**Mental Health & Rehabilitation Technician/Community (MHRT/C) Certificate**

**Advising Sheet - Jan 2019**

**University of Maine at Machias**

**If you have any questions about this certificate and anticipated course offerings, please contact Meghan Duff at 255-1227 or meghan.duff@maine.edu.**

The Mental Health & Rehabilitation Technician/Community (MHRT/C) Certificate

at UMM is a 7-course certificate that allows students who successfully complete the courses to apply to the Muskie School for MHRT/C Certification.

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| PSY 211 Behavioral & Community Mental Health Systems | Fall on campus & Spring online |
| PSY 216 Vocational Aspects of Disability & Psychiatric Rehabilitation | Fall - on campus & sync online |
| PSY 202 Introduction to Counseling | Spring - on campus, |
| PSY 313 Counseling Diverse Populations | Fall - |
| PSY 328 Case Management |  |
| PSY 336 Trauma, Crisis, & Recovery |  |
| PSY 351 Substance Use & Dual Diagnosis Counseling | Spring - on campus |

prerequisites:

**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.