MENTAL AND SOCIAL HEALTH TECHNICIAN

51.1500.00

TECHNICAL STANDARDS

The original standards for this program were reviewed and edited at the request of the Program Specialist and teachers of this program on June 8, 2018. As a result, the focus of the standards was changed from the profession to the technician responsible for the work. The outcome is an updated set of standards and a new program name. Students completing this program will be eligible to obtain the Certified Mental Health Technician certification. The Arizona Career and Technical Education Quality Commission, the validating entity for the Arizona Skills Standards Assessment System, endorsed the standards on July 15, 2018. The first testing using the new standards is Fall 2020.

Note: Arizona's Professional Skills are taught as an integral part of the Mental and Social Health Technician program.

The Technical Skills Assessment for Mental and Social Health Technician is available SY2020-2021.

Note: In this document i.e. explains or clarifies the content and e.g. provides examples of the content that must be taught.

STANDARD 1.0 ANALYZE THE DELIVERY SYSTEM FOR MENTAL AND SOCIAL HEALTH SERVICES

1.1 Describe mental and social health care delivery systems in public, private, government, and nonprofit sectors

1.2 Define an integrated care program for mental and social health

1.3 Explain the impact of emerging issues on delivery systems (e.g., technology, social media, drug abuse, and socioeconomics)

1.4 Explain the scope and practice of the mental and social health professionals (e.g., case manager, social worker, behavioral health technician, counselor, psychiatrist, psychologist, and psychiatric nurse)

1.5 Identify roles and responsibilities of community emergency response teams (CERTs) and community mental health teams (CMHTS)

1.6 Describe ethical behaviors among professionals providing mental and social health services

1.7 Identify conferences, workshops, and retreats that support mental and social health issues

STANDARD 2.0 ANALYZE MENTAL AND COGNITIVE DEVELOPMENT

2.1 Identify the four lobes of the brain and their functions

2.2 Identify other areas of the brain that impact cognition and behavior (e.g., hypothalamus, amygdala, and cerebellum)

2.3 Identify factors that can affect brain development (e.g., relationships, experiences, environment, and health)

2.4 Describe psychosocial development according to the major theorists (e.g., Maslow, Erikson, Freud, and Piaget)

STANDARD 3.0 ANALYZE MENTAL AND SOCIAL HEALTH ILLNESSES, DISORDERS, AND CONDITIONS

3.1 Examine the interrelationship of physical, mental, emotional, social, and spiritual health

3.2 Describe characteristics of a mentally and socially healthy person

3.3 Describe how mental and social health affects wellness

3.4 Summarize the stages of loss and grief (e.g., Kubler-Ross)

3.5 Examine causes, symptoms, and effects of mood disorders (e.g., depression and bipolar disorder)

3.6 Examine causes and symptoms of self-harm

3.7 Examine causes and symptoms of suicide

3.8 Examine causes, symptoms, and effects of anxiety (e.g., GAD, OCD, and PTSD)

3.9 Examine causes, symptoms, and effects of psychotic disorders (e.g., schizophrenia and delirium)

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3.10 Examine causes, symptoms, and effects of childhood mental disorders (e.g., ADHD and autism spectrum)

3.11 Examine substance abuse disorders (e.g., alcohol, illegal drugs, and steroids)

3.12 Examine causes, symptoms, and effects of behavioral addictions (e.g., shopping, gambling, and sexual)

3.13 Describe unhealthy relationships

3.14 Identify stressors at home, school, and work and physical and psychological effects on the body

3.15 Examine eating disorders and their effect on healthy growth and development

3.16 Examine how intolerance can affect others

3.17 Examine characteristics of someone who has self-respect

3.18 Examine why pro-social behaviors, (i.e., helping others, being respectful to others, cooperation, consideration, etc.) can help prevent violence and promote good mental and social health

3.19 Use medical terminology and concepts related to mental and social health

STANDARD 4.0 ANALYZE FACTORS THAT INFLUENCE DECISIONS ABOUT MENTAL AND SOCIAL HEALTH SERVICES

4.1 Examine how mental and social health is influenced by peers, family, cultural values, and life cycle

4.2 Examine how ethnic and cultural diversity enriches and challenges society

4.3 Examine how media conveys accurate and inaccurate messages that affect mental and social health

4.4 Explain socioeconomic disparities in healthcare

4.5 Summarize how personal values and experiences influence mental and social health

4.6 Examine the impact on society when there is minimal access to mental and social health services

4.7 Identify groups and organizations that ensure services and resources [e.g., National Alliance on Mental Illness (NAMI), Centers for Disease Control (CDC), American Public Health Association (APHA), and American Sociological Association (ASA)]

STANDARD 5.0 ANALYZE STRATEGIES TO IMPROVE MENTAL AND SOCIAL HEALTH

5.1 Summarize healthy ways to express emotions (e.g., affection, love, friendship, acceptance, anger, and concern)

5.2 Summarize strategies for coping with loss and grief

5.3 Examine strategies for managing impulsive behaviors and addictions

5.4 Examine strategies for managing and reducing conflict

5.5 Examine strategies for dealing with difficult and/or co-dependent relationships (e.g., family members, friends, and co-workers)

5.6 Describe theories and interventions used in mental and social health [e.g., cognitive behavioral therapy (CBT), emotionally focused therapy (EFT), solution-focused brief therapy (SFBT), and medication]

5.7 Describe alternative and nontraditional approaches to mental and social health conditions (e.g., self-help, diet and nutrition, relaxation and stress reduction techniques, art therapy, play therapy, and expressive arts therapy)

5.8 Engage in case studies, role play, shadowing, and other practicum experiences

STANDARD 6.0 ANALYZE INFORMATION, PRODUCTS, AND SERVICES THAT PROMOTE SOCIAL AND MENTAL WELL-BEING

6.1 Identify advocacy groups related to mental and social health (i.e., DBSA Advocacy Center, Advocacy Action Center, self-help and peer support groups, etc.)

6.2 Examine ways to advocate for friends and family members who need support and treatment for mental and social health issues

6.3 Explain "outreach" as a community tool to expand access to services, practices, and products

6.4 Identify community resources, services, and professionals that support mental and social health

6.5 Describe psychoeducation interventions to help individuals and families learn about managing mental and social health

6.6 Access, critically review, and evaluate the appropriateness and accuracy of information sources (e.g., literature, research, and electronic information)

6.7 Explain the use of professional networking and social networking to enhance mental and social health

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STANDARD 7.0 EMPLOY COMMUNICATION SKILLS TO ENGAGE OTHERS AND BUILD TRUST

7.1 Explain the importance of empathy, courtesy and respect in the healthcare environment

7.2 Explain the importance of maintaining healthy boundaries and the appropriate use of self-disclosure with workers and patients

7.3 Describe the basic elements of therapeutic communication (e.g., active listening, paraphrasing, open-ended questions, validation, and redirection)

7.4 Adapt communication skills to different levels of understanding and cultural orientation (i.e., diverse age, cultural, economic, sexual orientation, ethnic and religious groups, etc.)

STANDARD 8.0 USE PROBLEM-SOLVING AND GOAL SETTING SKILLS TO IMPROVE MENTAL AND SOCIAL HEALTH

8.1 Identify the steps in the problem-solving process

8.2 Identify barriers that can hinder healthy decision making

8.3 Explain the purpose of collaborative goal setting (i.e., SMART Goals, etc.)

8.4 Describe techniques used to monitor the progress of goals

8.5 Describe barriers to goals and ways to address those barriers

8.6 Explain the importance of evaluating the outcomes of mental and social health services and interventions

STANDARD 9.0 ANALYZE LEGAL, SAFETY, AND PROFESSIONAL REQUIREMENTS FOR MENTAL AND SOCIAL HEALTH PROFESSIONALS

9.1 Demonstrate first aid

9.2 Demonstrate CPR

9.3 Demonstrate Universal Precautions

9.4 Describe the Patient Bill of Rights

9.5 Describe informed consent

9.6 Distinguish among malpractice, liability, and negligence

9.7 Demonstrate procedures for documentation, record keeping, and case reports with emphasis on accuracy, legal issues, privacy, and confidentiality

9.8 Identify privacy, protection, and mandatory reporting rules for health professionals

9.9 Describe typical methods used for screening, assessment, and care/service plans

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