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Mental Health and Behavioral Sciences Syllabus
Mental Health Counseling/Counselor Code: 51.1508 Career Cluster: Health Science

Textbook:

Grison, S., & Gazzaniga, M. S. (2022). *Psychology in Your Life* (4th ed.). W. W. Norton & Company. ISBN: 978-0393877533

American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.; DSM-5-TR). Washington, DC: American Psychiatric Association Publishing. ISBN: 978-0890425763

Simmers, L., Simmers-Nartker, K., Simmers-Kobelak, S., & Fuller, J. (2021). *DHO Health Science, 9th Student Edition (MindTap Course List)* (9th ed.). Cengage Learning. ISBN-10: 0357419995 ISBN-13: 978-0357419991

Simmers, L., Simmers-Nartker, K., Simmers-Kobelak, S., & Fuller, J. (2021). *DHO Health Science, Student Workbook* (9th ed.). Cengage Learning. ISBN-10: 0357646436 ISBN-13: 978-0357646434

Classroom Materials:

Chromebook, notebook, pens, pencils, highlighter, index cards, binder

Course Description:

This 3-year program focuses on the exploration of mental and behavioral health career paths students can pursue at all levels in the following areas: clinical and counseling psychology, educational and school, industry, health and medicine, legal and forensic, business and industrial-organizational, and sport and performance. Students will explore current job trends and outcomes to inform their professional job search. They will develop a plan that includes both short- and long-term goals, incorporating the information learned during their research. This plan will outline required skill sets, education, training, and licensing. The course will prepare students to then act on their set plan in pursuing their desired career path. Students will begin by developing a thorough understanding of the evolution of psychological science, perspectives, and subfields of practice. Students will develop a strong knowledge of theory and further develop necessary clinical skill sets used within the field of mental health and behavioral science by practicing in a controlled application setting. Students will have the opportunity to interact with various disciplines within the field of mental health and human services, both through guest speakers and observation.

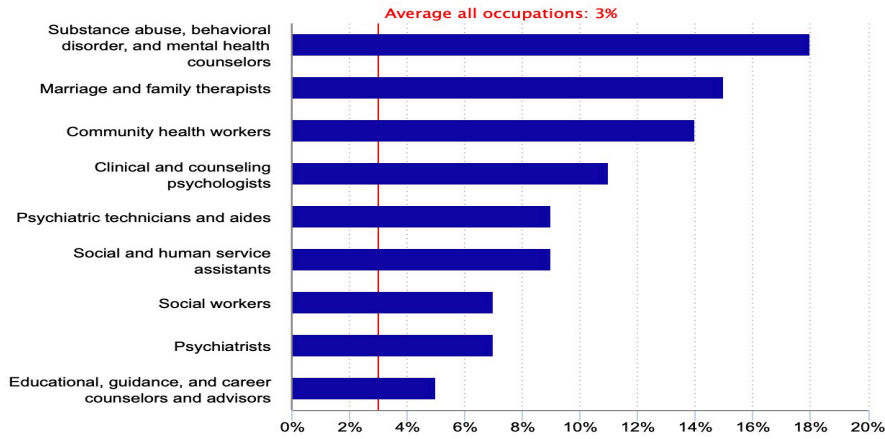
Mission:

Dedicated to preparing a diverse group of learners to effectively and ethically respond to and advocate for the mental health needs of clients, communities, and society in achieving and maintaining healthy functioning in the areas of educational, personal, social, and career development. Professional preparation will entail a strong curriculum designed to help students develop a well-rounded professional identity within the field of mental and behavioral health. The focus will be on supporting students in discovering and implementing culturally and contextually relevant knowledge and experience in the mental and behavioral health fields. This will involve implementing evidence-based practices that promote positive social change within their communities and the world, as well as advancing the cognitive/behavioral health profession.

There continues to be a rise in the need for mental health professionals. The table below from the US Bureau of Statistics demonstrates the projected employment growth from 2022 to 2032.

<https://www.bls.gov/opub/med/2024/strong-growth-projected-in-mental-health-related-employment.htm> :

Projected employment growth and annual average openings, 2022–32, in selected occupations providing mental health services



Hover over chart to view data.
Source: U.S. Bureau of Labor Statistics.



Purpose:

Given the broad nature of career opportunities within the mental and behavioral field, students need to understand the various opportunities. Education and hands-on experience will guide students in their exploration of personal and professional growth, allowing them to make informed decisions regarding their career and future education. Future study and interests are accomplished based on the cumulative information and experience gained throughout the program.

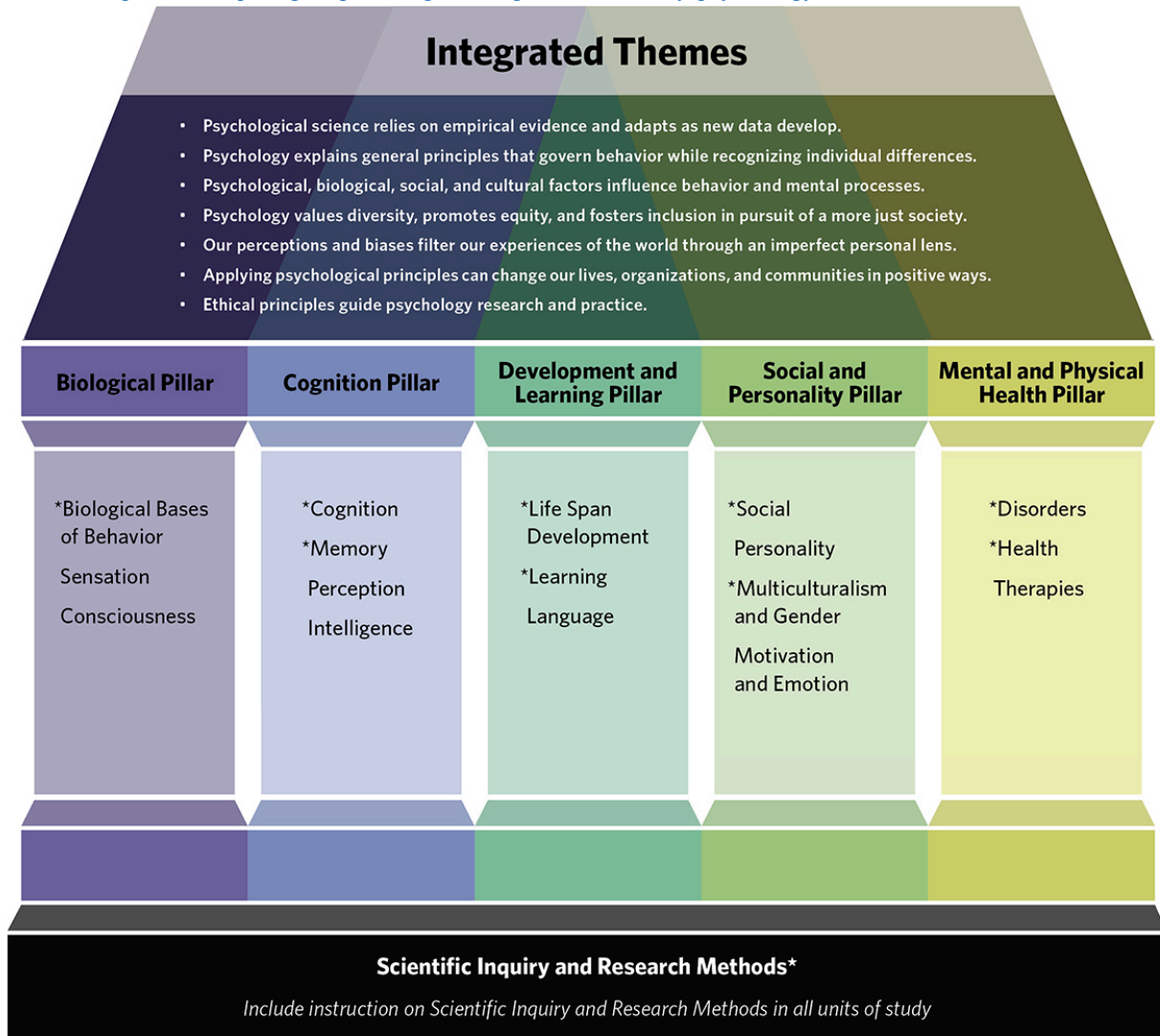
Average Pay:

Details may be found via O-Net: <https://www.onetonline.org/find/career?c=10>

Occupation (SOC code)	Hourly mean wage	Annual mean wage ⁽²⁾
Community and Social Service Occupations(210000)	26.46	55040
Educational, Guidance, and Career Counselors and Advisors(211012)	32.94	68510
Marriage and Family Therapists(211013)	31.32	65150
Rehabilitation Counselors(211015)	24.07	50060
Substance abuse, behavioral disorder, and mental health counselors(211018)	26.97	56090
Counselors, All Other(211019)	26.86	55870
Child, Family, and School Social Workers(211021)	26.04	54160
Healthcare Social Workers(211022)	30.71	63870

Mental Health and Substance Abuse Social Workers(211023)	23.28	48420
Social Workers, All Other(211029)	32.88	68380
Health Education Specialists(211091)	35.42	73670
Social and Human Service Assistants(211093)	20.94	43550
Community Health Workers(211094)	24.12	50180
Community and Social Service Specialists, All Other(211099)	30.35	63130
Psychiatrists(291223)	132.73	276080
Psychiatric Technicians(292053)	19.91	41420
Psychiatric Aides(311133)	24.32	50580

The program will adhere to the American Psychological Association Standards for High School Psychology Curricula: <https://www.apa.org/ed/precollege/undergrad/introductory-psychology-initiative>



Key: The asterisk (*) denotes areas of study that should be considered a priority for instruction when courses are limited for time.

Co-op/Internship Opportunities: Eligible students will visit business and industry partners for one or more days to observe the day-to-day operations of this career area.

Field Trips: Students in this program will attend field trips that expose them to educational experiences within the career field.

Extracurricular Activities: HOSA, SkillsUSA, NTHS, Aavidum, Community Service Opportunities

Continuing Education:

1. Dual Enrollment Opportunities with Northampton Community College (NCC)
2. Articulation Agreement with Northampton Community College:
 - a. Students who successfully complete the program and apply to NCC Applied Psychology Program will be granted a transition with 6 credits for the following courses: PSYCH103-Introduction to Psychology and HCOA154-Medical Terminology.

Grading:

25% Knowledge-(Tests, quizzes, classwork, homework, etc)

25% Skills-(Competency based on evaluations)

50% Work Ethic-(Time management, proper uniform, language, interactions with peers, following directives, professionalism, proper electronic use, attendance, etc.).

Mental Health and Behavioral Sciences Program Expectations:

1. **Completing daily assignments on time is required.** Each student will be responsible for the assigned book work. At the end of each chapter, there will be a test and/or project. Quizzes and various activities will be assigned to complement and enhance the chapter.
2. **Come to class prepared:** textbook, login information, binder/notebook, and pen/pencil.
3. Respect, professionalism, and engagement are expected amongst all students, staff, and community members both in the school and community settings.
4. All classroom materials must be used, maintained, and stored properly.
5. The clinical area in the classroom is for clinical practices ONLY.
6. **Time management is critical.**
7. **No electronics in class;** they are to be silenced and put away at all times. All electronics are to be turned off and put away in all clinical settings-no exceptions. One verbal warning will be given; thereafter, points will be deducted from the daily work ethic grade, and a write-up will be issued.
8. Students are responsible for knowing and adhering to all school rules and classroom guidelines. If you are unsure, please ask.
9. **Some material covered may be triggering. Students and parents should contact the teacher with any noted concerns.**
10. **Self-care and self-awareness are crucial to being an effective and healthy mental health care professional. Should the student need any assistance at any point, please notify me as soon as possible, and I will connect them to guidance services for further assistance. We cannot care for others if we do not care for ourselves first. This is normal and important. I am here to support you in this process. I want you to be healthy and to have a long-term career in the field. We are in this together!**
11. Any violation of confidentiality will result in automatic corrective action and/or dismissal from the program.
12. Please note that, as a professional in the mental health field, you are expected to maintain the same professional presentation and positive engagement in the community setting at all times.
13. Absent students are responsible for turning in an excuse note; not doing so will result in a 0/10 work ethic grade per unexcused day.
14. Students are also responsible for contacting the teacher and checking the Google Classroom for assigned work while absent. Extensions will not be permitted for unexcused absences or disciplinary actions, as work is to be completed during that time on time.
15. You are expected to adhere to expectations in the classroom and the field. Failure to do so will result in deductions in daily work ethic grade and/or disciplinary action.
16. Field trips, co-op, internships, extracurricular activities, and continuing education activities are a privilege, not a right. All students must be approved by their sending districts, Mrs. Herman, and BAVTS administration. Students who have less than 80% in any of the grading categories-knowledge, skills, work ethic and any student who demonstrates any behavioral concerns that violate the code of ethics at school or in the community will not be considered. No exceptions.

Mental Health and Behavioral Sciences Sign-off Sheet

By signing this syllabus, you adhere to all safety requirements, rules, and regulations, and you agree to meet expectations. I have fully read and understand the attached Syllabus for the Mental Health and Behavioral Sciences Program.

Student Name _____ Student Signature _____ Date _____

Parent Name _____ Parent Signature _____ Date _____

First Year Semester 1 Marking Period 1

Rotation-11 Day Sequence

Psychology in your Life (Chapter 1) -Task 101, 102, 103, 104, 105, 201, 202, 203, 204
The Role of Biology in Psychology (Chapter 2) -Task 301, 302, 507
Consciousness (Chapter 3) -Task 305, 306, 307
Development Across the Lifespan (Chapter 4) -Task 501, 502, 506
Sensation and Perception (Chapter 5) -Task 303, 304
APA Formatting -Task 106

First Year Semester 1 Marking Period 2

Learning (Chapter 6) -Task 401, 503, 504, 505
Memory (Chapter 7) -Task 403, 404, 406
Thinking and Intelligence (Chapter 8) -Task 401, 402, 405, 406, 407, 408, 409
Motivation and Emotion (Chapter 9) -Task 607, 608, 609, 610
Sex, Gender, and Sexuality (Chapter 10) -Task 606, 608

First Year Semester Two Marking Period 3

Health and Well-Being (Chapter 11) -Task 703, 704
Social Psychology (Chapter 12) -Task 601, 602, 605
Self and Personality (Chapter 13) -Task 603, 604, 605
Psychological Disorders (Chapter 14) -Task 701, 702
Psychological Treatments (Chapter 15) -Task 705, 706

First Year Semester Two Marking Period 4

Ethics and Legalities:

Professionalism and Etiquette (DHO Chapter 4) -Task 801
APA Code of Ethics -Task 802
Self-Care and Self Awareness -Task 803
Cultural Diversity (DHO Chapter 10)-Task 804
Mandated Reporting (Certificate) -Task 805 (repeat each year)
Duty to Warn -Task 806
HIPAA/PHI/ROI's (DHO Chapter 5) -Task 807
Voluntary/Involuntary Consent -Task 808

Second Year Semester One Marking Period 1

Health Care Skill Sets:

HX and Trends of Healthcare (DHO Chapter 1)-Task 1001
Health Care Systems (DHO Chapter 2)-Task 1002
Anatomy and Physiology Intro.(DHO Chapter 7) -Task 1003
Medical Terminology (DHO Chapter 6)-Task 1004
Vital Signs/Height and Weight/BMI (DHO Chapter 16)-Task 1005
CPR/AED (Certificate) -Task 1006
First Aid (Certificate) -Task 1007
Medication Management (Chapter 13 & 21) -Task 1008

Second Year Semester One Marking Period 2

Safety:

OSHA (Certificate) -Task 901
SDS -Task 902
RACE/PASS -Task 903
Hospital Emergency Codes -Task 904
De-escalation Training (MOAB Certificate) -Task 905
Environmental Safety for Consumers and Staff -Task 906
Suicide Precautions -Task 907
Universal Precautions/Infection Control (DHO Chapter 15)-Task 908

Second Year Semester Two Marking Period 3

Mental Health Clinical Skill Sets:

- Mental Health Levels of Care -Task 1101
- Professional Communication Skills -Task 1102
- Trauma Informed Care -Task 1103
- Basic Counseling Techniques -Task 1104
- Intake Process -Task 1105
- DSM Use and Comprehension -Task 1106
- Treatment Plan -Task 1107
- Treatment Methods -Task 1108
- Safety Plan -Task 1109
- Discharge Plan -Task 1110

Second Year Semester Two Marking Period 4

Office Skill Sets:

- Filing Systems Types (DHO Chapter 24)-Task 1201
- Electronic Health Records (DHO Chapter 24)-Task 1202
- Communication Systems (DHO Chapter 24)-Task 1203
- Scheduling/Military Time -Task 1204
- Microsoft Word Applications/Google Documents/AI Integration -Task 1205
- Medical Records and Forms (DHO Chapter 24)-Task 1206
- Insurance Forms/Claims/Pre-authorizations/Appeals (DHO Chapter 24)-Task 1207

Third Year Semester One Marking Period 1

Career Development: (DHO Chapter 18)

1. College Applications/FAFSA/Scholarships -Task 1301
2. CVA/Cover Letter/References/Recommendation Letters -Task 1302
3. Interviewing Techniques -Task 1303
4. Professional Email -Task 1304
5. Career Exploration and Development Databases -Task 1305
6. Portfolio -Task 1306

Third Year Semester One Marking Period 2

Co-op

Field Exploration

Third Year Semester Two Marking Period 3

Co-op

Field Exploration

Third Year Semester Two Marking Period 4

Co-op

Field Exploration

Fundamentals of Psychology:

Psychology in Your Life (Chapter 1)

The Role of Biology in Psychology (Chapter 2) (Biological Pillar/Biological Bases of Behavior)

- How Does Your Nervous System Work?
- How Do the Parts of Your Brain Function?
- How Does Your Brain Communicate with Your Body?
- How Do Nature and Nurture Affect Your Brain?

Consciousness (Chapter 3) (Biological Pillar/Consciousness)

- What Does it Mean to be Conscious
- Sleep's Effect on Consciousness
- Hypnosis and Medication Alter Consciousness
- Drugs' Impact on Consciousness

Development Across the Lifespan (Chapter 4) (Development & Learning Pillar/Lifespan and Development)
(Development and Learning Pillar/Language)

- Development in the Womb
- Infant and Children's Development
- Adolescent Development
- Adult Development

Sensation and Perception (Chapter 5) (Biological Pillar/Sensation) /(Cognition Pillar/Perception)

- How Do You Perceive Your World?
- How Do You See?
- How Do You Hear?
- How Are You Able to Taste and Smell?
- How Do You Feel Touch and Pain?

Learning (Chapter 6) (Cognition Pillar/Cognition) (Development and Learning Pillar/Learning)

- How Do You Learn?
- Classical Conditioning
- Operant Conditioning
- Learn By Watching Others

Memory (Chapter 7) (Cognition Pillar/Memory)

- How Do You Create Memories?
- How Do You Maintain Memories Over Time?
- Long-Term Memory and Storage
- How Do You Retrieve Memories

Thinking and Intelligence (Chapter 8) (Cognition Pillar/Intelligence)

- What is Thinking?
- How Do You Use Thinking?
- What is Intelligence?
- How is Intelligence Measured?

Motivation and Emotion (Chapter 9) (Social & Personality Pillar/Motivation and Emotion)

- What Motivates Behavior?
- What Are Your Most Important Motivated Behaviors?
- How Do You Experience Emotions?
- How Do Emotions Support Social Relationships?

Sex, Gender, and Sexuality (Chapter 10) (Social & Personality Pillar/Multicultural & Gender)

- What are the Aspects of Biological Sex?
- How Do We Experience Gender?
- How Do We Vary in Sexual Orientation?

Health and Well-Being (Chapter 11) (Mental & Physical Health Pillar/Health)

- What Affects Your Health?
- How Does Stress Affect Your Health?
- How Do Mediating Factors Affect Your Stress?
- Can a Positive Attitude Keep You Healthy?

Social Psychology (Chapter 12) (Social & Personality Pillar/Social)

- How Do You Think About Other People?

How Does Your Attitude Affect You?
How Do Other People Influence You?
How Can You Develop Strong Relationships?
Self and Personality (Chapter 13) (Social & Personality Pillar/Personality)
How Do You Know Yourself?
How Can You Understand Personality?
How Does Biology Affect Personality?
How Can Personality Be Assessed?
Psychological Disorders (Chapter 14) (Mental & Physical Health Pillar/Disorders)
What is a Psychological Disorder?
How Do People Experience Disorders of Emotions?
How Do People Experience Disorders of Thought?
How Do People Experience Disorders of Self?
What Disorders Affect Children?
Psychology Treatments (Chapter 15) (Mental & Physical Health Pillar/Therapies)
How Are Psychological Disorders Treated?
What Are the Most Effective Treatments?
Can Personality Disorders Be Treated?
How Can Disorders Be Treated in Children and Adolescents?
Data and Psychological Research (Appendix A)