication. Dual diagnosis in this context refers to having both a mental health diagnosis (i.e. depression, anxiety, ADHD, bipolar disorder) and a substance abuse or dependence disorder. Students will be reviewing the history and development of dual diagnosis treatment and learning about screening, assessment and basic treatment models, as well as understanding the current array of services for chemical dependency. Students will also learn how to identify state board requirements for becoming a Certified Drug & Alcohol Counselor (CADC) and Licensed Drug & Alcohol Counselor (LADC), as well as the requirements to qualify and register for the professional exams. This course is required for full MHRT certification. Prerequisites: PSY 211 and PSY 202, or permission of instructor.