

# Instructional Framework

Mental and Social Health Technician 51.1500.00



<b>Domain 1: Foundations</b> <b>Instructional Time: 50-60%</b>	
<b>STANDARD 2.0 ANALYZE MENTAL AND COGNITIVE DEVELOPMENT</b>	
2.1 Identify the four lobes of the brain and their functions	<ul style="list-style-type: none"> <li>• Frontal Lobe</li> <li>• Temporal Lobe</li> <li>• Parietal Lobe</li> <li>• Occipital Lobe</li> </ul>
2.2 Identify other areas of the brain that impact cognition and behavior (e.g. hypothalamus, amygdala, cerebellum)	<ul style="list-style-type: none"> <li>• Hypothalamus</li> <li>• Amygdala</li> <li>• Cerebellum</li> <li>• Hippocampus</li> </ul>
2.3 Identify factors that can affect brain development (e.g. relationships, experiences, environment, health)	<ul style="list-style-type: none"> <li>• Nature/Nurture</li> <li>• Socialization, Education, Exercise, Diet, Sleep (SEEDS)</li> </ul>
2.4 Describe psychosocial development according to the major theorists (e.g. Maslow, Erikson, Freud, Piaget)	<ul style="list-style-type: none"> <li>• Maslow's Hierarchy of Needs</li> <li>• Piaget's Stages of Infant Development</li> <li>• Freud Psychoanalytic Theory</li> <li>• Erik Erikson</li> <li>• Humanistic Theory                             <ul style="list-style-type: none"> <li>◦ Rogers</li> </ul> </li> <li>• Social Cognitive Theory                             <ul style="list-style-type: none"> <li>◦ Bandura</li> </ul> </li> <li>• Behaviorism                             <ul style="list-style-type: none"> <li>◦ Skinner</li> <li>◦ Watson</li> </ul> </li> </ul>
<b>STANDARD 3.0 ANALYZE MENTAL AND SOCIAL HEALTH ILLNESSES, DISORDERS, AND CONDITIONS</b>	
3.1 Examine the interrelationship of physical, mental, emotional, social, and spiritual health	<ul style="list-style-type: none"> <li>• 12 Step Program                             <ul style="list-style-type: none"> <li>◦ Alcoholic Anonymous (AA)</li> <li>◦ Narcotics Anonymous (NA)</li> <li>◦ Teen Addiction Anonymous (TAA)</li> </ul> </li> <li>• Biopsychosocial Model of Health</li> </ul>
	<ul style="list-style-type: none"> <li>• Positive Psychology</li> </ul>

3.2 Describe characteristics of a mentally and socially healthy person	<ul style="list-style-type: none"> <li>○ Positive Psychology</li> <li>○ Gratitude</li> <li>○ Hope</li> <li>○ Grit</li> <li>○ Mindfulness</li> <li>○ Resilience</li> <li>○ Meditation</li> </ul>
3.3 Describe how mental and social health affects wellness	<ul style="list-style-type: none"> <li>● Criteria of Abnormal Behavior <ul style="list-style-type: none"> <li>○ Deviance from Norm</li> <li>○ Maladaptive</li> <li>○ Causes Personal Distress</li> </ul> </li> </ul>
3.4 Summarize the stages of loss and grief (e.g. Kubler-Ross)	<ul style="list-style-type: none"> <li>● Stages of Grief</li> </ul>
3.5 Examine causes, symptoms, and effects of mood disorders (e.g. depression, bi-polar disorder)	<ul style="list-style-type: none"> <li>● Mood Disorders <ul style="list-style-type: none"> <li>○ Major Depression</li> <li>○ Dysthymia</li> <li>○ Bi-Polar</li> <li>○ Cyclothymia</li> </ul> </li> </ul>
3.6 Examine causes and symptoms of self-harm	<ul style="list-style-type: none"> <li>● Cutting</li> <li>● Negative Coping Skills</li> </ul>
3.7 Examine causes and symptoms of suicide	<ul style="list-style-type: none"> <li>● Suicidal Ideation</li> <li>● Suicide Red Flags</li> <li>● Suicide Prevention Programs</li> </ul>
3.8 Examine causes, symptoms, and effects of anxiety (e.g. GAD, OCD, PTSD)	<ul style="list-style-type: none"> <li>● Obsessive Compulsive Disorder (OCD)</li> <li>● Anxiety Disorders <ul style="list-style-type: none"> <li>○ Generalized Anxiety Disorder (GAD)</li> <li>○ Specific Phobias/Phobic Disorder</li> <li>○ Post Traumatic Stress Disorder (PTSD)</li> <li>○ Panic Disorders <ul style="list-style-type: none"> <li>■ Agoraphobia</li> </ul> </li> </ul> </li> </ul>

3.9 Examine causes, symptoms, and effects of psychotic disorders (e.g. schizophrenia, delirium)	<ul style="list-style-type: none"> <li>• Schizophrenia <ul style="list-style-type: none"> <li>◦ Positive Symptoms</li> <li>◦ Negative Symptoms</li> </ul> </li> <li>• Dissociative Disorders</li> </ul>
3.10 Examine causes, symptoms, and effects of childhood mental disorders (e.g. ADHD, autism spectrum)	<ul style="list-style-type: none"> <li>• Autism Spectrum Disorder</li> <li>• Attention Deficit Hyperactivity Disorder (ADHD) <ul style="list-style-type: none"> <li>◦ Inattentive Type</li> <li>◦ Hyperactive-Impulsive Type</li> <li>◦ Combined Type</li> </ul> </li> </ul>
3.11 Examine substance abuse disorders (e.g. alcohol, illegal drugs, steroids)	<ul style="list-style-type: none"> <li>• Opioid Addiction</li> <li>• Prescription Medication abuse</li> <li>• Vaping</li> <li>• Alcoholism</li> <li>• Performance Enhancing Drugs</li> </ul>
3.12 Examine causes, symptoms, and effects of behavioral addictions (e.g. shopping, gambling, sexual)	<ul style="list-style-type: none"> <li>• Definition of an addiction</li> <li>• Internet Gaming Addiction</li> <li>• Social Media abuse</li> </ul>
3.13 Describe unhealthy relationships	<ul style="list-style-type: none"> <li>• Bullying <ul style="list-style-type: none"> <li>◦ Cyber Bullying</li> </ul> </li> <li>• Date Violence</li> <li>• Date Rape</li> </ul>
3.14 Identify stressors at home, school, and work and physical and psychological effects on the body	<ul style="list-style-type: none"> <li>• Fight or Flight <ul style="list-style-type: none"> <li>◦ Physiological responses</li> </ul> </li> <li>• Stress <ul style="list-style-type: none"> <li>◦ Stress Management <ul style="list-style-type: none"> <li>■ Understanding Positive aspects of stress</li> </ul> </li> </ul> </li> </ul>
3.15 Examine eating disorders and their effect on healthy growth and development	<ul style="list-style-type: none"> <li>• Anorexia</li> <li>• Bulimia</li> <li>• Binge Eating</li> </ul>
3.16 Examine how intolerance can affect others	<ul style="list-style-type: none"> <li>• Racism</li> <li>• Prejudice</li> <li>• Sexual/Gender Identity</li> </ul>

3.17 Examine characteristics of someone who has self-respect	<ul style="list-style-type: none"> <li>• Personality Theories <ul style="list-style-type: none"> <li>◦ OCEAN <ul style="list-style-type: none"> <li>■ Openness To Experiences / Closed</li> <li>■ Conscientiousness / Ambivalence</li> <li>■ Extrovert / Introvert</li> <li>■ Agreeableness / Not agreeable</li> <li>■ Neurotic / Calm</li> </ul> </li> </ul> </li> <li>• Self Concept</li> <li>• Self Regulation</li> <li>• Self Efficacy</li> <li>• Internal/External Attributions <ul style="list-style-type: none"> <li>◦ Locus of control</li> </ul> </li> <li>• Cognitive Strategies for Self Enhancement <ul style="list-style-type: none"> <li>◦ Downward Comparison</li> <li>◦ Self-Handicapping</li> <li>◦ Self-Serving Bias</li> <li>◦ Basking in Reflected Glory/Cutting off Reflected Failure</li> </ul> </li> </ul>
3.18 Examine why prosocial behaviors, (i.e. helping others, being respectful to others, cooperation, and consideration) can help prevent violence and promote good mental and social health)	<ul style="list-style-type: none"> <li>• Tolerance</li> <li>• Culture Diversity <ul style="list-style-type: none"> <li>◦ Individualism</li> <li>◦ Collectivism</li> </ul> </li> </ul>
3.19 Use medical terminology and concepts related to mental and social health	<ul style="list-style-type: none"> <li>• Diagnostic and Statistical Manual--Fifth Edition (DSM-5)</li> <li>• Substance Abuse and Mental Health Service Administration (SAMHSA)</li> <li>• Diagnosis <ul style="list-style-type: none"> <li>◦ Differential Diagnosis</li> </ul> </li> <li>• Etiology</li> <li>• Prevalence</li> <li>• Prognosis</li> <li>• Comorbidity</li> </ul>
<b>STANDARD 7.0 EMPLOY COMMUNICATION SKILLS TO ENGAGE OTHERS AND BUILD TRUST</b>	
7.1 Explain the importance of empathy, courtesy and respect in the healthcare environment	<ul style="list-style-type: none"> <li>• Confidentiality</li> <li>• Ethics</li> <li>• Emotional Intelligence <ul style="list-style-type: none"> <li>◦ Self Awareness</li> <li>◦ Empathy</li> <li>◦ Self Management</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Social Skills</li> </ul>
7.2 Explain the importance of maintaining healthy boundaries and the appropriate use of self-disclosure with workers and patients	<ul style="list-style-type: none"> <li>● Assertive Communication</li> <li>● Passive/Submissive Communication</li> <li>● Aggressive Communication</li> <li>● Barriers to Effective Communication <ul style="list-style-type: none"> <li>○ Defensiveness</li> <li>○ Ambushing</li> <li>○ Self-Preoccupation</li> <li>○ Motivational Distortion</li> </ul> </li> </ul>
7.3 Describe the basic elements of therapeutic communication (e.g. active listening, paraphrasing, open-ended questions, validation, redirection)	<ul style="list-style-type: none"> <li>● Active Listening</li> <li>● Paraphrasing</li> <li>● Open-ended questioning</li> <li>● Validation</li> <li>● Redirection</li> </ul>
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)	<ul style="list-style-type: none"> <li>● Developing Awareness of Diversity <ul style="list-style-type: none"> <li>○ Culture</li> <li>○ Traditions</li> <li>○ Age</li> <li>○ Ethnicity</li> <li>○ SES</li> <li>○ Sexuality</li> <li>○ Gender</li> <li>○ Religion</li> </ul> </li> </ul>
<b>Domain 2: Strategies</b> <b>Instructional Time: 30-40%</b>	
<b>STANDARD 4.0 ANALYZE FACTORS THAT INFLUENCE DECISIONS ABOUT MENTAL AND SOCIAL HEALTH SERVICES</b>	
4.1 Examine how mental and social health is influenced by peers, family, cultural values, and life cycle	<ul style="list-style-type: none"> <li>● Stigma</li> <li>● Tradition</li> <li>● Family Values</li> </ul>
4.2 Examine how ethnic and cultural diversity enriches and challenges society	<ul style="list-style-type: none"> <li>● Diversity/lack of diversity in Mental Health Professionals</li> </ul>
4.3 Examine how media conveys accurate and inaccurate messages that	<ul style="list-style-type: none"> <li>● Understanding Pseudopsychology</li> </ul>

affect mental and social health	<ul style="list-style-type: none"> <li>• Scientific Method</li> <li>• Review research</li> </ul>
4.4 Explain socioeconomic disparities in healthcare	<ul style="list-style-type: none"> <li>• Access to healthcare/insurance</li> <li>• Affordability/availability of insurance</li> </ul>
4.5 Summarize how personal values and experiences influence mental and social health	<ul style="list-style-type: none"> <li>• Importance of objectivity</li> </ul>
4.6 Examine the impact on society when there is minimal access to mental and social health services	<ul style="list-style-type: none"> <li>• Rural vs Urban Health Care</li> </ul>
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), American Sociological Association (ASA)]	<ul style="list-style-type: none"> <li>• SAMHSA</li> <li>• Center for Disease Control (CDC)</li> <li>• National Alliance of the Mentally Ill (NAMI)</li> <li>• National Institute of Mental Health (NIMH)</li> <li>• Regional Behavioral Health Association (RBHA) (specific to community)</li> <li>• Behavioral Health Agencies (specific to community)</li> </ul>
<b>STANDARD 5.0 ANALYZE STRATEGIES TO IMPROVE MENTAL AND SOCIAL HEALTH</b>	
5.1 Summarize healthy ways to express emotions (e.g. affection, love, friendship, acceptance, anger, concern)	<ul style="list-style-type: none"> <li>• Five Love Languages <ul style="list-style-type: none"> <li>◦ Words of Affirmation</li> <li>◦ Physical Touch</li> <li>◦ Quality Time</li> <li>◦ Gifts</li> <li>◦ Acts of Service</li> </ul> </li> </ul>
5.2 Summarize strategies for coping with loss and grief	<ul style="list-style-type: none"> <li>• Positive Coping Strategies <ul style="list-style-type: none"> <li>◦ Constructive Coping <ul style="list-style-type: none"> <li>■ Problem Focused</li> <li>■ Appraisal Focused</li> <li>■ Emotion Focused</li> </ul> </li> </ul> </li> <li>• Negative Coping Strategies <ul style="list-style-type: none"> <li>◦ Giving up</li> <li>◦ Acting Aggressively</li> <li>◦ Self Indulgence</li> <li>◦ Blaming Self</li> <li>◦ Defensive Coping</li> </ul> </li> </ul>

	■ Defense Mechanisms
5.3 Examine strategies for managing impulsive behaviors and addictions	<ul style="list-style-type: none"> <li>• SEEDS <ul style="list-style-type: none"> <li>○ Socialization</li> <li>○ Exercise</li> <li>○ Education</li> <li>○ Diet</li> <li>○ Sleep</li> </ul> </li> </ul>
5.4 Examine strategies for managing and reducing conflict	<ul style="list-style-type: none"> <li>• Active Listening</li> <li>• I vs You Messages</li> <li>• Compromising</li> <li>• Problem Solving</li> </ul>
5.5 Examine strategies for dealing with difficult and/or codependent relationships (e.g. family members, friends, coworkers)	<ul style="list-style-type: none"> <li>• Friendship and Love <ul style="list-style-type: none"> <li>○ Proximity</li> <li>○ Familiarity</li> <li>○ Physical Attractiveness</li> <li>○ Reciprocal Liking</li> </ul> </li> <li>• Matching Hypothesis</li> <li>• Attractiveness and Resource Exchange</li> <li>• Parental Investment Theory</li> </ul>
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), medication]	<ul style="list-style-type: none"> <li>• Biomedical Theories <ul style="list-style-type: none"> <li>○ Medications</li> </ul> </li> <li>• Behaviorism and Cognitive Theories <ul style="list-style-type: none"> <li>○ Cognitive Behavioral Therapy (CBT)</li> <li>○ Solution-focused brief therapy (SFBT)</li> </ul> </li> </ul>
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, expressive arts therapy)	<ul style="list-style-type: none"> <li>• Research Based vs Anecdotal Evidence</li> <li>• Alternative/Nontraditional Approaches <ul style="list-style-type: none"> <li>○ Meditation/Mindfulness</li> <li>○ Diet/Nutrition</li> <li>○ Art Therapy/Play Therapy</li> </ul> </li> </ul>
5.8 Engage in case studies, role play, shadowing, and other practicum experiences	<ul style="list-style-type: none"> <li>• Understanding Research Methods <ul style="list-style-type: none"> <li>○ Case Studies</li> <li>○ Correlational Studies</li> <li>○ Surveys</li> <li>○ Experimental/Empirical Studies</li> <li>○ Naturalistic Observations</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Role Play</li> </ul>
<b>STANDARD 8.0 USE PROBLEM-SOLVING AND GOAL SETTING SKILLS TO IMPROVE MENTAL AND SOCIAL HEALTH</b>	
8.1 Identify the steps in the problem-solving process	<ul style="list-style-type: none"> <li>• Goal Setting</li> <li>• Behaviors Needed</li> <li>• Plan</li> <li>• Monitor and Feedback</li> </ul>
8.2 Identify barriers that can hinder healthy decision making	<ul style="list-style-type: none"> <li>• Personal Limitations</li> <li>• Faulty Thinking</li> <li>• Family History</li> </ul>
8.3 Explain the purpose of collaborative goal-setting (i.e. SMART Goals)	<ul style="list-style-type: none"> <li>• SMART Goals <ul style="list-style-type: none"> <li>○ Specific</li> <li>○ Measureable</li> <li>○ Attainable/Achievable</li> <li>○ Realistic</li> <li>○ Timely</li> </ul> </li> </ul>
8.4 Describe techniques used to monitor the progress of goals	<ul style="list-style-type: none"> <li>• Self Evaluation</li> </ul>
8.5 Describe barriers to goals and ways to address those barriers	<ul style="list-style-type: none"> <li>• Sabotaging</li> </ul>
8.6 Explain the importance of evaluating the outcomes of mental and social health services and interventions	<ul style="list-style-type: none"> <li>• Progress Monitoring</li> </ul>
<b>Domain 3: Delivery Services</b> <b>Instructional Time: 5-10%</b>	
<b>STANDARD 1.0 ANALYZE THE DELIVERY SYSTEM FOR MENTAL AND SOCIAL HEALTH SERVICES</b>	
1.1 Describe mental and social health care delivery systems in public, private, government, and nonprofit sectors	<ul style="list-style-type: none"> <li>• Procedures to access local RBHA and mental health agencies</li> </ul>
1.2 Define an integrated care program for mental and social health	<ul style="list-style-type: none"> <li>• Team and Wrap-Around Approach</li> </ul>
1.3 Explain the impact of emerging issues on delivery systems (e.g. technology, social media, drug abuse, socioeconomics)	<ul style="list-style-type: none"> <li>• Accessibility of MH Services</li> </ul>
1.4 Explain the scope and practice of the mental and social health	<ul style="list-style-type: none"> <li>• Psychiatrist</li> </ul>



professionals (e.g. case manager, social worker,	<ul style="list-style-type: none"> <li>• Psychologist</li> <li>• Counselor</li> <li>• Social Worker</li> <li>• Case Manager</li> <li>• Mental Health (MH) Technician</li> </ul>
1.5 Identify roles and responsibilities of community emergency response teams (CERTs) and community mental health teams (CMHTS)]	<ul style="list-style-type: none"> <li>• Identify Local Crisis Teams and Hotlines</li> </ul>
1.6 Describe ethical behaviors among professionals providing mental and social health services	<ul style="list-style-type: none"> <li>• MH Ethics</li> <li>• Confidentiality</li> </ul>
1.7 Identify conferences, workshops, and retreats that support mental and social health issues	<ul style="list-style-type: none"> <li>• Identify credentialing requirements -- Continuing Professional Units</li> <li>• Identify workshops applicable to supporting various MH roles</li> </ul>
<b>STANDARD 6.0 ANALYZE INFORMATION, PRODUCTS, AND SERVICES THAT THAT PROMOTE SOCIAL AND MENTAL WELL-BEING</b>	
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)	<ul style="list-style-type: none"> <li>• Identify local advocacy groups.</li> </ul>
6.2 Examine ways to advocate for friends and family members who need support and treatment for mental and social health issues	<ul style="list-style-type: none"> <li>• Identify resources within community <ul style="list-style-type: none"> <li>○ MH agency</li> <li>○ Clinics</li> <li>○ Churches</li> <li>○ Schools</li> <li>○ Family/Social Support networks</li> </ul> </li> </ul>
6.3 Explain “outreach” as a community tool to expand access to services, practices, and products	<ul style="list-style-type: none"> <li>• Health Fairs and Community Fairs</li> </ul>
6.4 Identify community resources, services, and professionals that support mental and social health	<ul style="list-style-type: none"> <li>• Identify MH Service Directories</li> </ul>
6.5 Describe psychoeducation interventions to help individuals and families learn about managing mental and social health	<ul style="list-style-type: none"> <li>• Child Find</li> <li>• Individualized Education Plan (IEP)</li> <li>• 504 Accommodation Plans</li> </ul>
6.6 Access, critically review, and evaluate the appropriateness and accuracy of information sources (e.g. literature, research, and electronic information)	<ul style="list-style-type: none"> <li>• Understand and access evidence based data</li> </ul>

6.7 Explain the use of professional networking and social networking to enhance mental and social health	<ul style="list-style-type: none"> <li>• Identify Referral Services</li> <li>• Identify Professional Networks/Coalitions</li> </ul>
<b>STANDARD 9.0 ANALYZE LEGAL, SAFETY, AND PROFESSIONAL REQUIREMENTS FOR MENTAL AND SOCIAL HEALTH PROFESSIONALS</b>	
9.1 Demonstrate first-aid	<ul style="list-style-type: none"> <li>• Take First-Aid course</li> </ul>
9.2 Demonstrate CPR	<ul style="list-style-type: none"> <li>• CALL 911</li> <li>• “Stayin’ Alive”30 presses</li> <li>• Two Breaths</li> <li>• Repeat</li> </ul>
9.3 Demonstrate Universal Precautions	<ul style="list-style-type: none"> <li>• Occupational and Safety and Health Administration (OSHA)</li> </ul>
9.4 Describe the Patient Bill of Rights	<ul style="list-style-type: none"> <li>• Patient Care Partnership</li> </ul>
9.5 Describe informed consent	<ul style="list-style-type: none"> <li>• Understand Informed Consent</li> </ul>
9.6 Distinguish among malpractice, liability, and negligence	<ul style="list-style-type: none"> <li>• Ethics</li> </ul>
9.7 Demonstrate procedures for documentation, record keeping, and case reports with emphasis on accuracy, legal issues, privacy, and confidentiality	<ul style="list-style-type: none"> <li>• Documentation Requirements</li> </ul>
9.8 Identify privacy, protection, mandatory reporting rules for health professionals	<ul style="list-style-type: none"> <li>• Confidentiality</li> <li>• Ethics</li> <li>• Mandatory Reporting</li> </ul>
9.9 Describe typical methods used for screening, assessment, and care/service plans	<ul style="list-style-type: none"> <li>• Preschool Screening</li> <li>• Comprehensive Developmental Assessments, Assessments/Evaluations <ul style="list-style-type: none"> <li>○ Observations</li> <li>○ Developmental/Medical History</li> <li>○ Testing</li> </ul> </li> <li>• IEPs</li> </ul>